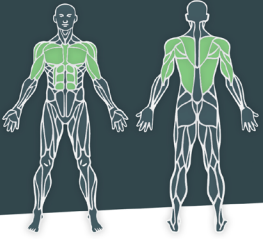


Muscle Groups Worked



How to use

- 1) Grasp the horizontal bar and take body weight.
- 2) Slowly pull yourself upwards bending your arms until your head is above the bar.
- 3) Slowly lower yourself to your original position.

Workout Ideas

Easy	3 reps
Medium	5 reps
Hard	7 reps



AGYM008 - Pull Up Bar



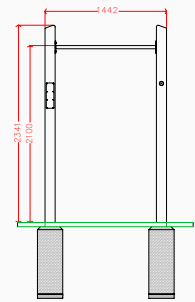
Product Features

- 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	● Under 5 ● 5 - 7 ● 7 - 11 ● 11 - 16 ● Over 16
Free fall height	2110mm
Minimum surfacing area (if applicable)	22.5m ²
Minimum space required (length x width)	5442mm x 4120mm
Dimension of largest part (length x width)	3200mm x 120mm
Mass of heaviest part (Kg)	23.33
Wheelchair accessible	No
Spare Part availability	2-4 Weeks
Minimum persons required for assembly	2

Side elevation



Plan elevation

