



# Product Data Sheet

## PLHP HACK Press

Build explosive strength! Super smooth dual glide rod system with direct drive motion distributes the weight more evenly than traditional designs.

Four position Olympic loading posts provide a balanced centre of gravity and ample load capacity. Adjustable for all heights and sizes, high intensity workouts can be performed with complete comfort and safety.



### Muscles Worked



performed on



### SPECIFICATIONS:

- Hack Press Machine with Ergonomic hand grip positions
- Heavy Duty Mainframe: 12 Gauge 1.968"×3.937" Oval Tubing.
- Frame Finish: Two-coat powder process, electrostatically applied powder coat finish.
- Upholstery: CGPC 2" high density foam with PVC skin and durable double stitched upholstery
- Hand Grips: Dipped PVC Handle
- Welding: Continuous welds at all joints.
- Bearings: Commercial rated, sealed bearings at all pivot points.
- Max. User Weight: 264 lbs
- Product Weight: 376 lbs
- Dimensions(L×W×H): 95" × 57" × 53"