

## Single Sit Up Bench

**MSRP \$1,066.00**

**SALE \$820.00**

### Highlights:

- Commercial grade material
- Designed for outdoors
- Strengthens core muscles

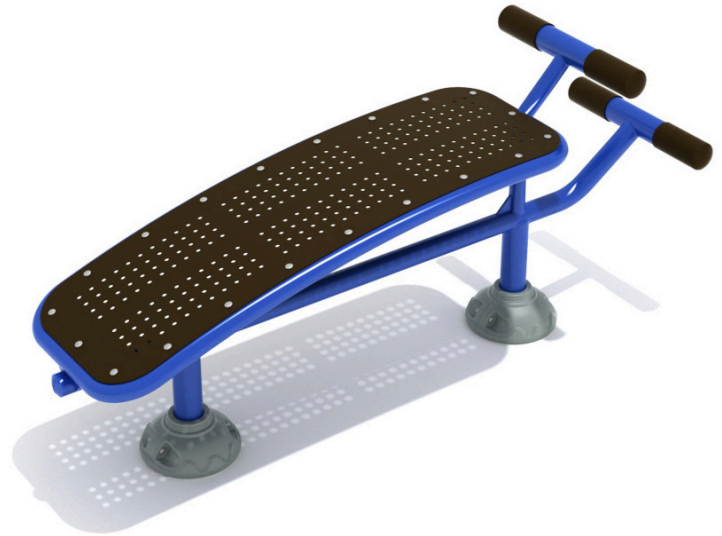
**Age Group:** Adult

**Footprint:** 1' 5" x 5' x 2' 4"

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325



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### Single Sit-Up Bench

Do you need to get an ab workout in but have no one around to hold your feet? AAA State of Play's sit-up equipment can be the perfect solution. Look no further than this single sit-up bench if you need a heavy-duty piece of quality sit-up exercise equipment for your fitness park, gym, or backyard.

These sit-up benches include a bar to put your feet under, so you will be held in place while you do sit-ups, and the slight incline of the bench intensifies core engagement, allowing for more effective sit-up workouts. Sit-ups help strengthen your core muscles and tone your abs, and strengthening these muscles can relieve lower back pain and improve overall athletic ability. However, it is crucial to perform sit-ups with proper technique to prevent back and neck strain and maximize the effectiveness of the workout. Our sit-up bench is designed with components that promote proper form to ensure a safe and efficient exercise session.

This sit-up equipment can be useful in gym class as a teaching tool, or it can function independently as a great addition to a playground designed to encourage physical fitness. Each single sit-up bench is made from commercial-grade materials, making it perfect for outdoor use, as it is durable and can withstand both normal wear and tear and harsh weather conditions. [\[Read More\]](#)