Children's Bench & Back Extension

Two-station core strength unit



Functions

- Sit-ups
- Back extensions
- Abdominal strength
- Back & posture muscles
- Core control
- Two users at once

Technical Data

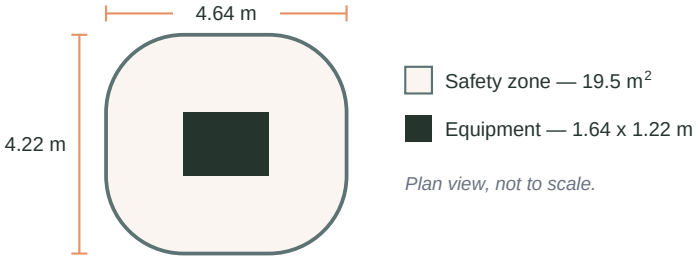
DIMENSIONS (L x W)	HEIGHT
1.64 x 1.22 m	**1.00 m**

SAFETY ZONE	FREE-FALL HEIGHT
4.64 x 4.22 m	**Under 1 m**

Capacity: 2 users Recommended age: 6–13 years Min. user height: 140 cm Max. user weight: 100 kg

Conforms to: BS EN 16630:2015

Safety Zone Plan



Morti Sport & Play reserves the right to make changes to its products without notice.

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Materials & Construction

Frame: Bent steel tube Ø60.3 × 3.6 mm on a Ø114 × 3.6 mm base post; S235 structural steel
Other tubes: Ø32 × 2 mm steel tube
Bench & back pad: HDPE
Finish: Powder coating over a zinc primer for long-term corrosion protection
Fixings: Acid-resistant bolts with stainless steel washers and dome nuts; tube ends welded closed
Colours: Lime (NCS S 1070-G50Y) and navy (RAL 5003) as standard; other RAL colours available
Foundations: Bolted to a concrete footing or precast base set 30 cm below ground level

Free-fall height is under 1 m, so BS EN 16630 allows grass or turf as well as impact-absorbing surfacing. We'll recommend the right finish for your site.

Images are computer visualisations; the installed product will look similar. Colours may vary from those shown.

How to Use

Sit-up bench

Lie face up with knees bent and feet against the lower bar, hands behind the head. Lift the head, then shoulders, then upper body a few centimetres off the bench, and lower slowly.

Benefits:

Strengthens the straight and oblique abdominal muscles.

Back extension

Rest the hips on the pad face down, hook the feet under the bar and cross the arms on the chest. Lower the upper body slowly, then lift back up.

Benefits:

Builds the back muscles that support good, upright posture.

Inspection & Maintenance

Routine visual check weekly (daily on busy or vandal-prone sites), an operational check every 1–3 months and a main inspection once a year. Replace worn or damaged parts promptly with genuine spares. Morti Sport & Play offers annual inspection and maintenance for school and public sites.

Why Choose This Product

A sit-up bench and a back extension on one compact frame, so two children can work on core strength at the same time. Together they balance the abdominal and back muscles that support good posture — a more demanding pair of stations for older children.

- Two complementary core exercises on one base
- Comfortable HDPE bench and back pad, built for year-round outdoor use
- Certified to BS EN 16630 for outdoor fitness equipment
- Designed, supplied and installed by Morti Sport & Play's own teams

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