

The 8-person linear station incorporates challenging upper body and core strengthening stations. A bar for assisted push-ups allows those at entry-level fitness to exercise along with advanced users. Bar heights can be adjusted at the time of installation to accommodate individual project requirements.



VIEW THE VIDEO

8-Person Linear Station SGR077

Included exercises:

1. Dips
2. Assisted Squats/Stretching
3. Pull-Ups
4. Leg/Knee Raises
5. Parallel Pull-Ups
6. Pull-Ups
7. Modified Pull Ups (different height)
8. Modified Push Ups
9. Incline Leg Raises
10. Incline Sit Ups

