

## Captain's Chair

**Model Number**

UP167

**Fall Height**

4'

**Use Zone**

8'-5½" x 10'-6½"



### Product Description

Generate a better ab workout by using the Captain's Chair. The user should grasp the handles for support and carefully lift their legs, then lower them back down. This will be sure to strengthen abdominal and core muscles. Intended for ages 13 and up.

### Materials and Features

- Sleek silver and gray design
- Compliments any space
- Stainless steel hardware
- In-ground mount installation
- Long lasting with little maintenance
- Constructed of durable materials and backed by the industry's leading warranty

### Health Benefits

- Muscle development
- Core fitness