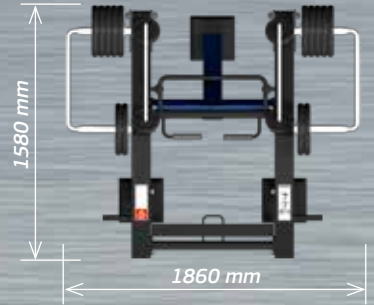


# MB 7.40 SQUAT

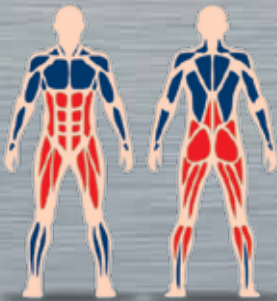
WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

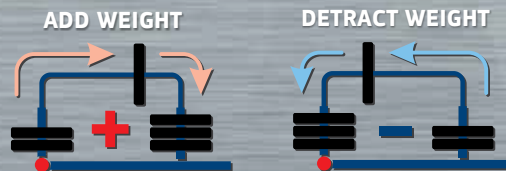


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.40 "Squat" is designed to develop quadriceps femoris muscle, gluteus medius muscle, gluteus maximus muscle.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM  
LOAD  
**150** kg

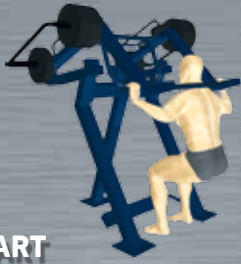


THE SET INCLUDES RUBBER WEIGHTS

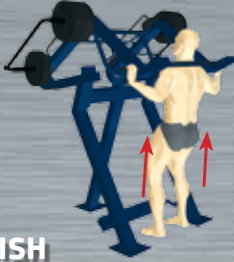
THE EQUIPMENTS  
TOTAL WEIGHT  
**345** kg

# STREET BARBELL

## OUTDOOR STRENGTH EQUIPMENT *line*



START



FINISH



START



FINISH

### SQUAT

1. Adjust weight on both leavers.
2. Set the lower platform.
3. Stand with your front to the equipment, heels on the platform, feet width apart.
4. Grip the handles and squat under the bar, placing it on the trapezius muscle.
5. Slightly bend back and move the pelvis forward, straighten your legs. The equipment comes off the safety.
6. Slowly bend your knees and squat down, locking position back.
7. When the thighs reach the horizontal position, straighten your legs and torso.
8. After finishing the exercises, set the hand guard in the original position and gently lower the bar.
9. Perform the exercises in 4 sets of 10 repetitions.

### SHIN

1. Adjust weight on both leavers.
2. Set the higher platform.
3. Stand with your front to the equipment, socks foot on the platform, feet shoulder width apart, heels free to drop down.
4. Grip the handles and squat under the bar, placing it on the trapezius muscle.
5. Slightly bend back and move the pelvis forward, straighten your legs. The equipment comes off the safety.
6. Slowly lift the toe as high as possible.
7. Smoothly return to the starting position.
8. After finishing the exercises, set the hand guard in the original position and gently lower the bar.
9. Perform the exercises in 4 sets of 10 repetitions.



- Movable feet platform allows you to distribute the load between different muscles groups particularly to shift a load from a hip and buttock to shin muscles.
- In order to avoid injury while squatting do not slouch!



TO SEE  
**THE TOUTORIAL**  
**FOR THIS TRAINER**  
 PLEASE SCAN  
 THIS CODE

