

Muscle Groups Worked

How to use

- 1) Grasp the horizontal bar so your hands are just wider than your shoulders.
- 2) Stand back so you are leaning onto the bar at 45 degrees and on the balls of your feet.
- 3) Begin by bending your arms to lower your body slowly towards the horizontal bar.
- 4) Keep your head upright and aligned with your body.
- 5) Slowly push back with your arms to return to your original position.

Workout Ideas

Easy	5 reps
Medium	10 reps
Hard	20 reps



AGYM004 - Press Up Bar 300mm



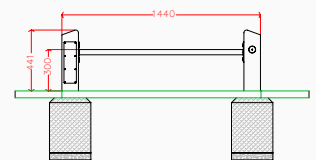
Product Features

- Laminated & tanalised redwood timber
- Zinc plated fixings
- Powder coated steelwork
- 15 Year timber guarantee
- 15 Year steelwork guarantee
- Includes full instructions for use and ideas to make the activity harder or easier

Product Information

Intended age range	<input type="radio"/> Under 5 <input type="radio"/> 5 - 7 <input type="radio"/> 7 - 11 <input checked="" type="radio"/> 11 - 16 <input checked="" type="radio"/> Over 16
Free fall height	n/a
Minimum surfacing area (if applicable)	n/a
Minimum space required (length x width)	4444mm x 3120mm
Dimension of largest part (length x width)	1200mm x 150mm
Mass of heaviest part (Kg)	6.44
Wheelchair accessible	No
Spare Part availability	2-4 Weeks
Minimum persons required for assembly	1

Side elevation



Plan elevation

