

# POWER LIFT®

POWERFUL IDEAS FOR POWERFUL RESULTS

## INERTIA TRAINER

Power Lift Inertia Trainer allows S&C professionals to program Eccentric overload training for their athletes. The oversized platform provides a large working space for a range of movements including Squat, RDL, Row, etc. Resistance is provided through 8 unique electroless nickel plated plates. The 8 plates provide ample resistance for all movements.

### KEY FEATURES:

- Construction consists of 10 gauge for box frame, 3/8" steel for mount plates, 1/2" diameter grade 5 zinc hardware, aluminum pull pins for adjustment, and premium urethane bumpers for flooring protection
- 5" diameter x 2" wide non-marking wheels and large hoop handle for ease of movement
- 2 x 2" sq 11 gauge tube uprights with adjustable handle height
- Storage includes - 4 accessory storage loops incorporated into uprights and box frame, storage for resistance plates, and nylon rope storage underneath box
- 8 Unique electroless nickel plated weight plates for resistance
  - All plates can be loaded at once and secured with 1" Lock Jaw Collar
- Swivel eye pulley for connecting belts, handles, and various attachments
- Oversized Xtrax work platform to accommodate users of all sizes
- Platform can be positioned to accommodate various movements including rows, curls, squats, presses
- Includes 2-15' nylon ropes, belt squat belt, single short nylon handle, and 1 pair of squat handles



### Overall Dimensions:

51 19/32" (L) x 29 7/8" (W) x 51 1/32" (H - with handles) x 8" (Platform Height)

182 lbs. (Approximate Weight)

### Warranty:

Lifetime conditional warranty on frame components. Five years on rotary bearings, guide rods, pulleys and weight plates. One year on belts, cables and grips. Ninety days on upholstery and items not specified.

### Part Number:

12999C

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