

Stacked Series

SISSY SQUAT

FL1213

The FL1213 Sissy Squat Machine is designed for commercial use with its heavy-duty design. This old-school leg training device will develop tear-drop shaped quads with challenging squat workouts. The sissy squat is a quadricep targeting exercise that focuses on leaning backwards and bending from the knee to achieve the bottom of the position, rather than hinging from the hips and sitting down like in a traditional squat.



Dimensions
39" x 25" x 21"

Weight
57lb

Frame Color:
Black

BODYKORE INC



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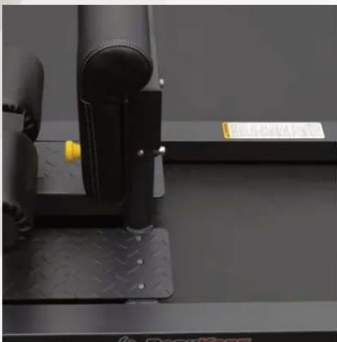
ADJUSTABLE HACK SQUAT

FL1213

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



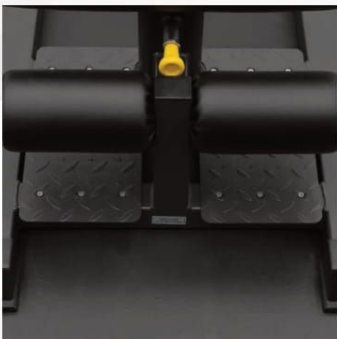
11 Gauge Steel Construction

Ensures maximum structural integrity, adhesion and durability.



3 Position Adjustable

Heavily padded adjustable calf pad



Foam Rollers

Fix your legs firmly and keeps you in safe condition during the workout



Non-Slip Footplates

Keep the machine stable and ensuring your safety when in use.