



# Accessible Quadruple Gym Station

**\$4,886.<sup>00</sup>**



Meets National Standards for: ✓ ASTM F1487-17 ✓ CPSC Guidelines #325

## Product Description

Get active with this accessible multi station gym! This equipment includes upper- and lower-body strengthening machines. When you buy the Accessible Quadruple Gym Station, you'll soon see that the great outdoors isn't just great for playground equipment; with accessible [outdoor fitness equipment](#), adults and children can get in on the fun while engaging in healthy exercise. This commercial multi-station gym consists of four distinct exercise machines. The dip station enables body-weight exercise that engages the shoulders and triceps. On the opposite side, the dual bicycle pedals facilitate lower- and upper-body exercise, which can be done in concert or separately. The two other exercise stations are great for exercising the shoulders and forearms, especially the one-hand rotation machine, which helps to improve grip strength and endurance. There's no shortage of exciting exercise fun to be had with these gym stations, but you could also add a resistance component for even more intense workouts if you prefer. Order yours today to provide a complete workout in one package!

## Benefits of Multi-Station Gym Equipment on the Playground

Kids can benefit greatly from having a fitness station gym on the playground, enhancing their physical and mental development. Using the best multi-station gym equipment improves cardiovascular health, strength, and coordination. It also helps children develop important motor skills, balance, and flexibility. Engaging in physical activity can boost their mood, reduce stress, and increase concentration, contributing to better academic performance. Kids can also learn teamwork and communication as they share the equipment, valuable social skills. The best multi-station gym will make fitness fun for kids and help them develop a healthy habit that could last a lifetime.

## Using the Gym Stations

There are so many ways to use this multi-station gym. Here's an example of a well-rounded workout routine for children:

1. Dip Station: Start with two sets of ten dips to strengthen the upper body, focusing on the triceps and chest muscles.
2. Dual Bicycle Pedals: Spend five minutes pedaling to engage both the lower and upper body, improving cardiovascular fitness and coordination.
3. One-Hand Rotation Machine: Use this for two sets of ten rotations per arm to enhance shoulder strength and flexibility.
4. Pull-Up Bar: Finish with two sets of five pull-ups to build upper body and core strength.

This routine promotes balanced physical development while making exercise fun and engaging for kids.

## Product Specifications

**Price:** \$4,886.<sup>00</sup>

**Model Number:** PAF001

**Age Range:** 13 years +

**Unit Size:** 4' x 3' 11"