

Adjustable Incline Sit-up Bench

MSRP \$2,832.00

SALE \$2,179.00

Highlights:

- Adjustable height and foot bar make the workout customizable
- Made from durable, weather-resistant materials
- Can be used indoors or outdoors
- Perfect for both beginners and experienced exercisers



Age Group: Adult

COMPLIES With:

ASTM F1487-17

CPSC PUB #325

The Adjustable Incline Sit-up Bench allows for a customizable and independent ab workout. Sit-ups are a staple of any core-building routine, and this sit-up bench can be put higher or lower depending on how intense of a workout the user wants. Additionally, this bench includes an adjustable bar to hold the feet to enhance the effectiveness of the exercise. The varying heights of the Adjustable Incline Sit-Up Bench mean that both novices and those accustomed to core workouts can challenge themselves, while the flat bench helps to ensure proper sit-up technique. Whether you put the bench at the lowest rung or the highest, you'll have no problem using the Adjustable Incline Sit-up Bench to strengthen those vital core and abdominal muscles. This fitness installment would be a great addition to any new or existing fitness park for teens and adults.