
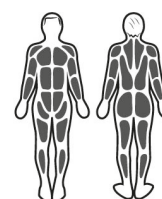

  
**> 1,40m**    **6**    **1,37m**

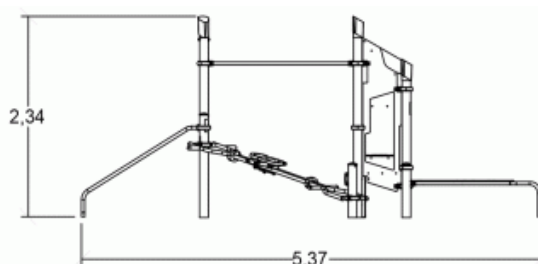
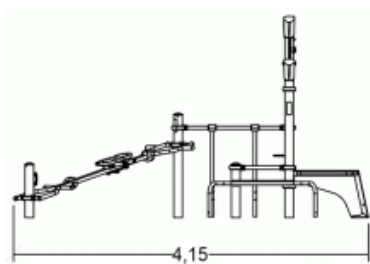

  
 1 = 5,37m  
 2 = 4,15m  
 3 = 2,34m



Sports formula



Muscular stimulation



► **Sports activities :**

**9**

hanging



x1

Pull-ups



x2

Dips



x1

Push-ups



x2

Abs




x2

rowing



x1

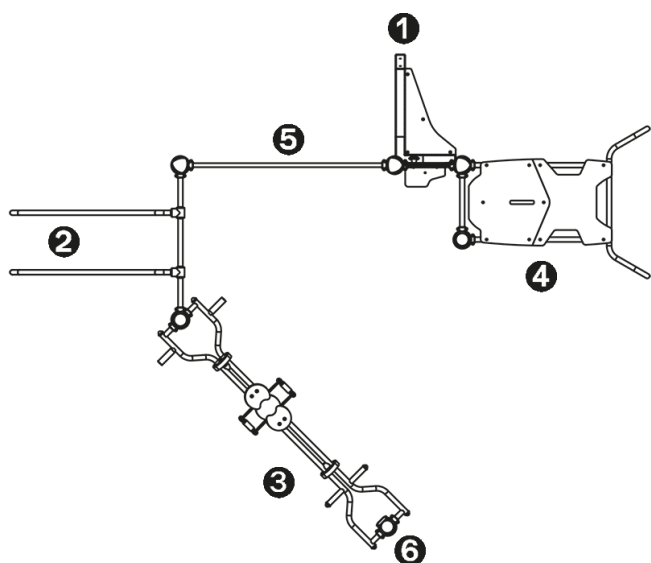
 muscle strengthening

 heart health

 balance

 coordination

## Components

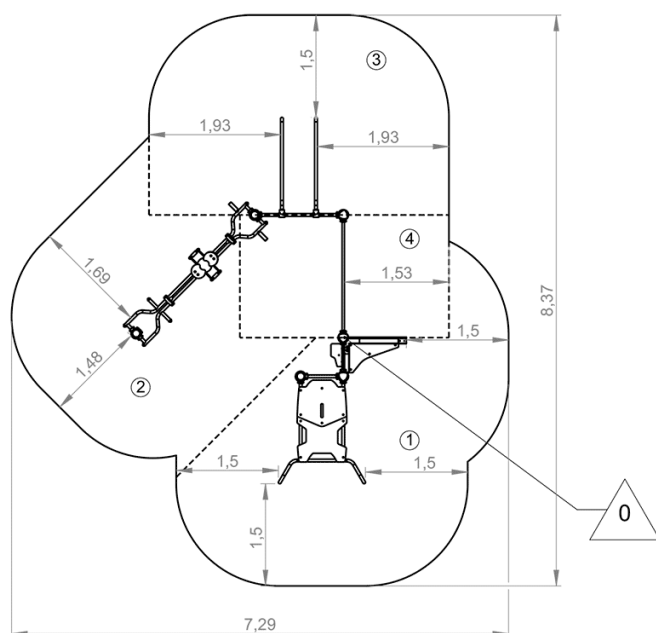


- ① 3 in 1 Totem
- ② Barres obliques
- ③ Dual Rowing Machine
- ④ Abs Board/Push-ups
- ⑤ Barre fixe L : 1m80
- ⑥ Support téléphone

## 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



	Length (m)	Area (m <sup>2</sup> )
1	0,6m	14,5m <sup>2</sup>
2	0,95m	11,5m <sup>2</sup>
3	1,07m	12m <sup>2</sup>
4	1,37m	6m <sup>2</sup>



2



20h00



0m<sup>3</sup>



44m<sup>2</sup>



212kg



21kg

