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Sit Up Station

https://www.dunriteplaygrounds.com/store2/67406-Sit-Up-Station

Product Image



Description

Sit-Up Station | Outdoor Fitness | UP254

The Sit-Up Station, model UP254, is a commercial outdoor exercise station designed for participants age 13 and older. A low exercise bench supports abdominal and trunk-conditioning routines using body weight. It can be specified for a public fitness trail, park, campus or community exercise area as part of a varied workout circuit.

Product and planning details

- Exact model: UP254
- Primary fitness activity: Core
- Designed user age: 13 years and older
- Equipment type: individual outdoor fitness station

Compare fitness activities

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Model	Station	Fitness focus
UP254	Sit-Up Station	Core
UP256	T-Bar Station	Muscle and core
UP263	Parallel Bar Station	Muscle

These stations provide different activities and are not replacement mounting configurations. Confirm the exact model drawing, clearances, anchorage and required surfacing before specifying the installation.