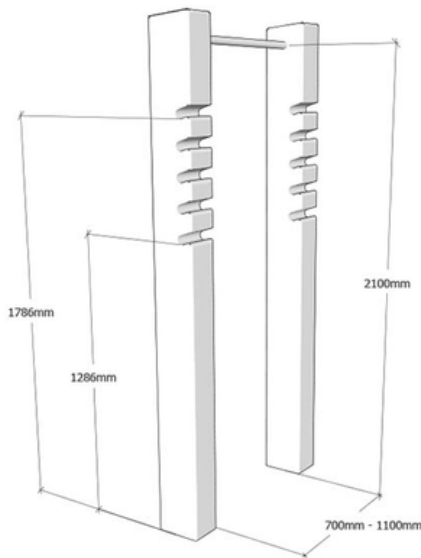
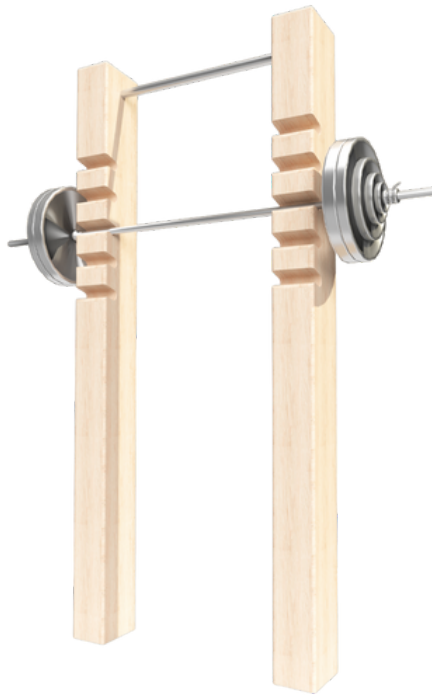


Outdoor Squat & Pull-Up Station

SKU Number: FE_12

PLAYEQUIP



Dimensions (m).

1.1(L) x 0.15(W) x 2.1(H)

CFH - 1.1m

Safety Surfacing - 12.91m²

Total Approx. Weight - 100kg

Components

- (x5) Outdoor Squat & Pull-Up Frame (100kg)

Heaviest Approx. Component: 100kg

Shoe Type

Please get in touch to discuss details.

Guarantees

Timber - 15 years

Fixings - 20 Years

Our solid oak outdoor squat and pull-up bar combination fitness station allows upper and lower body training within one piece of fitness equipment. Perfect for the garden or outdoor gym, the compact piece of fitness equipment is great for tight spaces. Exercises using the bar alone include pull-ups, burpee pull-ups, chin-ups, hanging knee raises, knees to elbows, hanging leg raises, L-sits and muscle-ups to name a few. Each of these are fantastic methods of building real core strength. Using a barbell at the station can be used for the classic squat, overhead press and barbell lunges.

The oak frame and stainless steel components are designed for use outside where the air is clean and fresh. The premium finish of this equipment also means that it's an attractive asset to any outdoor space.

For some really interesting and important guidance on how to become friends with the squat rack, see the [link](#) to a great article.

Barbell not included

It is advised in accordance to EN1176 that [Instructional Plates](#) are a requirement for outdoor gym equipment in a public space.

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