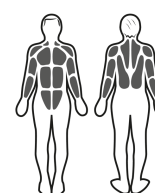
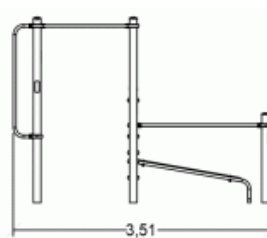
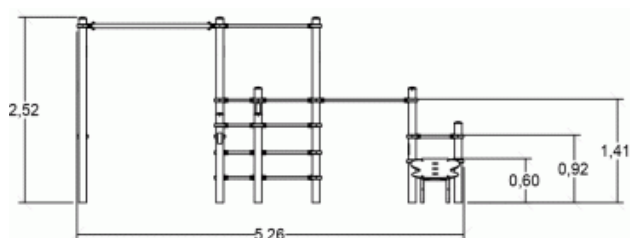


Sports formula



Muscular stimulation



► Sports activities : 18

getting across



x1

hanging



x5

Flag



x2

Pull-ups



x5

Dips



x1

Push-ups



x2

Squats



x1

Abs



x1



muscle strengthening



heart health

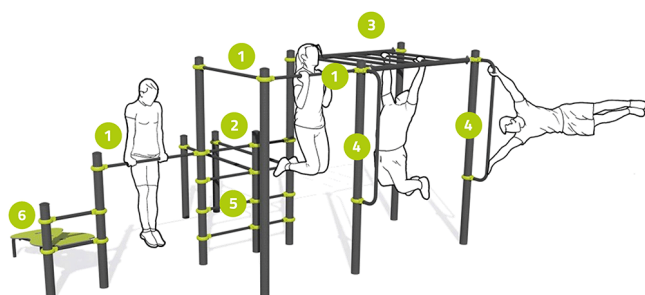


balance



coordination

Components

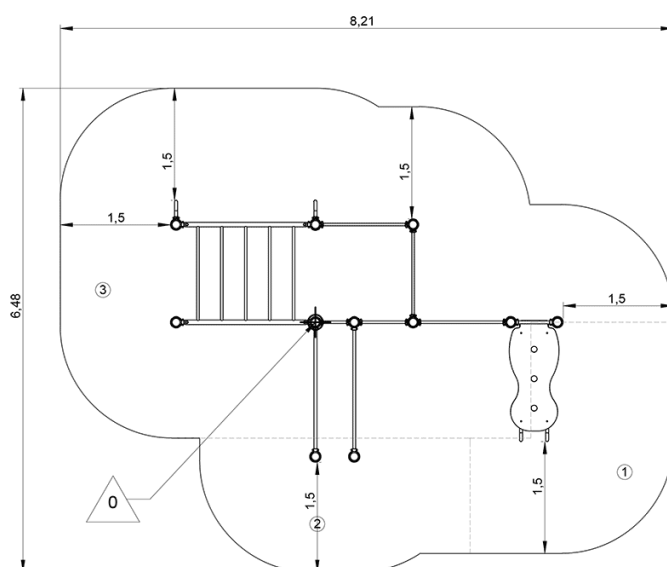


- ① Horizontal bar L. 130 cm
- ② Simple parallel bars
- ③ Monkey bars
- ④ Human flag handle
- ⑤ Asymmetrical wall bars
- ⑥ Abs Board

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	7m ²
2	1,1m	6m ²
3	1,43m	30m ²



3



05h00



1.5m³



43m²



352kg



24kg

