

## Kids Straight Sit Up Bench

**Price \$1,184.00**

### Highlights:

- Great for beginners and advanced athletes
- Toe bar helps hold the body down during sit ups
- Elevated platform helps kids avoid getting on the ground
- Durable and great for outdoor spaces

**Age Group:** 5 to 12 years

**Capacity:** 1-3

**Fall Height:** 102"

**Footprint:** 1' 0" x 4' 0"

**Use Zone:** 13' 0" x 16' 0"

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325

### ADA Compliant



Ideal for strengthening core abdominal muscles, the Kids Straight Sit Up Bench is another part of PlaygroundEquipment.com's line of children's fitness equipment. Users lay on their back across the bench, then, with their feet tucked under the steel bar at the end of the bench, they leverage the weight of the rest of their body to perform what's commonly referred to as a sit up. That said, sit ups aren't the only exercise that can be performed using the Kids Straight Sit Up Bench. Angled push ups, stretches, and lunges are just a few movements that the Kids Straight Sit Up Bench facilitates. Although the Kids Straight Sit Up Bench is geared toward kids, anyone can use it to better strengthen their core muscles and get a workout in.