



## Single Station Parallel Bars

**\$1,078.<sup>00</sup>**



### Product Description

Often used for a range of gymnastic-like movements, the Single Station Parallel Bars offer lots of variety to how they can be used by individuals when placed in a public fitness space such as a park or school. The Single Station Parallel Bars assist with bodyweight exercises which involve using your own body mass to provide the necessary resistance for other muscles. The bars can be used from either side for basic stretches, but the most common use will be using the central gap between the bars. Users can place a hand on each bar and perform slow and controlled dips, swing their arms for improved flexibility, or start at one end and hand-walk the length of the apparatus without touching the ground. This movement is not easily replicated by other kinds of workout equipment and can even help those recovering from physical trauma that has affected the use of the legs or walking ability. Whether it's used for rehabilitation, physical therapy or simply boosting mobility, these bars are a great addition to any fitness area.

### Product Specifications

**Price:** \$1,078.<sup>00</sup>

**Model Number:** PFT047

**Age Range:** 13 years +

**Muscle Group:** Arms

**Product Type:** Fitness Single

**Unit Size:** 2' 8" x 7' 10"