

# DID YOU KNOW...

## TRADITIONAL PENDULUM SQUATS ARE OUTDATED.

Our new Hammer Strength Pendulum-X Squat offers unparalleled benefits versus traditional pendulum squats. Step up. Lock in. Help them get to work.

FEATURE / BENEFIT	TRADITIONAL Pendulum Squat	HAMMER STRENGTH Pendulum-X Squat
<b>PATENTED ARTICULATING BACK PAD</b> Provides greater hip extension to activate glutes		✓
<b>ADJUSTABLE FOOT PLATE</b> Accommodates different ankle flexibility	✓	✓
<b>RANGE OF MOTION ADJUSTMENT</b> To vary squat depth for athletes	✓	✓
<b>STORAGE WEIGHT HORNS</b> Keep plates organized and within reach	✓	✓
<b>SMART RESISTANCE PROFILE</b> Resistance increases at the top and decreases at bottom of the movement		✓
<b>MULTIPLE RACKING POSITIONS</b> Accommodates users of varying sizes	✓	✓
<b>ASSISTING BAND PEGS</b> Adds assistance to make it lighter at the bottom of the squat		✓
<b>SYMMETRICAL LOADING / EXO-SKELETON DESIGN</b> Allows for more rigid and pure motion without the sway		✓

Get Hammer Strength innovation. It's the standout choice for facilities that know what their members want and how to deliver it.

[Talk our sales team today to learn more.](#)



# HAMMER STRENGTH®

BUILT TO A HIGHER STANDARD