



## Squat / Calf

S2-2-SQC

- Dual operation – Squat and Standing Calf
- Swivel Shoulder pads, contoured to support you through the full range of movement
- Dynamic variable resistance
- Designed to allow start of exercise from top of movement

**Muscles:**

- Quadriceps
- Gluteus Maximus
- Hamstrings
- Adductors
- Erector Spinae
- Gastrocnemius
- Soleus

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Length(mm):	<b>2045</b>
Width(mm):	<b>1260</b>
Height (mm):	<b>1515</b>
Machine Weight (kg):	<b>111</b>

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<b>Weight Stack</b>	
Standard (kg):	<b>30</b>

