

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.

- ◆ **DIMENSION:**
Length : 56 inches / 142 cms
Width : 40 inches / 102 cms
Height : 24 inches / 61 cms

- ◆ **MUSCLE WORKED:**
Glutes
Hamstrings

