

Featuring structural integrity and a user-friendly support pole controlled through the handles, the PLSS enables deep squats, lunges, and calf presses to safely strengthen the glutes, hamstrings, quadriceps, and gastrocnemius.

An upgraded adjustable footplate has been integrated to provide smoother hip-driven movement while reducing stress on the ankle and knee joints during flexion. This refinement enhances movement efficiency and improves overall comfort during exercise.



Start position



Deep squat

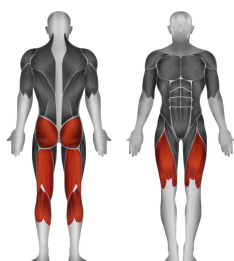
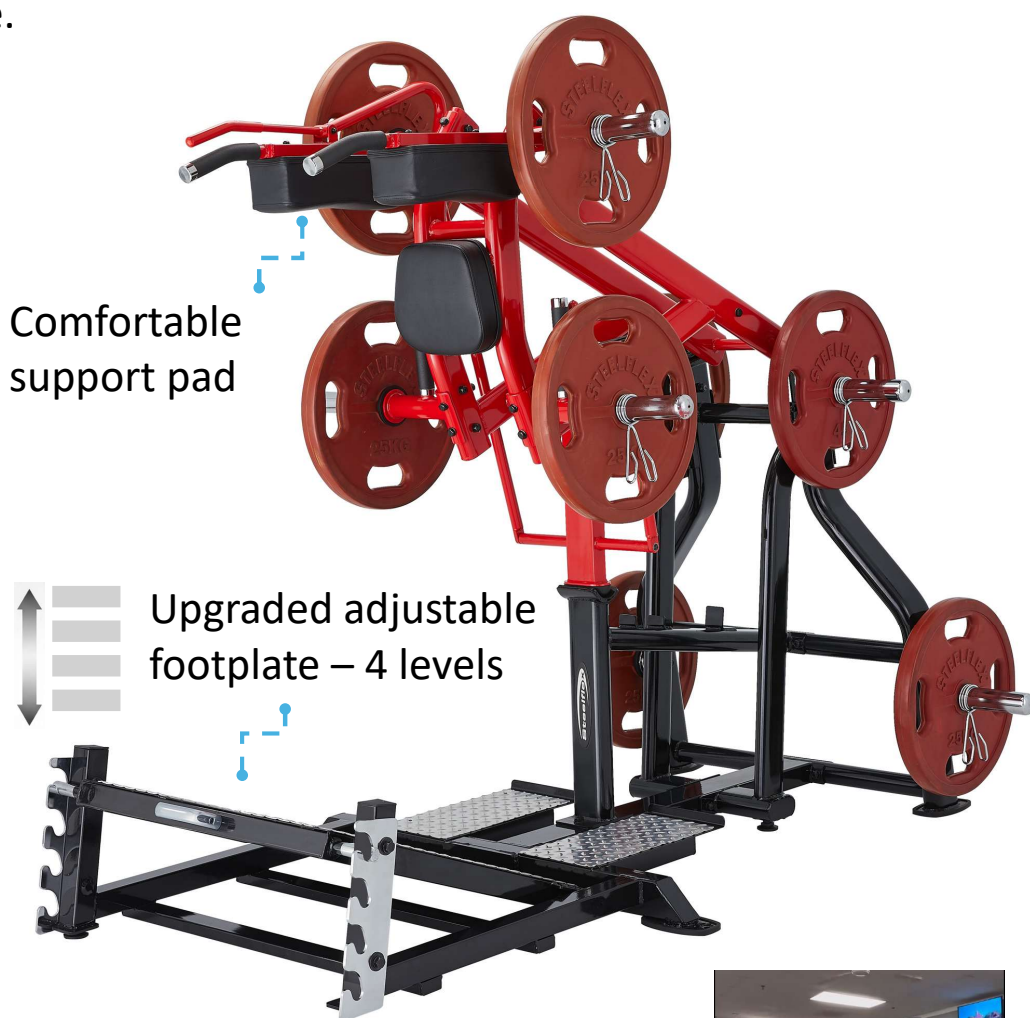


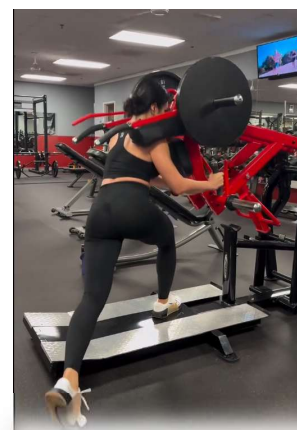
Plate load



PLSS



Squat



Lunges