

BULGARIAN SQUAT

PS-1236**STORAGE POSITION****FRONT NORDIC POSITION****LEFT POSITION****RIGHT POSITION**

SPECS

PRODUCT DIMENSIONS (L X W X H)

STORAGE POSITION:

8.50" X 6.00" X 42.00" (22 CM X 15 CM X 107 CM)

FRONT POSITION:

26.50" X 7.00" X 22.00" (67 CM X 18 CM X 56 CM)

SIDE POSITION:

8.50" X 25.00" X 42.00" (22 CM X 64 CM X 56 CM)

PRODUCT WEIGHT

ROLLER PAD ATTACHMENT:

9 lbs (4 kg)

UPRIGHT:

13 lbs (6 kg)

FEATURES

- ◆ Adjustable Height: 12" to 24" in 2" increments.
- ◆ Multiple Pad Positions: Left, forward, and right for versatile use.
- ◆ Exercise Versatility: Supports Bulgarian split squats and Nordic hamstring curls.
- ◆ Durable Construction: High-quality steel frame with a robust roller attachment.
- ◆ Comfortable Roller Pad: Vinyl-wrapped foam with a smooth, spinning design.
- ◆ Wear Protection: Delrin wear plate enhances durability and smooth operation.
- ◆ Compact Design: Space-efficient with multiple positioning options.