

Accessible Quadruple Training Gym

MSRP \$4,886.00

SALE \$3,759.00

Highlights:

- Good combination of upper and lower body exercises
- Can be augmented with resistance component
- Wide variety of exercise potential
- Can be used by all levels of ability

Age Group: Adult

Footprint: 4' x 3' 11"

COMPLIES With:

ASTM F1487-17

CPSC PUB #325

ADA Compliant



When it comes to outdoor fitness equipment, one of the most important considerations is whether or not the equipment can be used by everyone, regardless of ability level. True to its name, the Accessible Quadruple Training Gym helps deliver well-rounded workouts and exciting fitness fun that can be sought by all. Shoulders, forearms, calves, quadriceps; the Accessible Quadruple Training Gym provides the means to work out these and other muscle groups. The dual rotating bicycle pedals help exercise forearms and calves, and can even be used simultaneously for a more cardio-focused workout. On the opposite side, the dip station allows users to engage in bodyweight exercise. Lastly, the rotating single hand bike pedal as well as the shoulder machine facilitate well-rounded upper body workouts. There's no shortage of possible muscle-building exercises with the Accessible Quadruple Training Gym, and the additional resistance mechanism can further improve one's workout effectiveness.