



Strength machine

Product type PS-001K-10

Basic information

Age category	from 14 years
Minimum area	4,96 m x 3,77 m
Equipment measurements	1,96 m x 0,77 m x 1,44 m
Free fall height:	1.0 m
Max. number of users:	1
Fall zone: EN 1177	Grass surface
Certificate of Compliance:	ČSN EN 16630

Material

Plastic parts - HDPE
Metal parts - structural steel

Finish

Duplex powder coated with coat curing
Hot-dip galvanizing

Description

The support structure is made of structural steel which is protected against corrosion by zinc coating, resulting in a very prolonged service life of the workout elements or duplex powder coated with coat curing according to RAL to prevent corrosion. All other metallic elements, such as handles, parallel bars etc., are also zinc coated or duplex powder coated with coat curing according to RAL to prevent corrosion or, if required by the customer, the elements can be made in stainless steel. All connecting material is zinc or stainless steel coated.

On the machine you can exercise:

- pulling the pulley in front of the body from the position of bending at the elbow to the waist
- pulling the pulley in tense arms
- pulling the pulley into a forward bend grasped above/behind the head with a movement at the waist

Muscles that are loaded during the exercise:

chest muscles, shoulder girdle muscles, trice- muscles, abdominal muscles