

DEADLIFT MACHINE



DESCRIPTION

An excellent tool for training and mastering the deadlift technique, this equipment represents a significant innovation. It allows you to perform the deadlift without the front-bar constraint, improving the push phase and reducing the common issue of early pulling, which often stresses the lower back.

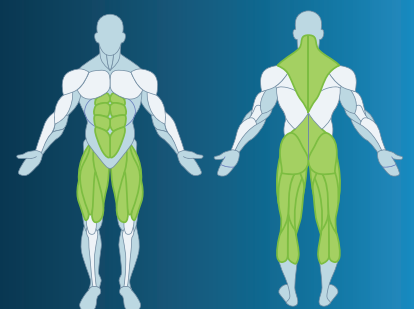
BENEFITS

The forward rotation of the machine increases engagement of the posterior chain and hip extensors, while preventing compression-related overload.

The counter-movement of the foot platform keeps the ankles in dorsiflexion, helping to avoid issues with trunk flexion.

Muscles trained

Hamstrings



TECHNICAL SPECIFICATIONS

Product Code	DDL - 00539
Resistance System	Canali System
Resistance Levels	20
Differentiated Work (dual selector)	No
Assisted Start	No
Minimum/Maximum User Height	150 - 205 cm
Length	163 cm
Width	70 cm
Height	86 cm
Equipment Weight	252 kg

