



## Captains Chair

Muscular fitness is a key component of a well-rounded fitness program. Captain's Chair is a compact strength training station designed to enhance muscular fitness of upper arms, chest, and abdominals. Provides multiple exercise opportunities, including knee raises, leg raises, dips, and crunches. Also available in surface mount version (#13560S).

## FEATURES AND BENEFITS:

- Assist platform doubles as ankle support for sit-ups
- Twin PVC handles for upper arms and chest workouts
- Roomy polyurethane arm-rest pads accommodate a wide range of users

## SPECIFICATIONS

Model 13560I

Number:

Fall Height: 4' (1.22 m)

Use Zone: 8'-6" x 10'-7"  
(2.59m x 3.23m)

Age Group: 13+ Years

GameTime offers a limited lifetime warranty on uprights, hardware, and connections. Visit [gametime.com/warranty](http://gametime.com/warranty) for full warranty information.