

## Assisted Pull Up Station with Platform

**MSRP \$1,236.00**

**SALE \$951.00**

### Highlights:

- Made from strong galvanized steel
- Able to withstand the outdoor elements
- Able to accommodate variety of users
- Bench allows people to rest in between sets

**Age Group:** Adult

**Footprint:** 4' x 3' 9"

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325

**ADA Compliant**



One of the more challenging yet efficient exercises for improving back and upper body strength, pull ups are a staple of any exercise routine. When properly executed, pull ups work on the back, arms, and abdomen, making it a highly effective exercise to supplement one's existing workout routine. While pull ups are a strenuous exercise, the seat that's included with the Assisted Pull Up Station allows users to rest in between sets, giving them a chance to catch their breath. The pull up bar is an excellent base for other exercises too, such as swinging, hanging, and other basic gymnastic motions. Since the bar is relatively low to the ground, young people and those who are wheelchair bound can also perform pull ups, thereby improving their physical health and flexibility.