

## DOUBLE SQUAT PUSH

Similar to the traditional leg press, the Double Squat Push is a fun and sociable piece of equipment providing a full lower body workout.

This popular double unit has been designed to allow two people to face each other and workout independently. Targeting leg muscles and hip joints, the Double Squat Push uses your own body weight as resistance in a squat type motion without applying pressure to their knees.

### What are the features of our outdoor leg press?

- It's a low impact lower body workout.
- It builds leg muscles and improves flexibility in the hips.
- There's space for two users to encourage social interaction.
- A unique "[safety stop](#)" system.

### Which muscle groups will I be working?

