

Product Datasheet

Climbing Ladder



Device Description

Strengthens the back, chest, shoulder girdle and arm muscles, as well as the rectus and oblique abdominal muscles. It also supports stretching exercises for the torso and legs.

Specifications

Type: Strength and warm-up equipment

Difficulty level: Medium

Recommended for: Users aged 14+ and/or at least 140 cm tall

Maximum load: 150 kg

Number of users: 1

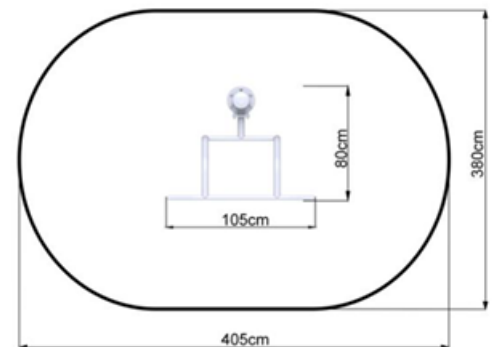
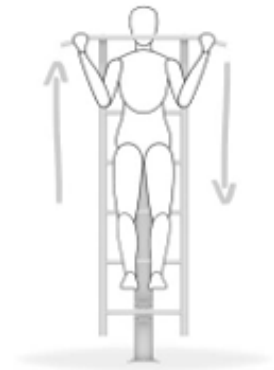
Height: 210 cm

Width: 105 cm

Length: 70 cm

Safety zone: 405 × 370 cm

Free fall height: 210 cm



Exercise Instructions

1. Pull-up: Grip the bar at shoulder width or wider, pull yourself up to shoulder or chest level, then slowly lower yourself until your arms are fully extended.
2. Knee raise: Grip the bar at shoulder width, bend your knees, raise them to abdominal height, then slowly return to the starting position.

3. Stretching: Place one foot on a rung at waist height, keep your legs straight and perform alternating forward bends.

Construction

- Load-bearing structure made of 114.3×3.6 mm and 88.9×3.6 mm steel tubes.
- Additional steel tubes: 48.3×3.2 mm, 42.4×3.2 mm and 33.7×2.9 mm.
- Tube ends are capped.
- Galvanized cap nuts protected against loosening.
- All metal components are abrasive blasted and powder-coated with a zinc primer and weather- and UV-resistant polyester coating.
- Complies with PN-EN 16630:2015-06.