


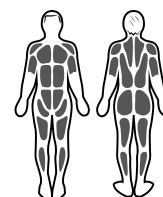
  
> 1,40m **14** **1,1m**

 1 = 8,05m
 2 = 4,51m
 3 = 2,75m

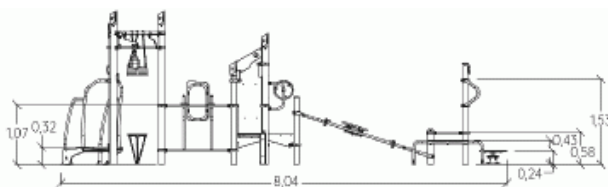
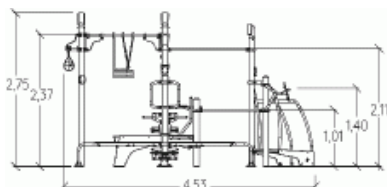
 **Motor inclusion**



Sports formula



Muscular stimulation



Sports activities : **18**

balancing



x1

hanging



x2

Pull-ups



x2

Dips



x1

Push-ups



x2

Abs



x3

boxing



x2

rowing



x1

walking



x1

running




x1

spinning



x2

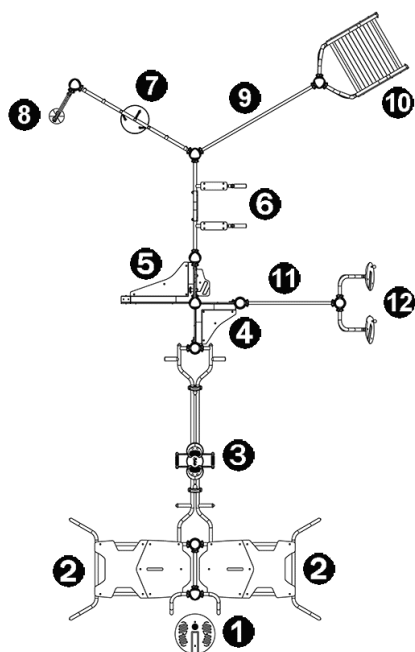
 muscle strengthening

 heart health

 balance

 coordination

Components

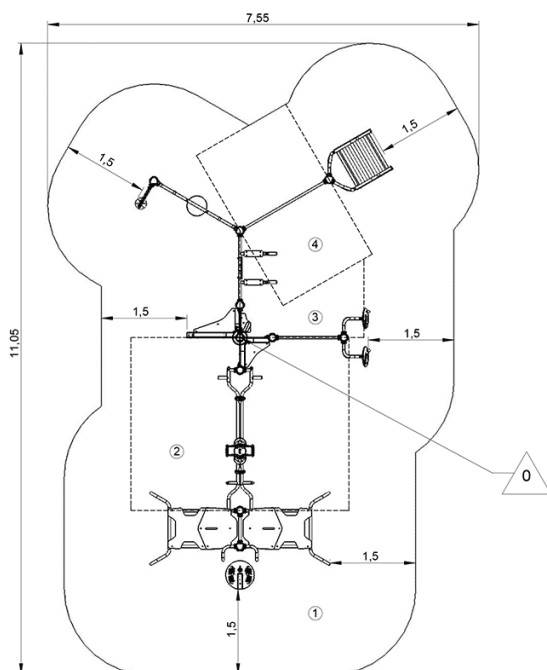


- ❶ Balance Board
- ❷ Abs Board/Push-ups
- ❸ Dual Rowing Machine
- ❹ Tablette
- ❺ 3 in 1 Totem
- ❻ Dual Dip Bars/Abs
- ❼ Punchbag
- ❽ Punchball
- ❾ Barre fixe L : 1m80
- ❿ Runner
- ⓫ Horizontal bar L. 125 cm
- ⓬ Tai-Chi Wheels

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



1	<0,6m	46,5m ²
2	0,8m	12m ²
3	1,1m	8m ²



2



25h00



1.7m³



66.5m²



623kg



22kg

