

FST103

Squat + Shoulder Press + Lat Pull Down

KOMPAN
Let's play



With the FST103 everyone can enjoy a strength training matched to their individual abilities. The only requirement is the ability to stand, sit, push and pull! Standing is essential in nearly all our movements and activities, simulating the way we naturally move will train the body to perform optimally in day to day life. From the standing positions you can perform squats and lunges, training the leg and core muscles. By pushing and pulling the arms overhead you will be able to train all major arm, shoulder and back muscles. Because of the open design of the machine this exercise can also be done seated in a wheelchair. The adjustable equipment stands out with resistance adjustable devices that are used in a standing position. Resistance is adjusted with two controllers on the hydraulic piston.

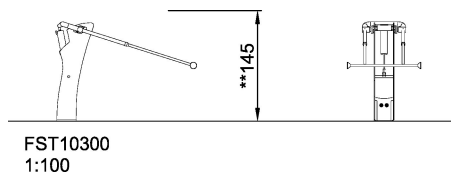
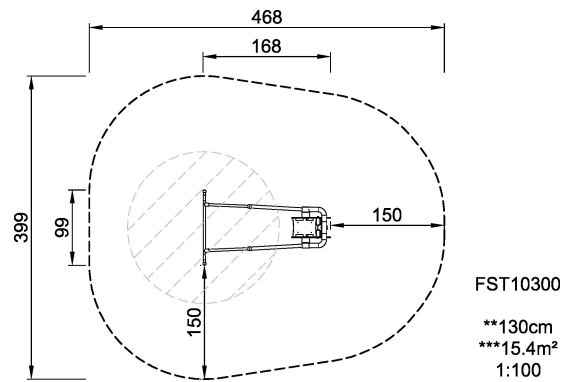
Product Line	Outdoor Fitness
Category	Circuit Training
Age group	13+
Total height (CM)	145
Safety Zone	16 m2



**SUR-
FACE**

**IN-
GROU.**





* = Highest designated play surface.
** = Total height of product.

Weight/heaviest parts	kg.	Installation (Manpower)	1 Persons
Concrete required	NaN m ³	Installation (Hours)	2 Hours
Foundation amount/footing	NaN	Excavation	NaN m ³