## **8-PERSON LINEAR COMBO**

**SGR077** 



The 8-person linear station incorporates challenging upper body and core strengthening stations. A bar for assisted pushups 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.



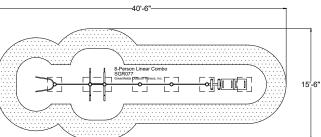
VIEW THE VIDEO

## 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







Greenfields' units are designed to accommodate the majority of users age 14 and above; however, due to the nature of outdoor fitness equipment, units are "one size fits most". In order to honor our commitment to quality and safety, Greenfields Outdoor Fitness reserves the right to make changes and revise the design specifications without notice.