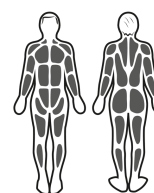


> 1,40m **10** **1,27m**

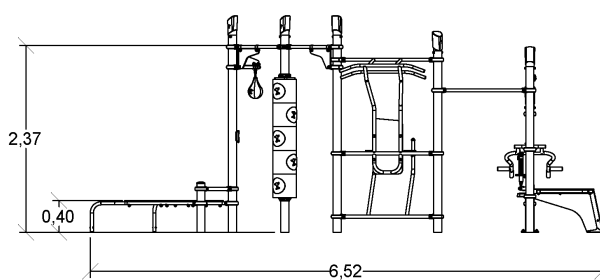
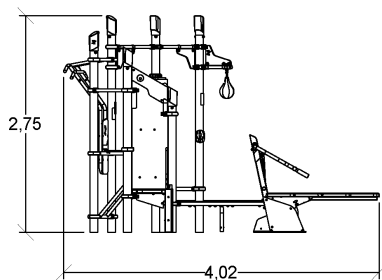
 1 = 6,52m
 2 = 4,02m
 3 = 2,75m



Sports formula



Muscular stimulation



► **Sports activities :**

12

hanging



x1

Pull-ups



x2

Dips



x1

Push-ups



x2

Abs



x2

boxing



x2

Resistance




x1

Lift



x1

 muscle strengthening

 heart health

 balance

 coordination

► Components

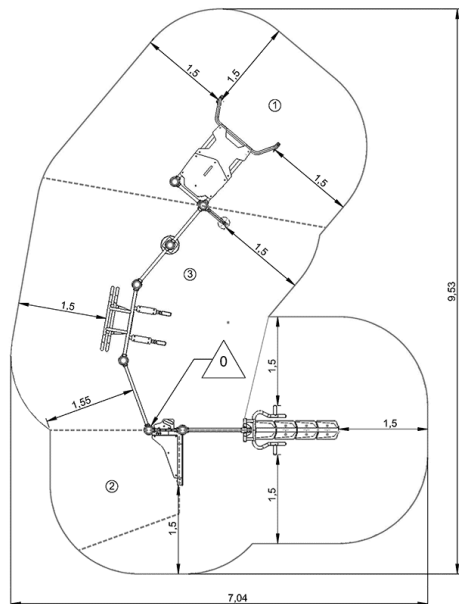


- ① 3 in 1 Totem
- ② Bench press
- ③ Power tower
- ④ Punchbag
- ⑤ Punchball
- ⑥ Abs Board/ Push-ups
- ⑦ Horizontal bar L. 125 cm
- ⑧ Smartphone holder

► Installation of equipment

IMPORTANT: It is essential to refer to the installation instructions for information on the size of the safety areas.

- Impact area (minimum normative surface)
- Free space



	Length (m)	Area (m ²)
1	0,6m	27,1m ²
2	0,82m	3,7m ²
3	1,27m	16,8m ²



2



25h00



1.4m³



48m²



456kg



22kg

