

PENDULUM SQUAT

CF8137



The BodyKore Pendulum Squat is the ideal machine for users with lower back pain and knee mobility issues. The angle of a pendulum squat takes the strain off the lower back and knees and really targets the quadriceps, glutes and hamstrings. The user is laying in a 45 degree angle so the weight distribution is taken off the body joints and placed mainly on the hinge of the machine. The user then swings down like a pendulum and presses the weight back up with the muscles previously mentioned.

The BodyKore Pendulum Squat is a commercial grade machine with a weight rating of 1000lbs. There are dual loading pegs that can hold up to (5) 45lb plates on each side (total of 10 plates!). There is a hinged latch for the user to unhook when starting the exercise and two starting points for users of different heights. The foot plate also adjusts in 5 different angles to target different muscles in the legs. There is also a safety peg that prevents the user from collapsing from failure.



Dimensions
83" x 43" x 67"

Weight
420lb

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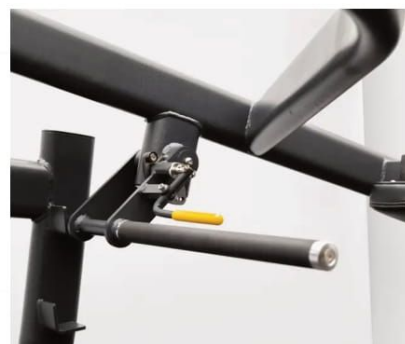
Warranty	
STRENGTH WARRANTY (NORTH AMERICA ONLY)	
FRAME (NOT COATINGS)**	LIFETIME
WEIGHT STACKS	10 YEARS
PULLEYS	10 YEARS
PIVOT BEARINGS	10 YEARS
OTHER ITEMS NOT SPECIFIED	3 YEARS
UPHOLSTERY / CABLES / SPRINGS / GRIPS	1 YEAR
ACCESSORIES	6 MONTHS



Wide Foot Plate with Rubber Padding.



Adjustable Foot Plate Angles.



Hinged Latch
For the user to unhook when starting the exercise and two starting point for users of different heights



Thick Shoulder Pads
For comfortability.



Safety Peg
Prevents from collapsing from failure.



Dual Loading Pegs
Can hold up to (5) 45lb plates on each side.