



Powertec is proud to introduce the Sissy Squat Pro, which achieves near 100% isolation on the quads and places less stress on other muscles such as the knee joints. As a result, it is considered safer than regular squats and leg extensions, and is a useful alternative workout for those who want to relieve stress off their lower back and knees during squats.

SISSY SQUAT PRO



With the Sissy Squat Pro machine, you're able to lean back securely without fear of falling over or disrupting your posture, while primarily strengthening the quadriceps and also work the hip flexors, core strength and improve balance.



As a compound exercise, you will be able to target several muscle groups in one go. The Knee Pad is adjustable with 6 settings, from 20 3/4" to 16 1/4", allowing for a range of users from 5' - 6.6' to safely use the Sissy Squat Pro.



The Sissy Squat Pro has a large footplate that measures: 17 1/4" X 18 3/4", with a height of 3 1/3" off the floor. The option to add Resistance Band Pegs at the rear, allows for Bands to be incorporated into many movements for increased resistance.



<< Click here to watch a video of the Sissy Squat Pro in action