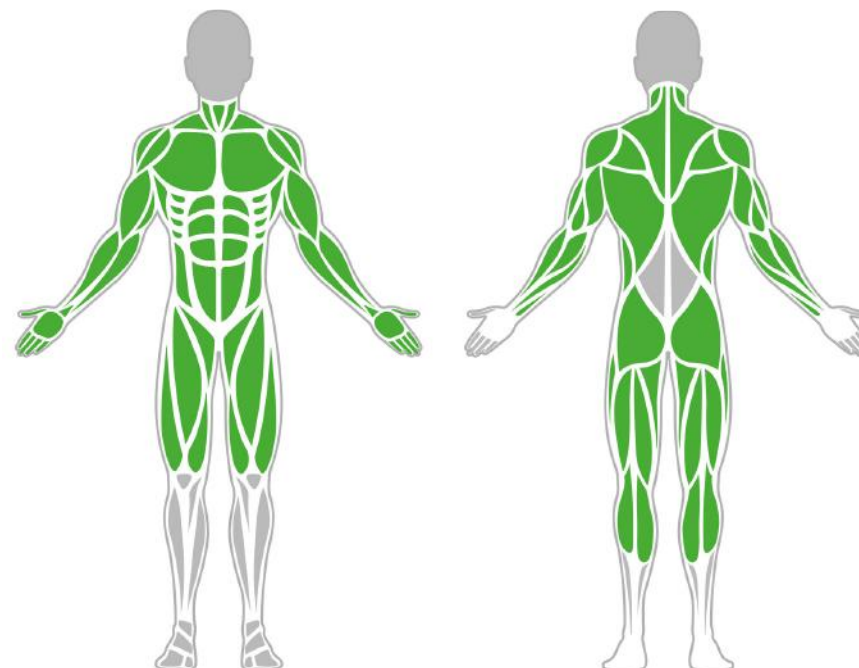


## Muscle Groups Focus



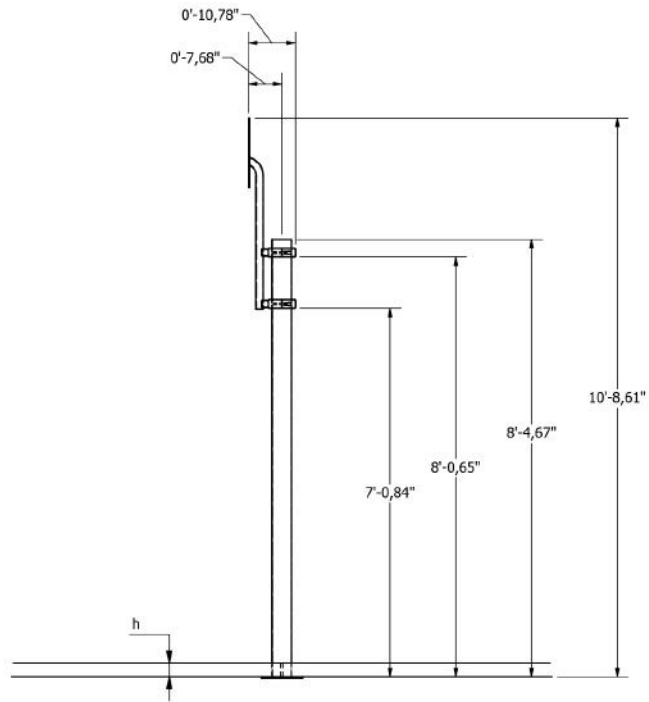
### Medicine Ball Target

The medicine ball target plate plays an important role in the process of coordination and muscle development. By choosing the right weight for your fitness level, you can effectively train all the muscles in your body.

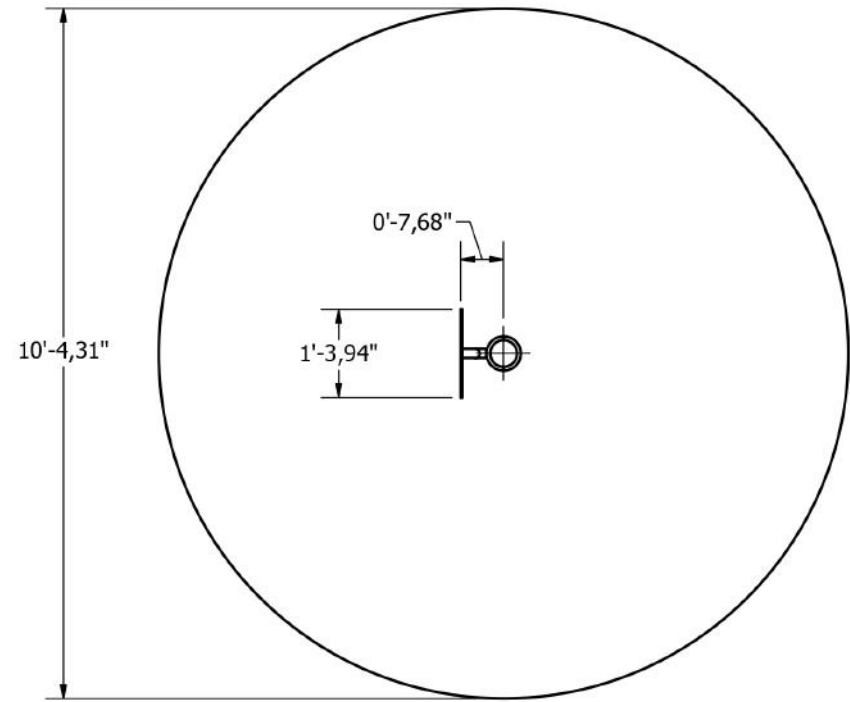
### Attributes

Product code	1-1-055
Certificate	EN 16630, ASTM F3101
Age group	14 + years
Capacity	1 person
Max. weight load	218.26 lbs
Type	Cross Training
Difficulty level	Easy

## Side View




## Plan View



## Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	45-75 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	20-30 min.
Excavation volume	7,06 ft <sup>3</sup>
Concrete volume	7,06 ft <sup>3</sup>
Size of the base structure	19.69 x 19.69 x 31.5 „
Anchoring options	In-ground or surface
In combined structures, the volume of concrete required varies.	

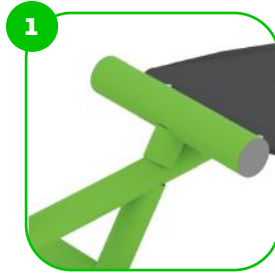
## Technical specification

Safety surface area	Around 4.92 ft radius
Net weight	35.27 lbs
Material	S235
Critic fall height	-
Color options	
For more color options, discuss with your sales representative.	

## Warranty

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

# 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 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.

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