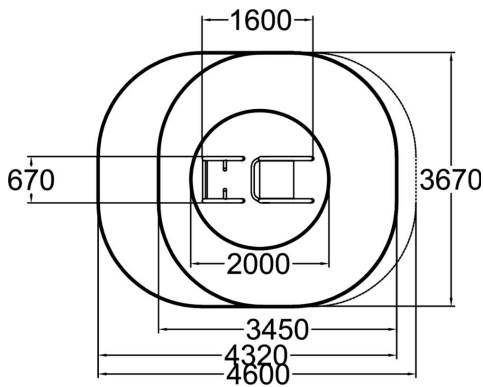




The set includes a 750 mm high curved bench and a 600 mm high curved leg bar. The Sit-Up bench can be used for ab crunches or back extensions, which help to improve core fitness. Core strength is important because it supports almost every type of movement of the body. Strengthening the core helps to improve posture and prevent back pain. Sit-up can be installed on loose fill material also.



Product length, mm	1600
Product width, mm	670
Product height, mm	750
Impact area, m <sup>2</sup>	10.7
Falling space, m <sup>2</sup>	15
Height required, mm	2250
Max. free fall height, mm	750
Safety info	EN 16630, EN 1176-1 TÜV
Foundation options	Surface mounting

