

FST104

Chest Press + Horizontal Row

KOMPAN
Let's play



Resistance adjustable training device, designed for performing the chest press and horizontal row from a standing position. The Chest Press trains the chest muscles, consisting of the pectoralis major and the pectoralis minor, and the triceps. The Horizontal Row mainly trains the broad back muscles, the biceps and the trapezius muscles.

| | |
|--------------------------|-------------------|
| Product Line | Outdoor Fitness |
| Category | Circuit Training |
| Age group | 13+ |
| Total height (CM) | 150 |
| Safety Zone | 14 m ² |

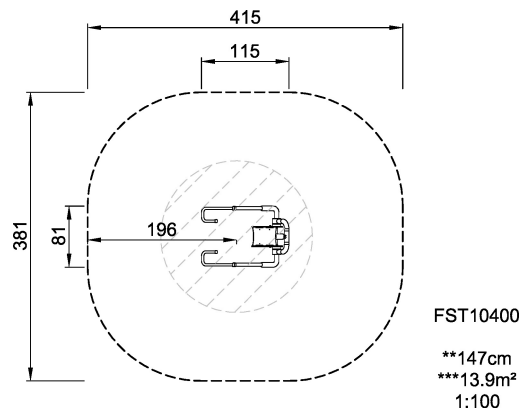


**SUR-
FACE**

**IN-
GROU.**



ASTM



* = Highest designated play surface.
** = Total height of product.

| | | | |
|----------------------------------|--------------------|--------------------------------|--------------------|
| Weight/heaviest parts | kg. | Installation (Manpower) | 1 Persons |
| Concrete required | NaN m ³ | Installation (Hours) | 2 Hours |
| Foundation amount/footing | NaN | Excavation | NaN m ³ |