

FAZ10300 Pull Up Bars



The large shaped structures will make people curious and invite them to do a workout using the pull up bars, an item most people will recognise from indoor fitness. For inspiration and guidance they can look at signs which display the 14 basic exercises and link to the KOMPAN Sport & Fitness App. Pull ups are an essential part of a Cross Training workout, a very effective form of exercise that combines the best activities of various sports, resulting in a diverse and complete training sessions. The Pull Up bar offers a range of scalable exercises, featuring multiple handles, i.e. rotating gym rings, balls and bars with varying diameters. By placing the feet on the horizontal bars beginners can decrease their bodyweight during pull ups and work their way up to advanced training.

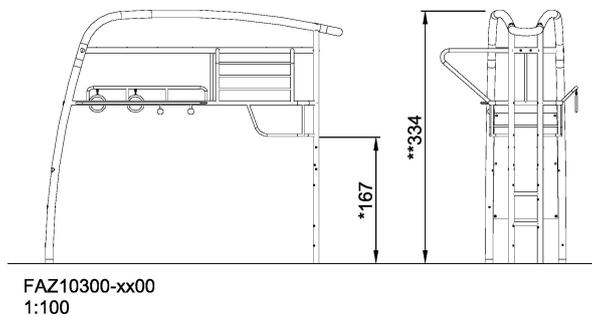
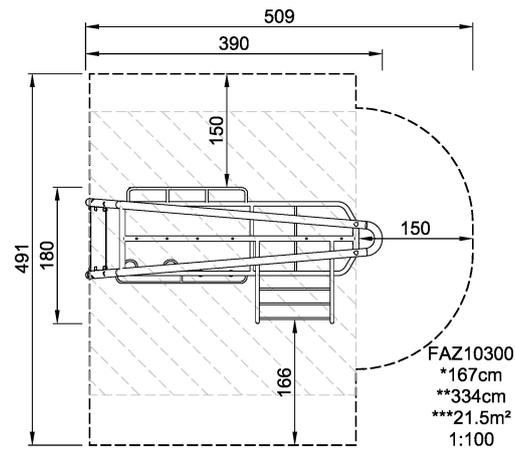
Product Line	Outdoor Fitness
Category	Cross Training
Age group	13+
Max. fall height (CM)	167
Total height (CM)	334
Safety Zone	21.5 m2



**SUR-
FACE**

**IN-
GROU.**





* = Highest designated play surface.
** = Total height of product.

Weight/heaviest parts	kg.	Installation (Manpower)	1 Persons
Concrete required	NaN m3	Installation (Hours)	9 Hours
Foundation amount/footing	NaN	Excavation	NaN m3