

  
> 1,40m **6** **1,1m**

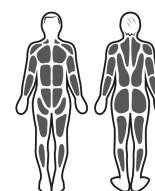
 1 = 4,02m
2 = 3,35m
3 = 2,75m



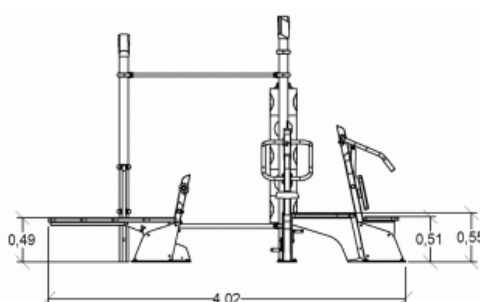
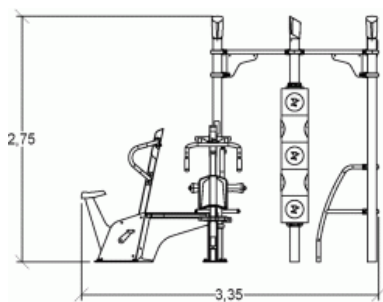
Physical inclusion



Sports formula



Muscular stimulation



► Sports activities :

7

hanging



x1

Pull-ups



x1

Abs



x1

boxing



x1

pedalling



x1

Resistance



x1

Soulever



x1



muscle strengthening



heart health



balance



coordination

Components

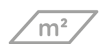
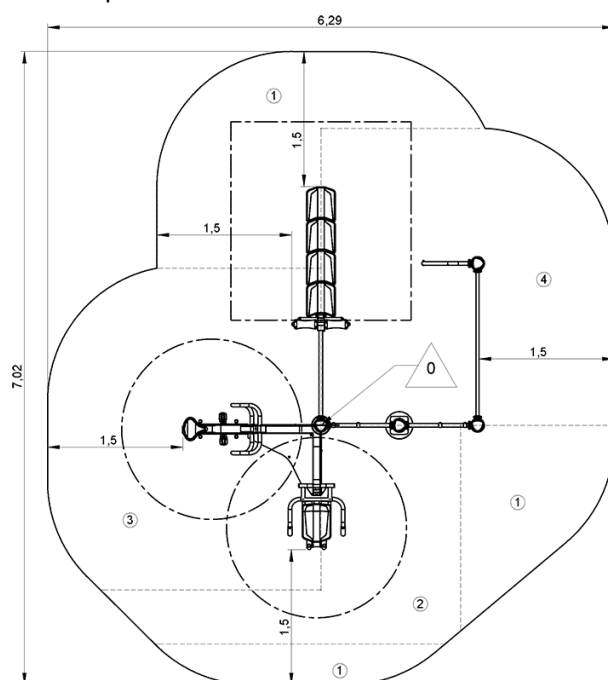


- ①
- ② Horizontal bar L. 180 cm
- ③ Punchbag
- ④ Chest press
- ⑤ Bike

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



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

