



Product Description

The Single Station Vertical Ladder is a welcomed addition to any fitness area as it provides a versatile way to stretch and condition the body. The seven horizontal bars are arranged with even spacing on two sturdy vertical posts which means it can be used from both sides by different users at the same time. It's possible to use the bars as a climbing ladder for short up and down exercises but it is capable of so much more. The Single Station Vertical Ladder can be used for bodyweight exercises such as slanted and incline push-ups as well as leg raises and pull-ups. The functional training people can do on the bars helps to improve overall fitness levels and replicates key joint and muscle movements used in daily life. The steel frame has been galvanized to provide year-round protection from the elements and the bars are powder coated to bring a superior level of grip in addition to a pop of color in the fitness area.

Product Specifications

Price: \$1,166.⁰⁰

Model Number: PFT048

Age Range: 13 years +

Muscle Group: Full Body

Product Type: Fitness Single

Unit Size: 1' x 4'