GLUTEBUILDER® PLATE LOADED

Belt Squat / Step-Up

GPL0585



Developed in partnership with Glutebuilder and exclusively available from Precor, the Glutebuilder line is a full range of products dedicated to targeting the glutes, legs and hip muscles. The precision biomechanics create an exact motion path with smooth, constant resistance ensuring effective and efficient workouts. The multiple adjustment points allow exercisers to find the perfect fit and range of motion for each exercise.

Designed to put the lifting load on the hips instead of the back, the Belt Squat / Step-Up supports effective lower-body training with reduced strain. This versatile platform accommodates a wide range of movements, including Belt Squats, Single-Leg Deadlifts, Step-Ups, and more. The oversized, non-slip footplate provides enhanced stability during movements, while the rotating handgrips expand the variety of exercises.



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Product Features

TWO MOVEMENTS-IN-ONE

The Belt Squat / Step-Up is the first strength equipment that combines belt squat and step-up exercises into one compact machine, enabling powerful lower-body training.

PRECISION BIOMECHANICS

Dual hook points provide multiple loading height options, allowing precise adjustment of the starting position for a customized range of motion, enabling a biomechanically correct movement pattern.

UNMATCHED VERSATILITY

Integrated rotating grip, elevated rubberized footplates, and extended dual handles support a wide range of movement patterns—including Belt Squats, Step-Ups, Deadlifts, and Row variations—while providing a stable platform throughout each movement.

INTEGRATED RESISTANCE & STORAGE

Connection points for resistance bands allow exercisers to add progressive resistance at the end range of motion, while two integrated weight horns provide convenient storage and quick access to plates, streamlining the loading and unloading process.



Specifications

Dimensions (L x W x H): 78 x 42 x 58 in / 198 x 106 x 146 cm
Product Weight: 146 lb / 166 kg
Max User Weight: 350 lb / 159 kg
Max Lift Load Capacity: 880 lb / 400 kg
Starting Weight: 33.5 lb / 15 kg
Weight Storage Horns: 2
Recommended Plates: 4 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 lb

Step-Up Height: 17.5 in / 44.5 cm
Accessories: Belt Squat Harness
Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most demanding training environments. Powder coated frame.
Warranty: Visit www.precor.com for warranty terms.

Color Options*

Frame

Black Pearl
Gloss Metallic Silver
Gloss White**
Flame Red**

Upholstery

Black

Additional Upholstery Options**

Lite Grey
Graphite
Slate
American Beauty
Candy Apple
All Spice
Bucksuede
Burgundy
Royal Blue
Blue Jay
Chocolate
Hunter Green

*Custom frame colors are available, subject to minimum order quantities and extended lead times.

**Additional lead time applies.

• Additional upholstery options may have longer lead times. Please contact a sales representative.
• Colors may vary.

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