

**FST105**

# Upright Row + Press Down

**KOMPAN**<sup>®</sup>  
Let's play



With the FST105 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 press downs, training the shoulder and arm muscles. By pulling the arms upwards you will be able to train all major arm 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. 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.

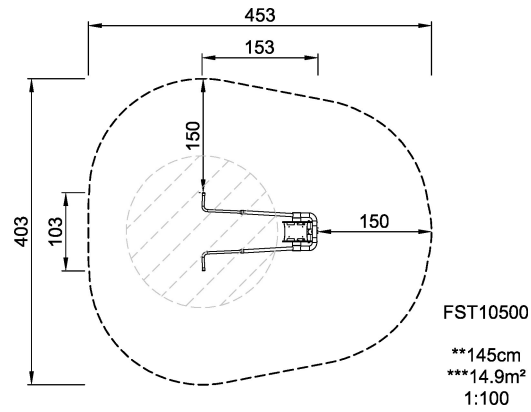
<b>Product Line</b>	Outdoor Fitness
<b>Category</b>	Circuit Training
<b>Age group</b>	13+
<b>Total height (CM)</b>	145
<b>Safety Zone</b>	15 m2



**SUR-  
FACE**

**IN-  
GROU.**





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

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