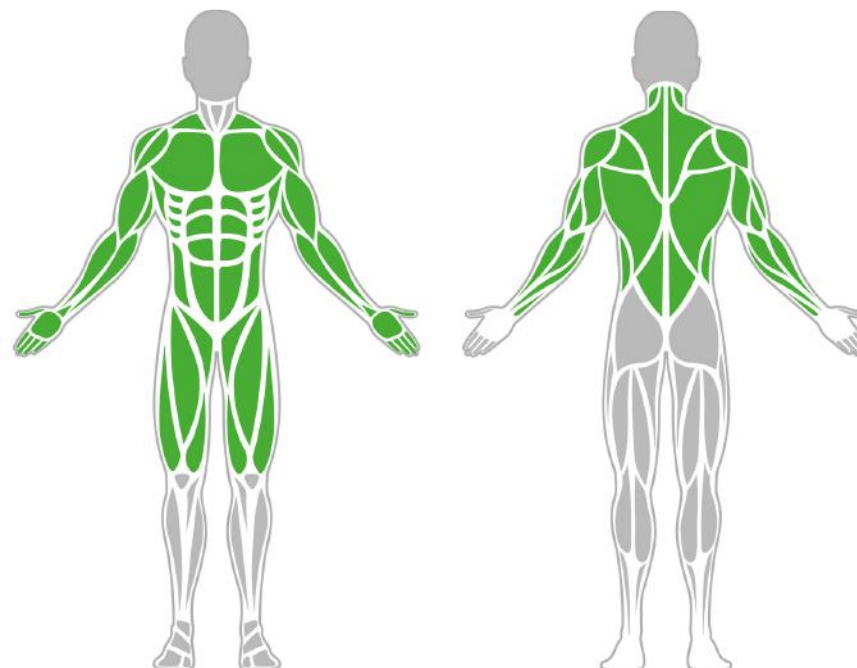




## Muscle Groups Focus



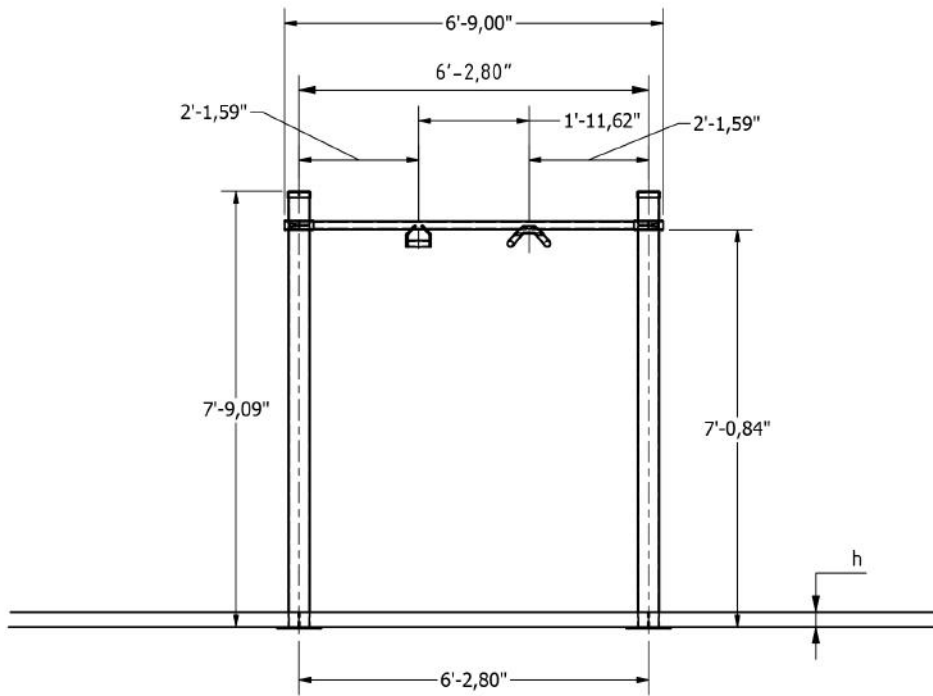
### Narrow Pull-Up Bar 1900

The narrow pull-up bar is an excellent tool for performing pull-up exercises, which are the basic exercises of bodyweight training. The heavy grip pull-ups performed on the equipment provide an intense workout for the arm, shoulder, abdominal, and back muscles.

