

name:

BENCH

SKU:

SW020

description:

Device that allows you to do crunches.



safety rules:

- Certified device
- WSU:
- Maximum load 160 kg
- Minimal increase 140 cm

dimensions (length x width)

200 x 120 x 150 cm

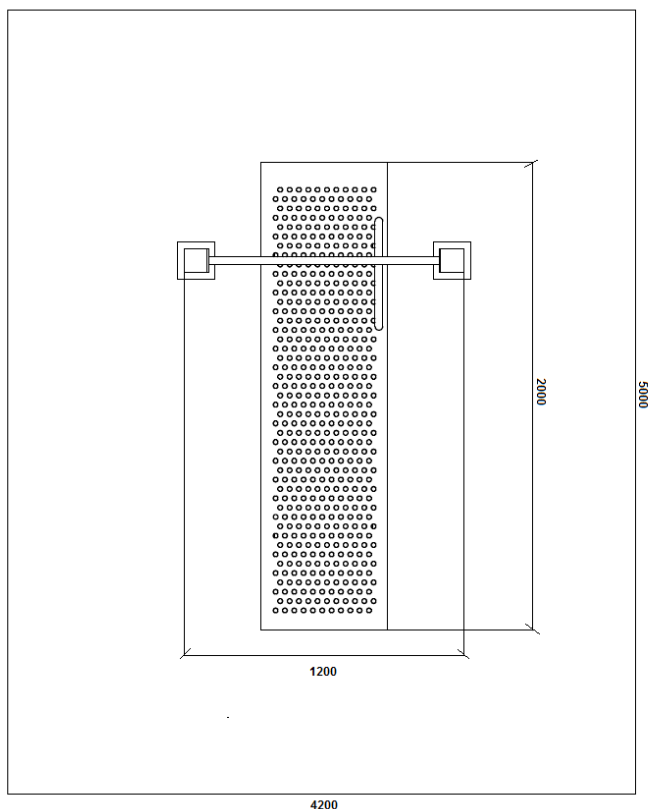
safety zone:

500 x 420 cm

technical specifications:

- Galvanized steel pipes min. 3 mm of thickness
- Pipe diameters: 33 and 48 mm
- Powder coated twice
- Ladders and tubes are attached to the poles with M12 bolts, self-made bolt nuts
- Mounting orifice 200 x 200 x 8 mm, bolt M12
- Profiles 100x100 mm or 80x80 mm

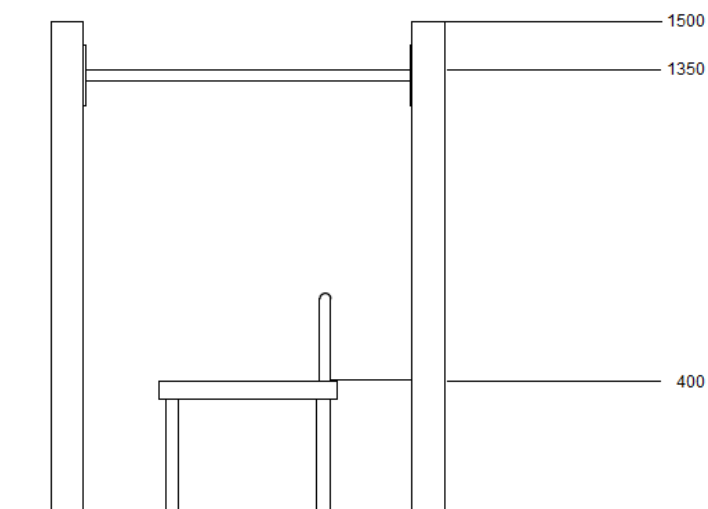
view from the top:



