

# 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):** 41 x 26 x 25 in / 104 x 66 x 64 cm

**Product Weight:** 110 lb / 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](http://www.precor.com) for warranty terms.

## Color Options\*

### Frame



Black Pearl



Gloss Metallic Silver



Gloss White\*\*



Flame Red\*\*

### Upholstery



Black

### Additional Upholstery Options\*\*



Lite Grey



Graphite



Slate



American Beauty



Candy Apple



All Spice



Bucksuede



Burgundy



Royal Blue



Blue Jay



Chocolate



Hunter Green

\*Custom frame colors 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.

• Colors may vary.

\*\* Additional lead time applies.