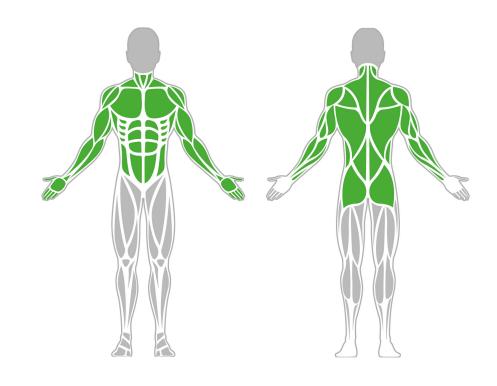


**f** bestrongworld

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## **Muscle Groups Focus**





### Low Pull-Up & Dip Bar

The low pull-up push-up dip bar is the perfect equipment to perform the all-important basic exercises of bodyweight training, the pull-up and push-up in a lightweight position, which intensively train the muscles of the upper body.

#### **Attributes**

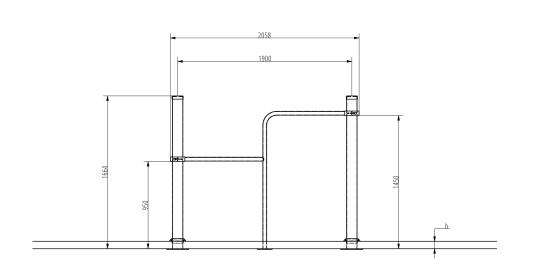
Product code 1-1-030 Certificate EN 16630 Age group 14 + years 2 people Capacity Max. weight load 99 kg Туре Calisthenics Difficulty level Easy

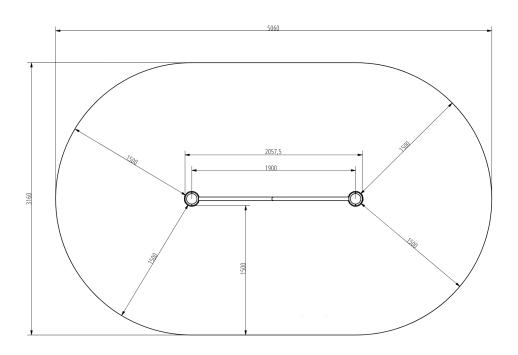
#### **QR** Code



### **Side View**

### **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. 0.6 m<sup>3</sup> 0.6 m<sup>3</sup> 3pc  $0.5 \times 0.5 \times 0.35$  m In-ground or surface

## **Technical specification**

Safety surfice area

Net weight

Net weight

Around 1,5 m radius

29 kg

Material

S235

Critic fall height

Color options

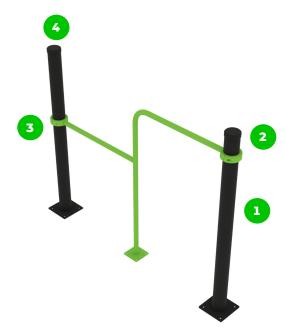
For more color options, discuss with your sales representative.

### Warranty

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

10 years 5-10 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.



The 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.















