

SISSY SQUAT

JBR - 120

The Sissy Squat is for both experienced lifters as well as beginners. Compact yet highly stable it helps the user perform a squat while keeping their lower leg perpendicular to the ground.



Scan Here
to Access the Video

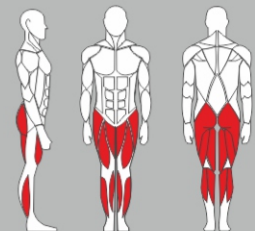
FEATURES

- ◆ **Quad Isolation:** Designed to target quadriceps effectively while minimizing knee strain.
- ◆ **Adjustable Pads:** Provides customizable thigh and calf support for optimal alignment and comfort.
- ◆ **Sturdy Frame:** Built with a durable structure to ensure stability during intense workouts.
- ◆ **Non-Slip Footplate:** Features a wide, textured surface for enhanced safety and stability.
- ◆ **Compact Design:** Space-efficient, ideal for home or commercial gyms with limited space.

SPECIFICATIONS

DIMENSIONS:

Length: 56 inches/142 cms
Width: 40 inches/102 cms
Height: 24 inches/61 cms
Weight: 101.4 lbs/46 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Triceps Brachii

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.