



## CORE PENDULUM SQUAT

### 1 | ADJUSTABLE SHOULDER PADS BUILT FOR COMFORT

Gas-assisted, dual-linked shoulder pads make adjustments quick, smooth, and effortless. With a wide range from 125mm to 310mm, the machine adapts to athletes of all sizes, ensuring optimal positioning and comfort.

### 3 | HEAVY DUTY PLATE-LOADED PENDULUM ARM

The pendulum arm's natural arcing squat pattern keeps muscles engaged through the full range of motion for maximum effectiveness. Engineered for heavy commercial use, it's built to withstand the most demanding environments. Starting at 47kg resistance and loading up to 150kg, plus the inclusion of resistance band pegs, the system delivers the progressive overload athletes need.

### 5 | ENGINEERED WITH SAFETY IN MIND

Featuring four drop stops positions and 12 catch positions ensuring lifters can re-rack the weight quickly and securely at any point in the movement.

### 2 | PRECISION ADJUSTABLE PLATFORM FOR THE PERFECT STANCE

With 8 positions over a 225mm range, athletes have precise depth control. The gas-assisted, foot-pedal system allows for smooth and effortless adjustment from within the frame. An adjustable angle from 30° to 55° ensures optimal foot placement, while the oversized 800mm x 600mm surface supports a variety of stances and training styles.

### 4 | ADJUSTABLE COUNTERWEIGHT SYSTEM

The adjustable counterweight provides assistive loading for a lighter starting resistance or customised progression helping support beginners, rehab clients, and athletes refining technique.

### 6 | PROUDLY MADE IN AUSTRALIA, CUSTOMISE YOUR PENDULUM SQUAT

The Core Pendulum Squat is 100% Australian made allowing us to offer an unbeatable level of customisation. Part of the newest range of AlphaFit plate loaded machines, you can create the best strength setup for your unique space and training requirements.

*Standard model pictured - Core Pendulum Squat in Charcoal Grey. Custom configurations, colours and branding available. Contact your sales representative for more information.*





**THIS IS NO STANDARD  
PENDULUM SQUAT.  
DESIGNED AND  
ENGINEERED IN  
AUSTRALIA WITH  
PEAK PERFORMANCE  
AND AESTHETICS IN  
MIND, THIS PRODUCT  
IS GUARANTEED TO  
BE THE CENTREPIECE  
OF YOUR COMMERCIAL  
GYM, SPECIALTY  
STRENGTH OR  
REHAB FACILITY.**



## CORE PENDULUM SQUAT SPECIFICATIONS

**Product Dimensions (L x W x H):** 2634mm x 1260mm x 2024mm

**Product Weight:** 595kg

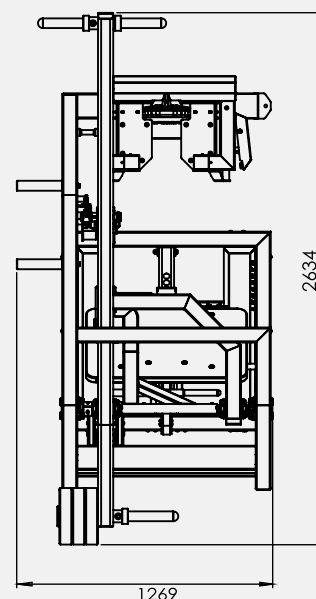
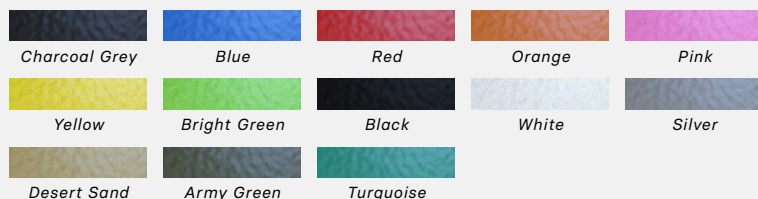
**Unloaded Arm Weight:** 47kg resistance

**Arm Plate Capacity:** 150kg (75kg of weight per pin)

**Drop Stop Adjustments:** 4 positions

**Warranty:** 'Built Not Bought' warranty

**Standard Colour Options:** Choose from 13 colours



Learn more at [alphafit.com.au/core-pendulum-squat](https://alphafit.com.au/core-pendulum-squat)

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**ALPHA FIT®**

## CORE PENDULUM SQUAT

FEATURE/BENEFIT	TRADITIONAL PENDULUM SQUATS	ALPHAFIT CORE PENDULUM SQUAT
<b>ADJUSTABLE SHOULDER PADS</b> For athletes of all sizes, ensuring optimal positioning and comfort.		✓
<b>PLATFORM DEPTH ADJUSTMENT</b> For maximum range of motion for athletes of all heights, and aiding hip mobility.		✓
<b>ADJUSTABLE FOOT PLATE ANGLE</b> For accommodating ankle mobility.	✓	✓
<b>VISIBLE + ADJUSTABLE DROP STOP</b> For safety and visibility at all times.		✓
<b>12 CATCH POSITIONS</b> For re-racking at finer increments with an auto release function.		✓
<b>ADJUSTABLE COUNTERWEIGHT</b> For a lighter starting resistance or customised progression.		✓
<b>RESISTANCE BAND PEGS</b> For adding resistance at the top of a squat.	✓	✓
<b>PLATE STORAGE PINS</b> For keeping plates close by.	✓	✓
<b>AUSTRALIAN DESIGNED &amp; MADE</b> For trust in quality and safety.		✓