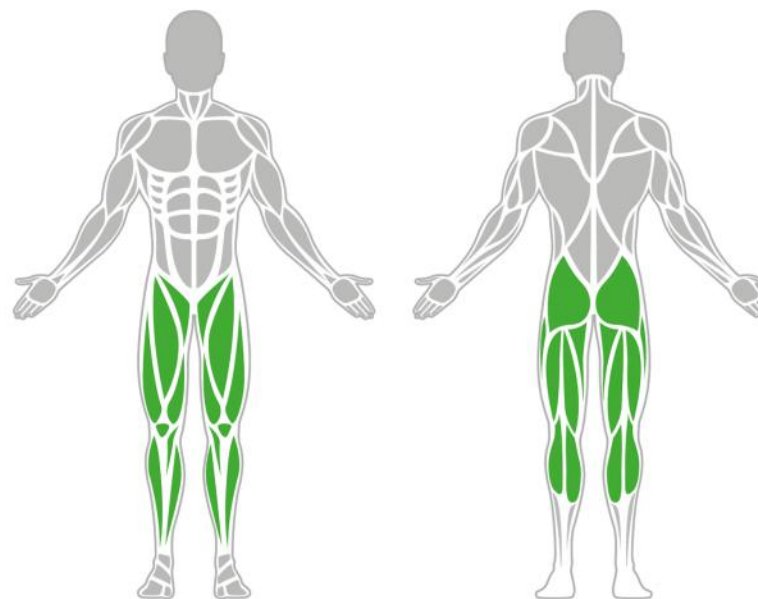




Muscle Groups Focus



SINGLE LEG SQUAT

Football and many other sports have recognised the importance of leg strength, not only for injury prevention but also for sports performance. Speed, strength and power are interrelated attributes, and the Bulgarian squat is essential for performing a leg strength workout.

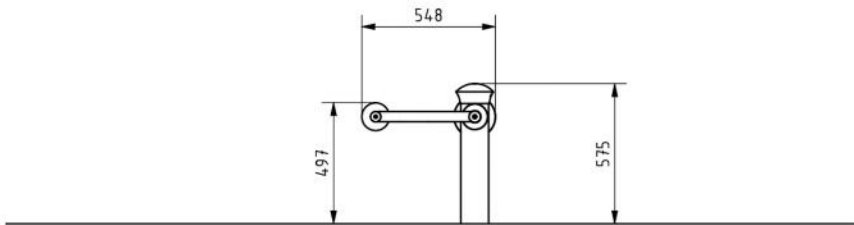
Attributes

Product code	1-1-163
Certificate	EN 16630
Age group	14 + years
Capacity	1 Person
Type	Strength
Difficulty level	Easy

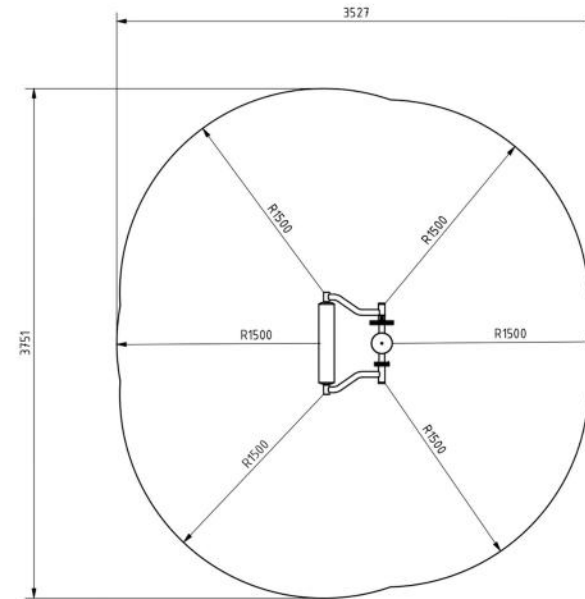
QR Code



Side View



Plan View



Installation information

Safety surface area	Around 1.5 m radius
Number of installers (concrete)	1-2 people
Total installaion time (concrete)	45-90 minutes
Number of installers (equipment)	min 2 people
Total installaion time (equipment)	30-60 minutes
Excavation volume	0,5 m ³
Concrete volume	0,5 m ³
Size of the base structure	1 piece, 0,8x0,8x0,8 m
Anchoring options	In-ground or surface

Technical specification

Dimensions L / W / H	752x584x663 mm
Net weight	43 kg
Column distance	-
Material	S235, KO33
Critic falling height	800 mm
Color options	
For more color options, discuss with your sales representative.	

Warranty

Structure	10 years
Steel	5-10 years
Paint	2 years
Plastic	5-10 years
Rubber	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!

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