

Resistance Squat Station

Product Code AMVFAF-RSS

Price on Application

Price stated is for product only.
Contact us for a delivery & installation quote based on your location.

Dimensions:

Length	1194 mm
Width	448 mm
Height	1419 mm

Key Stage:

Play Values

This product supports the following areas of child development.



Strength



Gross Motor Skills



Description

Just like squat stations found in an indoor gym, our outdoor Resistance Squat Station allows the user to set the required difficulty level 1-11 before squatting against the machine for additional resistance. Suitable for all abilities, users new to fitness simply select the lowest intensity while those who workout regularly can set themselves a much harder challenge using a higher level.

BENEFITS

- Has a variable resistance level 1-11
- Exercises the legs, quads and core
- Improves balance
- Gives a good cardiovascular workout
- Suitable from 11 years +

SAFETY AND COMPLIANCE

Clearly labelled with safety-in-use guidance and with suggested workouts to help students get the greatest benefit.

Produced under ISO9001 for quality standards and management, and conforms to UK safety standards EN1176 / EN16630.

WARRANTY

- 25 year guarantee on structural parts
- 5 year guarantee on paint and finishes
- 2 year guarantee on bearings and moving parts.
- Plastic parts and accessories are covered for 1 year.