

PENDULUM-X SQUAT

PL-XSQ

**HAMMER
STRENGTH®**



Athlete Credit: Carlie Wagner

DESCRIPTION

The Pendulum-X Squat is built for athletes who demand more from their lower-body training. Unlike traditional pendulum squats that limit hip extension and overload the knees, the Pendulum-X drives total-body extension for unmatched power and performance.

Its patented movement shifts resistance dynamically—lighter at the bottom where you're weakest, heavier at the top where you generate max force—creating the perfect strength curve for explosive results. Designed for serious lifters and elite athletes, this machine is engineered to build stronger legs, powerful glutes, and next-level performance.

EXERCISES

- Squats (Flat)
- Squats (10° Angle)
- Calf Raises

SPECS / VIDEO



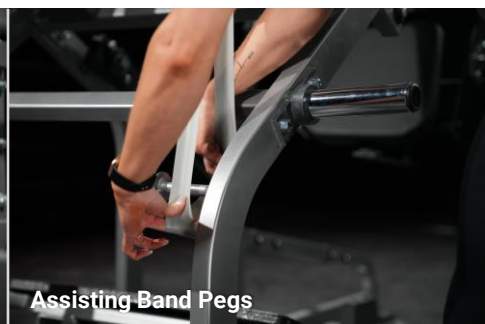
FEATURES



Adjustable Foot Platform



Range of Motion Adjustment



Assisting Band Pegs