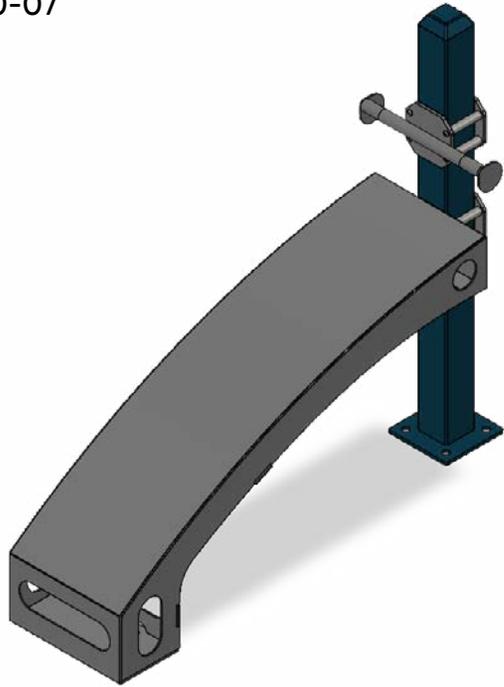
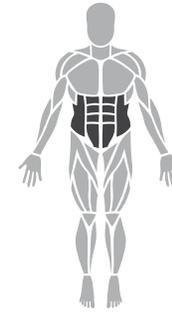


Cali-Sit-Up Bench

#OF-200-07



Designed for core-focused training, this bench supports incline and decline sit-ups, leg lifts, and a variety of abdominal exercises.



Targets:
abs, obliques

GENERAL SPECIFICATIONS

Ages 13+

User Capacity: 1

Number of Stations: 1

INSTALLATION SPECIFICATIONS

Equipment (LxWxH):

50 in x 15 in x 33 in
(128 cm x 39 cm x 84 cm)

ASTM Fall Height: 0 in (0 cm)

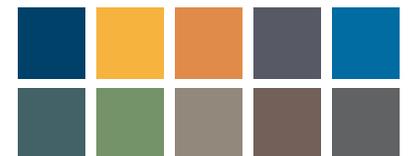
Use Zone: 7 x 1 ft (2.2 x 0.4 m)

ASTM Pad Size: 8 ft x 14 ft (2.3 m x 4.3 m)

ASTM Safety Surfacing Area: 98 ft² (9 m²)



COLOR OPTIONS



Available Exercises

SIT-UP BENCH EXERCISES

Sit up

Decline leg raises

Oblique sit up

Flutter kicks

Isometric crunch holds

Scissor kicks

Russian twists

Technical Design Features

Frame

Vertical upright posts are constructed from 3/16" and 1/8" thick heavy-duty steel.

Bodyweight stations are a mix of steel thicknesses and circular, square and rectangular tubing.

Instructional Placards

Instructional placards are 3.5 in. W x 10-12 in. L, made from 0.05 Polar Grip material and reverse printed with UV stabilized ink.

The adhesive is UV, water and temperature resistant.

Engineered with Real Exercise Biomechanics

Safe and effective exercise biomechanics are built into every product through ergonomically designed bodyweight stations.

Multi-Step Coating Process

Abrasive Blast with Aluminum Oxide: Surfaces are blasted with aluminum oxide to remove contaminants and create a textured profile that promotes strong adhesion of coatings.

Pre-Treatment Wash: Parts undergo a steam rinse, a zirconium-based chemical conversion coating for corrosion resistance and adhesion, a clean water rinse, and are then oven-dried to eliminate all moisture before coating.

Zinc-Rich Primer: A zinc-rich primer is applied (2.5-3.5 mil thickness) to provide corrosion protection and is oven-cured to form a durable bond with the metal surface. It is rated for 4000 hours of salt spray.

Top Coat: The final topcoat is applied for color, UV, and weather protection, then cured in an oven to create a long-lasting, high-performance finish. The polyester powder is applied with TGIC-Free super durable polyester, exterior grade powder.

Tamperproof Cali-Clamp

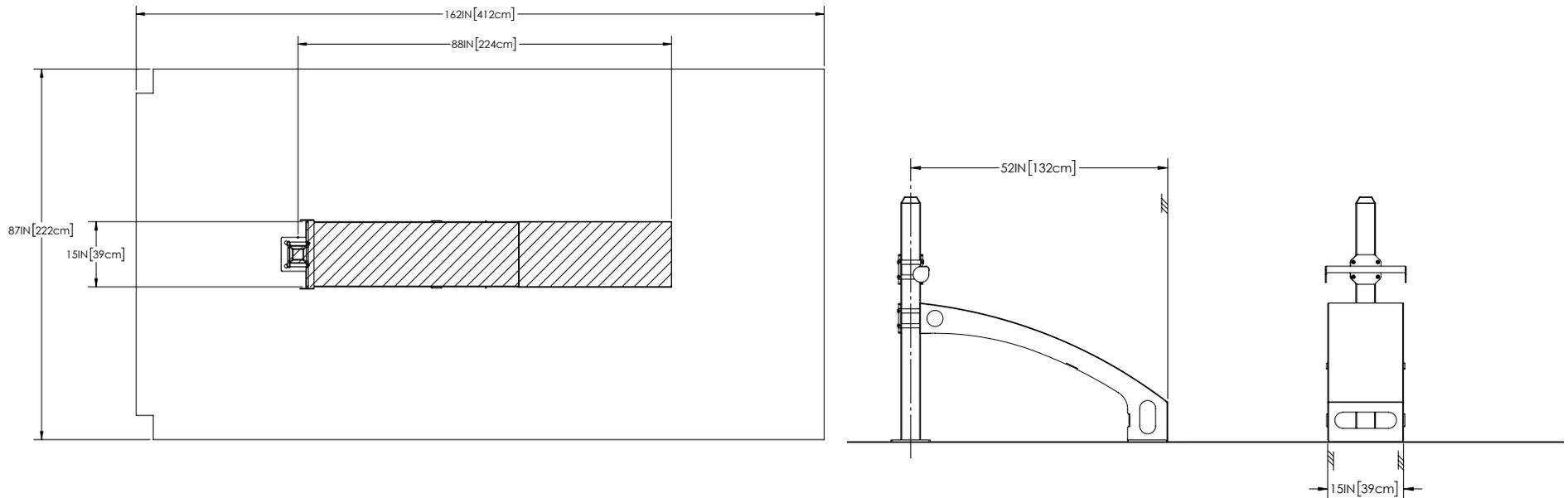
The Cali-Clamp is a high-strength, integrated clamp system engineered to prevent misuse and tampering. It securely fastens to upright posts using a standardized four-bolt pattern and is designed with stainless steel tamperproof torx fasteners and hardware.

For added security, fasteners are treated with Loctite Threadlocker Red 271, a high-strength anaerobic adhesive formulated to permanently lock threaded bolts. This compound requires the localized heat of a blowtorch to break the bond, making unauthorized removal impossible. When combined with a torx fastener, which offers no gripping surface for conventional tools, the result is a highly tamperproof and secure assembly.

Cali-Sit-Up Bench

#OF-200-07

ASTM Fall Height: 0 in (0 cm) | **Total Height:** 33 in (84 cm) | **ASTM Safety Surfacing Area:** 98 ft² (9 m²)



[Click to see CAD details online](#)