



# Built-in Support for Better Squats

Guides you down. Helps you rise.



Wondersquat can help strengthen your legs, glutes and core.



**Support Handles**  
Hold on with confidence



**Assisted Lift System**  
Helps you rise with ease

Spring-powered support gives you a helpful boost as you stand up.



**Guided Support Pad**  
Guides you down with control

Promotes better squat alignment.



**Adjustable Resistance**  
Customize your comfort level

Turn the knob to adjust the screw tension and match your strength and goals.



**STEADY SUPPORT**  
Reliable support for every rep.



**CUSTOMIZABLE**  
Adjust to your perfect level.



**HOME-FRIENDLY**  
Compact. Convenient.  
Always ready.