



- 10 DIFFERENT WORKOUT STATIONS FOR SUPERIOR STREET WORKOUT & CALISTHENICS EXPERIENCE
- INCLUDING PULL UP, CHIN UP, SQUAT, PUSH UP, CURLS, STRETCH & SIT UP
- ALL EXERCISES AVAILBLE ON KOMPAN APP.
- ACCOMODATES MULTIPLE USERS & INVITES COMPETITION









## **SUSPENSION TRAINER**

- SIMULTANEOUSLY INCREASES STRENGTH, BALANCE, FLEXIBLITY, AND CORE STABILITY
- 49 EXERCISES FOR TRAINING OF ALL MUSCLE GROUPS, ACCESSED BY KOMPAN APP.
- SCALABLE RESISTANCE FOR DIVERSE USER GROUPS
- ADJUSTABLE HANDLES FOR DIFFERENT HEIGHTS





## **BALANCE STATION**

- ANKLE STRENGTH & STABILITY
- ROTATION FOR TORSO FLEXIBILITY & LOWER LIMB BALANCE
- HALF BALL AS FIXED & STABLE PLATFORM
- DIFFERENT DIFFICULTY LEVELS FOR DIVERSE USER GROUPS
- 4 STATIONS INVITES MODERATE SOCIAL INTERACTION

