



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.



Gave us a really nice core exercise as well

LEGS + GLUTES

The original name was "The Roman Chair Squat Bench"



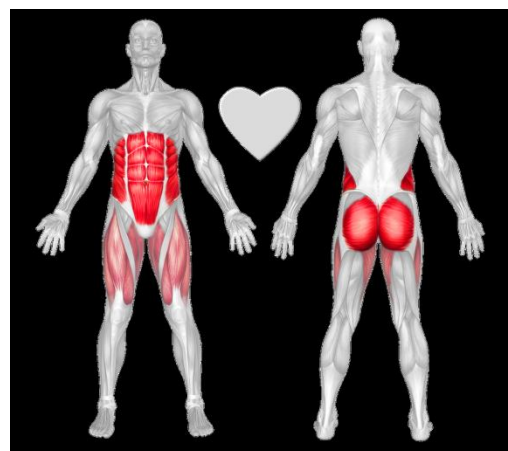
Stay Fit,



Happy
and Healthy

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

Muscles Worked



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