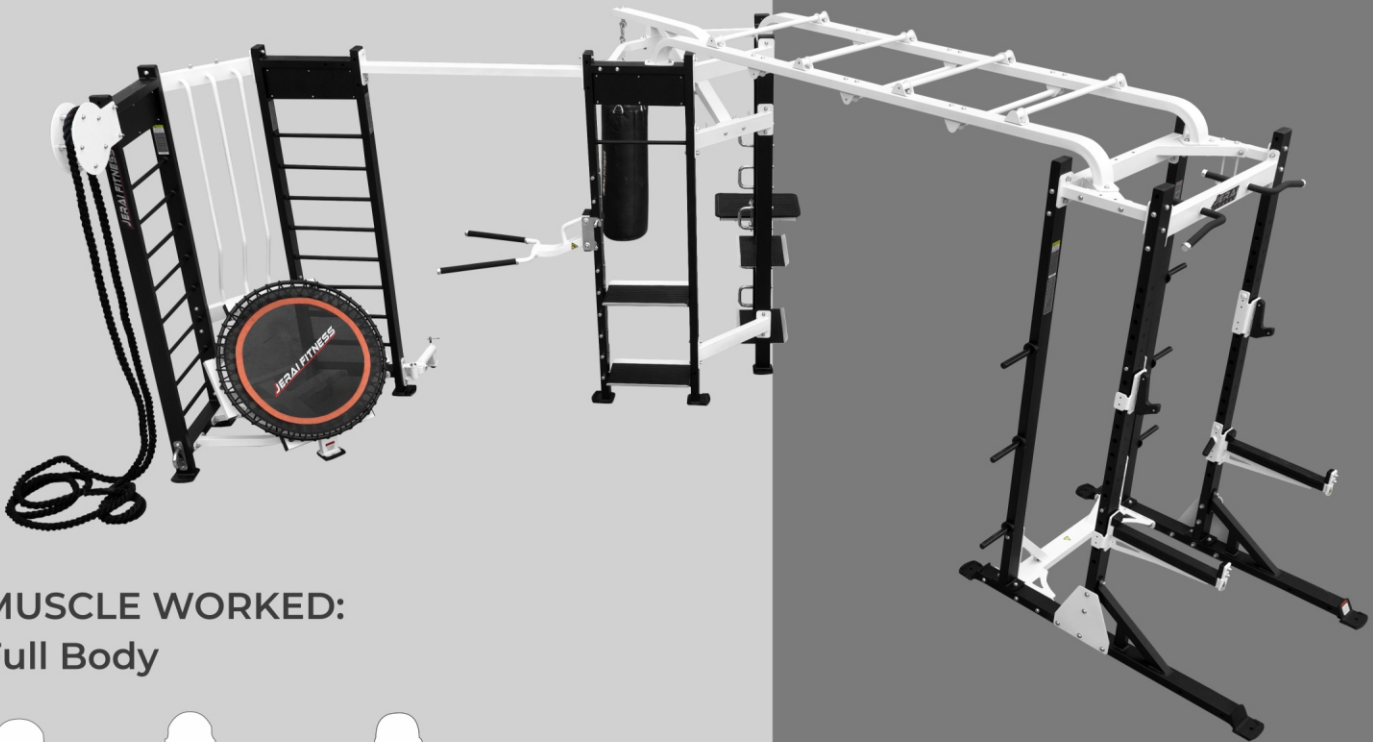


◆ The Shape L is a combination of 3 different stations connected by a monkey ladder that together aim to provide the user with a complete body workout while occupying a relatively smaller footprint. The stations included are Half rack, Rebounder and battle rope station and Punching Bag with adjustable box jump and dips station.

◆ **DIMENSION:**  
Length : 189 inches / 480 cms  
Width : 128 inches / 325 cms  
Height : 96 inches / 243 cms



◆ **MUSCLE WORKED:**  
Full Body

