



# manual squat deck KYNETT

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**An essential accessory for the Kynett ONE is the squat deck ONE!** The Squat deck ONE allows you to do squats and many other exercises such as deadlifts, lunges, calf raises, upright rows and bicep curls. This multifunctional robust squat deck can be used for multiple purposes (even without use of the Kynett ONE). It is particularly suitable for physiotherapy and less intensive training.



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**The squat deck ONE can only be used in combination with a Kynett ONE with a maximum load of 2x 4 mm discs!**

The Kynett ONE must be placed low, either fixed to the wall or on a structure (20-50 cm height)



The webbing adjust, which comes standard with the Kynett ONE, allows you to shorten the webbing. Thereby, the Squatdeck ONE can always stay in the same spot, no matter the exercise!

