

ELEMENTARY SCHOOL CIRCUIT

THE SAFE PATH TO TOTAL FITNESS

Hydraulic resistance exercise is a safe and effective strength training workout for children. Its health and physical fitness benefits have been proven in the laboratory, the classroom, and the health club environment. Hydraulic resistance training is simple and practical, and as such is the ideal means to success so desperately needed in children's exercise sessions.

AB CURL / BACK

Length -33"
Front Width -24"
Rear Width -10"



SEATED ROW / PRESS

Length -33"
Front Width -24"
Rear Width -10"



BICEPS CURL / TRICEPS PRESS

Length -33"
Front Width -24"
Rear Width -10"



SHOULDER PRESS / PULL

Length -33"
Front Width -24"
Rear Width -10"



CHEST PRESS / ROW

Length -33"
Front Width -24"
Rear Width -10"



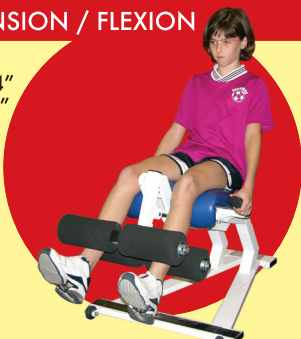
SQUAT

Length -33"
Front Width -24"
Rear Width -10"



KNEE EXTENSION / FLEXION

Length -33"
Front Width -24"
Rear Width -10"



UPRIGHT ROW / PUSH

Length -33"
Front Width -24"
Rear Width -10"



EIGHT PIECE CIRCUIT PLUS +

- 8 KidzPower Resistance Stations
- Selection of Accessories
- Programming Manual
- Instructional DVD
- Change Station CD
- Choice of Upholstery Colors

\$12,599

Plus Shipping
Item #400161

EIGHT PIECE CIRCUIT

- 8 KidzPower Resistance Stations
- Programming Manual
- Instructional DVD
- Change Station CD
- Choice of Upholstery Colors

\$8,949

Plus Shipping
Item #400164

FOUR PIECE CIRCUIT PLUS +

- 4 KidzPower Resistance Stations*
- Selection of Accessories
- Programming Manual
- Instructional DVD
- Change Station CD
- Choice of Upholstery Colors

\$5,999

Plus Shipping
Item #400163

*Stations listed in "four piece circuit" below

FOUR PIECE CIRCUIT

- Shoulder Press / Pull
- Chest Press / Row
- Biceps Curl / Triceps Press
- Knee Extension / Flexion
- Choice of Upholstery Colors

\$4,599

Plus Shipping
Item #400162

BIGGER FASTER STRONGER

BFS

DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976

LEARN MORE, CALL BFS - 800-628-9737

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