

Sit Up Station

MSRP \$1,009.00

SALE \$848.00

Highlights:

- Good for both beginners and advanced exercisers
- Toe bar holds down your feet as you do sit ups
- Elevated platform makes it easier to get in position without getting on the ground
- Durable and made to handle the elements



Age Group: 5 to 12 years

Footprint: 2' 6" x 6' 3"

Use Zone: 14' 6" x 18' 3"

The Sit Up Station is a specially designed outdoor fitness structure which is ideal for strengthening core abdominal muscle groups. It consists of a 30" wide by 6' long aluminum bench, which users lay across. They then tuck their feet under the bar at one end and use their toes to leverage the weight of the rest of their body as they sit up. This large bench can also be used as a clean place to do push-ups, stretches, or other exercises. The large number of different exercises that can be performed with it means that the Sit Up Station can be used by anyone. The steel bars used in its structure are galvanized steel pipe with an outer diameter of 2-3/8". These bars can be left unpainted to show off their galvanized finish, or they can be given an optional powder coat of paint in your choice from among a spectrum of available colors.