

**HAMMER
STRENGTH®**

PRODUCT COMPARISON



SUPER SQUAT PRESS

The Super Squat Press brings the legendary biomechanics of the Cybex Squat Press into the Hammer Strength lineup—with even more firepower. Built with articulating foot platforms and a proper strength curve, this machine delivers

a pressing experience that simply feels right—smooth where it should be, demanding where it needs to be. With unilateral workarms, it challenges each leg independently for balanced, sport-ready power.

FEATURE / BENEFIT	TRADITIONAL Squat Press	HAMMER STRENGTH Super Squat Press
UNILATERAL TRAINING Allows for single leg pressing and corrects muscle imbalances		✓
RANGE OF MOTION ADJUSTMENT To vary pressing depth for athletes		✓
STORAGE WEIGHT HORNS Keep plates organized and within reach		✓
FOUR-BAR LINKAGE SYSTEM Ensures ankles are always optimally positioned during press	✓	✓
SUPER XL WEIGHT RODS Allows for extreme loads to be pressed	✓	✓
DUAL-PURPOSE HANDLES Single grip location for locking/unlocking handles and a secure hold		✓