

## Intermediate Freestanding Playground Gym

**MSRP \$11,006.00**

**SALE \$8,467.00**

### Highlights:

- Allows up to six users to work out simultaneously
- Made from durable, weather-resistant materials
- Facilitates four different types of exercises
- Great for core and upper body workouts

**Age Group:** Adult

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325



Body weight training is a great, self-paced method of exercise that requires no heavy plates or resistance. The Intermediate Freestanding Playground Gym facilitates a variety of body weight exercises, including chin-ups, ladder climbing, sit-ups, and dips. The chin-up bar features a few different grip bars, which allow for different types of strength exercise to be performed by the user. The exercise ladder is around eight feet in height, and has a pair of curved bars on the top so that users can either climb up and down or attempt pull ups at the top. Three bench seats form a semi-circle around the Intermediate Playground Gym that can be used for resting or to help reach the chin-up bar. The dip station allows users to work out their biceps and triceps, while the padded back helps to give a nice resting place in between sets of dips. Lastly, the sit-up bench is great for both beginners and experienced users. The two footholds allow the user to modulate the difficulty of their sit-ups, and ultimately get a workout that's suited to them individually.