

# FST513 Stretch Bar



The stretch bar is designed for stretching exercises and is additionally suitable for training a range of different muscle groups. The varying distance between the bars make it possible to do exercises like pull-ups, squats or push-ups. The Stretch bar is a favorite training device for personal trainers because they can easily tie their suspension trainers, ropes and elastic bands to it. The highest bar can be used for pulls ups. It is made from solid steel and has a diameter of 32 mm. An ideal size for both men and women to have a good grip.

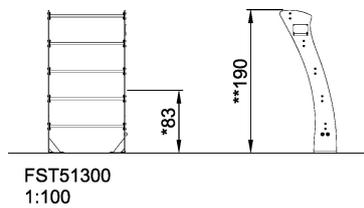
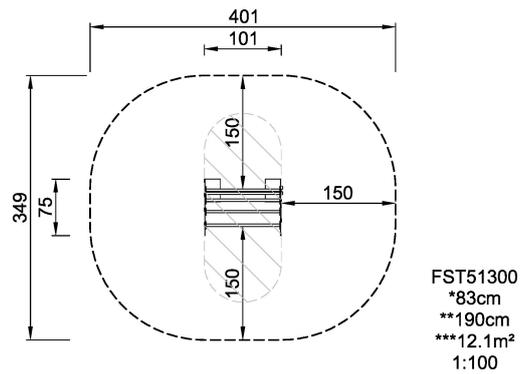
<b>Product Line</b>	Outdoor Fitness
<b>Category</b>	Circuit Training
<b>Age group</b>	13+
<b>Max. fall height (CM)</b>	183
<b>Total height (CM)</b>	190
<b>Safety Zone</b>	14 m <sup>2</sup>



**SUR-  
FACE**

**IN-  
GROU.**





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

<b>Weight/heaviest parts</b>	kg.	<b>Installation (Manpower)</b>	1 Persons
<b>Concrete required</b>	NaN m <sup>3</sup>	<b>Installation (Hours)</b>	2 Hours
<b>Foundation amount/footing</b>	NaN	<b>Excavation</b>	NaN m <sup>3</sup>