

# AlphaFit Launches the Core Belt Squat – Innovative Product for Lower Body Training

*Fitness equipment manufacturer AlphaFit launches the new Core Belt Squat - an innovative product for lower body training.*

MOLENDINAR, QUEENSLAND, AUSTRALIA, September 22, 2021 /EINPresswire.com/ -- Designed and engineered in Australia with peak performance and aesthetics in mind, this product is guaranteed to be the centrepiece of any commercial gym, specialty strength or rehab facility. The [Core Belt Squat](#) is a massive drawcard for weightlifters, powerlifters and athletes nursing back pain or shoulder injuries. It aids in increasing muscular hypertrophy in the legs without placing heavy pressure on the back and spine. Athletes with restrictions from axial loading spinal compression or rehabbing from shoulder, elbow or wrist discomfort can safely load the glutes, hamstrings and calf muscles to continue building strength despite their upper body limitations.

Sure to become an indispensable piece of equipment in any commercial gym, AlphaFit's Core Belt Squat has been designed in collaboration with athletes and high-performance coaches to ensure it accommodates different types of users and their individual training needs. This compact unit features a 1.2m x 1.2m training platform, 15kg trolley with an incorporated safety catch, dual linear shaft cable system, multi-grip handles, 250kg pin load capacity, 14 drop stop adjustments, and HDPE lined band hooks for resistance training.



AlphaFit Core Belt Squat



AlphaFit Core Belt Squat

The generously sized training platform features a replaceable anti-slip rubber surface for maximum stability. Its dimensions allow athletes to comfortably complete squats, lunges, marches and deadlifts uninhibited. While developed predominantly for lower body training, one of the advantages of the AlphaFit Belt Squat is its high degree of versatility—it allows users to perform a solid variety of different movements with extra equipment. Athletes can connect grips and attachments via the carabiner to perform supplementary upper body cable movements within the 1.2m cable pull length.



AlphaFit Core Belt Squat

Like no other on the market, the Core Belt Squat features an unmatched level of safety features for peace of mind when squatting. The adjustable drop stop ensures each user will find a safe and comfortable base position for their lowest range of movement. Another important design feature is the trolley's safety catch. It offers users the ability to lock the loaded or unloaded trolley quickly and easily in 20 different height positions by pulling on the safety handle. This feature is especially important for users under fatigue mid set or who have overestimated their lifting capacity.

The Core Belt Squat is designed and manufactured with the highest degree of quality from AlphaFit's Gold Coast facility. All their Australian made gym equipment is available in a variety of colours at no additional cost. Local manufacturing allows AlphaFit to have complete control over the quality, turn-around and customisation of such products, enabling them to service customers like no other supplier.

A belt squat machine could be one of the best investments a gym owner can make. By taking the upper body out of the equation, the Core Belt Squat provides athletes of all kinds the option to perform squats with optimum posture, balance and stability in total safety. This product is the first in the new range of plate loaded machines AlphaFit plans to release in the coming months.

For more information on this product, visit our website: <https://www.alphafit.com.au/core-belt-squat>. To see the Core Belt Squat in use, visit the YouTube video here: <https://youtu.be/HQNWoqXNOmo>

AlphaFit is Australia's largest and leading manufacturer of premium strength and conditioning, functional and customisable specialist fitness equipment. With over 20 years of steel manufacturing experience, the Australian-owned and operated family business is recognised for

its high-quality steel fitness products, fast turnaround times and expansive custom branding options for gyms.

If you would like more information about this topic, please contact Lindsay Howard, Marketing Manager, on 07 5574 4975, or email [lindsay@alphafit.com.au](mailto:lindsay@alphafit.com.au)

Lindsay Howard

AlphaFit

+61 7 5574 4975

[email us here](#)

Visit us on social media:

[Facebook](#)

[LinkedIn](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/552081145>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2021 IPD Group, Inc. All Right Reserved.