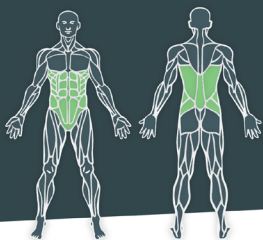


Muscle Groups Worked

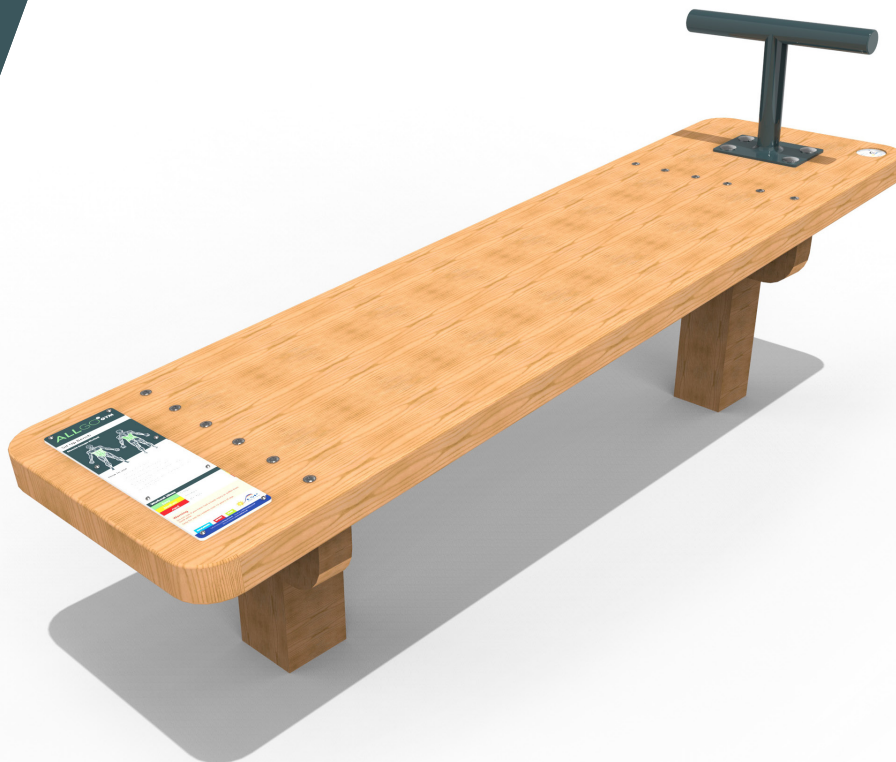


How to use

- 1) Lay back on the bench.
- 2) Hook your feet under the bars.
- 3) Place your hands on your chest.
- 4) Lift your body up off the bench slowly, bending at the hip.
- 5) Slowly return to your original position at the same speed.

Workout Ideas

Easy	5 reps
Medium	10 reps
Hard	20 reps



AGYM011 - Sit Up Bench



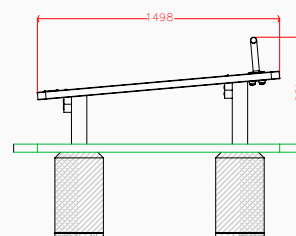
Product Features

- Laminated & tanalised redwood timber
- Zinc plated fixings
- Powder coated steelwork
- 15 Year timber guarantee
- 15 Year steelwork guarantee
- Includes full instructions for use and ideas to make the activity harder or easier

Product Information

Intended age range	Under 5	5 - 7	7 - 11	11 - 16	Over 16
Free fall height	661mm				
Minimum surfacing area (if applicable)	15.25m ²				
Minimum space required (length x width)	3390mm x 4500mm				
Dimension of largest part (length x width)	1500mm x 195mm				
Mass of heaviest part (Kg)	6.98				
Wheelchair accessible	No				
Spare Part availability	2-4 Weeks				
Minimum persons required for assembly	2				

Side elevation



Plan elevation

