

Captain's Chair

SKU: 622ft245



Product Information:

The outdoor Captain's Chair is a challenging ab workout that forgoes traditional sit-ups and crunches for an alternative core workout. Slowly raising and lifting and then lowering the legs engages the core and builds muscle strength.

Available in J-bolt footing, Inground, and Surface Mount.

- Slip- resistant handles provide enhanced grip
- 3 Ergonomically designed back pads for optimal comfort and support
- Steel construction with rust resistant coating

Fitness Focus	Color Options	Age	Dimensions	Minimum SqFt
Core	ActionFit	13 and up	34" x 30" x 81"	7