



PT-159 COMMERCIAL POWER TOWER

SKU: PT-159





PRODUCT DESCRIPTION

Complement your aerobic cardio workout with the PT-159 Power Tower Fitness Station. It offers workout stations for your upper and lower body using your body weight to tone the major muscle groups. It has a reinforced tubular steel frame that extends the user weight limit up to 140kg to sculpt your abs and strengthen your chest, biceps, triceps, shoulders and many other muscle groups. Exercises that can be performed: dips, pushups, pull-ups, chin-ups, vertical knee and leg raises.

- 2" thick forearm "angled" cushions for comfortable forearm, wrist and elbow support.
 - This station will work your quads and lower and upper core abdominals
- Multiple grip capability will help you strengthen your back, lats and biceps, through different hand positions
 - The Dip station will strengthen your triceps.
 - Handles can rotate to the back of the Fitness Station so chin ups can be performed
- Utilizes foam dipped grips to help strengthen the pectoral muscles through deep pushups.
 - Durable powder coated tubular steel frame
 - Main frame is reinforced with support bar for additional user weight capacity
- The main frame is angled so your back can rest on the cushion support to stabilize any body side to side movement
 - Step support on the main frame will help shorter users to reach chin up and pull up bars
 - Extended leg stabilizers with non-slip end caps



ADJUSTABLE MIDDLE BAR

Middle straight bar can be flipped while performing wide grip chin up



MULTI GRIP





ROTATING HANDLES

Handles can rotate to the back of the Power Tower so that chin ups can be performed without obstruction





Exercise



Leg Raise



Sit up



Dips



Dips



Wide Grip Chin Up



Hammer Grip Chin Up



Wide Grip Chin Up



Push Up



ADDITIONAL
INFORMATION



More Information

Warranty	1 year
Product Weight	50kg
Max Load	140kg
Product Dimension	114 x 86.6 x 211.4 cm