



Catalogue: **Park & Playground Equipments**

Category: **Fitness trail**

Code: **PF21078**

Description:

Inclusive combination tool, outdoor gym equipment for an effective general workout.

**SITTING PRESS** : acts mainly on the upper muscles. Improves the development of the muscles of the chest, shoulder girdle and upper limbs.

How to use: take a seat on the saddle. Lean back and grab both bars with your hands. Push the bars away from you and return to the starting position.

**UPPER LIFTING** : Strengthening of the upper muscles, especially the back and arms.

How to use: Sit firmly (front or back to the device) and grasp the handle. Pull the handles towards your body and return to nearly straight elbows.

Difficulty of exercise: easy

Dimensions: L 182 x D 88 x H 178cm

Security area: 17 sq m

Allegati:

