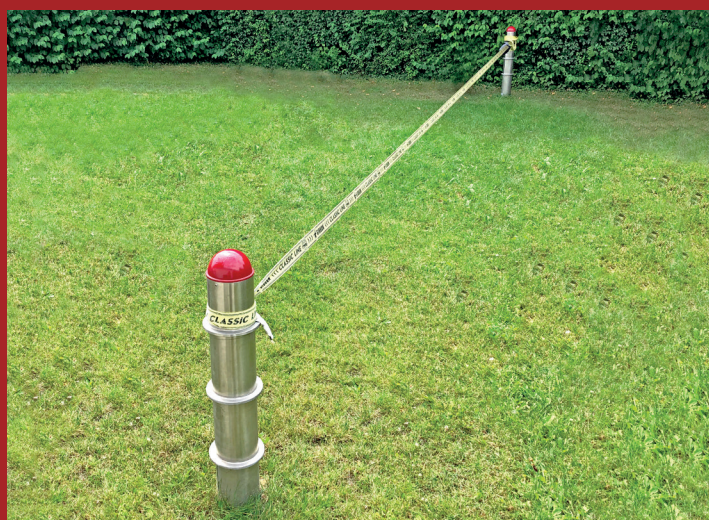
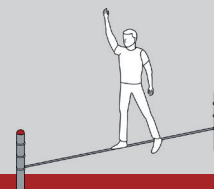


Slackline Post

Model Number JS-0310D



User group

Body height greater than 140 cm

Maximum user weight: 120 kg

Maximum permissible slackline traction at the upper fixed point: $F = 8333 \text{ N}$ (approx. 850 kg)

Main functions

Improves balance, flexibility, motor skills, co-ordination and concentration.

Slackline Post dimensions

Base area: $\varnothing 180 \text{ mm}$ (Foundation tube $\varnothing 140 \text{ mm}$)

Total height: 1960 mm

Height above ground surface: 1060 mm

Possible clamping heights:

400 mm, 625 mm, 850 mm

Slackline Unit consists of 2 posts which can be installed at a maximum distance of 10 m from each other.

Movement space

13360 mm x 3180 mm x 3050 mm

Free height of fall

Maximum clamping heights: 850 mm

Required surface material

No requirements

Recommendation: topsoil, lawn or other impact absorbing materials

Weight per Slackline Poller ($\pm 2 \text{ kg}$)

23 kg

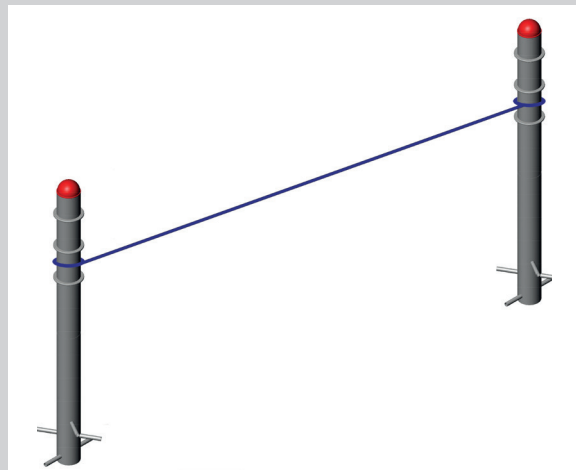
Conformity with standards

This equipment conforms to:

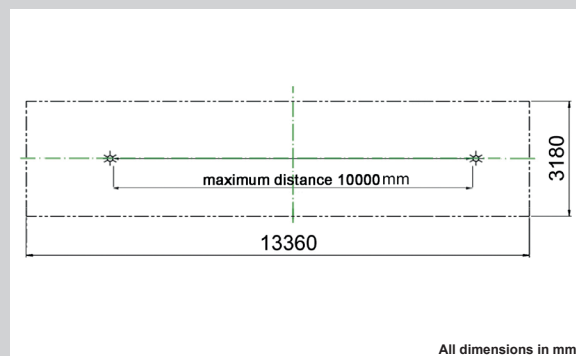
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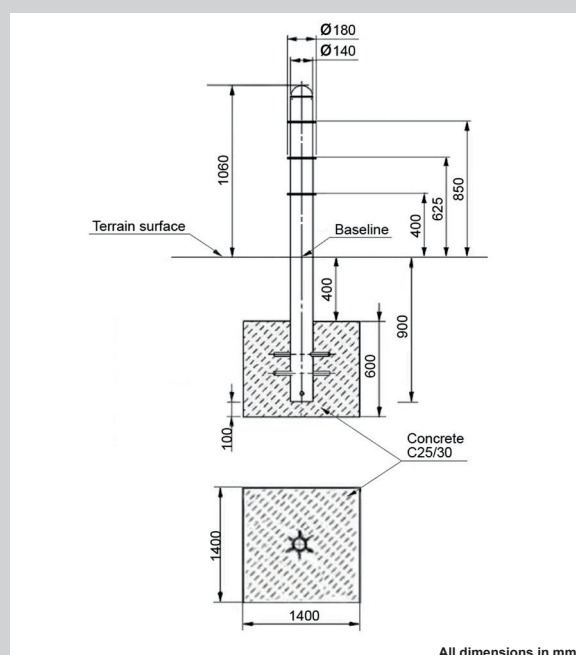
Availability of spare parts: Available



Delivery scope includes : 2 slackline posts without slackline



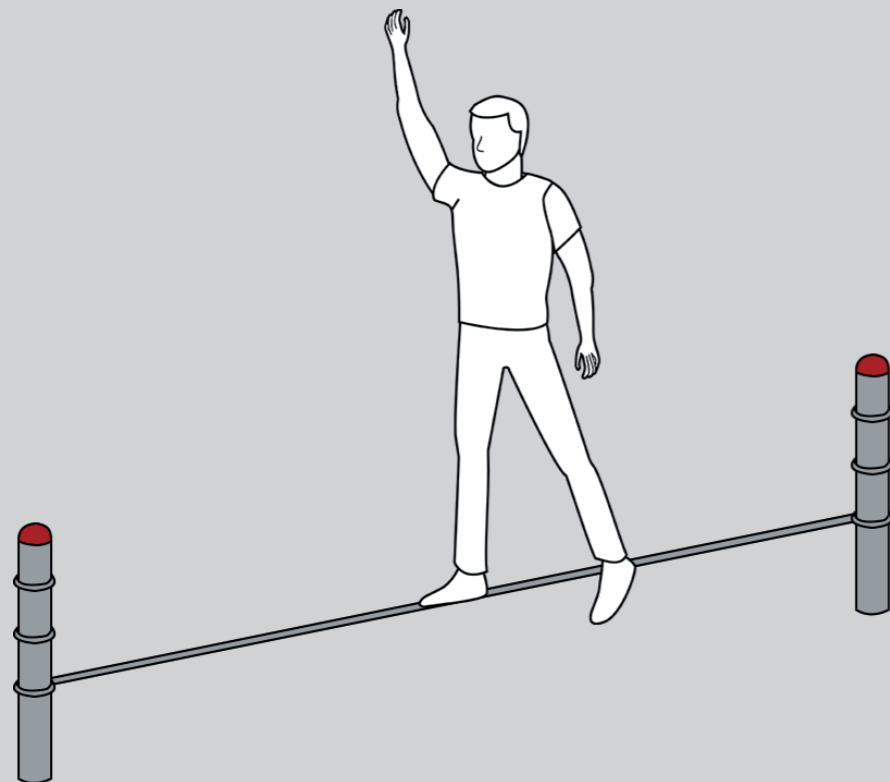
Top view / Area of movement



Foundation plan

Slackline

playfit® Training Options



BALANCE

CO-ORDINATION

MOBILITY

BASIC

🕒 Walk along the slackline 2 - 4 times

Set the slackline at the desired height between the posts. Start by finding your balance on the slackline, then walk the length of the line. Change direction once you get to the end. Walking the slackline requires finding the right balance between tensing and relaxing the muscles in the body.

INTERMEDIATE

🕒 Walk along the slackline 2 - 4 times

Start by walking forwards along the slackline, before walking backwards to the starting point.

ADVANCED

🕒 Walk along the slackline 2 - 4 times

Try to keep your balance while walking forwards and backwards along the slackline. Stop in the middle to make a half or full turn before continuing to walk along the slackline.