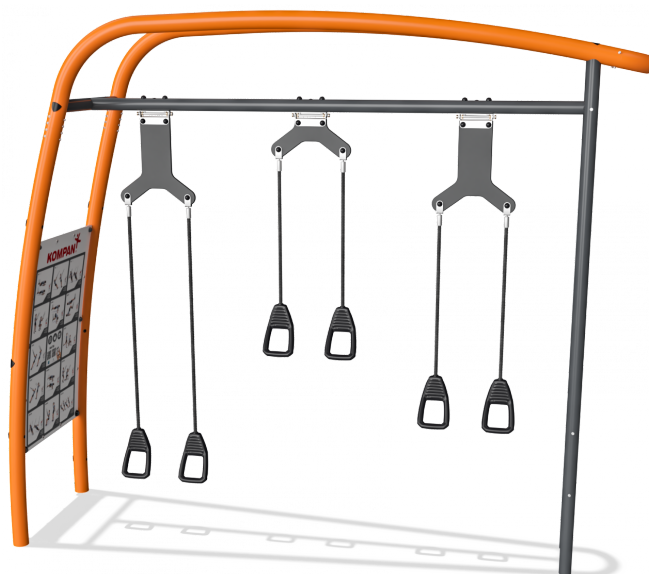


FAZ10100

Suspension Trainer

KOMPAN
Let's play



Suspension training is very effective because it simultaneously increases strength, balance, flexibility and core stability. With 49 exercises the suspension trainer is one of the most versatile pieces of exercise equipment on which all muscle groups can be trained in a functional and effective way, no matter what the fitness level of the user is. With the suspension trainer everyone can workout at their own level due to the scalable resistance. The intensity of each exercise can be determined by adjusting the body position to add more or less resistance.

Product Line Outdoor Fitness

Category Cross Training

Age group 13+

Total height (CM) 334

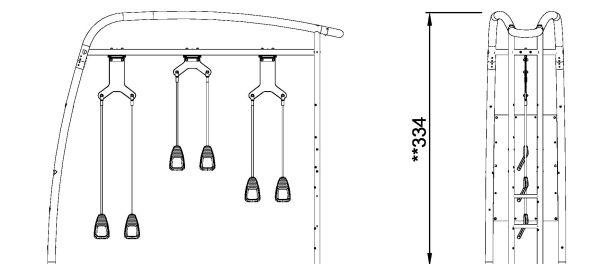
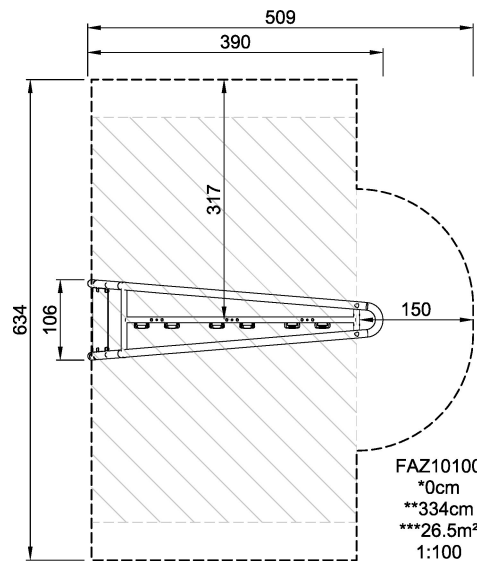
Safety Zone 26.5 m²



**SUR-
FACE**

**IN-
GROU.**





FAZ10100-xx00
1:100

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

Weight/heaviest parts	kg.	Installation (Manpower)	1 Persons
Concrete required	NaN m ³	Installation (Hours)	11 Hours
Foundation amount/footing	NaN	Excavation	NaN m ³