



## Strength machine

Product type PS-007K-10

### Basic information

|                            |                       |
|----------------------------|-----------------------|
| Age category               | from 14 years         |
| Minimum area               | 4,98 m x 4,25 m       |
| Equipment measurements     | 1,98 m x 1,25 m x 1 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.

The machine can be used to train:

- dips
- squats
- lunges
- overhead press
- one-arm cross press in front of the body
- one-arm forward and upward press at an angle

Muscles that are loaded during the exercise they load:

lower limb muscles, shoulder girdle muscles, chest muscles, torso muscles, triceps