TSP-3505-2

Sit-Up Bench

Fittness structure sit-up bench

Recycled HDPE:

Steel:

Balancing



Ages 5-12

Users 1

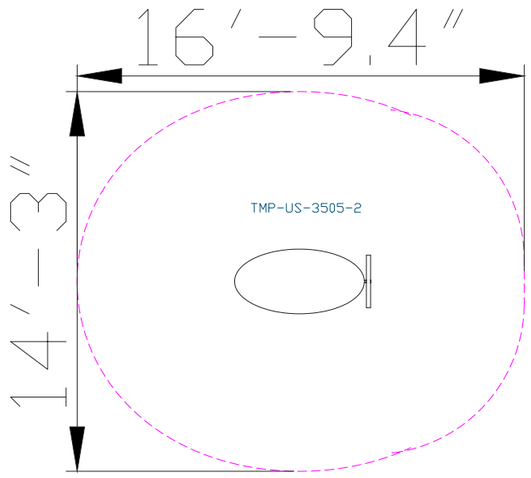
Dimensions L: 4'-11.9" W: 2'-4.4" H: 1'-9.1" | L: 156 W: 74 H: 55 cm

Safety Zone 16'-9.4"/14'-3.0" | 511 / 434 cm

Fall Height 0" | 0 cm

Accessible

A fitness station designed for sit-up exercises, made of galvanized and painted metal. The structure consists of a metal rectangle anchored to the ground, with a footrest on one side to assist in performing sit-ups.







Steel

Steel structure that is strong and durable, oven-painted galvanized and coated with lead-free polyester powder for corrosion and rust resistance. The steel meets strict EN 1176 and MATI 1498/1497 standards, ensuring high quality and safety. The steel is anti-vandalistic, requires minimal maintenance, and is fully recyclable. The high-quality paint ensures weather resistance and maintains a new appearance over time.



Recycled HDPE

HDPE (High-Density Polyethylene) is a recycled material made from high-density polyethylene, produced from recycled materials that allows for further recycling. It excels in resistance to UV rays and wear and tear, making it particularly suitable for use in outdoor playground equipment. Its touch is smooth and pleasant, and its appearance is maintained over time. The advantages include high resistance to harsh weather conditions and environmental preservation. The material is capable of absorbing high energy, which helps prevent fractures.



Hand and Foot Holds

Hand and foot holds provide support during play and use of the structure. Players develop their strength and coordination while maintaining stability and security.



Fitness Element

The fitness element allows players to develop their physical fitness through various activities such as climbing, pushing, and pulling. It encourages improvements in strength, endurance, and coordination, while emphasizing enjoyable and challenging physical activity.



Emotional Development

Perseverance- Encouraging perseverance and repeated attempts. Achievement- Developing a sense of accomplishment and satisfaction from success in challenging equipment.



Motor Development

Foot-eye coordination - Improving coordination and balance through various equipment.



Cognitive Development

Regulation of force- Developing the ability to apply the right amount of force according to the activity.