

**Squat Deeper. Stand Stronger.**  
Guides you down · Helps you Stand up

**ASSISTED SQUAT**

**TIP**  
Knees in line with toes. Press through your heels.



**START**  
Stand on the platform. Lightly hold the stabilizer bars.



**LOWER**  
Lower with control. Keep your chest up. The machine helps Guide the movement.



**RISE**  
Press through your heels and return to standing. The machine provides assisted support during the movement.

**PUSH-UP | OPTIONAL**

Optional Upper-Body Exercise

**TIP**  
Optional exercise. Keep your core engaged.



**START**  
Hands on handles. Body in a straight line.



**LOWER**  
Lower with control.



**PRESS UP**  
Push back to start.

**STRETCH**

Standing Forward Bend (Assisted)

**TIP**  
Move slowly. Do not bounce.



**START**  
Stand on the platform. Hold the rollers lightly.



**BEND**  
Bend forward slowly.



**RETURN**  
Return to standing.

**IMPORTANT NOTES**

- For indoor home use only
- Use controlled, stable movements at all times
- Stop use immediately if you feel pain or discomfort



Scan to watch a full demonstration video