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Sit Up Bench

Product Code AMVFAF-SUB

Price on Application

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

Dimensions:

Length	1645 mm
Width	690 mm
Height	670 mm

Key Stage:

KS3 KS4



Play Values

This product supports the following areas of child development.

Balancing

Stretching & Flexibility

Hand-eye Co-ordination

Description

Specially designed to provide a safe yet intense core workout, our Sit Up Bench is suitable for all abilities from beginners upwards. Perfect for back extensions, crunches or twists, the benches allow users to work the length of their abdominal muscles and back. The frame can also be used for triceps dips, incline and decline press-ups to further build upper body strength.

BENEFITS

- Exercises the core and arms
- Improves tone in the upper body
- Perfect for dips, press-ups and back extensions
- Suitable for 1 or 2 users
- 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.

Constructionline Gold Member

Certificate Number 18791 ISO 9001 BS EN 1090 ISO 14001