

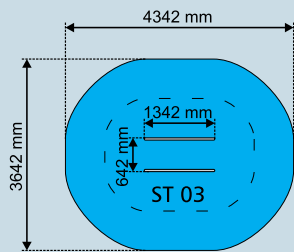
ST 03 - Pull-up Bars



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

Grab the bars from underneath with your arms slightly bent. Build up body tension. Pull yourself towards the bars. Keep the position for a moment and then slowly move back into the starting position.

Try to hold on to the bars in different heights. The lower you grab, the stronger the load.



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: 1621 mm

floor space: 0,86 m²

floor space required: 4342 x 3642 mm

volume: 1,40 m³

weight: 21 kg

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

metal parts: stainless steel

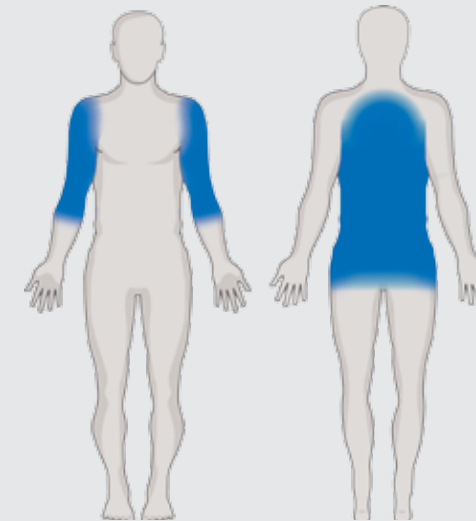
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1,5 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, chest and back muscles

function: pull-up of the body

effect: strengthening of arm, chest and back muscles

persons: 1 at the same time