



Power Station Kit for Swedish Shoulder Bar



Product features:

Product description:

A **complete kit of accessories for the wall bar** that will allow you to transform this beautiful and already extremely versatile tool into a perfect **power station** capable of exercising practically any muscle group.

The kit includes an **abdominal bench** with simple lines, but extremely robust and effective for exercising the abdominal bands, equipped with a **locking band** for the ankles, it uses the many rungs on the shoulder rest to **adjust the slope** and therefore the effort.

Then there is our **steel and wood pull-up bar** , the perfect completion for all **suspension exercises** . The tool can be placed at any height with respect to the rungs of the shoulder rest, using them as a support and distancing the athlete from the body of the shoulder rest. **Easy to adjust and position**, it can be used both low and high, expanding the range of possible movements.

Finally, to complete this **kit for backrest training** , we find the **triceps and abdominal bar** , this very comfortable tool allows you to train the triceps and abdominal area using your legs as a direct load.