



Product Description

Any fitness enthusiast understands the need for stretching their arms, legs, back and core muscles before undertaking any kind of serious muscle-building exercise or going for a long walk, jog or run. The Double Station Stretching Post is a perfect way to give users a dedicated piece of equipment to stretch out fully and safely instead of using a park bench or picnic table. There are three different heights of horizontal bar which are great for lifting a leg onto to stretch out the hamstrings, hold with the hands for stretching biceps out, or even for facing away from the bar and doing small dips to assist the back muscles. The Double Station Stretching Post can be fastened securely to the ground so even if there are multiple people pulling and pushing on it from different directions it will hold firm. It's made with durable outdoor-grade materials that keep it in top condition all year long even with exposure to high and low temperatures as well as all kinds of precipitation.

Product Specifications

Price: \$740.⁰⁰

Model Number: PFT051

Age Range: 13 years +

Muscle Group: Stretch

Product Type: Fitness Double

Unit Size: 2' 8" x 3' 1"