



**Tired of traditional squats leaving your knees feeling grumpy? It's time to discover the power of sissy squats!**

This underrated exercise is a game-changer for building incredible quad strength, improving balance, and boosting knee stability. Perfect for those with knee issues, sissy squats offer a low-impact alternative to traditional squats without compromising results.

Ready to sculpt those legs and strengthen your core? Our **NSS Sissy Squat** can guide you. Don't let knee pain hold you back! Contact us or our distributors today to start your sissy squat journey.

UNLOCK YOUR QUAD POTENTIAL



Stay Fit,



Happy  
and Healthy



**THE Manufacturer**

**INTERNATIONAL**

3F28, No.5, Shin-Yi road., Sec.5,  
Taipei, Taiwan

Tel : +886-2-27209982

Fax : +886-2-2722-9750

E-mail : joong@ms13.hinet.net

<http://www.steelflexfitness.com>