
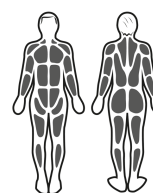

 > 1,40m 6 1,1m

 1 = 4,02m
 2 = 3,35m
 3 = 2,75m

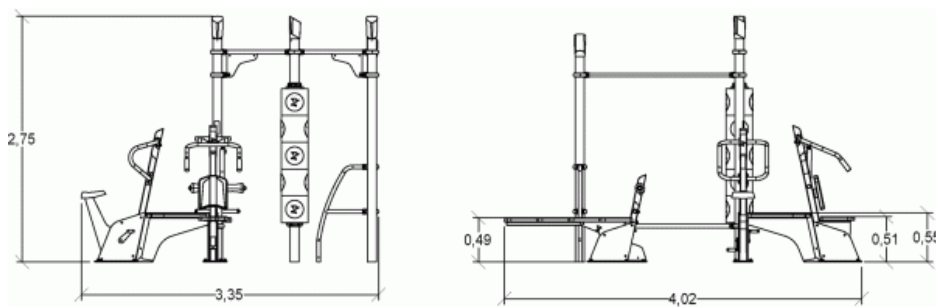

 Physical inclusion



Sports formula



Muscular stimulation



► **Sports activities :** 7

hanging



Pull-ups



Abs



boxing



pedalling




Resistance



Soulever




 muscle strengthening


 heart health


 balance


 coordination



► Components

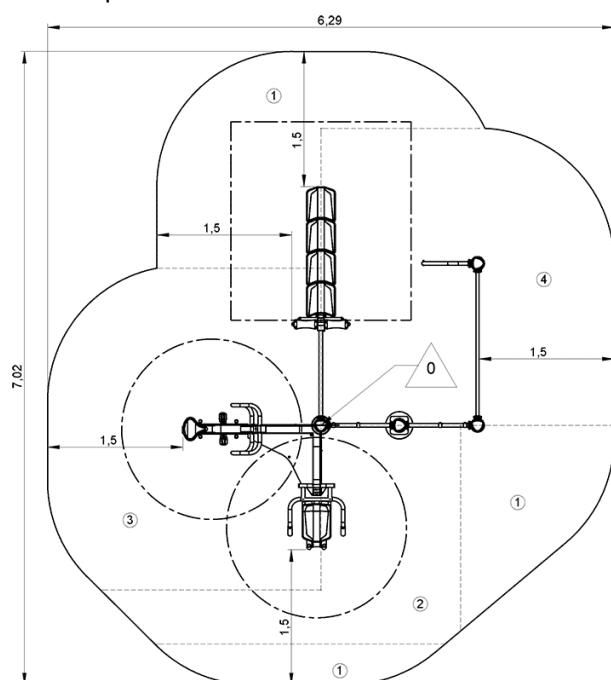


- ①
- ② Horizontal bar L. 180 cm
- ③ Punchbag
- ④ Chest press
- ⑤ Bike

► 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



	Height (m)	Area (m ²)
1	0,5m	9m ²
2	0,6m	5,5m ²
3	0,78m	10,5m ²
4	1,1m	10,5m ²



2



20h00



1.5m³



35.5m²



431kg



33kg

