

**name:**

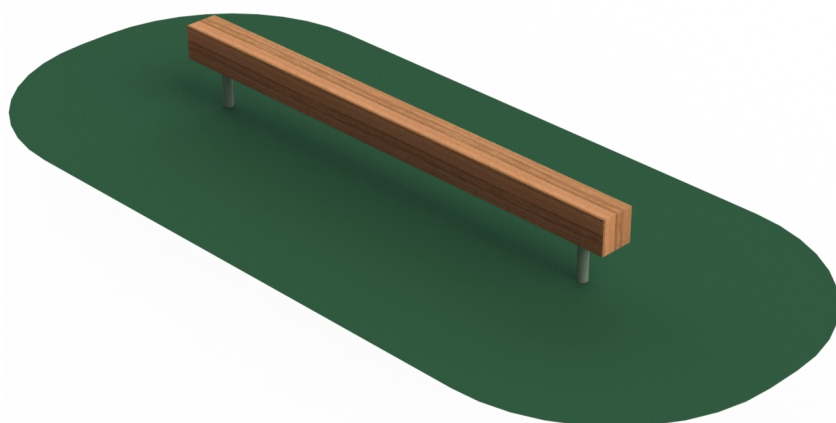
## THE BAR FOR THE FORWARD LUNGES

**SKU:**

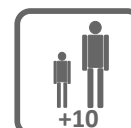
**SZ001-5**

**description:**

Shapes the buttocks, thighs and calves.



**terms of use:**



**dimensions (L x W x H):**

**270 x 20 x 60 cm**

**safety zone:**

**570 x 320 cm**

**technical specifications:**

- Wooden beam mounted to the posts in  $\varnothing$  60 mm from stainless steel 3 mm thick and galvanized
- The thickness of the wooden beam 20 x 20 cm
- The posts and the frame fixed in the ground for concrete foundations: 0.3 x 0.3 x 0.7 m
- Coreless wood, impregnated surface
- Wood is FSC certified (Forest Stewardship Council) - comes from controlled cultivation, carried out in accordance with the global forests protection program

**installation:**

1. Determine with the investor (or his representative) the place of installation and clear the area.
2. Dig pits under the footings according to recommendations of the supplier and guidelines of the relevant standard.
3. Place the device in dug pits, re-level and pour the foundation (B25), re-level again.
4. When the concrete is bound (after minimum 24 hours, depends on weather conditions and time of year), check the stability of the device.
5. Clean up the area.