



Product Description

When core strength and firmer abdominal muscles are the goal, sit ups are the best way to achieve it. Sit ups can be done anywhere but when you're on your own it's difficult to keep your feet pinned down in order to really work that midsection. That's why the Double Station Sit Up Bench is ideal for use in a public shared space whether it's being used by an individual or by multiple people. The double aspect of the Double Station Sit Up Bench brings a level of competition to the workout as two friends side by side can see who can do the most. There's also the encouragement aspect that two benches in close proximity facilitates, pressing each other on to achieve just a few more sit ups. The benefit of placing this outdoor gym equipment in a public place is that fitness enthusiasts will want to visit time and time again to use it as part of their exercise regime. Once placed the equipment will endure for years come rain or shine, help people to burn millions of calories in its lifetime and tone up abdominals too.

Product Specifications

Price: \$2,260.⁰⁰

Model Number: PFT003

Age Range: 13 years +

Muscle Group: Core

Product Type: Fitness Double

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