

# 4-In-1 Strength Training System

**Model:** 20-3011

**Manufacturer:** Stamina

**MSRP:** \$300.00



- Use for assisted squats, sit-ups, push-ups, back extensions and more
- Hyper ab and squat pad has adjustable height range
- Raise, lower or incline bench and use for chest fly, tricep extension and more
- Use the bench to also engage abdominals such as v-ups or crunches
- Adjustable, foam ankle pad stabilizes user during standing exercises
- Includes free access to muuv, the smart audio coaching app
- Durable steel frame with vinyl upholstery
- 250lb Weight capacity
- Dimensions: 49" x 20" x 35"
- Ships only in the contiguous 48-states