

Leg Lifts

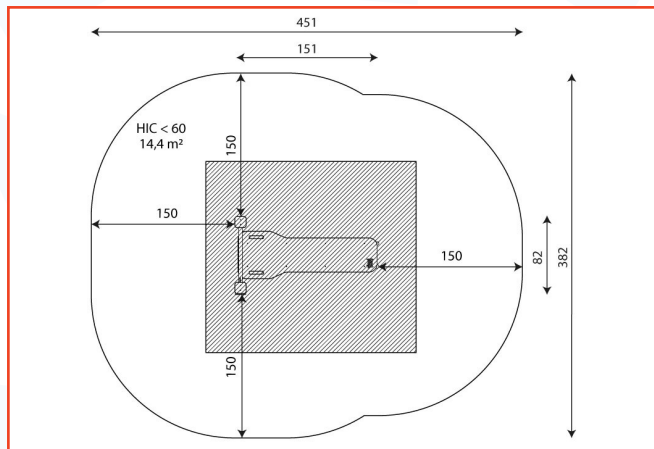
2305

Looking for a piece of calisthenics outdoor workout equipment that focuses on abdominals? The leg lift bench allows users to complete leg raises whilst tensing their stomach to activate their abdominals for a stronger core.

Available in different colours
(Additional charges may apply)



Technical Information



Materials



Powder galvanized and powder-coated or stainless steel construction of 100 x 100 mm profile, durable end caps on the top of the structure made of plastic.



Aluminum exercise instructions plate screwed to HDPE plate, resistant to weather conditions.



Stainless steel bars with a diameter of 38mm for a comfortable grip during exercises.



Stainless steel screws and/or screws covered with plastic caps.

Surfacing

Surface Measurements

Grass Matting	20m ²
Grass Matting (Wear Area)	6m ²
Wetpour	14.4m ²

No safety surface required as critical fall height is less than 600mm. However, we suggest allowing an appropriate free space around the item in compliance with BS EN1176.

Data is subject to change without prior notice.