

GLUTEBUILDER® PLATE LOADED

Pendulum Squat Pro

GPL0609



Developed in partnership with Glutebuilder and exclusively available from Precor, the Glutebuilder Plate Loaded line is a full range of products dedicated to targeting the glutes, legs and hip muscles. The precision biomechanics create an exact motion path with smooth, constant resistance, ensuring effective and efficient workouts. The multiple adjustment points allow exercisers to find the perfect fit and range of motion for each exercise.

The Pendulum Squat Pro is designed to deliver controlled, lower-body strength training with a natural, joint-friendly movement path. A mid-range starting position and low starting weight make the movement accessible, while advanced adjustment options support a wide range of training styles and experience levels.



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PRECOR EXCLUSIVE PARTNER

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Product features

PRECISION BIOMECHANICS

Independent lever arms help reduce momentum and promote a smoother, more controlled squat pattern.

LIGHT STARTING WEIGHT

A starting weight of 17 kg supports a broad range of training types and skill levels.

ADJUSTABLE FOOTPLATE

The oversized, slip-resistant footplate adjusts easily to different angles, allowing exercisers to shift emphasis between quad- and glute-dominant training.

PERSONALISED RANGE OF MOTION

An adjustable depth stopper allows users to define their working range based on mobility or training goals. The lever-based racking system provides a secure rack and unrack position at the start and finish of each set.

EXERCISE PROGRESSION

Connection points for resistance bands offer exercisers the ability to add progressive resistance to the movement.



Specifications

Dimensions (L x W x H): 249 x 165 x 175 cm

Product weight: 400 kg

Max. user weight: 159 kg

Max. lift load capacity: 399 kg

Starting weight: 17 kg

Weight storage horns: 4

Recommended plates: 4 x 20 kg, 2 x 10 kg, 2 x 5 kg

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

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

Colour options*

Frame



Black Pearl



Gloss Metallic Silver



Gloss White**



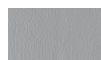
Flame Red**

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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