

# Mixed Strength

DFP-CP-PD-SU10

- Chest Press** – Develops upper body strength. The level of effort can be increased by lifting one or both feet off the ground while performing the exercise.
- Pull Down** – Promotes good posture, arm, shoulder and upper back strength. The level of effort can be increased by lifting one or both feet off the ground while performing the exercise.
- Sit Up Bench** – Develops abdominal/core strength aiding in improved posture which helps to enhance lower back stability. Available in two incline levels.



## Specifications

Equipment size: 2300 x 2600mm

Fall zone: 24.8m<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.

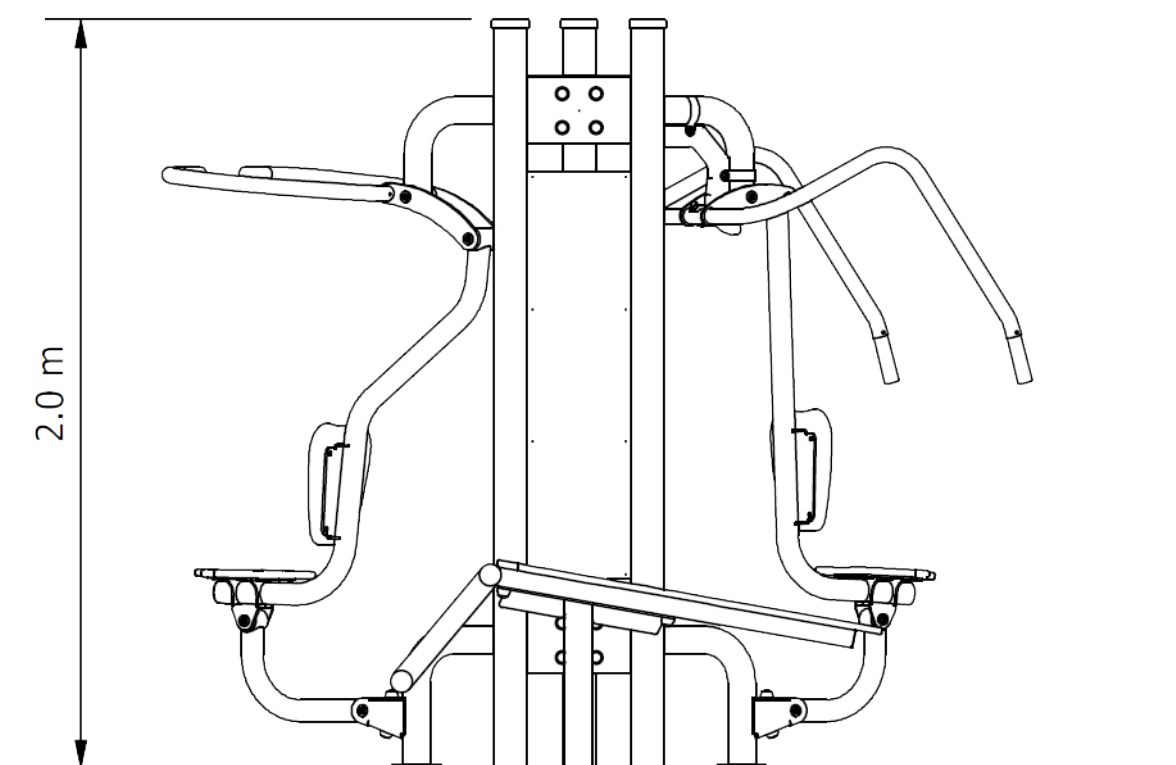
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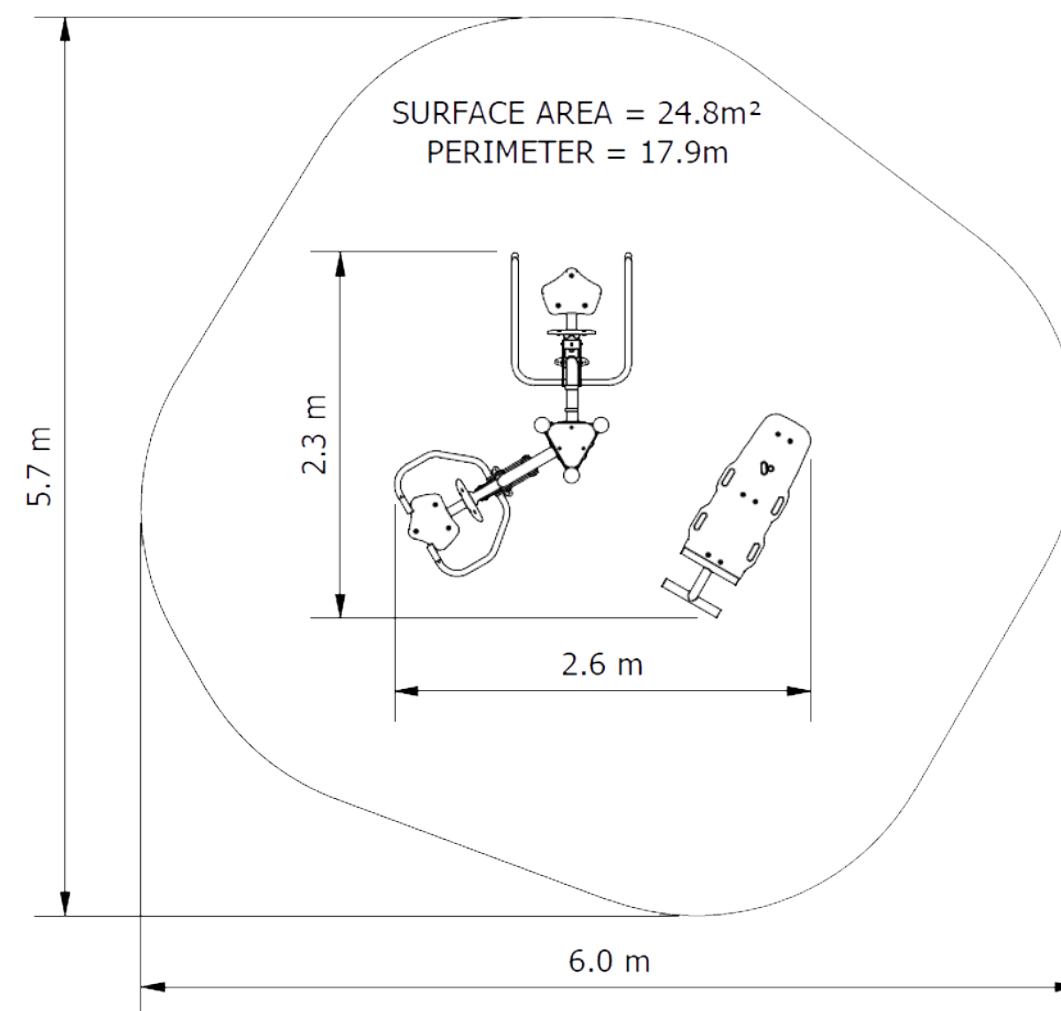


**PlayCo**

Elevation



Plan View



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