

FST104

Chest Press + Horizontal Row



With the FST104 everyone can enjoy a strength training matched to their individual abilities. The only requirement is the ability to stand, sit, push and pull! Resistance is adjusted with two controllers on the hydraulic piston. From the standing positions you can perform chest presses, training the chest, shoulder and core muscles. By pulling the arms backwards you will be able to train all major arm, shoulder and back muscles. The adjustable equipment stands out with resistance adjustable devices that are used in a standing position. 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.

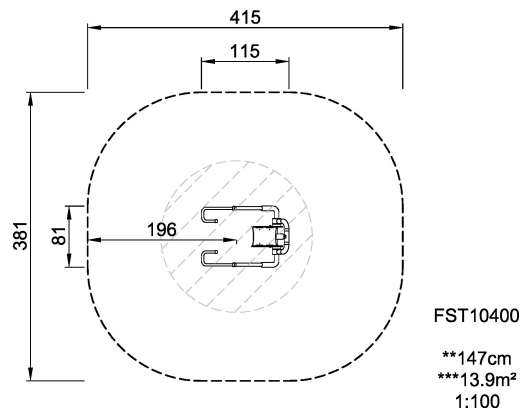
Product Line	Outdoor Fitness
Category	Circuit Training
Age group	13+
Total height (CM)	150
Safety Zone	14 m2



SUR-
FACE

IN-
GROU.





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

Weight/heaviest parts	kg.	Installation (Manpower)	1 Persons
Concrete required	NaN m3	Installation (Hours)	2 Hours
Foundation amount/footing	NaN	Excavation	NaN m3