



Meets National Standards for: ✓ ASTM F1487-17 ✓ CPSC Guidelines #325

Product Description

Sit-up equipment is eminently useful for those who want to exercise their core without exhausting their entire body with aerobic exercise. This sit-up adjustable bench can help you do exactly this, allowing you to change the amount of incline to vary the intensity of your workout. The bench functions wonderfully on any playground, particularly those designed to encourage physical fitness-related activities. The adjustable sit up ab bench is designed for teens and adults, who can use its customizable height and foot bar to ensure a comfortable workout. Whether you adjust the bench to the most inclined setting or parallel to the ground, this adjustable sit-up bench for sale can help to facilitate a great abdominal workout. Combine this adjustable sit-up exercise bench with any of our other [outdoor fitness equipment](#) to create a dynamic exercise area for your community!

Reap the Benefits of an Inclined Sit-Up Bench

Sit-ups and core strength exercises can improve overall health and fitness, and even young teens can benefit from using a sit-up bench. Adjustable settings means you can set up the bench to get a safe workout that's tailored to your fitness level. Using this product to strengthen your core can improve your posture and reduce the risk of back pain and injuries. Enhanced core stability also aids in better balance and coordination, which can give an edge in sports. Sit-ups target the abdominal muscles, promoting a toned and defined midsection. Regularly performing sit-ups boosts endurance and functional fitness, making everyday tasks easier. A strong core also supports better breathing and digestion. Incorporating core exercises into a fitness routine contributes to overall body strength, enhancing performance and resilience in other exercises and daily activities.

How to Safely Use an Adjustable Sit-Up Ab Bench

Using a sit-up bench safely is essential to prevent injuries. Start by adjusting the bench to a comfortable incline. Sit on the bench with your feet secured under the foot bar. Keep your back straight, and engage your core muscles. As you perform sit-ups, avoid jerking motions and keep a steady pace. Breathe naturally, exhaling as you rise and inhaling as you lower yourself. Don't overextend your back or neck; maintain a neutral spine. Begin with a few repetitions, and gradually increase as your strength improves.

Product Specifications

Price: \$2,832.⁰⁰

Model Number: PFT066

Age Range: 13 years +

Muscle Group: Core

Product Type: Fitness Single

