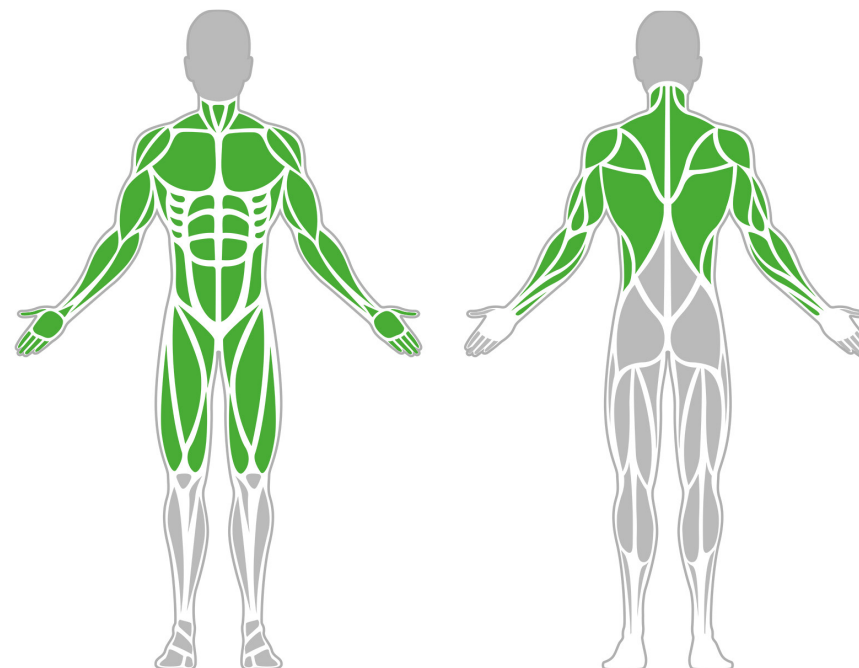




Muscle Groups Focus



Rope Holder - Lite

The rope is one of the simplest methods of training. It is a great tool for improving endurance and rhythm. The exercises that can be done with this exercise tool are easy for beginners. Despite its simplicity, this type of exercise is extremely versatile and is also ideal for intensive training, as it works practically the whole body and all muscle groups.

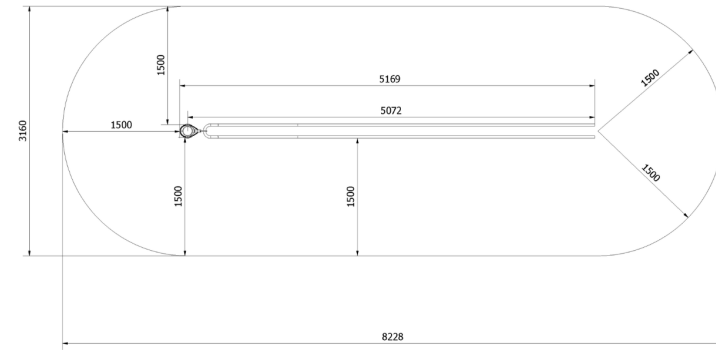
Attributes

Product code	1-1-718
Certificate	EN 16630
Age group	14 + years
Capacity	1 person
Max. weight load	99 kg
Type	CrossFit
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)	10-20 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
In combined structures, the volume of concrete required varies.	

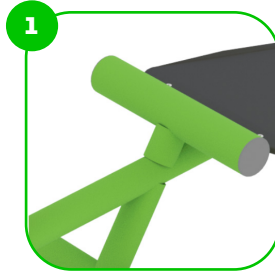
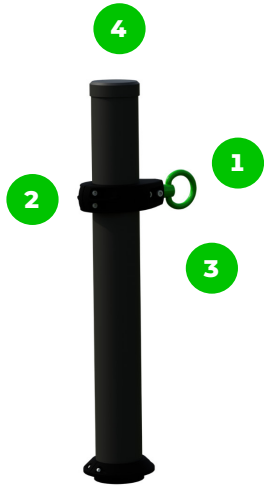
Technical specification

Safety surface area	Around 1,5 m radius
Net weight	4 kg
Material	S235
Critic fall height	-
Color options	
For more color options, discuss with your sales representative.	

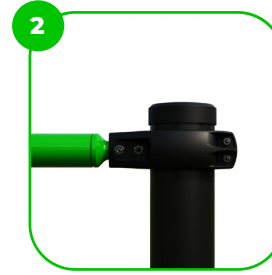
Warranty

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

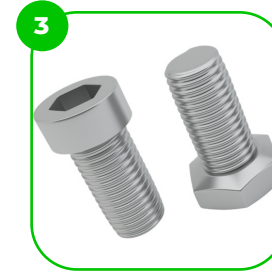
Material specification



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 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.

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