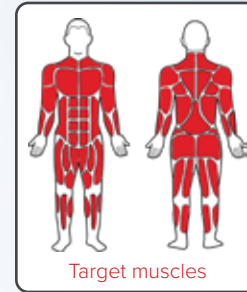


# FUNCTIONAL FITNESS RIG

## SHP515



Featuring a vast array of advanced exercises:

High Rings  
Cannonball Pull-Ups  
Ball Target  
Swedish Ladder  
Stretching  
S-Shaped Pull-Ups

Lat Pull-Ups  
Dips  
Stretching Post  
Ring Rows  
Incline Ladder  
Split Squat

Sit-Ups  
Leg Raises  
Suspension Trainers  
Battle Ropes\*  
S-Shaped Fitness Ladder  
Climbing Rope

[www.greenfieldsfitness.com/functional-fitness-rig-video/](http://www.greenfieldsfitness.com/functional-fitness-rig-video/)

\*The Battle Rope is an accessory which is not intended to be left unattended on the equipment. Greenfields recommends that the Battle Rope be made available at a nearby facility for check-out by users.

SEE THE VIDEO



Due to the height of some of the components in this unit, Greenfields recommends Fall Attenuating Surface Material to be used.





**S-Shaped Pull-Up Bar**



**Ring Rows**



**Cannonball Pull-Ups**



**Battle Ropes\***



**Dip Bar**



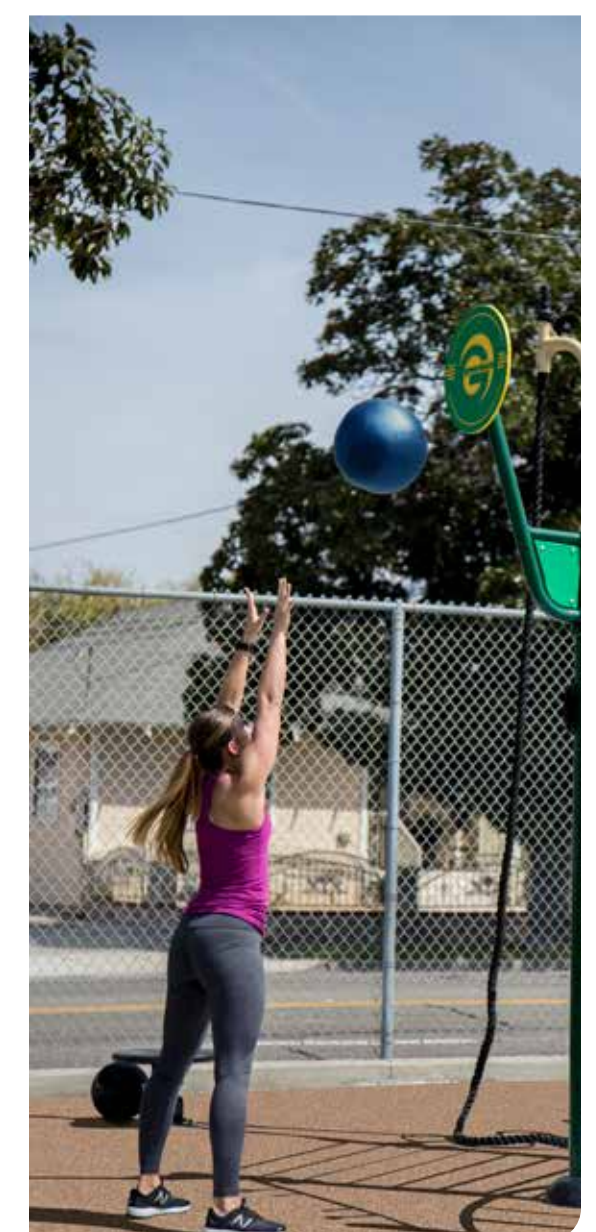
**High Rings**



**S-Shaped Ladder**



**Climbing Rope**



**Ball Target**



**Stretching Post**



**Lat Pull-Up Bar**

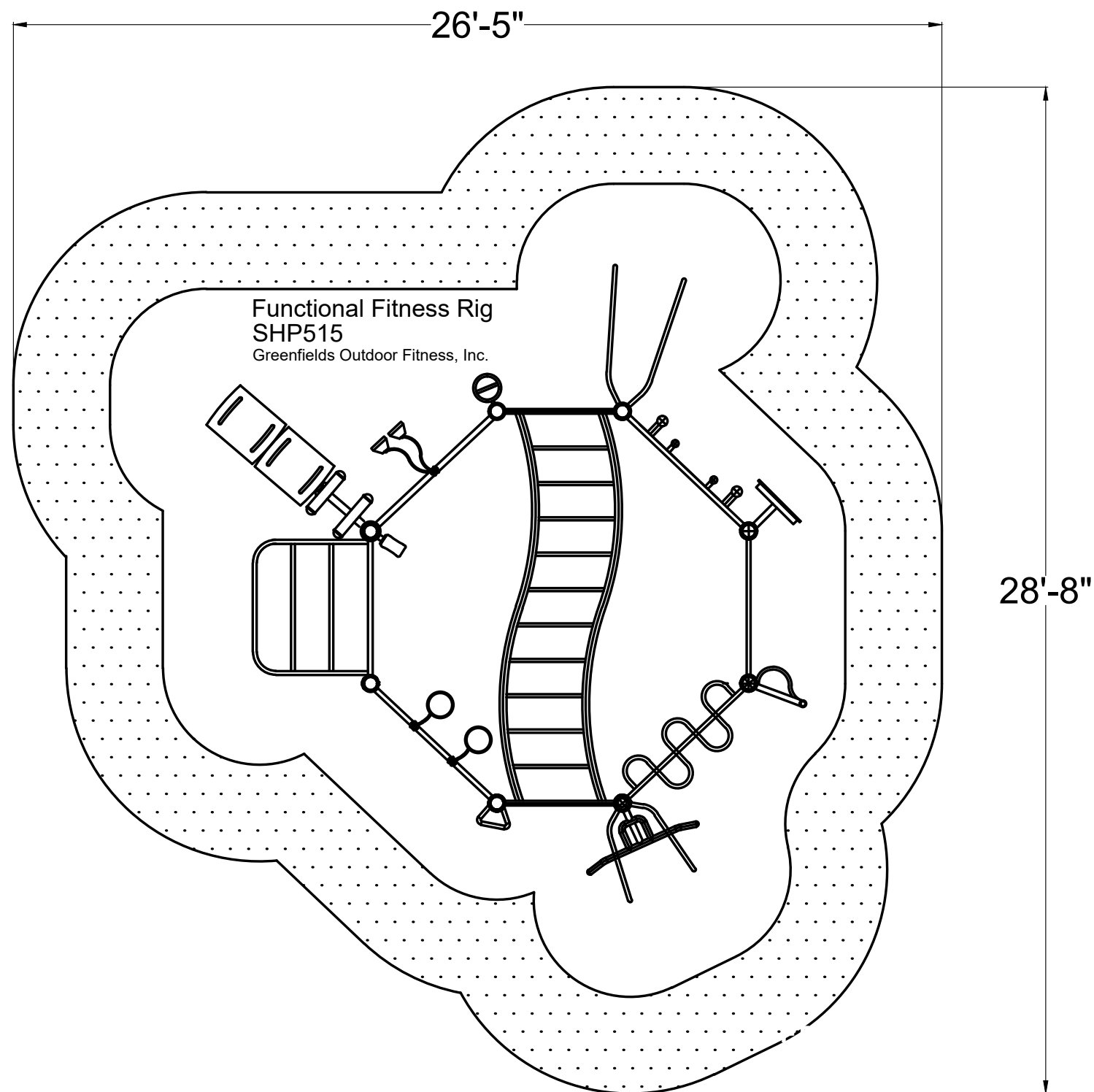


**Incline Ladder**

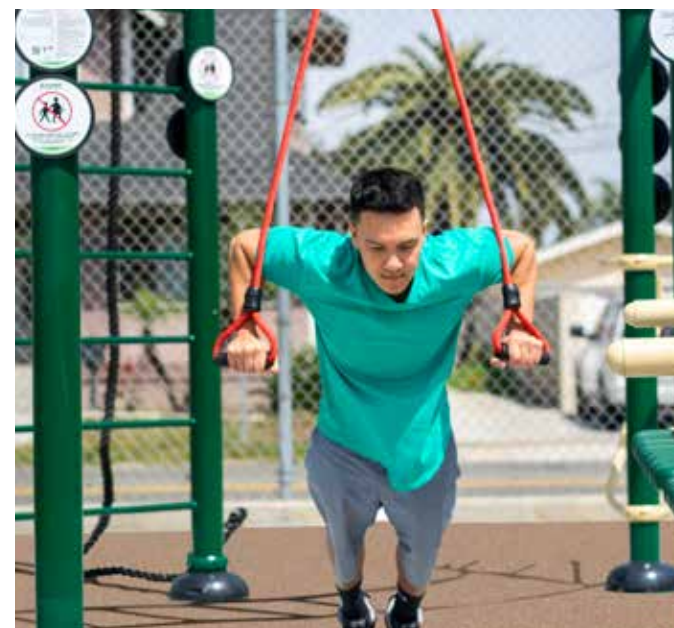
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**Sit-Up Bench**



**Suspension Trainer**



**Swedish Ladder**



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