



Product Description

If someone fears entering the fitness world, The Once A Beginner Fitness Course is a safe haven. It facilitates the fitness and strength journey regardless of age and gender. The course has four exercise machines with clear and detailed instructions. The 'How to Use' guide saves time and eliminates guesswork. One machine can be used from both sides, meaning two people can use it at once. This can also be a fun initiative for socializing with like-minded people and a chance to expand your fitness community. This versatile course tones the whole body while targeting the upper area, like the arms, chest, abs, and back. It comes with four exercise stations. Sit Up Bench for building those sexy 6-pack abs. Lat Pulldown for the development of ironclad back and triceps muscles. Chin-up stations for the development of guns (arms). And Pec deck fly to build that sleek chest pecs. The Once a Beginner course is the best investment to kick-start the journey from zero.

Product Specifications

Price: \$16,138.⁰⁰

Model Number: PFT101

Age Range: 13 years +

Muscle Group: Full Body

Product Type: Fitness Course

Unit Size: 15' x 21'