

PENDULAM 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.

◆ **DIMENSION:**
Length : 92 inches / 234 cms
Width : 58 inches / 147 cms
Height : 64 inches / 163 cms

◆ **MUSCLE WORKED:**
Glutes
Hamstrings

