



Standing Hack Squat

Keystone | VST700-PL80



Frame

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process
Frame Construction	Heavy duty commercial steel frame tubing, robotically welded

Tech Specs

Overall Dimensions (LxWxH)	195.4 x 153.5 x 153.6 cm / 76.9" x 60.4" x 60.5"
Product Weight	85.2 kg / 187.7 lbs.
Max User Weight	150 kg / 330 lbs.
Max Training Weight	No weight plates on counterbalance: 200 kg / 440 lbs., max weight plates on counterbalance and movement arm: 165 kg / 365 lbs.
Starting Resistance	No weight plates on counterbalance or movement arm: 45 kg / 99 lbs., max weight plates on counterbalance: 10 kg / 22 lbs.

User Amenities	
Instructional Placards	Muscle call-outs, start and finish exercise illustrations, QR code link to how-to videos
Upholstery	Polyurethane molded foam
Elastic Band Peg	Allows elastic resistance training
Weight-storage Horns	Two weight plate storage horns accomodating up to 9 x 25-kg or 10 x 45-lb. Olympic Weight Plates (capacity depends on plate thickness)