

# SQUAT (ADJUSTABLE RESISTANCE)

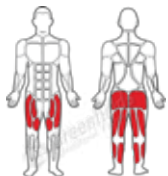


bidirectional resistance

UBX217

Equipped with

**SafeStop**

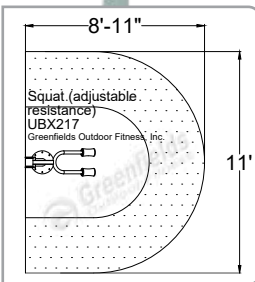


## Strengthens:

- Glutes
- Legs

Target muscles

Secondary muscles



## VIEW THE VIDEO

<http://gfoutdoorfitness.com/adjustable-squat-video/>



*The Greenfields Advantage - this unit incorporates Safe-Stop technology for a workout that's smooth and hazard-free*

