

Quad Warm-Up Station

MSRP \$2,930.00

SALE \$2,254.00

Highlights:

- Four warm-up activities in one
- Up to four people can use at once
- Layout is ideal for outdoor exposure
- Designed for individuals in their teens and older

Age Group: Adult

Footprint: 6' 7" x 7' 3"

COMPLIES With:

ASTM F1487-17

CPSC PUB #325



The Quad Warm-Up Station combines four different warm-up activities into one nifty piece of fitness equipment. It is designed for teens and older. The station is made from commercial grade material, so it is perfect for use at outdoor parks, and can be purchased with an added resistance mechanism to increase the effectiveness of stretching activities. Since it combines four different warm-up activities, up to four individuals can use it at one time. The Quad Warm-Up Station includes a sit and pedal, a shoulder stretch, a back stretch, and a torso twist. The sit and pedal offers an aerobic exercise option that helps to build strength and endurance, working the glutes, calves, and quadriceps. The shoulder stretch warms up the arms, and tones the muscles in the arms and shoulders. The back stretch will help to strengthen the muscles of the back, while helping to relieve pain. The torso twist helps to strengthen the side abdominals.