

# Resistance Squat Station

Product Code AMVFAF-RSS

£2,075

Price stated is for product only.<br>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.