



Sit-Up/Back Extension

Users perform crunches and sit-ups on one side of the station by placing knees over the cross-bar, feet under the foot stops, lying back on the body plate and raising themselves up using their abdominal muscles. Back extensions are performed by placing thighs against the front cushions on the other side of the station and raising your body using the lower back muscles. Also available in surface mount version (#13561S).

FEATURES AND BENEFITS:

- ❑ Combines two different core exercises in a single, space-saving design
- ❑ An affordable way to add a core strength element to your outdoor fitness park
- ❑ Constructed of durable, recyclable materials and backed by the industry's leading warranty

SPECIFICATIONS

Model 135611
Number:

Fall Height: 4' (1.22 m)

Use Zone: 11'-0" x 5'-10"
 (3.35m x 1.78m)

Age Group: 13+ Years

GameTime offers a limited lifetime warranty on uprights, hardware, and connections. Visit gametime.com/warranty for full warranty information.