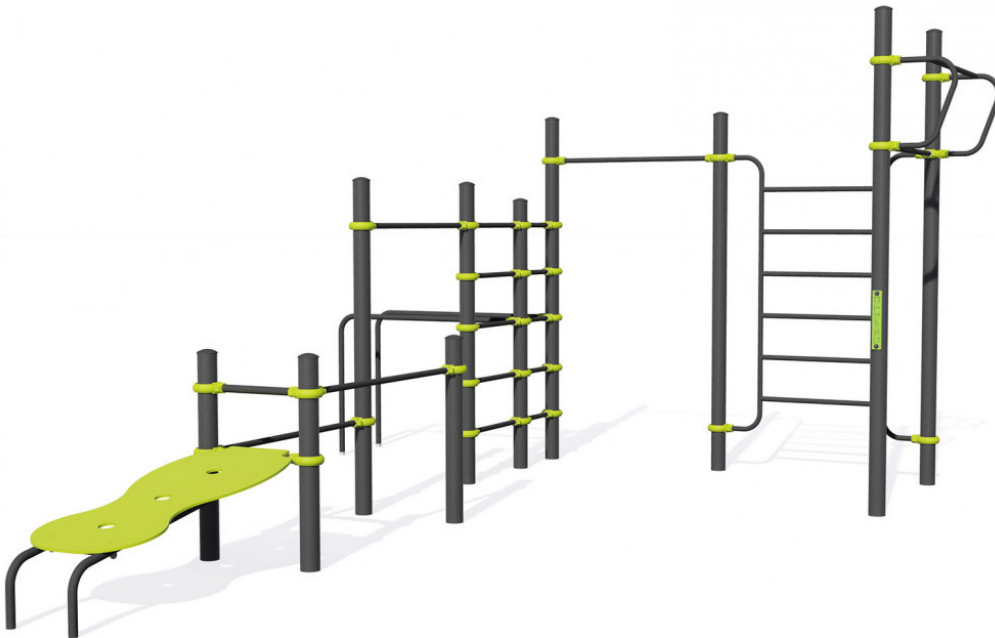
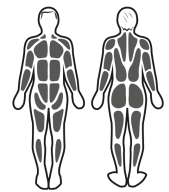
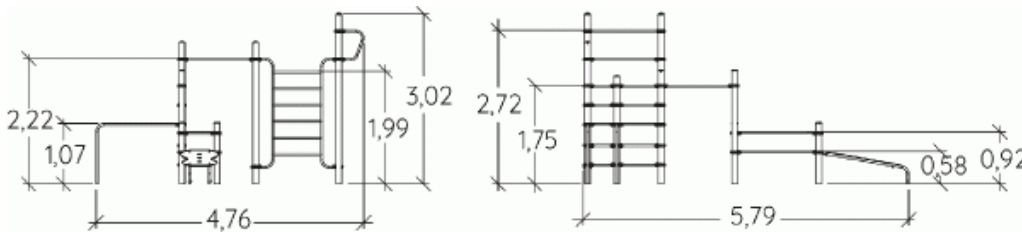




Sports formula



Muscular stimulation



## ► Sports activities : 22

hanging



x8

Pull-ups



x7

Dips



x1

Push-ups



x3

Squats



x2

Abs



x1

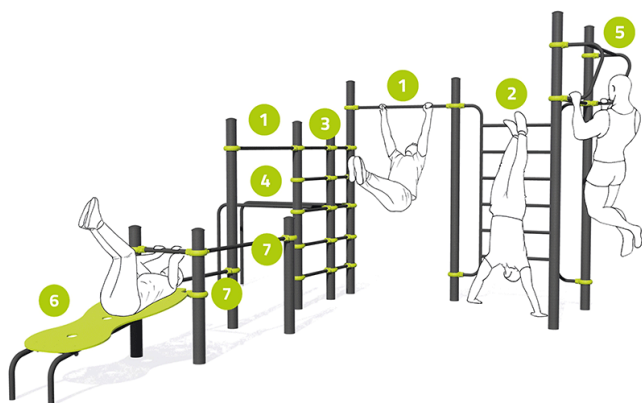
muscle strengthening

heart health

balance

coordination

## Components

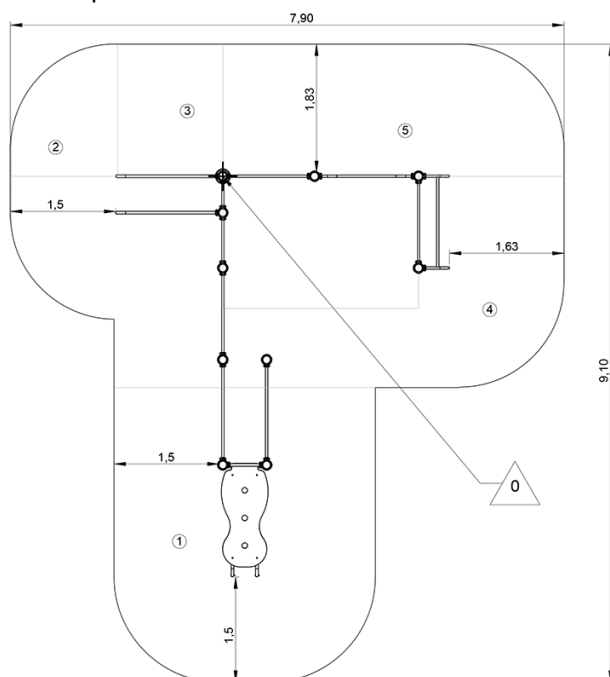


- ① Horizontal bar L. 130 cm
- ② Swedish wall
- ③ Asymmetrical wall bars
- ④ Simple parallel bar
- ⑤ Pull-up bars
- ⑥ Abs Board
- ⑦ Horizontal bar L. 150 cm

## 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



|   |       | m <sup>2</sup>     |
|---|-------|--------------------|
| 1 | 0,95m | 15m <sup>2</sup>   |
| 2 | 1,1m  | 2,5m <sup>2</sup>  |
| 3 | 1,2m  | 3m <sup>2</sup>    |
| 4 | 1,7m  | 16,5m <sup>2</sup> |
| 5 | 2m    | 14m <sup>2</sup>   |



2



07h00



1.9m<sup>3</sup>



51m<sup>2</sup>



322kg



28kg

