

## Spirit Pendulum Squat

SKU: SPE-PL-3142

- Designed & manufactured in our UK factory
- Conforms with ISO/CEN equipment standards
- Commercial use structural lifetime warranty

The Spirit Plate Loaded Pendulum Squat delivers unrivalled lower body training with advanced biomechanics developed in collaboration with leading fitness professionals. Designed to maximise quad engagement while reducing joint strain, this machine offers a smooth and controlled arc of motion that enhances strength and hypertrophy through the full range.

It features a 5-position adjustable platform with anti-slip footplates for varied stances and optimal positioning, an adjustable stop position for safety and depth control, and a counterbalanced arm for smooth performance. Dual band pegs allow for variable resistance, while top band pegs help neutralise starting weight—ideal for progressive overload or assisted reps. Integrated storage horns keep weight plates conveniently on hand for seamless loading.

Manufactured in the UK using a reinforced combination of 70mm and 80mm box section steel, it's built to withstand the demands of elite training environments with long-lasting durability.

### Standard Colour Options



## Features

### Adjustable Platform

Features a 5-position adjustable platform with anti-slip footplates for varied stances and optimal positioning.

### Dual Start Positions

Offers 2 start positions, giving users the flexibility to choose their preferred range of motion.

### Dual Loading Horns

Equipped with dual loading horns to increase the load capacity.

### Depth Control

Equipped with an adjustable stop position, allowing users to set a safe and controlled endpoint for each rep.

### Long-Term Durability

Key components are made from stainless steel for resistance to rust, wear, and heavy use, providing long-term durability.

### Storage Horns

Includes 4 convenient storage horns, allowing weight plates to be kept within easy reach.

### Counterbalanced Arm

Features a counterbalanced arm to reduce the starting weight, making it easier to begin each set with proper form.

### Dynamic Resistance

Includes dual band pegs for dynamic resistance options and top band pegs for reverse banding.

### Made in Britain

Designed and manufactured in Great Britain for superior build quality.

## Specifications

### SKU

SPE-PL-3142

### Length

2624mm / 103.4"

### Width

1267mm / 49.9"

### Height

1582mm / 62.3"

### Weight

235kg / 518.1lbs

### Start Weight

39kg / 86lbs

### Max Load

320kg / 705.5lbs

### Storage

Includes 4 Storage Horns

### Frame

80x80x3mm / 70x70x3mm

### Certifications

EN ISO 20957-1 / EN 957-2

### Warranty

Lifetime - Full Commercial