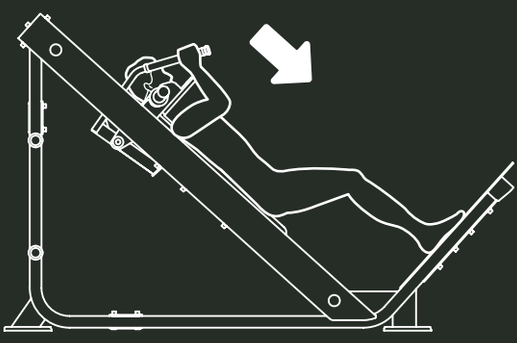
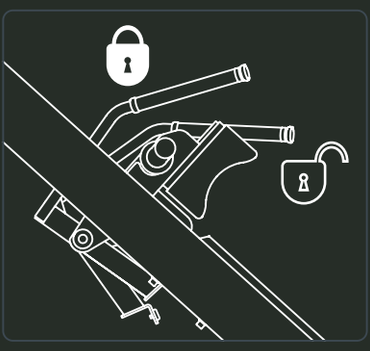
pulsefitness

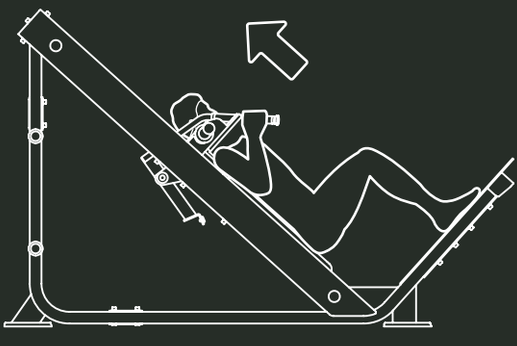
HACK SQUAT

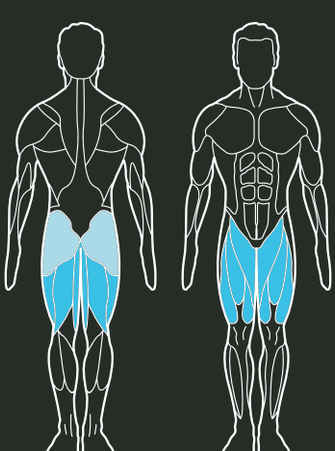
(INC. SHOULDER PADS)

1. Rest against back pad, with feet on footplate, and shoulders against pads.
2. Push up from footplate. The safety catch will disengage automatically.
3. Lifting up the handles whilst lowering down will engage the safety catch.
4. Maintain a smooth, controlled motion.
5. Exhale as you press, hold position for a few seconds, inhale on the return.
6. Do **not** hold your breath.









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