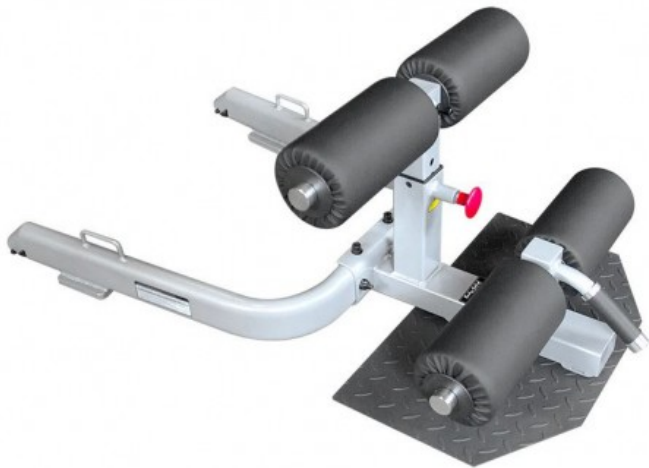




Body Solid Sissy Squat Squat Trainer GSS50



The Body Solid GSS50 Sissy Squat provides the perfect platform for training multiple muscle groups. The Sissy Squat provides an intense workout for training the abs, legs and core and is great for isolation training such as calf-focused squats (sissy squats), deadlifts, Russian twists, sit-ups or medicine ball throws. The workout can be intensified by adding resistance bands, dumbbells or medicine balls.

CHF 349.00

Equipment:

- non-slip foot plate
- high quality and comfortable padding
- height adjustable calf pad - lowest setting: from bottom to top of the roller 28-38cm - highest setting: from bottom to top of the roller 38-48cm
- attachment points for resistance bands
- transport rollers with handle for easy adjustment

Use: home to light institutional use, payload: approx. 130kg

Equipment dimensions: L111.7 x W61 x H48.3cm, weight 21.4kg

Warranty: 2 years on labor & spare parts (excludes consumables such as padding)