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|----------------------------|---------------------------------|---------------------------------|
| <b>1.</b> Ball Target      | <b>6.</b> Rope Climb            | <b>14.</b> Dip Bar              |
| <b>2.</b> High Rings       | <b>7.</b> Bulgarian Split Squat | <b>15.</b> S-Shaped Pull-Up Bar |
| <b>3.</b> Swedish Ladder   | <b>8.</b> Sit-Up Bench          | <b>16.</b> Captain's Chair      |
| <b>4.</b> Pull-Up Bars     | <b>9.</b> Flag Pole             | <b>17.</b> Cannonball Pull-Up   |
| <b>5.</b> Ring Rows        | <b>10.</b> Battle Ropes         | <b>18.</b> Incline Ladder       |
| <b>11.</b> Wave Ladder     | <b>11.</b> Wave Ladder          | <b>19.</b> Horizontal Ladder    |
| <b>12.</b> Parallel Bars   | <b>12.</b> Parallel Bars        | <b>20.</b> Assisted Push-Up     |
| <b>13.</b> Lat Pull-Up Bar | <b>13.</b> Lat Pull-Up Bar      | <b>21.</b> Rotating Pull-Up     |

This Functional Fitness Rig requires a fall attenuating surface.

# AVAILABLE EXERCISES

This unit can serve up to 20 people at once!

