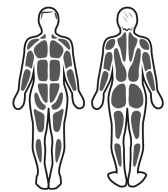
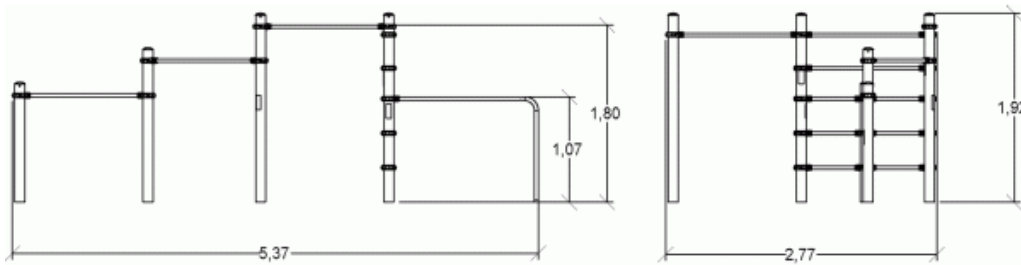




Sports formula



Muscular stimulation



► **Sports activities :**                      **17**

hanging



Pull-ups



Dips



Push-ups



Squats



muscle strengthening

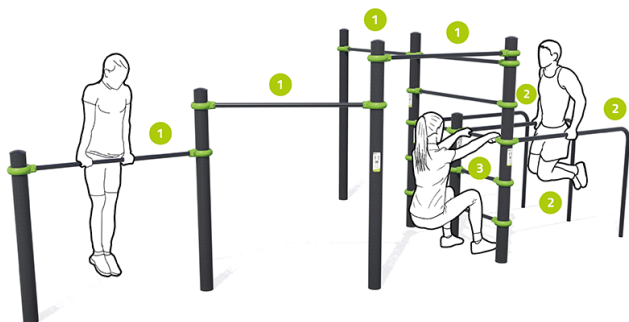
heart health

balance

coordination

## ► Components

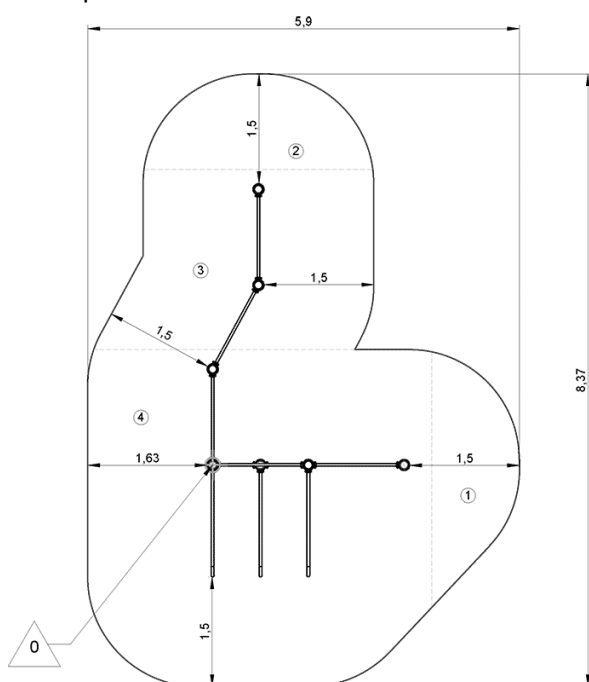
- ① Horizontal bar L. 130 cm
- ② Simple parallel bar
- ③ Espalier



## ► 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



	Length (m)	Area (m <sup>2</sup> )
1	0,7m	3m <sup>2</sup>
2	1,1m	3,5m <sup>2</sup>
3	1,45m	8,5m <sup>2</sup>
4	1,7m	21m <sup>2</sup>



2



06h00



1.4m<sup>3</sup>



36m<sup>2</sup>



200kg



19kg

