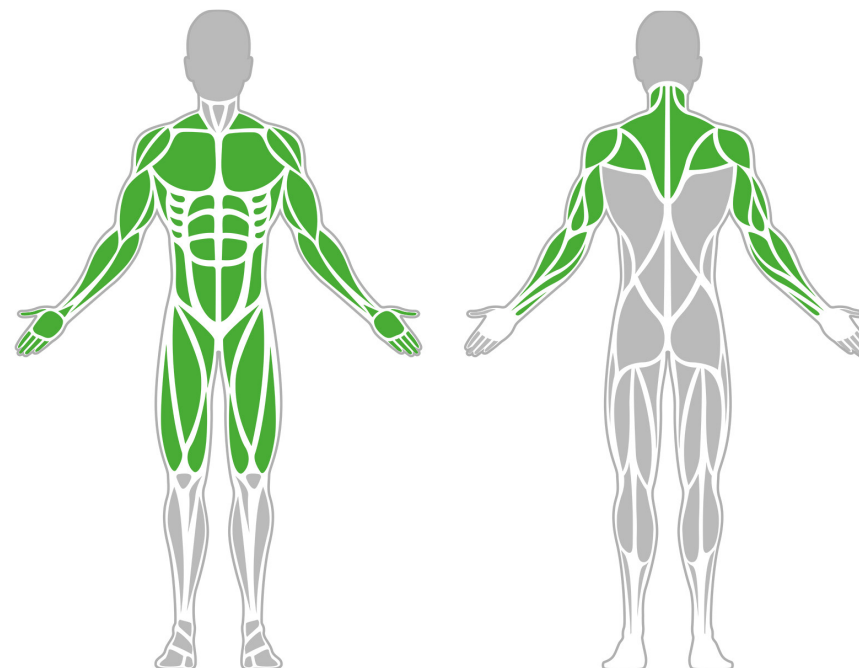




Muscle Groups Focus



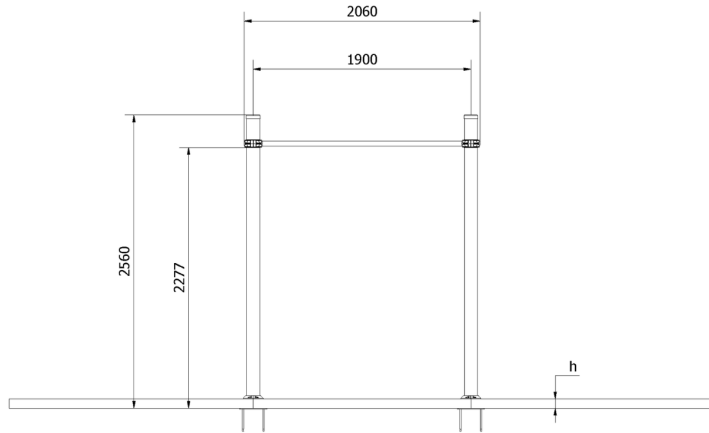
ZigZag Ladder - Lite

The BESTRONG Zig-Zag Ladder is an outdoor training unit designed for hanging and climbing, supporting upper-body strength development, grip-strength improvement, and full-body coordination. Thanks to its zig-zag (offset) rung layout, the user progresses sideways with alternating hands, creating a greater challenge than a traditional straight overhead ladder and placing higher demand on the shoulder complex, back muscles, and core stabilizers.

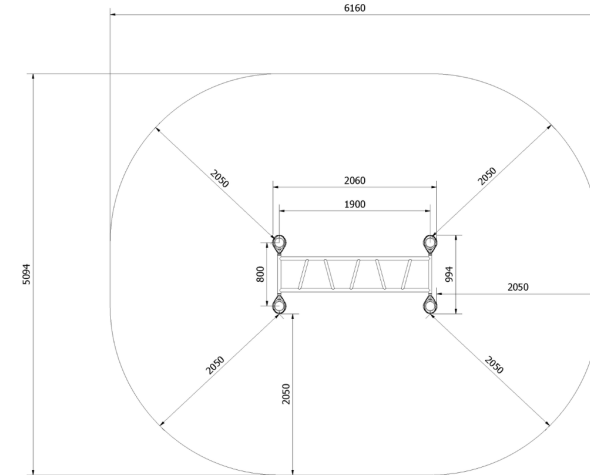
Attributes

Product code	1-1-725
Certificate	EN 16630
Age group	14 + years
Capacity	2 people
Max. weight load	99 kg
Type	Calisthenics
Difficulty level	Hard

Side View



Plan View



Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	60-120 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	30-60 min.
Excavation volume	0.8 m ³
Concrete volume	0.8 m ³
Size of the base structure	4pc 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	135 kg
Material	S235
Critic fall height	1375 mm
Color options	

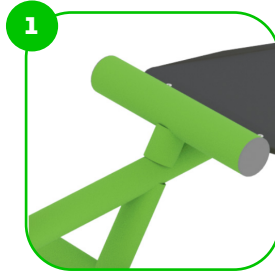
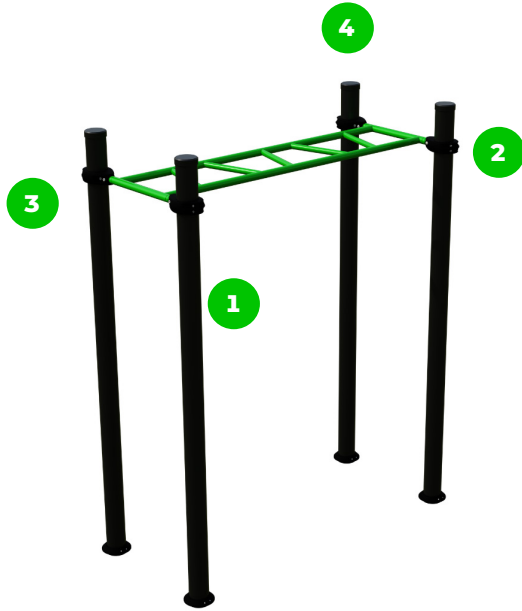


For more color options, discuss with your sales representative.

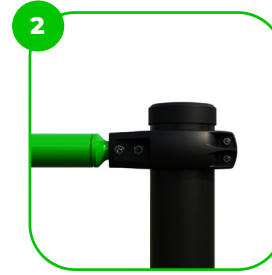
Warranty

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	

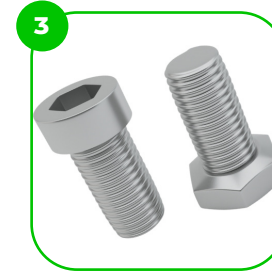
Material specification



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.

BESTSTRONG

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