PL-XSQ

# PENDULUM-X SQUAT

## INTRODUCING THE PLATE LOADED PENDULUM-X SQUAT: SQUATTING RE-IMAGINED

Traditional pendulum squats often fall short, causing knee pain and failing to engage the hips properly. Our Pendulum-X Squat ensures a natural, powerful, and efficient squat, allowing athletes to achieve a full range of motion and engage their glutes and hamstrings more effectively.

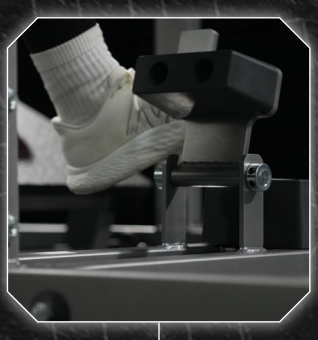
### BAND PEGS FOR ASSISTANCE

Provides assistance by making the carriage lighter at the bottom of the lift when squatting deep.



### RANGE OF MOTION ADJUSTMENT

Users can customize and control the depth of their squats to suit their individual needs.



### HEIGHT ADJUSTABILITY

Designed to accommodate athletes of any size so they can maintain proper form and alignment.






### ADJUSTABLE FOOT PLATFORM

Athletes can switch between a 10* heel wedge and flat ground for optimal positioning.



### SUPERIOR HIP EXTENSION

Athletes can achieve a full range of motion to engage glutes and hamstrings. Superior hip extension helps reduce knee pain.



### EXOSKELETON DESIGN PHILOSOPHY

Unmatched stability and comfort to withstand the demands of intense training sessions.




The Pendulum-X Squat was built to address common squatting issues, ensuring a natural and efficient training session. With features like band pegs, adjustable range of motion, customizable height, and superior hip extension, it's the ultimate choice for athletes. Dominate your squat offerings with our Pendulum-X Squat.

**LEARN MORE. CHECK OUT OUR CORRESPONDING BLOG WHERE WE DIVE DEEP INTO THE STORY BEHIND OUR PENDULUM-X SQUAT, INCLUDING KEY DIFFERENTIATORS AND OUR PATENT-PENDING WORTHY MOVEMENT.**

HAMMER STRENGTH®

BUILT FOR ATHLETES WHO DEMAND MORE