

## SIT UP BENCH

### SPECIFICATIONS :

Function:

- Strengthen the abdominal muscles.

Instruction:

- Lie down on the camber and hook the feet at the rung put the hands behind the head. Use abdominal muscles to sit up and return to original position.
- Repeat the movement

Specifications:

- Main pipe Dia- 127 mm
- Thickness- 3 mm
- Base plate Dia- 200 mm
- Thickness- 10 mm
- Powder coating
- Size: 1600x1065x580 mm

