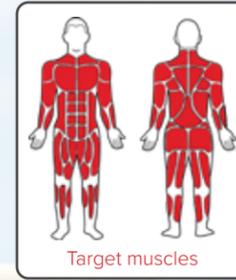


X-RIG

SHP516

This unit serves up to 8 users at a time



Versatile suspension trainers can be used to perform the following (and more!):

Mountain climbers
Push-ups
Atomic push-ups
Chest press
Inverted row
Low row

Single-arm row
Tricep press
Chest fly
Reverse fly
Tricep extension

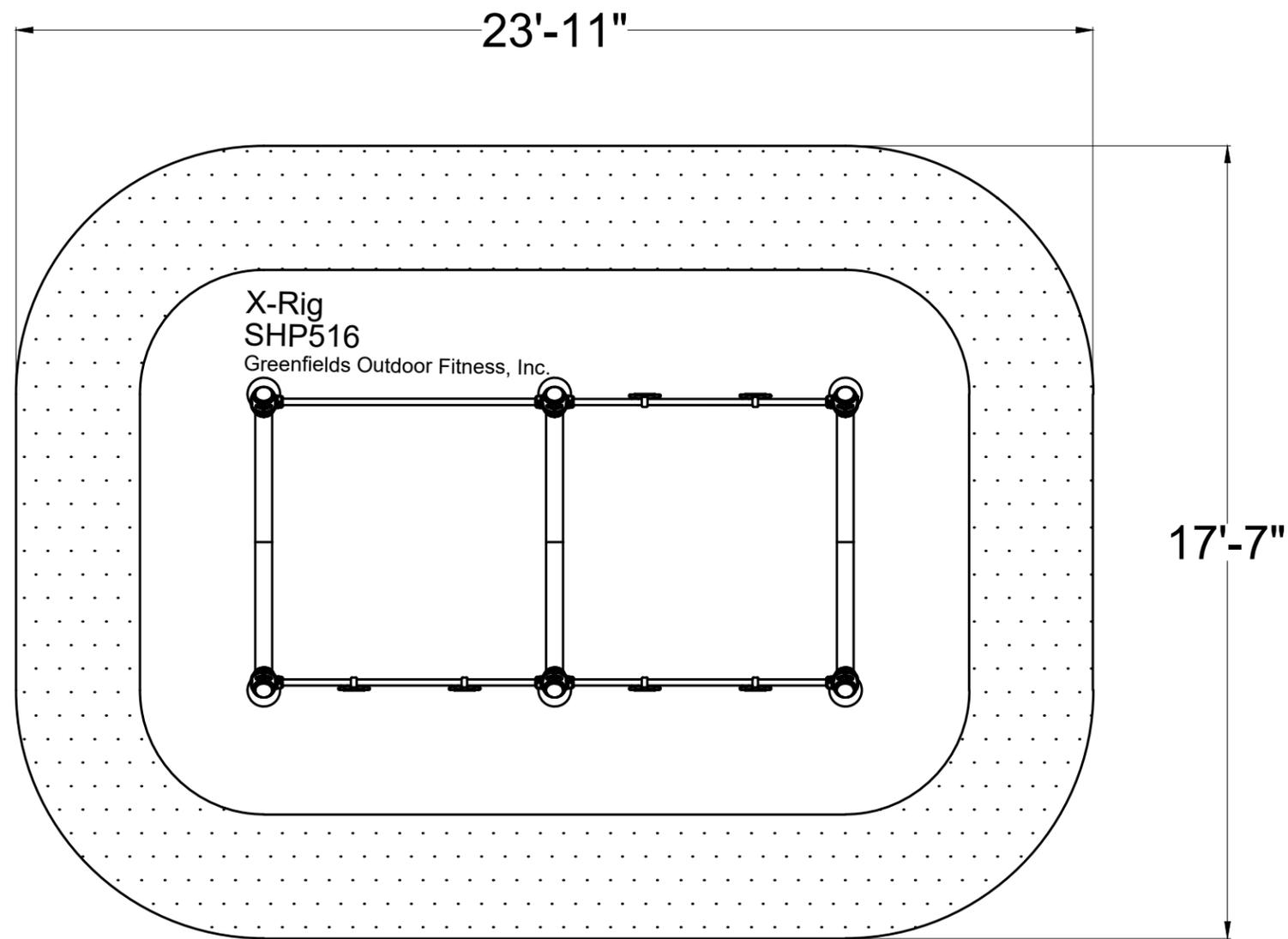
Bicep curl
Y fly
Clock press
Power pull
Standing fallout

SEE THE VIDEO

www.greenfieldsfitness.com/suspension-training-rig-video/



Due to the height of some of the components in this unit, Greenfields recommends Fall Attenuating Surface Material to be used.



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