



3D GLUTES Belt Squat



+ Key Features



Three-Position Belt Hook System:
Open design for easy start-height adjustment, adaptable to various user heights and stance widths.



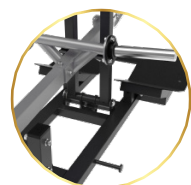
Spinal Pressure Reduction Design:
Belt-squat mechanism isolates lower-body effort, minimizing spinal load for safer, more efficient training.



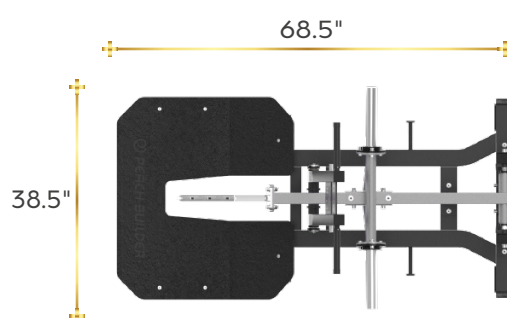
Dual-Angle Anti-Slip Footplate:
Provides flat and inclined options for varied stance control and improved joint comfort.



Knurled Handle with Adjustable Safety Stops:
Ensures secure support, quick height adjustments, and reliable motion control.



Resistance Band Integration:
Adds peak-phase overload for stronger muscle engagement and enhanced hypertrophy potential.



Product Overview

VO3 3D Glute Belt Squat targets the glutes, quads, and hamstrings with smooth, joint-friendly resistance, providing an effective alternative to traditional squats.

Specifications

+ Dimensions (L x W x H):

68.5 x 38.5 x 41.5 in

174 x 98 x 105.5 cm

+ Product Weight: 235.9 lb (107kg)

+ Maximum User Weight: 350 lb (158.8 kg)

+ Maximum Capacity: 800 lb (363 kg)

Warranty

+ Frame: 10 Years

+ Parts: 5 Years

+ Labour: 1 Year

