

Product Datasheet

Parallel Bars



Device Description

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

Specifications

Type: Strength equipment

Difficulty level: Medium / Hard

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

Maximum load: 150 kg

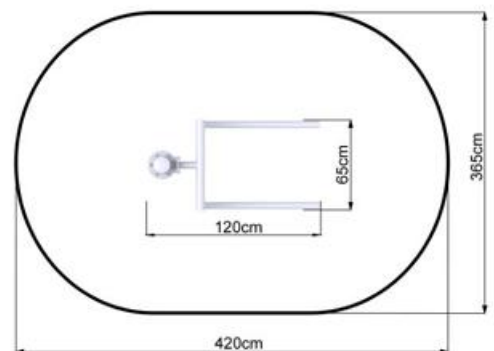
Height: 175 cm

Width: 65 cm

Length: 110 cm

Operating area: 410 × 365 cm

Free fall height: 125 cm



Exercise Instructions

Stand with your back facing the equipment and firmly grip the bars. Bend and straighten your arms at the elbows in a controlled motion.

Construction

- Load-bearing structure made of 88.9 × 3.6 mm steel tube.
- Additional steel tubes: 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm.
- Seats, backrests and foot platforms are made of 3 mm thick steel plate.
- Galvanized cap nuts protected against loosening and maintenance-free sealed bearings.
- 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.