


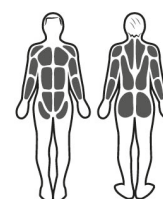
    
**> 1,40m**    **10**    **1,1m**

 1 = 4,48m  
 2 = 3,21m  
 3 = 2,35m

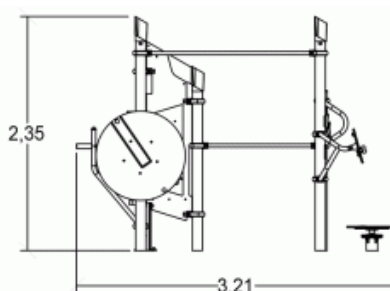
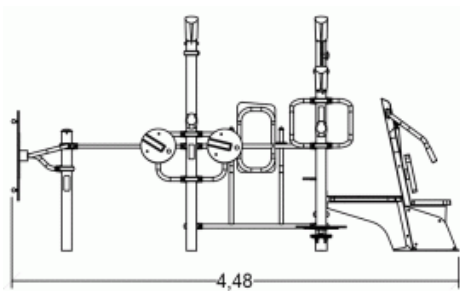
 **Motor inclusion**



Sports formula



Muscular stimulation



**Sports activities :**                      **14**

balancing



x1

hanging



x3

Pull-ups



x3

Dips



x1

Abs



x1

Resistance



x1

spinning




x3

Soulever



x1

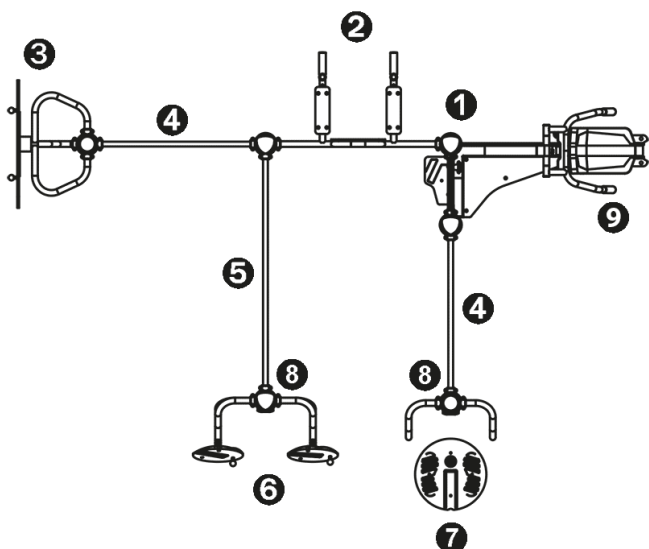
 muscle strengthening

 heart health

 balance

 coordination



## Components

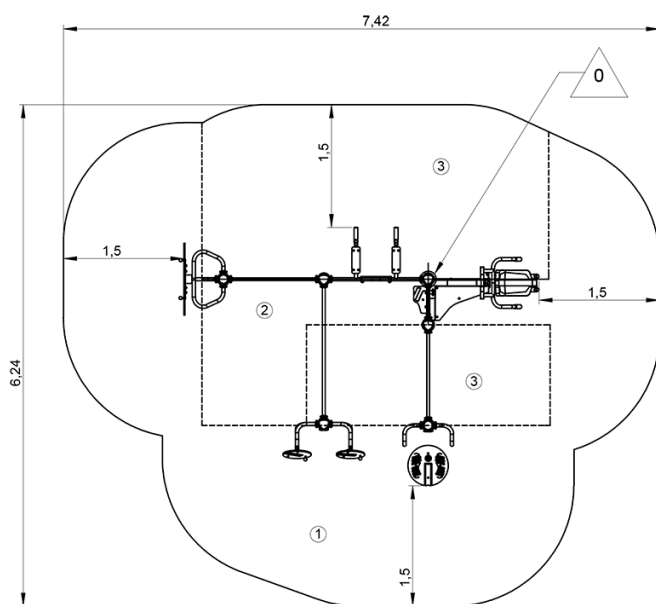


- ① 3 in 1 Totem
- ② Dual Dip Bars/Abs
- ③ Disque épaule
- ④ Horizontal bar L. 125 cm
- ⑤ Barre fixe L : 1m80
- ⑥ Tai-Chi Wheels
- ⑦ Balance Board
- ⑧ Support téléphone
- ⑨ Presse épaule

## 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 | 21m <sup>2</sup>  |
| 2 | 1m   | 3,5m <sup>2</sup> |
| 3 | 1,1m | 13m <sup>2</sup>  |



2



20h00



1.35m<sup>3</sup>



37.5m<sup>2</sup>



336kg



22kg

