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ADVANTAGES

- ✓ Developed in collaboration with TNO and Top Health Partners physiotherapists.
- ✓ The high seat of the Fit4Life Multi bench is easily accessible for seniors.
- ✓ EPDM rubber is also available in black.
- ✓ TÜV certified.

FIFTY+ MULTI BENCH FIT4LIFE

Article: 1374

Many exercises can be performed on the Fifty+ Multi bench, which uses your own body weight. The basic exercises include training for muscle strength in the legs, abdomen and arms, by doing squats, sit-ups and pull-ups. This can be varied with several exercises. The Fifty+ Multi Bench is standard equipped with blue EPDM on the support handle and seat.

[Read more on our website](#)

SPECIFICATIONS



Fall height

0.5m



Safe zone

3.9m x 3.5m



Total weight

46 kg



Measurement

0.89m x 0.5m x 1.5m



Play value

Socialising,
Suppleness, Agility, Muscle
strength, Exercise, Sports
activities, Outdoor fitness, Cardio,



Age

20 - 99



Heaviest part

46 kg



Montage

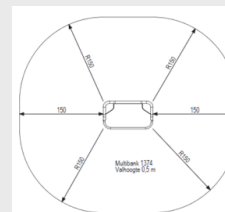
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Materials

RVS (buis 42,4x3 en 33,7x2mm)
EPDM, bevestigingsmateriaal: B...

Veilige zone





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IMPRESSION



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