



Product Data Sheet

NSS

Sissy squat

Have a Quickie -- Get Fit! Get your own Gymboss. Steelflex Sissy squat works!

This exercise is a very specialized movement that is designed to work the lower thigh area. Because of the unusual angle at which this exercise is performed, this movement is done with no weight or only moderate poundage.



Strengthen Knees,
Build Legs,
No Weights required!



Max. User Weight: 264 lbs. / 120 kg
Dimensions: 97 x 78 x 48 cm / 38" x 31" x 15"

Stay Fit,



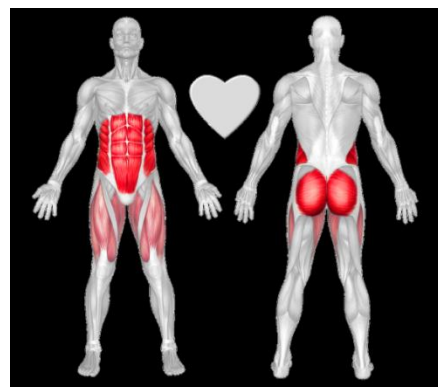
Happy
and Healthy



Gave us a really nice core exercise as well

LEGS + GLUTES

Muscles Worked



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