# Natural Playgrounds Store

Natural Playgrounds Company
85 Warren Street, Concord, NH 03301
Toll Free 888-290-8405
Intl 603-228-0476
Fax 603-228-6018
ethan@naturalplaygrounds.com



## Sit Up Bench

**NF-SUB**

**Shipping Weight: 400 lbs**
**Shipping Dimensions: 96"L X 40"W X 20"H**
**Brand: Natural Playgrounds Company**
**Toxicity: child friendly wood preservative**
**Age Appropriateness: all ages**

The Sit-Up Bench, sometimes called a decline sit-up bench, suspends your upper body lower than your hips and thighs, forcing your hip flexors or abs to work against gravity at a different angle as you perform sit-ups or crunches.

Pretty fancy, huh? Most people use ab benches for sit-ups, which is unquestionably a great exercise to strengthen and flatten the abdominals, but there are many other abdominal exercises which can be done for strengthening lower and upper abs, and even lower backs.

Some examples: hip raises, crunches on board, sit ups, leg raises, and many others depending on how creative you are.

This bench is 6 feet long, 30 inches wide, has a cross bar at one end for hooking feet, is at an incline, and does not require installation unless you want it permanently attached to the ground.

Made with kid friendly, pressure-treated lumber to last for years.