

Bulgarian Sissy Squat Roller

GBR0316



The Bulgarian Sissy Squat Roller is designed to support targeted lower-body training in a stable, controlled setup. Combining sissy squat and Bulgarian split squat functionality into one space-efficient design, it provides secure foot and ankle positioning through quick-adjust roller pads and a non-skid footplate. Thoughtfully designed for simplicity and mobility, integrated transport wheels and a handle allow for easy movement within the free weight area, delivering a dedicated station for focused quad and glute training.



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Product features

SPACE-SAVING DESIGN

Combines sissy squat and Bulgarian split squat functionality into one versatile unit. Its efficient footprint makes it easy to integrate into free weight areas or strength zones.

ADJUSTABLE SUPPORT

Quick-adjust roller pads provide stable positioning to secure the feet and ankles during movement. The slip-resistant footplate creates a solid foundation, enhancing grip for exercisers.

TRAIN ANYWHERE

An integrated handle and transport wheels allow the equipment to be repositioned easily within the training floor.



Specifications

Dimensions (L x W x H): 104 x 66 x 64 cm

Product weight: 50 kg

Frame and finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder-coated frame.

Warranty: Visit www.precor.com for warranty terms.

Colour options*

Frame



Black Pearl



Gloss Metallic Silver



Gloss White**



Flame Red**

Upholstery



Black

Additional upholstery options**



Lite Grey



Graphite



Slate



American Beauty



Toffee Apple



All Spice



Bucksuede



Burgundy



Royal Blue



Blue Jay



Chocolate



Hunter Green

*Custom frame colours are available, subject to minimum order quantities and extended lead times.

** Additional lead time applies.

• Additional upholstery options may have longer lead times. Please contact a sales representative.
• Colours may vary.

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