

GROUND BASE MULTI-SQUAT

GB-MSQ

**HAMMER
STRENGTH®**



Athlete Credit: Riley Moss

DESCRIPTION

The Hammer Strength Ground Base® Multi-Squat is built for athletes who generate power from the ground up. Its open floor design promotes natural foot positioning and full-body stabilization, reinforcing an athletic stance for controlled, explosive movement.

Designed for both bilateral and unilateral lower-body training, it supports squats, lunges, and includes a dedicated pad for single-leg squats. Angled handles provide a secure grip to maintain upper-body tension and optimize force transfer. Whether building raw strength or refining balance and coordination, this versatile piece develops powerful, game-ready movement.

EXERCISES

- Squats
- Deadlifts
- Good Mornings
- RDL's
- Single Leg Squats
- Lunges
- Bent Over Rows*

**Load top rod only*

SPECS / VIDEO



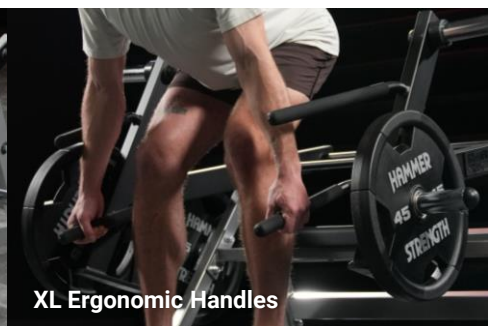
FEATURES



Single Leg Squat Pad



Multiple Loading Positions



XL Ergonomic Handles