



### Product Description

The push up is one of the most basic workout techniques when it comes to improving the strength and fitness of the upper torso including arms and shoulders. Too often, fitness enthusiasts will avoid doing this beneficial kind of workout in public because it's not practical to drop to the floor where there may be mud, dirt or a rocky surface. With the installation of this Single Station Push Up Bar though both men and women won't think twice about dropping down and pumping their chest and triceps as part of an overall workout routine. It can be placed anywhere and it's especially a good idea to have it in conjunction with other fitness equipment. To prevent feet from slipping it's advisable to place the Single Station Push Up Bar on a textured surface like rubber. Users will appreciate this gym equipment wherever it's installed so they can use controlled, smooth movements to gently develop strength in the core and correct form.

### Product Specifications

**Price:** \$550.<sup>00</sup>

**Model Number:** PFT054

**Age Range:** 13 years +

**Muscle Group:** Chest

**Product Type:** Fitness Single

**Unit Size:** 5' 7" x 1'