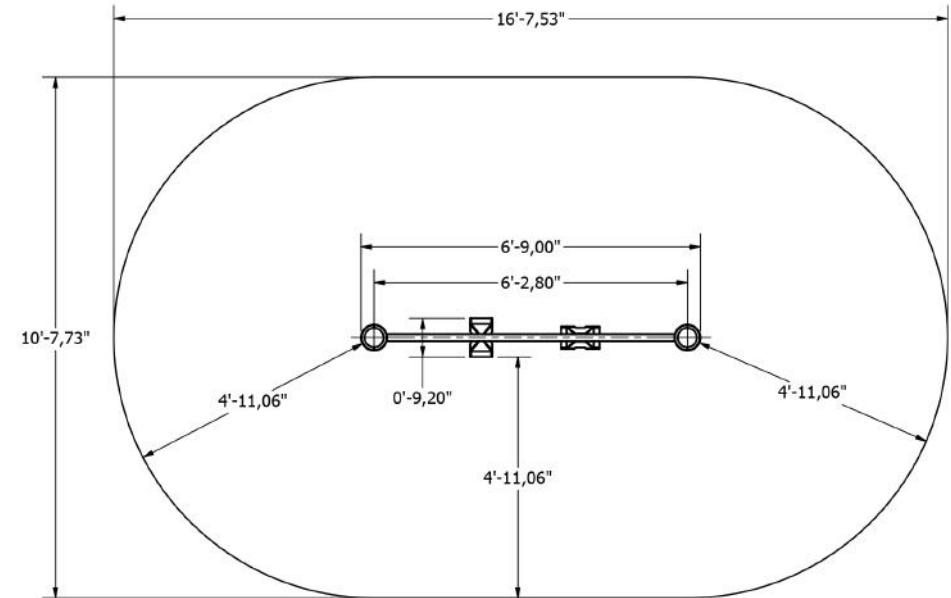
### Attributes

|                  |                      |
|------------------|----------------------|
| Product code     | 1-1-048              |
| Certificate      | EN 16630, ASTM F3101 |
| Age group        | 14 + years           |
| Capacity         | 1 person             |
| Max. weight load | 218.26 lbs           |
| Type             | Calisthenics         |
| Difficulty level | Hard                 |

## Side View




## Plan View



## Installation information

|   |                            |
|---|----------------------------|
| Number of installers (concrete)                                 | At least 2 people          |
| Total installation time (concrete)                              | 45-90 min.                 |
| Number of installers (equipment)                                | At least 2 people          |
| Total installation time (equipment)                             | 20-30 min.                 |
| Excavation volume   | 14,13 ft <sup>3</sup>      |
| Concrete volume   | 14,13 ft <sup>3</sup>      |
| Size of the base structure                                      | 2pc 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

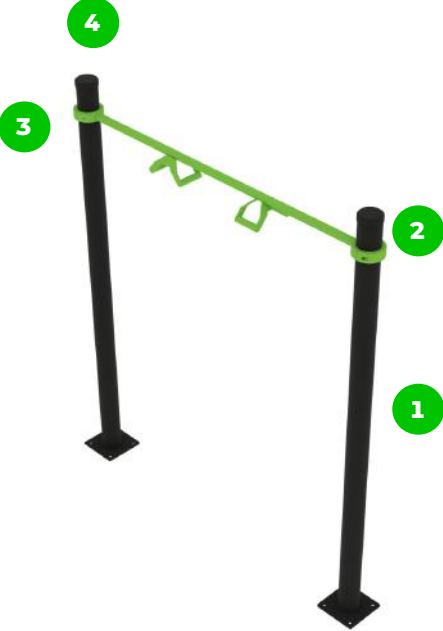
|                     |   |
|---------------------|---|
| Safety surface area | Around 4.92 ft radius   |
| Net weight          | 37.48 lbs   |
| Material            | S235  |
| Critic fall height  | 43,31"  |
| Color options       |  |

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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