



Product Description

Sit ups are one of the best ways to tone abdominal muscles and with the Royal Double Station Sit Up Bench the experience is made much more fun. Sit ups alone can be a cumbersome exercise but when you have a friend or partner next to you encouraging you to smash your personal best and push for those gains it makes the experience a lot more pleasurable. The curve of the bench and multiple foot holds allow you to get into a comfortable position which is ideal for supporting the back as well as targeting the core abdominal muscles. The steel construction brings a level of stability to workouts and the holes in the back rest let any rain drain straight through so it can even be used immediately after a heavy rain shower. The Royal Double Station Sit Up Bench can be placed in a community area such as a school or a park and is suitable for beginners as well as athletes, trainers and fitness enthusiasts.

Product Specifications

Price: \$3,876.⁰⁰

Model Number: PFT017

Age Range: 13 years +

Muscle Group: Core

Product Type: Fitness Royal

Unit Size: 5' 4" x 4' 11"