



The Force USA Sissy Squat is a highly effective tool for building quadriceps, strengthening the core, and improving balance. Its heavy-duty, high-tensile steel frame ensures durability, while the easy pull-pin mechanism allows for quick adjustments.

FEATURES

- ✓ Isolates quads, minimizes glute/hamstring use
- ✓ 4 adjustable foot roller positions
- ✓ 5 knee support pad height adjustments
- ✓ High-density supportive foam padding

EQUIPMENT SPECIFICATIONS

Adjustability	Front foot rollers with 4 horizontal adjustments
Mainframe	Durable, high-quality steel
Cushion Thickness	6cm
Transport Wheels	No
Extra Features	High quality, dense and comfortable upholstery. Rubber capped feet. Easy pull pin for quick and easy adjustment.
Installation	Not included. Please refer to the option for assembly service.
Dimensions	101 (L) x 60 (W) x 60 (H) cm
Seat Pad Angles	Knee support pad with 5 height adjustments
Product Weight	26kg
Max Load	158kg
Surface Coat	Durable commercial grade powder coat
Material	Steel