



Product Description

The No Shortcuts fitness course includes eight individual fitness devices which offer a complete workout which focuses on a variety of different areas. The more people come to visit your fitness area, the more they will begin to notice improvements. The Quad Station Warm-Up is the perfect place to start, since it offers four different warm-up activities at once, preparing all parts of the body for more strenuous exercises to come. The Single Station Fit Rider is also great for stretching out leg and lower body muscles. The Single Station Country Skier and Double Station Sky Walker offer elegant ways to exercise those muscles while moving in place. For more advanced workouts that focus on building up muscle, there is a Double Station Chest Press to build up pectoral bulk, a Double Station Lat Pulldown for back muscles, a Single Station Sit Up Bench for the abdominals, and a Double Station Leg Press for strong legs to hold it all up. These pieces can be adjusted and arranged in any pattern to create your ultimate fitness course.

Product Specifications

Price: \$17,292.⁰⁰

Model Number: PFT103

Age Range: 13 years +

Muscle Group: Full Body

Product Type: Fitness Course

Unit Size: 31' x 17'