



Black/grey
is the standard colour,
but all RAL colours
are available.

Sweep

Description of materials	Metal construction, welded, blasted, galvanised (or metallised), with epoxy coating
Function	Strengthens the triceps, shoulder girdle muscles, rhomboids, upper back muscles, abdominals, and hip flexors. Improves general strength and endurance.
Usage	<ol style="list-style-type: none"> 1. Place hands on the horizontal pipe. Slowly bend the arms and then extend again. 2. Grasp the higher horizontal pipes. Lift with your arms with the legs and hips bent. <p>This is a difficult exercise and is dependent on the bodyweight of the user!</p>

Type	OFS100318
Dim.	194 x 54 x 155 cm
Space	495 x 355 cm
Montage	50 x 50 x 70 cm, must be secured in position with concrete.
Weight	45 kg
Volume	0,8 m ³



Each piece of equipment has a specific sticker, detailing how to use the equipment in pictogram form and with a warning against improper use (size of the user).

