

# Sit Up Bench

Product Code AMV-FT08

£774

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

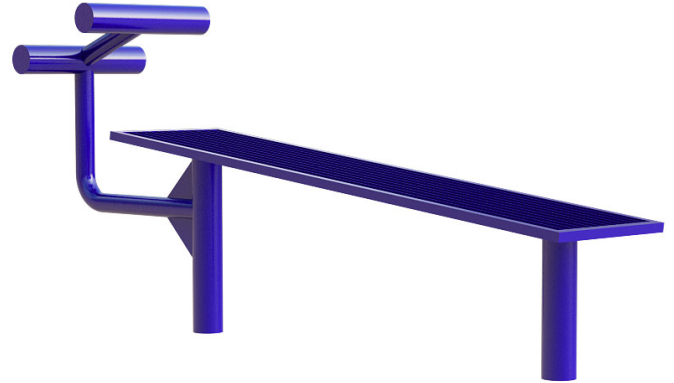
## Dimensions:

Length	2125 mm
Width	460 mm
Height	955 mm

## Key Stage:

KS 3

KS 4



## Play Values

This product supports the following areas of child development.



Strength

## Description

The Fitness Trail equipment helps to aid co-ordination and balance whilst improving general fitness, upper and lower body strength and cardiovascular fitness. The Fitness Trail, as with all AMV equipment, is made of vandal resistant steel, which is galvanised and powder coated to offer many years of use with the minimum of maintenance. Unlike wood, the steel dries quickly after rain and won't split, distort or lose its appearance with the effects of weather. The fitness trail is ideal for use during PE/games lessons and also during the extended school day. Combined with a Traverse Wall, this can become a most enjoyable way to exercise. AMV offer bespoke services and can tailor your chosen design whether to add to the range, or to create a completely different layout.

AMV can offer a full range of safety surfacing and grass matting.