

Product Data Sheet

Dip Station

Device Description

Strengthens the muscles of the back, chest, shoulder girdle and arms, as well as the rectus and oblique abdominal muscles. Helps maintain proper body posture.

Developed abilities: Fitness, Agility

Technical Specifications

Type: Strength training

Difficulty level: Medium / Difficult

Recommended for: Users over 14 years of age and/or at least 140 cm tall

Maximum user weight: 150 kg

Height: 175 cm

Width: 65 cm

Length: 110 cm

Safety area: 410 × 365 cm

Free fall height: 125 cm

Instructions for Use

Stand with your back facing the equipment and firmly grasp the parallel bars. Bend and straighten your arms at the elbows.

Material Description

Main supporting structure made of 88.9 × 3.6 mm steel tubes.

Other tubular components made of 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm steel tubes.

Seats, backrests and footrests are made of 3 mm thick steel plate.

Galvanized cap nuts secured against loosening and maintenance-free sealed bearings.

All metal parts are shot-blasted, primed with a zinc coating and finished with a weather-resistant and UV-resistant polyester powder coating.

Standard

The equipment complies with the requirements of PN-EN 16630:2015-06.

