



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.



LEGS + GLUTES

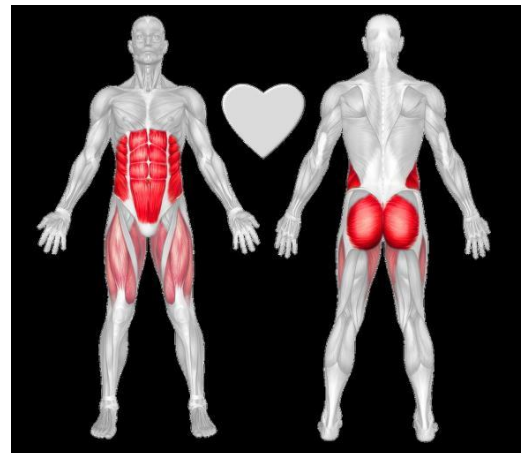
It's original name was "The Roman Chair Squat Bench"

A great exercise to sculpt the thighs.
Good for developing the upper portion of the thighs.

Stay Fit,
Happy
and Healthy



Muscles Worked



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