



Product Description

The humble sit up is one of the best ways to develop awesome abdominal muscles and strengthen the core. Doing them outdoors adds a new dimension to workouts as fitness buffs can breathe the fresh air and feel the sun on their face instead of being tucked away in a gym or at home. What's more, the Royal Triple Station Sit Up Bench allows for groups of friends to use the equipment together and engage in some friendly competition to beat each other. This kind of social interaction is something new the Royal Triple Station Sit Up Bench brings as there are three stations to use, each with their own sloping back to maximize gains on each sit up as well as suitable bars for locking the feet securely. This piece of outdoor equipment promotes overall fitness in the local community whether it's placed near a high school for friends to enjoy, or by workout partners taking in a jog and light exercise before or after work. Suitable for use all year round thanks to the galvanized metal structure and powder coating.

Product Specifications

Price: \$5,568.⁰⁰

Model Number: PFT036

Age Range: 13 years +

Muscle Group: Core

Product Type: Fitness Royal

Unit Size: 7' 1" x 7' 10"