



Approximate dimensions:

Dimensions	110 x 220 cm
Safety zone	410 x 520 cm
Overall height	200 cm
Free fall height	40, 120 cm
Product complies with EN 16630:2015-06	YES



General:

A versatile piece of equipment for effective training of the core, back, and upper body.

Examples:

Classic dips that strengthen the chest, triceps, and shoulders

Push-ups and pull-ups using parallel grips

L-sit holds and other advanced core exercises

Back and abdominal exercises

MATERIALS:

SOLID CONSTRUCTION MADE OF BLACK STEEL S235JR, CLEANED IN THE SANDBLASTING PROCESS	PLATES MADE OF COLOURFUL TRIPLE LAYERED POLYETHYLENE HDPE 15 MM	PLATE MADE OF ANODIZED ALUMINIUM PLACED OF A HANDLE MADE OF POLYAMIDE	BACK SUPPORT AND SEATS MADE OF COLOURFUL TRIPLE LAYERED POLYETHYLENE HDPE 15 MM
			