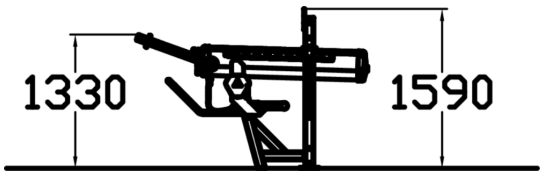
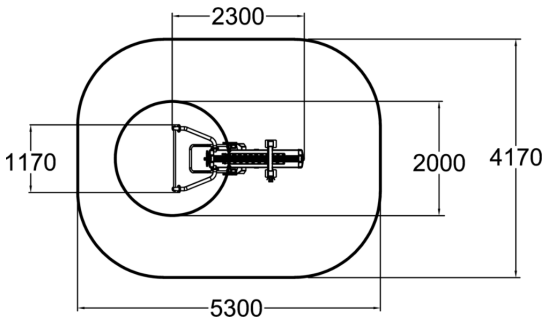
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Sisu Squat



The Sisu Squat is a weight training device primarily designed to work the lower body muscles, such as the glutes and thigh muscles. The squat is performed by first placing the bar on the shoulders and extending to a standing position. The locking mechanism is released by lifting the release lever in front of the user. Now the user can squat to the desired depth. At the end of the set, the user presses the release lever down. The weight can then be returned to the starting position. Resistance can be adjusted continuously by turning the adjustment wheel. The resistance level (10–100 kg) is shown on the scale in both kilograms and pounds. A towel hook and bottle holder add to user comfort.In addition to the traditional back squat, the device can be used for front squats, overhead squats, calf raises, lunges, and overhead presses.





Number of users	1
Product length, mm	2300
Product width, mm	1170
Product height, mm	1500
Height required, mm	2400
Safety info	EN 16630 TÜV
Installation time (for 1), H	4
Foundation options	surface_mounting
Metal	
Colour of walls and HPL	

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