







This piece of equipment will focus on developing primarily the shoulders and also the triceps.

The workout Range features individual fitness stations which offer an environmentally friendly outdoor fitness facility. Each unit is designed to target a specific muscle group, creating a variety of activities which can create a full body workout or aid recuperation after accident or illness. Workout units are available in three attractive colour combinations: blue and silver, green and silver or red and yellow.

(Surface diagram to scale 1:100 on A4)
(User diagram shows unit with a 1.8m tall adult)









