

Single Horizontal Ladder

MSRP \$1,900.00

SALE \$1,462.00

Highlights:

- Outdoor friendly unit with many uses
- Powder-coat painted steel that resists rusting
- Adults and teens will get the most out of this equipment
- Physical improvements in your arms, core, shoulders and back

Age Group: Adult

Footprint: 5' 3" x 10' 10"

COMPLIES With:

ASTM F1487-17

CPSC PUB #325



The Single Horizontal Ladder, a timeless playground fixture, has been reimagined to offer both traditional fun and a versatile workout solution. This equipment, perfect for adults and teens alike, is designed to work the muscles in the arms of the user as they climb across, and it also doubles as an effective pull-up bar. For an even more intense core and leg workout, try holding your legs out parallel to the ground as you pull yourself up! Its versatility makes the Single Horizontal Ladder a great choice for anyone looking to sculpt and refine their physique.

Benefits of the Single Horizontal Ladder include:

Versatility: Designed for both fitness enthusiasts and playful adventurers, this unit is great for multiple uses in outdoor environments. From rigorous workouts to playful climbing, it caters to a broad audience.

Durability: Featuring a powder-coated steel frame, our Single Horizontal Ladder stands up to the elements, resisting rust and corrosion. This ensures longevity and maintains its aesthetic appeal over time.

Comprehensive Workout: Its ability to provide full-body strength training, engaging muscles in the chest, back, arms, shoulders, and abdomen, makes it a holistic fitness solution. Couple this unit with a more cardio-focused piece of fitness equipment like the Single Country Skier for a complete fitness routine!

Ideal for spaces ranging from beachfronts to downtown parks, the Single Horizontal Ladder is a compact yet effective addition to any outdoor fitness area. Constructed with a focus on durability and user safety, it features powder-coated steel components with gray plastic accents for weather-resistance and longevity. [\[Read More\]](https://www.aaastateofplay.com/single-horizontal-ladder/)