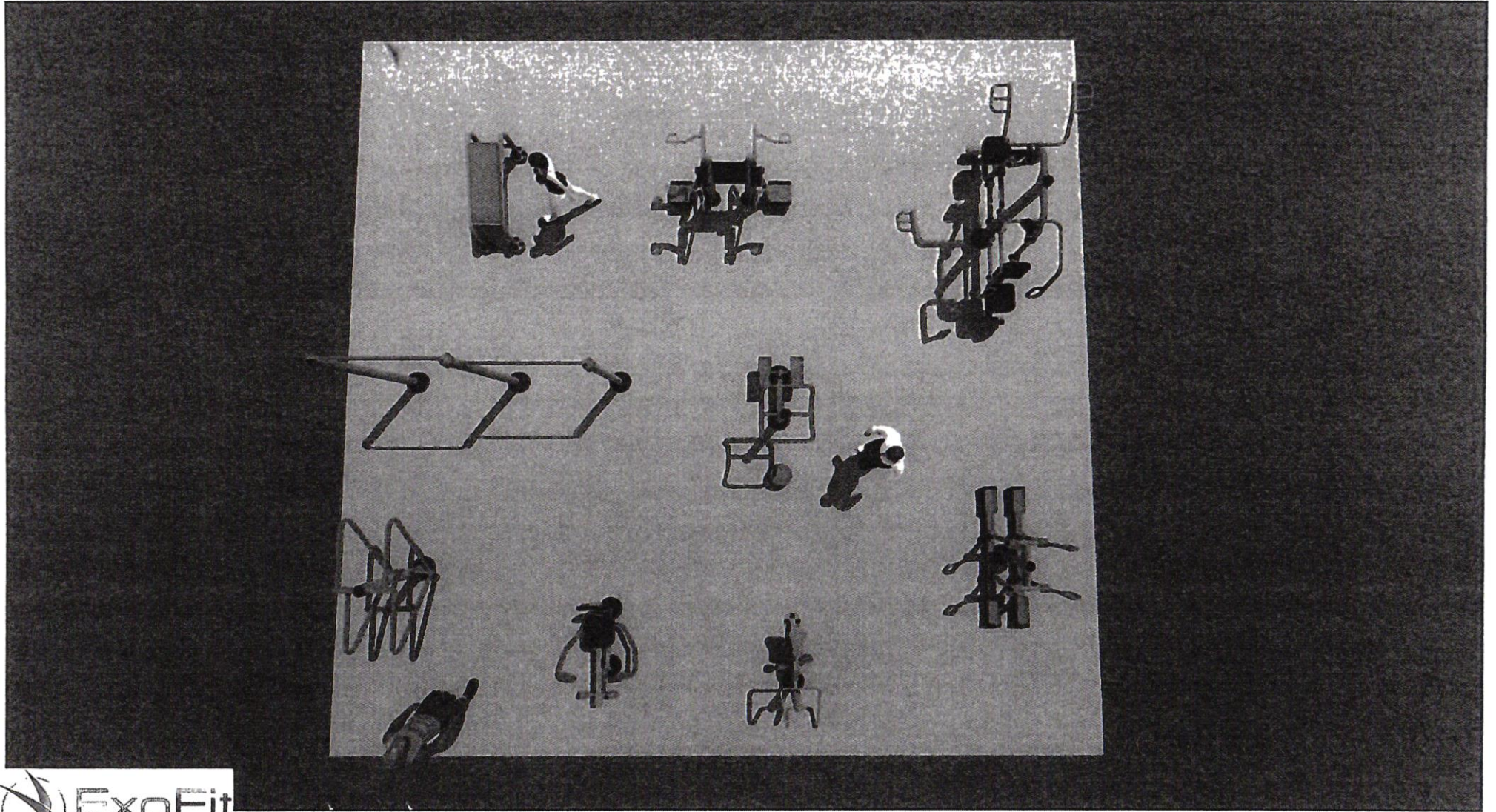




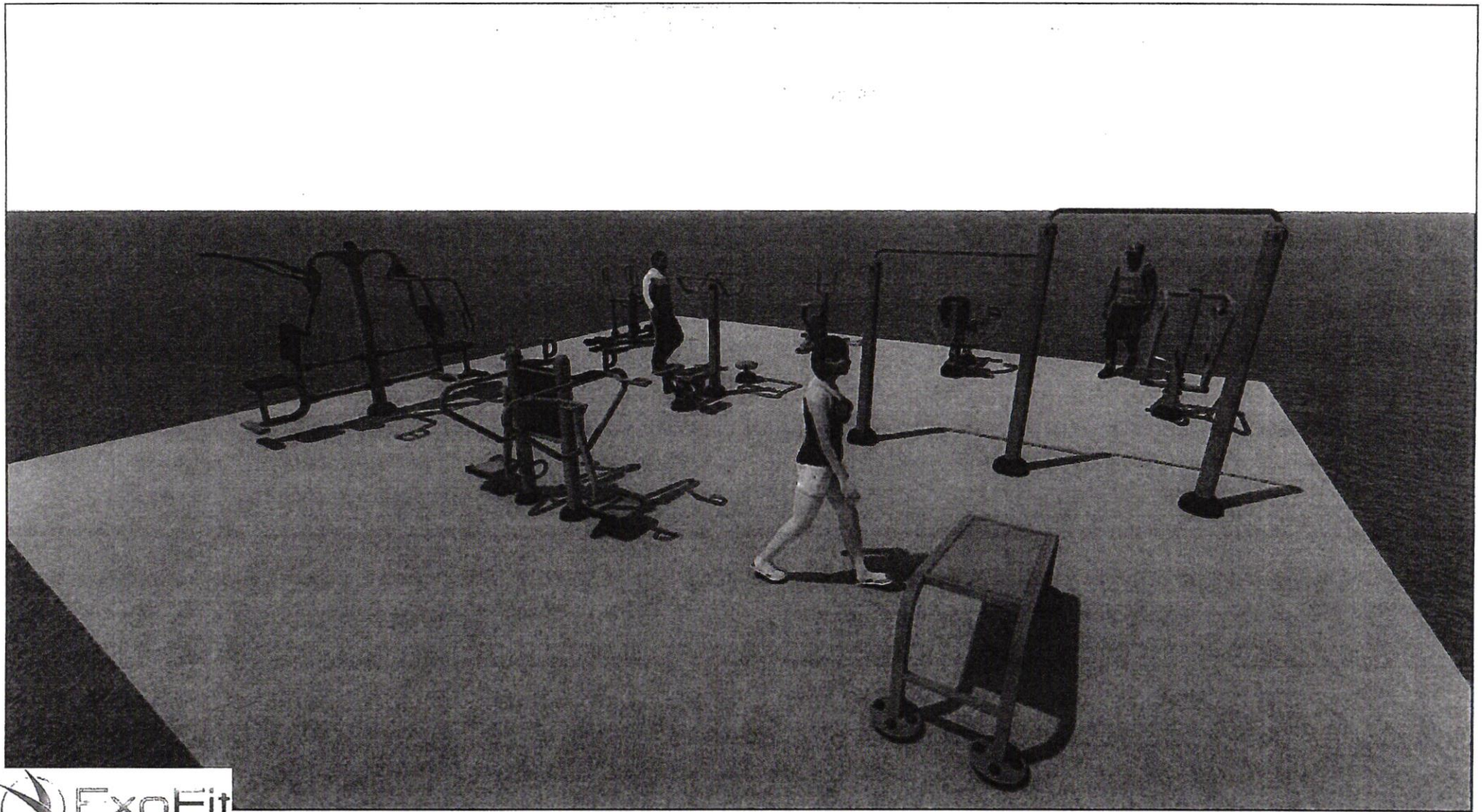
# Lincoln Park

Fort Pierce, FL



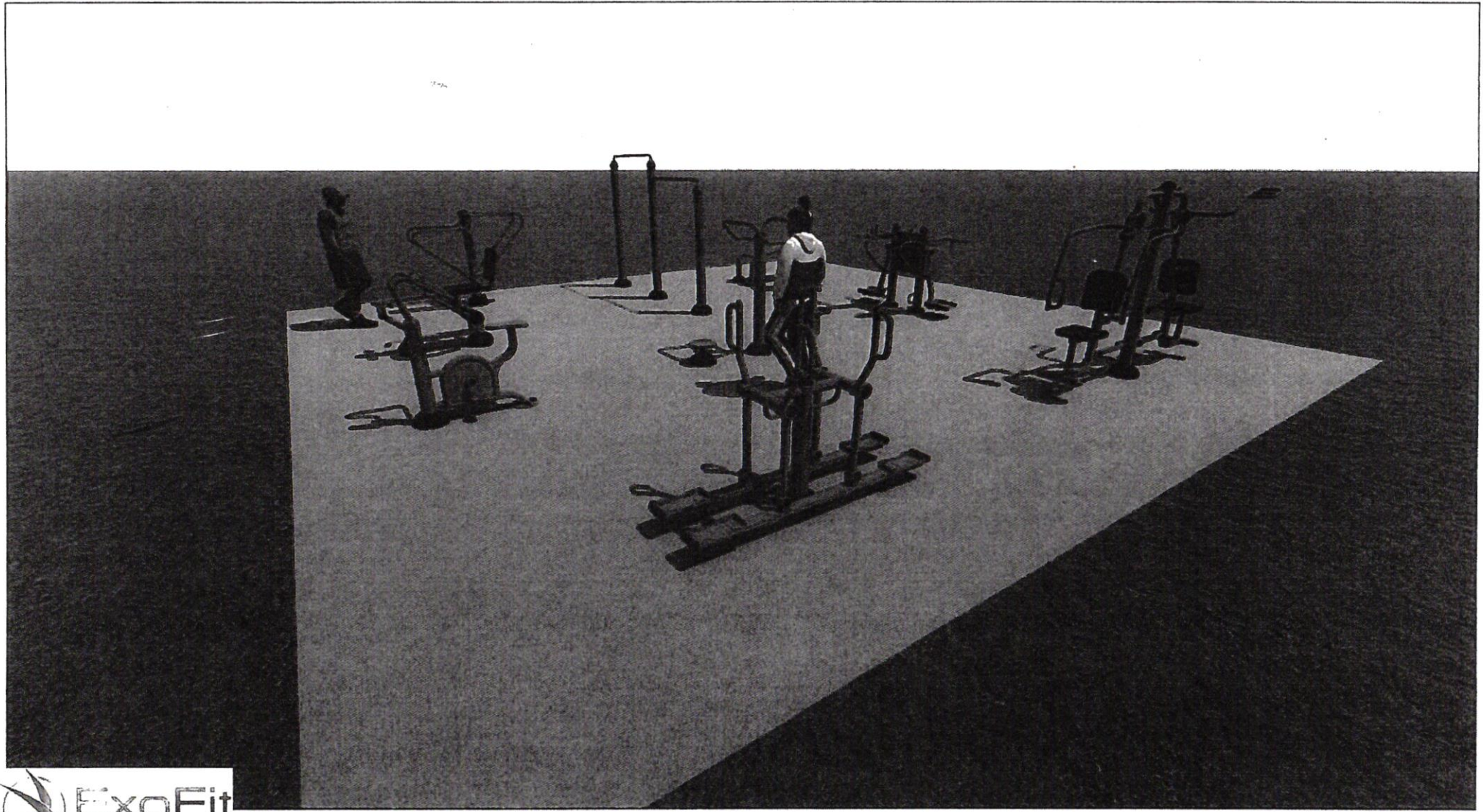
# Lincoln Park

Fort Pierce, FL



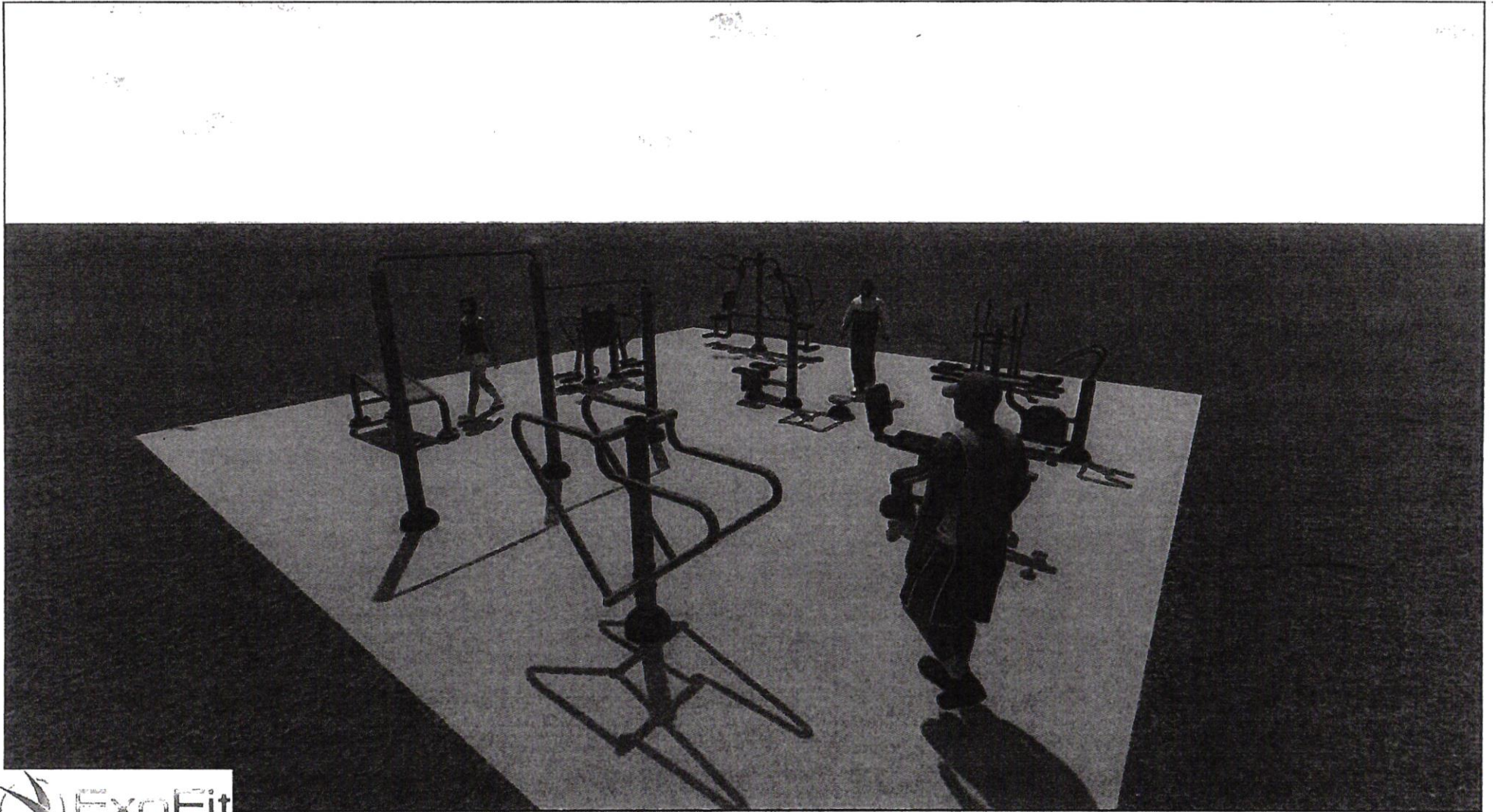
# Lincoln Park

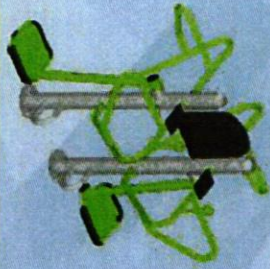
Fort Pierce, FL



# Lincoln Park

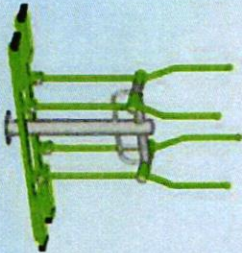
Fort Pierce, FL





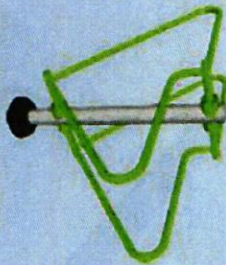
### 4-PERSON COMBO

**Muscle Focus:** Biceps, Forearm, Lower and Upper Back, Abdominals and Triceps.  
