



Sissy Squat Diamond



Product features:

Dimensions Open:

Product weight:

Warranty: 12 months for professional use

Product description:

The **DIAMOND Sissy squat** is the name of the tool borrowed from **Vince Gironda** 's famous exercise, which guarantees maximum focus on the **quadriceps muscle group** . Designed to reduce tension on the knee ligaments, which are extremely stressed by the equivalent **free body exercise**.

The **foot stop is adjustable in height** and equipped with rollers which, combined with the support cushion, guarantee maximum exercise comfort.