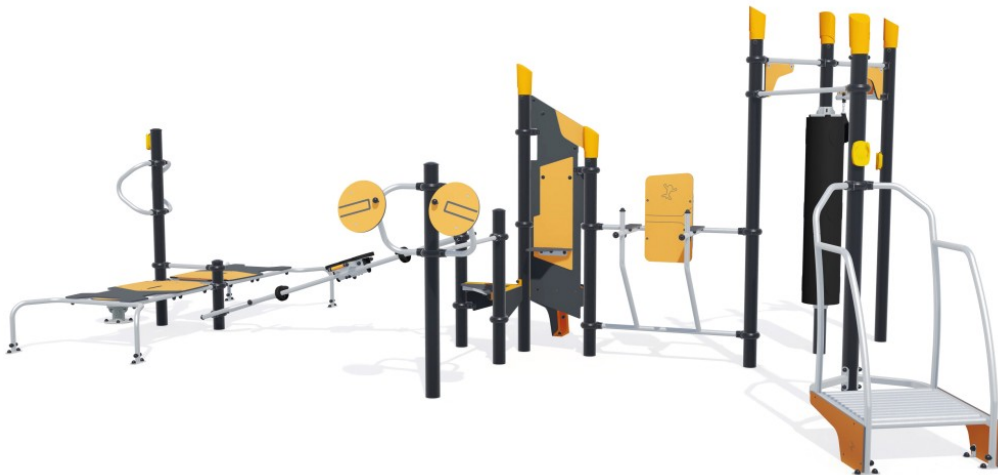


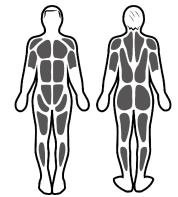
  
> 1,40m **14** **1,1m**

 1 = 8,05m
2 = 4,51m
3 = 2,75m

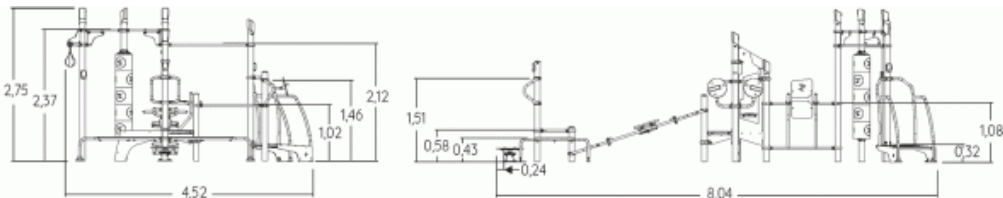
  Physical inclusion



Sports formula



Muscular stimulation



► Sports activities : 18

balancing



x1

hanging



x2

Pull-ups



x2

Dips



x1

Push-ups



x2

Abs



x3

boxing



x2

rowing



x1

walking



x1

running



x1

spinning



x2

 muscle strengthening

 heart health

 balance

 coordination

Components

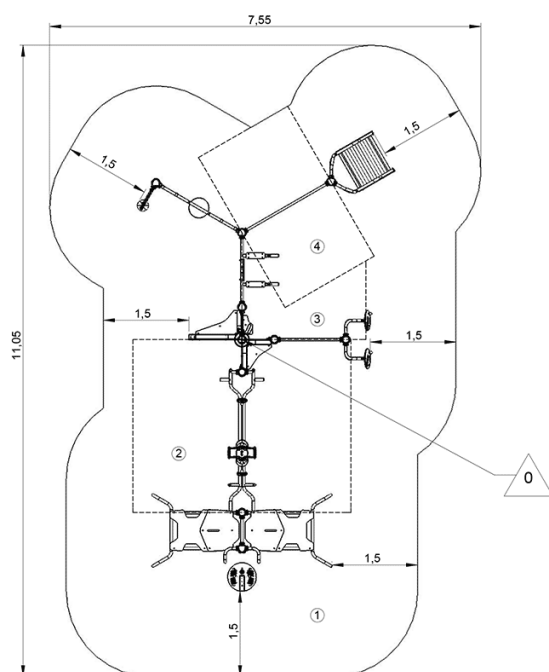


- ❶ Balance Board
- ❷ Abs Board/Push-ups
- ❸ Dual Rowing Machine
- ❹ 3 in 1 Totem
- ❺ Dual Dip Bars/Abs
- ❻ Horizontal bar L. 180 cm
- ❼ Punchbag
- ❽ Punchball
- ❾ Runner
- ❿ Tai-Chi Wheels
- ⓫ Horizontal bar L. 125 cm
- ⓬ Smartphone holder

Installation of equipment

IMPORTANT: It is essential to refer to the installation instructions for information on the size of the safety areas.

———— Impact area (minimum normative surface)
- - - - - Free space



1	<0,6m	46,5m²
2	0,8m	12m²
3	1,1m	8m²



2



25h00



1.7m³



66.5m²



617kg



23kg

