

# Sisu Squat



The squat is a strength exercise used primarily for developing muscles in the lower body (quads, gluteus maximus). In a slightly bent standing position, the trainee takes the bar on top of ones' shoulders, lifts the bar up, and steps backward to release the weight. Now the trainee can lower ones' hips towards the ground and then stand back up. To lock the weights back in a starting position, the trainee steps forward and releases the bar. The weight can be adjusted steplessly by turning the wheel. The level of resistance (10 - 100 kg) can be checked from the measuring scale. A towel hook and a bottle holder are for the trainee's convenience.

