Hammer Strength V-Squats

Stand with feet hip distance apart and lean back on the back rest. Do not touch shoulder pads with your shoulders during set up. Select weight from the weight stack. Lift the handle on the right side of the back rest to lower the seat position. Squat down so your knees make a 90° angle and your thighs are parallel to the floor. Lift your toes inside of your shoes to shift the weight back onto your heels. Shift up slightly so your shoulders are touching the shoulder pads.

Exhale and press through your heels to stand up. Keep your knees straight but not locked. Inhale as your lower into the squat position.

When you are finished with your set, use the handle to the right of the back rest to return to a standing position. Do not touch shoulder pads with your shoulders as you return to the standing position.