

PENDULUM-X SQUAT



**HAMMER
STRENGTH®**

BUILT FOR ATHLETES WHO DEMAND MORE

PRODUCT COMPARISON

THE PENDULUM-X SQUAT IS BUILT FOR ATHLETES WHO DEMAND MORE FROM THEIR LOWER-BODY TRAINING.

Unlike traditional pendulum squats that limit hip extension and overload the knees, the Pendulum-X drives total-body extension for unmatched power and performance.

Its patented movement shifts resistance dynamically—lighter at the bottom where you're weakest, heavier at the top where you generate max force—creating the perfect strength curve for explosive results. Designed for serious lifters and elite athletes, this machine is engineered to build stronger legs, powerful hips, and next-level performance.



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

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