



### Product Description

Looking for an effective ab workout but don't have someone to hold your feet in place? The Single Station Sit Up Bench from AAA State of Play is just what you need. Ideal for fitness parks, gyms, or even your backyard, this durable sit-up station offers an excellent solution for your core exercise needs. Equipped with a bar to secure your feet, the bench ensures stability, while its gentle incline enhances core engagement for more effective workouts. Sit-ups not only help tone your abs but also strengthen core muscles, which can alleviate lower back pain and boost athletic performance. This bench is thoughtfully designed to support proper form, minimizing the risk of back and neck strain and providing a safe and efficient workout experience.

### Product Specifications

**Price:** \$1,066.<sup>00</sup>

**Model Number:** PFT001SURPLUS

**Age Range:** 13 years +

**Muscle Group:** Core

**Product Type:** Fitness Single

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