

## PENDULUM SQUAT

JPL - 144

The Pendulum Squat is a versatile and innovative piece of equipment engineered to target and strengthen the lower body effectively. With its unique pendulum motion, this machine provides a dynamic and challenging squatting experience, engaging muscles throughout the entire range of motion. Its adjustable settings and ergonomic design cater to users of all sizes and fitness levels, ensuring a customized workout experience.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Natural Pendulum Motion:** Optimizes muscle engagement in quads, glutes, and hamstrings.
- ◆ **Angled Foot Platform:** Non-slip surface supports varied foot positions for targeted training.
- ◆ **Adjustable Safety Stopper:** Limits motion range for safe heavy lifts.
- ◆ **Plate-Loaded System:** Customizable resistance for strength progression.
- ◆ **Adjustable Footboard Height:** Customizes positioning for all user sizes and exercises.

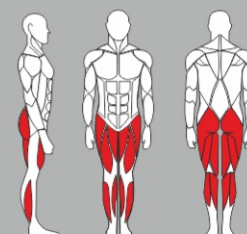
### SPECIFICATIONS

#### DIMENSIONS:

Length: 92 inches/234 cm  
Width: 58 inches/147 cms  
Height: 64 inches/163 cms  
Weight: 306 lbs/139 kg  
Start Weight: 54.7 kg  
Max Loaded: Single Side: 308 lbs/140 kg  
Both Side: 616 lbs/280 kg

**MUSCLE WORKED:** Glutes Hamstrings

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



\*Plates, barbell, attachments and accessories are not included and need to be bought separately.