



# product information

Volume 5

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## Hack Squat

Product Number: 16290

List Price: \$1995

- Replaces the 5560 45 Degree Calf with updated 16000 Series styling
- Available in standard lead-time
- Fully enclosed linear bearing system
- Loads at the hip to protect the lower back.
- 9.5" weight horns accommodate six 45 lb. plates per side.
- The 60 degree angle provides an effective load of 87% compared to 71% for the 45 degree angle of the 5560.
- The large curved foot platform allows for varied foot placement while the non-slip surface provides grip and support during the motion.
- Length: 61" (155 CM)
- Width: 30" (76 CM)
- Height: 51" (130 CM)
- Weight: 180lbs (82 KG)
- Last day to enter orders for the 5560 is September 4, 2012.
- Last day for shipment of 5560 is September 28, 2012.