**Training:** A great multifunctional combo unit design for 4 users. Each side has an Air Skier that is great for loosening the hips and side. One station has a Knee/Leg Lift station, while the other has a Dip Station, which can also be used for inverted pull-ups.



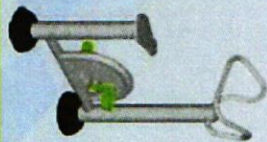
### 2-PERSON CROSS SKIER

**Muscle Focus:** Lower Body, Core, Upper Body  
**Training:** The Double Skier helps develop strength in the legs and hips, while improving cardiovascular endurance for a complete whole-body workout.



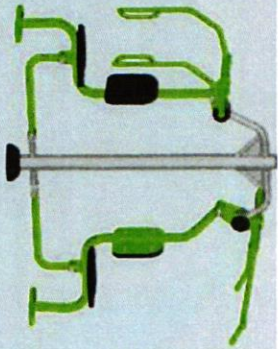
### PUSH-UP / DIP STATION

**Muscle Focus:** Triceps, Biceps, Shoulders, Chest and Core  
**Training:** This multi-purpose product can be used for Incep dips and push-ups.



### FITNESS BIKE

**Muscle Focus:** Lower Body  
**Training:** A great low-impact cardio workout, that can also strengthen the thighs, glutes and calves.



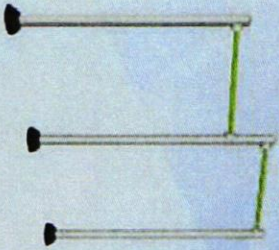
### CHEST PRESS / LAT PULL COMBO

#### CHEST PRESS

**Muscle Focus:** Chest, Triceps and Shoulders  
**Training:** The Chest Press exercise provides an optimal range of motion while you press out and lift part of your body weight as resistance.

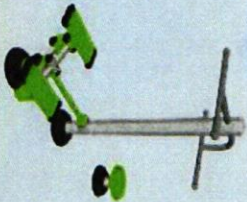
#### LAT PULL DOWN

**Muscle Focus:** Back, Shoulders and Biceps  
**Training:** Pull the upper bar towards your body using part of your body weight as the resistance. This will help strengthen your back, rear shoulders, and biceps.



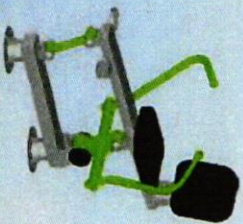
### DOUBLE PULL-UP BARS

**Muscle Focus:** Biceps, Triceps, Shoulders, Chest and Back  
**Twisting:** A traditional piece of fitness equipment, which is great for pull-ups and hanging in place to stretch your back.



### TWIST & STEP

**Muscle Focus:** Biceps, Quadriceps, Thighs, Calves and Abdominals  
**Twisting:** The twisting side works your abdominal and core while stretching your back and improving your flexibility. The stepping side strengthens your legs while improving your cardiovascular fitness.



### ROWING MACHINE

**Muscle Focus:** Upper Back, Lower Back, Shoulders, and Biceps  
**Twisting:** Using a portion of your body weight as resistance, this machine helps develop strength in your back, shoulders and biceps, while giving a great cardio workout.