



Approximate dimensions:

Dimensions	481 x 320 cm
Safety zone	455 x 455 cm
Overall height	250 cm
Free fall height	130 cm
Product complies with EN 16630:2015-06	
	YES





A Multi-User Training Facility

This facility is designed to allow several people to work out at the same time. Below are 10 examples of exercises that can be performed on the equipment:

- 1) Dips on parallel bars** – strengthen the triceps, shoulders, and chest through controlled movements.
- 2) Australian pull-ups** – a lower and easier variation of pull-ups that targets the back and biceps.
- 3) Push-ups on parallel bars** – increase range of motion and intensity for chest and shoulder training.
- 4) Pull-ups on high bars** – a classic exercise for building back, shoulder, and biceps strength.
- 5) L-sit on parallel bars** – a static hold that strengthens the core and hip flexors.
- 6) Hanging leg raises** – an intensive core exercise where the legs are lifted toward the chest.
- 7) Monkey bars (arm traverse)** – improve upper-body strength, grip, and coordination.
- 8) Somersaults and swings on the horizontal bar** – enhance core strength, grip, and body control while challenging balance and coordination.
- 9) Plank variations** – build core strength and stability.
- 10) Stretching exercises** – improve flexibility and help prevent injuries.

MATERIALS:

SOLID CONSTRUCTION
MADE OF BLACK STEEL
S235JR, CLEANED IN THE
SANDBLASTING PROCESS

