

# 4 Station Cardio & Strength Circuit

DFP-AC-BP-PD-PU

**Aerobic Cycle** – Develops cardiovascular fitness and co-ordination. This unit relies on users 'spinning' the pedals at a pace to increase heart rate.

**Body Twist** – promotes lower back and hip flexibility. Stretching is achieved by standing on the rotating platform, gripping the handle bar and slowly rotating in both directions.

**Elliptical Trainer** – Helps build both upper and low body strength and co-ordination while delivering a great cardiovascular workout.

**Stretch Station** – a simple yet incredibly important unit, this item guides users through six important stretches to build and maintain mobility. Stretching is a critical part of any exercise regime.



## Specifications

Equipment size: 2600 x 2100mm

Fall zone: 24.1m<sup>2</sup>

## Play Types



\*All information is commercial in confidence and is the property of The Play Collective. For details regarding Australian standards, warranties, insurances, QA and installation, please contact your local office. All information is correct as at February 2024.

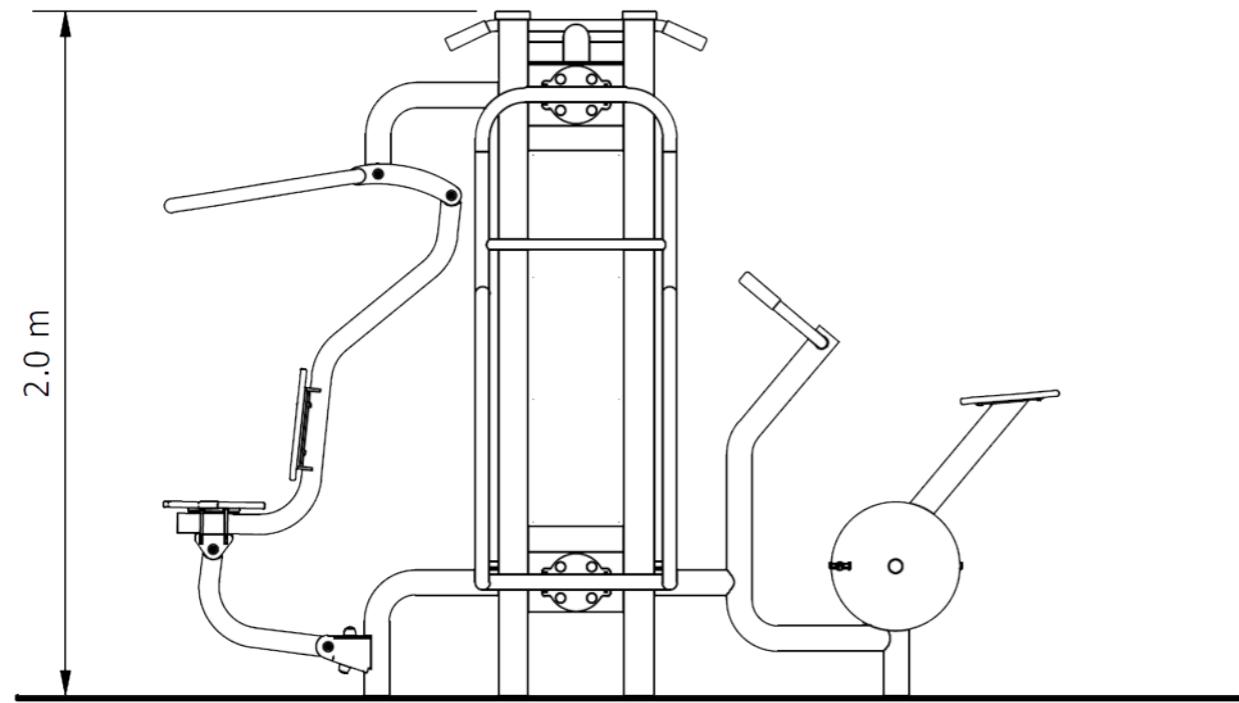
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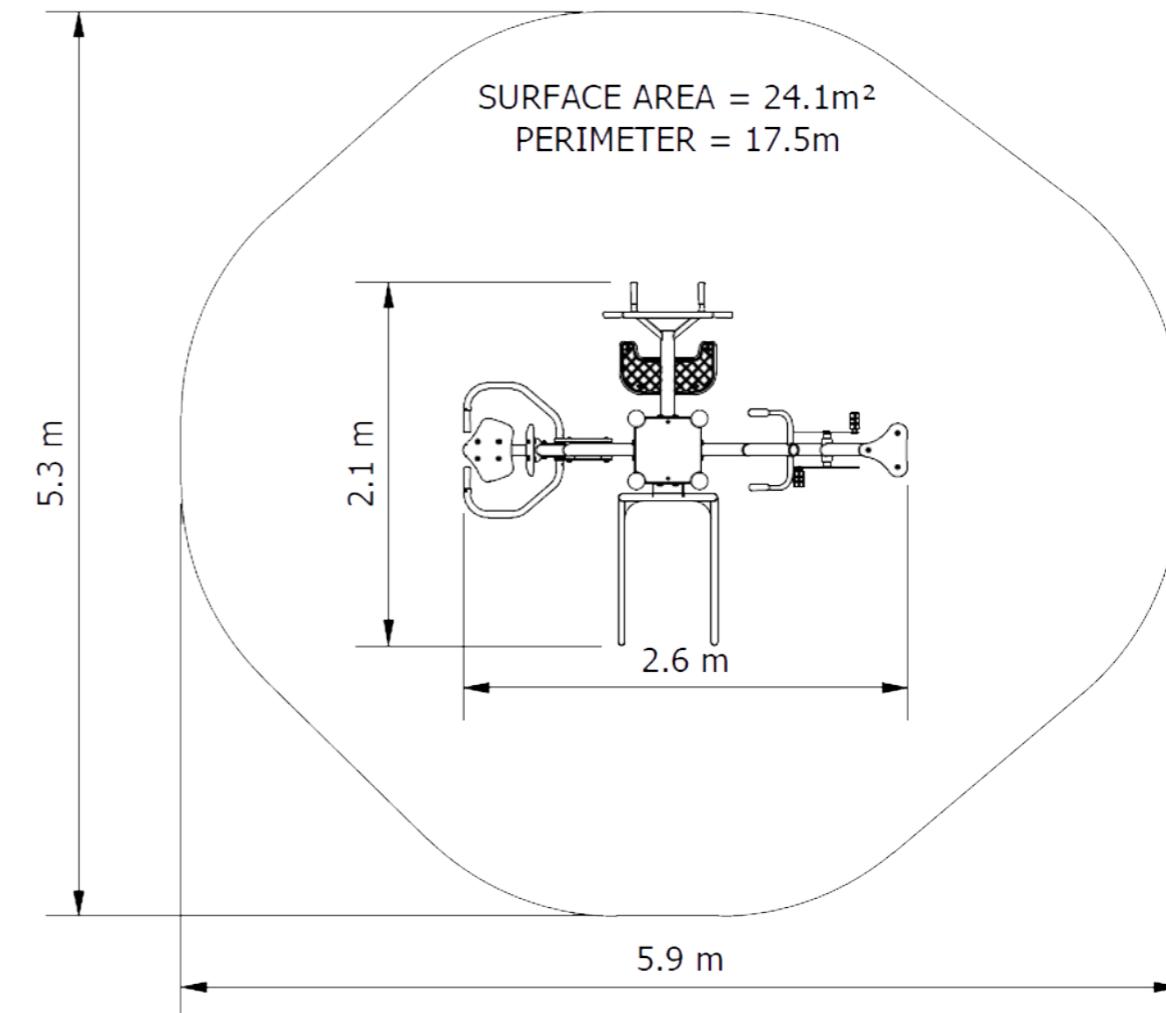


**PlayCo**

Elevation



Plan View



To learn more about our warranty, compliance, materials, or colour palette and customisation options, contact PlayCo:

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