



manual squat plate KYNETI

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Expand your Kynett ONE or PRO with the Squat plate! The Squat plate provides a stable base for exercises such as squats, deadlifts, lunges, calf raises, upright rows and bicep curls.

The high-quality material and smart design make it possible to go to the extreme in a safe way. With the included mounting materials you can mount the squat plate directly on the ground or use the distance bar to perform the exercises at the best possible and stable distance from the Kynett ONE / PRO. This allows you to train even more effectively so you can get the best out of yourself!



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When the squat plate is not mounted to the ground, it is advisable to put a weight on the plate for extra stability.

