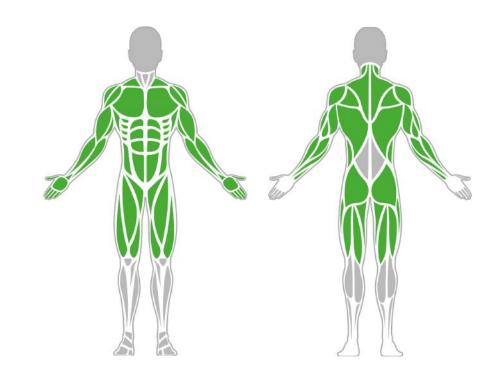
# 7´BESTRONG

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# **Muscle Groups Focus**





#### **Horizontal Wave 1500**

The horizontal wave is the dominant fitness equipment in outdoor gyms, as it is suitable for dynamic hanging and pull-ups in different grips and grip widths. The hang is a very simple exercise, but there are many variations of it, with different levels of difficulty, which can be used to move the entire musculature of the body. The hang, as a basic free weight exercise, can be performed on a simple bar, but the horizontal wave gives more flexibility in combining different elements of the workout, making it more fun and colorful.

#### **Attributes**

Product code Certificate

Age group

Capacity

Max. weight load

Type

Difficulty level

1-1-032 EN 16630, ASTM F3101

14 + years

1 person 218.26 lbs

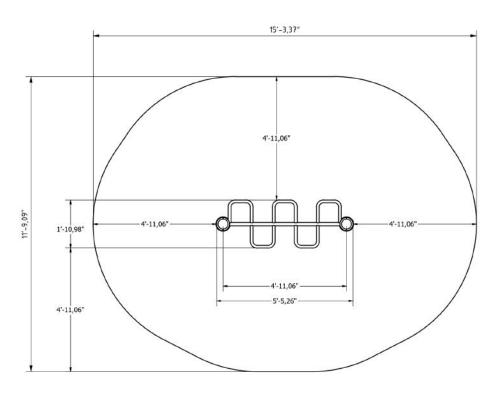
Calisthenics

Hard

#### **Side View**

# 8'-4,96" 8'-0,65"

### Plan View



#### Installation information

Number of installers (concrete)
Total installation time (concrete)
Number of installers (equipment)
Total installation time (equipment)
Excavation volume
Concrete volume
Size of the base structure
Anchoring options
In-g
In combined structures, the volume of concrete required varies.

At least 2 people 45-90 min. At least 2 people 20-30 min. 14,13 ft<sup>3</sup> 14,13 ft<sup>3</sup> 2pc 19.69 x 19.69 x 31.5 " In-ground or surface

## **Technical specification**

Safety surfice area

Net weight

As 5 lbs

Material

Color options

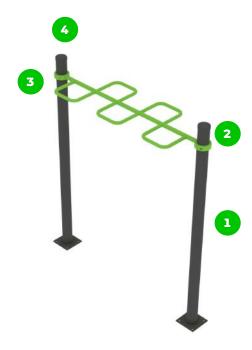
For more color options, discuss with your sales representative.

#### Warranty

Structure
Steel
Paint
Plastic
Rubber
Moving parts Detailed information in the warranty document

25 years 15 years 2 years 5-10 years 1-3 years 2 years

# Material specification





The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



The clamp system allows for easy assembly and extreme stability.



connecting ments are fastened with vandal-proof stainless steel screws and nuts.



The ends of the bars and posts are sealed with injection-moulded plastic caps.













