

SUPER PENDULUM SQUAT

/ 1FW080



The Super Pendulum Squat is ideal for the complete training of the entire thigh muscles, with main emphasis on the quads and glutes. The special feature of this machine is its guided trajectory, which creates a unique movement halfway between a squat and a 45° leg press. The presence of the backrest reduces stress on the lower back during the movement.

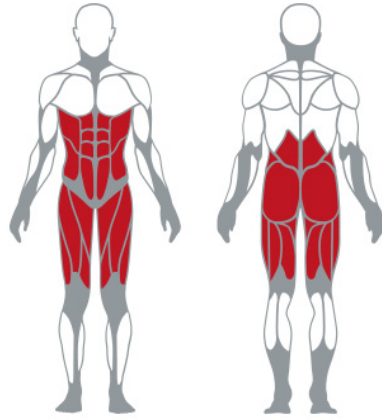
Plus

- physiological load curve with leverage system;
- spring counterbalanced to reduce the empty weight of the thrusting muscle group;
- wide footrest (80x60 cm) with gas-assisted adjustment on 2 positions;
- physiological start movement and safety lever.

Optional

- super grip platform;
- 6 additional weight holders.

MUSCLES



TECHNICAL SPECIFICATIONS

Width	150 cm
Length	200 cm
Height	190 cm
Weight	300 Kg
Max. Weight	450 Kg
Empty load	30 Kg

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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.