



Strength machine

Product type PS-003K-10

Basic information

Age category	from 14 years
Minimum area	5,38 m x 4,22 m
Equipment measurements	2,38 m x 1,22 m x 0,82 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:

- bench press with a wide grip
- bench press with a narrow grip
- alternatively squats to a seat on a bench
- chin pull-ups
- bench press behind the head, or in front of the head

Muscles that are loaded during the exercise:

pectoral muscles, respectively chest muscles, shoulder girdle muscles, triceps