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# Resistance Squat Station

Product Code AMVFAF-RSS

## Price on Application

*Price stated is for product only.<br>Contact us for a delivery & installation quote based on your location.*

### Dimensions:

| | |
|---|---|
| Length | 1194 mm |
| Width | 448 mm |
| Height | 1419 mm |

### Key Stage:



## Play Values

This product supports the following areas of child development.

Strength

Gross Motor Skills

## Description

Just like squat stations found in an indoor gym, our outdoor Resistance Squat Station allows the user to set the required difficulty level 1-11 before squatting against the machine for additional resistance. Suitable for all abiliites, users new to fitness simply select the lowest intensity while those who workout regularly can set themselves a much harder challenge using a higher level.

**BENEFITS**

- Has a variable resistance level 1-11
- Exercises the legs, quads and core
- Improves balance
- Gives a good cardiovascular workout
- Suitable from 11 years +

**SAFETY AND COMPLIANCE**

Clearly labelled with safety-in-use guidance and with suggested workouts to help students get the greatest benefit.
Produced under ISO9001 for quality standards and management, and conforms to UK safety standards EN1176 / EN16630.

**WARRANTY**

- 25 year guarantee on structural parts
- 5 year guarantee on paint and finishes
- 2 year guarantee on bearings and moving parts.
- Plastic parts and accessories are covered for 1 year.