

SQUAT (ADJUSTABLE RESISTANCE)









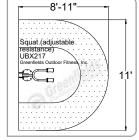
Strengthens:

- Glutes
- Legs

Target muscles Secondary muscles



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











Greenfields' units are designed to accommodate the majority of users age 14 and above; however, due to the nature of outdoor fitness equipment, units are "one size fits most". In order to honor our commitment to guality and safety, Greenfields Outdoor Fitness reserves the right to make changes and revise the design specifications without notice.