



Xperience the X-RIG

New for Spring 2018! Greenfields' X-Rig features 6 built-in sets of suspension trainers, plus an additional free bar for users to bring their own. Incredibly versatile, suspension trainers can be used to perform the following (and more!):

- Mountain climbers
- Push-ups
- Atomic push-ups
- Chest press
- Inverted row
- Low row
- Single-arm row
- Tricep press
- Chest fly
- Reverse fly
- Tricep extension
- Bicep curl
- Y fly
- Clock press
- Power pull
- Standing fallout

WATCH THE
VIDEO!



X-RIG

SHP2009-5-16

EXERCISE



Six sets of built-in suspension trainers in three lengths facilitate a wide variety of exercises - plus one free bar is available for users to bring their own suspension trainers.

SOCIALIZE



Accommodating 8 users, the X-Rig is perfect for small group classes or friends coming to the park together to train!

ENERGIZE



Bring some energy and excitement to an unused area! Greenfields' X-Rig packs a huge punch in a modest footprint.