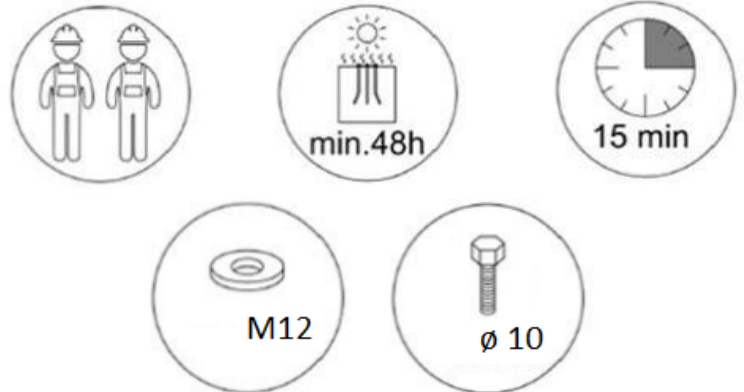
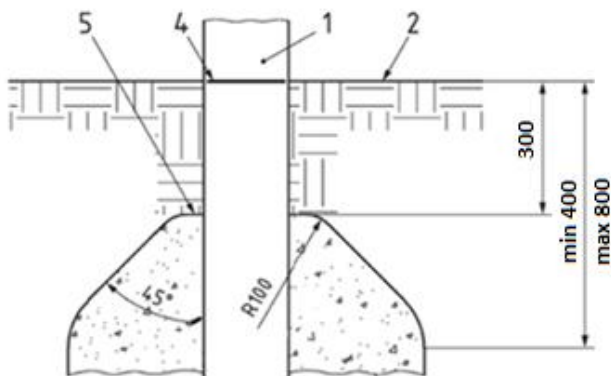
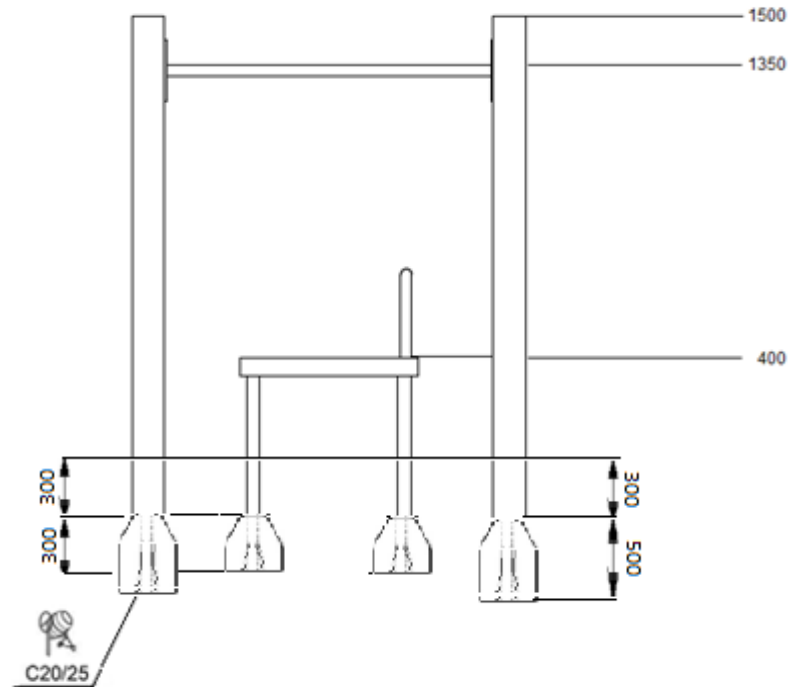
items:

- bar \varnothing 33,7 mm 1
- bench 1

cross-section:



foundation:



surfaces:

A safe surface should be made to absorb the fall:

- **Sand** grain size 0,25 to 2, minimum thickness 400 mm
- **Gravel** grain size 2 to 8, minimum thickness 400 mm
- **Corck** grain size 20 to 80, minimum thickness 400 mm
- **Shavings** grain size 5 to 30, minimum thickness 400 mm

Synthetic surfaces made in accordance with the PN-EN1177 standard.