

name:

BENCH FOR SIT-UPS

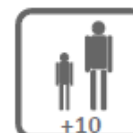
SKU:

SZ001-2

description:

The device strengthens the abdominal muscles.

terms of use:



MAX
160kg

dimensions (L x W x H):

370 x 100 x 40 cm

safety zone:

670 x 400 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 25 cm
- Bar covered with a rubber layer
- Frame of steel tube \varnothing 60 mm galvanized
- The posts and the frame fixed in the ground for concrete foundations: 0.3 x 0.3 x 0.7 m
- 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.

