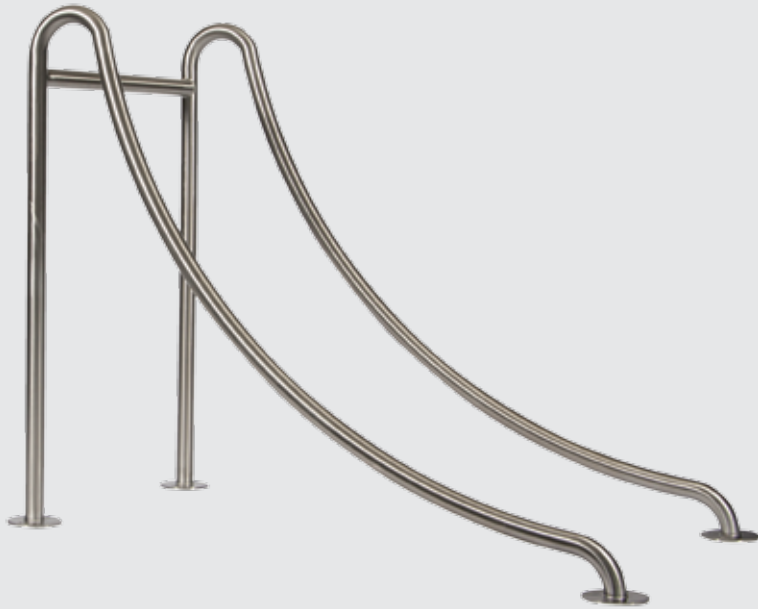


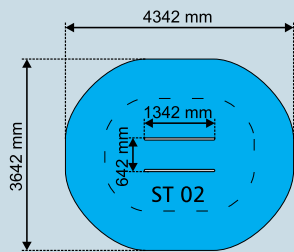
ST 02 - Push-up Bars



strengthens the **upper arm** and **chest muscles**

Stand in front of the unit. Place your hands on the bars with your arms slightly bent. Build up body tension. Lower your body towards your hands and come back up again.

Try to put your hands on different heights or to lift one leg.



Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on www.saysu.de or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

length: 1342 mm
width: 642 mm
height: 1106 mm

floor space: 0,86 m²

floor space required: 4342 x 3642 mm

volume: 0,95 m³

weight: 13 kg

pipe measurements: diameter: 42,4 mm wall thickness: 2 mm

metal parts: stainless steel

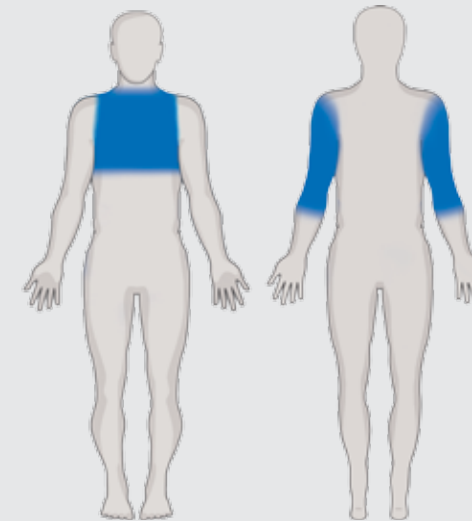
user age: children under 14 years only
 under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: <1,0 m (possible underground see
 DIN 79000:2012-05 Tab. 2 or
 installation instructions)

safety system: none required



- strength
- endurance
- coordination
- mobility
- relaxation

strengthens the upper arm and chest muscles

function: push-up of body

effect: strengthening of upper body muscles

persons: 1 at the same time