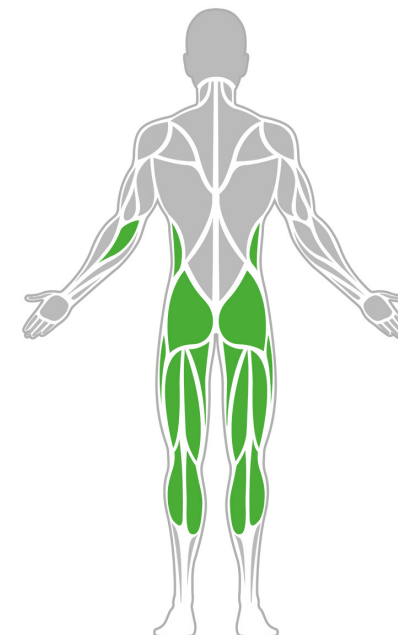
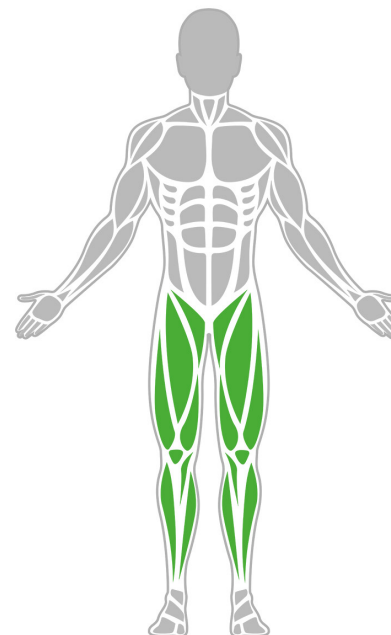


Muscle Groups Focus



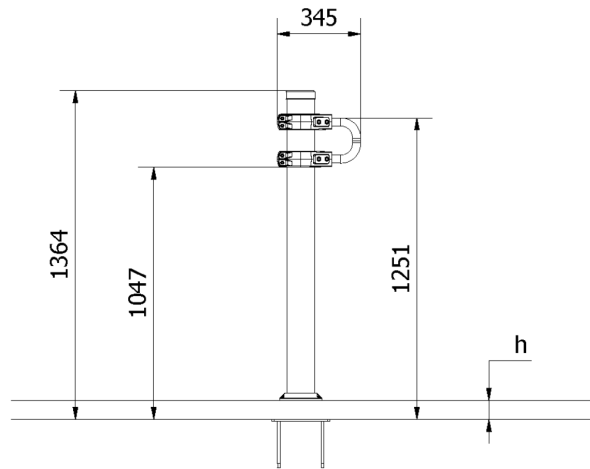
Resistance Band Anchor - Lite

The Resistance Band Anchor provides the user with the possibility to increase or decrease the difficulty depending on the exercise and position. In the case of the Lateral Plyobox Pro, it will increase difficulty by adding resistance when attached to the waist. Meanwhile, when coupled with the Nordic Hamstring Station Pro, it reduces exercise difficulty by helping suspend the user from a higher position.

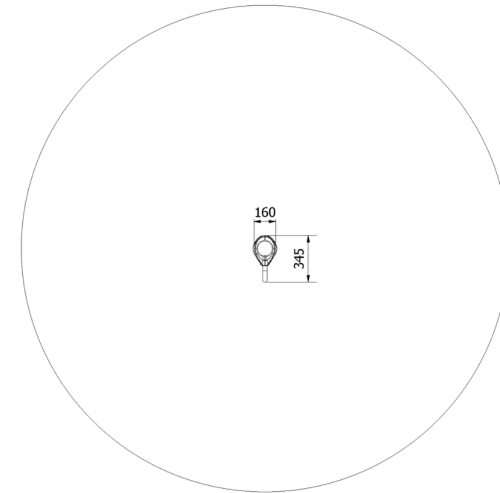
Attributes

Product code	1-1-730
Certificate	EN 16630
Age group	14 + years
Capacity	1 person
Max. weight load	99 kg
Type	Sport Specific
Difficulty level	Easy

Side View



Plan View



Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	30-60 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	30-60 min.
Excavation volume	0.2 m ³
Concrete volume	0.2 m ³
Size of the base structure	0,5 x 0,5 x 0,8 m
Anchoring options	In-ground or surface
<small>In combined structures, the volume of concrete required varies.</small>	

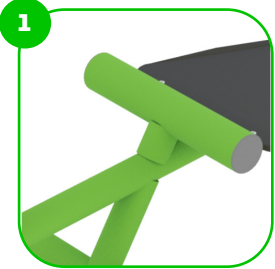
Technical specification

Safety surface area	Around 1,5 m radius
Net weight	19 kg
Material	S235
Critic fall height	-
Color options	
<small>For more color options, discuss with your sales representative.</small>	

Warranty

Structure	25-15 years
Steel	5-10 years
Paint	2 years
Plastic	5-10 years
Rubber	1-3 years
Moving parts	2 years
<small>Detailed information in the warranty document</small>	

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 plastic clamp system allows for easy assembly and extreme stability.



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



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

