

FST105

Upright Row + Press Down



Resistance adjustable training device, designed for performing the upright row, the press down and lunges from a standing position. The Upright Row trains the trapezius muscles, deltoid muscles, levator scapulae muscles and the biceps. The Press Down trains the triceps, chest muscles, and anterior deltoids. Lunges are excellent for training the quadriceps, gluteus maximus, hamstrings and more.

Product Line	Outdoor Fitness
Category	Circuit Training
Age group	13+
Total height (CM)	145
Safety Zone	15 m ²

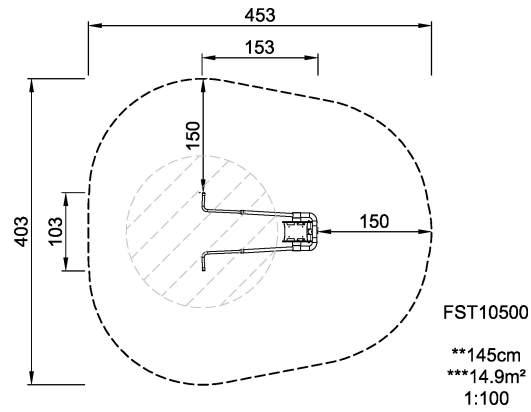


**SUR-
FACE**

**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