



Description

Function:

The device shapes the upper body parts. Strengthens the pectoral and shoulder muscles.

How to exercise:

Lie down on the bench. The head, back and buttocks should adhere to the back of the bench. Bend your knees. Place your feet so that the entire surface adheres to the floor. Grab the barbell with both hands, a little wider than shoulder width. Squeeze the bar up a specified number of repetitions.

* The device can be configured with a pylon or other fitness device.

Technical data

Dimensions (W x L x H)

0,93 x 1,61 x 1,90 m

Safety area dimensions

3,9 x 3,0 m

Safety area

9,9 m²

Available options:

STEEL	galvanized and powder-coated steel elements
ANCHORS	device permanently founded in the ground, concrete foundations with minimum class: C-16/20
BEARING	standard ball bearings and / or tapered roller bearings
FASTENERS	galvanized and powder-coated steel elements
ADDITIONAL ELEMENTS	cap nuts, stainless steel, black plastic caps

* Due to the continuous improvement of technical solutions by FreeKids, the presented drawings may slightly differ from currently produced devices. Declaration of compliance with the PN-EN 16630: 2015 standard