



Product Description

Every workout should begin with a proper warmup to get the muscles prepared for more intense stretches, so when you place the Quad Station Warm-Up alongside other outdoor gym equipment you're setting the gym users up for success. The range of potential warmup exercises that can be completed on the Quad Station Warm-Up means that no matter whether they plan on working their arms, back or legs that there's an appropriate warmup for them. The equipment can be purchased with or without added resistance, and has numerous applications for stretching such as the range of curved bars appropriate for any age or body size. On one side the equipment benefits from a spinning wheel which loosens up the shoulder and arm muscles, ideal if the user is preparing to lift weights, and on the other there is a twisting seat designed to improve midsection flexibility before a jog or situps. There's even an exercise bike to get leg muscles ready for multiple sets of leg presses or a bike ride.

Product Specifications

Price: \$2,930.⁰⁰

Model Number: PFT004

Age Range: 13 years +

Muscle Group: Stretch

Product Type: Fitness Quad

Unit Size: 6' 7" x 7' 3"