# PENDULUM SQUAT TRUE PLS-1400

The Palladium Series Plate Loaded PLS-1400 Pendulum Squat features a unique movement pattern that allows for a full range of motion while maintaining proper knee-to-ankle alignment. Its oversized, non-skid foot platform supports multiple foot positions, while a dual safety catch system enhances security throughout the lift.

# **FEATURES**

- Unique pendulum style movement allows the user to achieve complete range of motion while maintaining proper knee to ankle position
- Weight plates are back loaded to add resistance and front loaded to reduce resistance
- Oversized foot platform with nonskid surface allows for a variety of foot positions and accommodates a wide range of users

# **USER AMENITIES**

• Instruction Placard illustrates proper START and END positions









# SPECIFICATIONS

DIMENSIONS (L x W x H) 89" x 41" x 60" / 226cm x 104cm x 152cm

### **COLOR OPTIONS**

Frame comes standard with matte black powder coat finish. Custom frame and upholstery options available.

REV 2-21-2025