



BENCH : It strengthens the abdominal muscles. Exercises on outdoor fitness equipment affect the physical and mental health, and improve overall physical coordination.

LUMBAR BENCH: The exercises on this device strengthen the extensor muscles, the back muscles and solicit the abdominals.

Product:	Outdoor gym
Series:	START
User height	>140 cm
Permissible user weight:	150 kg
Length:	1830 mm
Width:	1150 mm
Height:	1000 mm
Weight:	55 kg
Safety Zone:	483 x 415 cm
Compatible with norm:	EN 16630:2015



