

# PENDULUM SQUAT

CF8137



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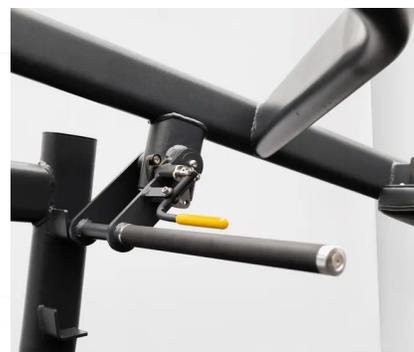
Warranty	
<b>STRENGTH WARRANTY (NORTH AMERICA ONLY)</b>	
FRAME (NOT COATINGS)**	LIFETIME
WEIGHT STACKS	10 YEARS
PULLEYS	10 YEARS
PIVOT BEARINGS	10 YEARS
OTHER ITEMS NOT SPECIFIED	3 YEARS
LABOR	3 YEARS
UPHOLSTERY / CABLES / SPRINGS / GRIPS	1 YEAR
ACCESSORIES	6 MONTHS



**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.