

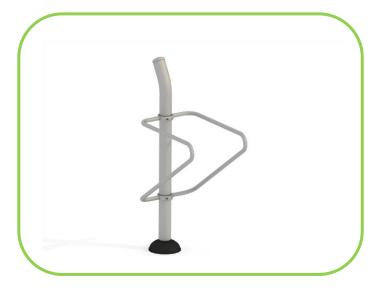






G-Fit Outdoor Gym Equipment

# GF-18012 Push up and Dip Station





### **TECHNICAL DATA**

Dimension: 1080×620×1810mm

Training Space: Ø2000×2200mm

**Safe Area:** ∅3500×3700mm

Free Height of falling: 1360mm

Maximum permissible user body weight: 140KG

# FUNCTION

Enhance the strength in the whole upper body, arms, shoulders, chest & back.

## DIRECTION

- 1. Stand between the bars, facing outwards, while keeping a straight back placing both hands on the parallel bars;
- 2. Raise your knees up towards your chest to work the abdominal muscles; or alternatively try dip, lowering your body between the bars to work the shoulders, biceps, and triceps;
- 3. Slowly return to original position maintaining a smooth, controlled movement during exercise;
- 4. Increase repeats as strength improves;

#### **CERTIFICATION**





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