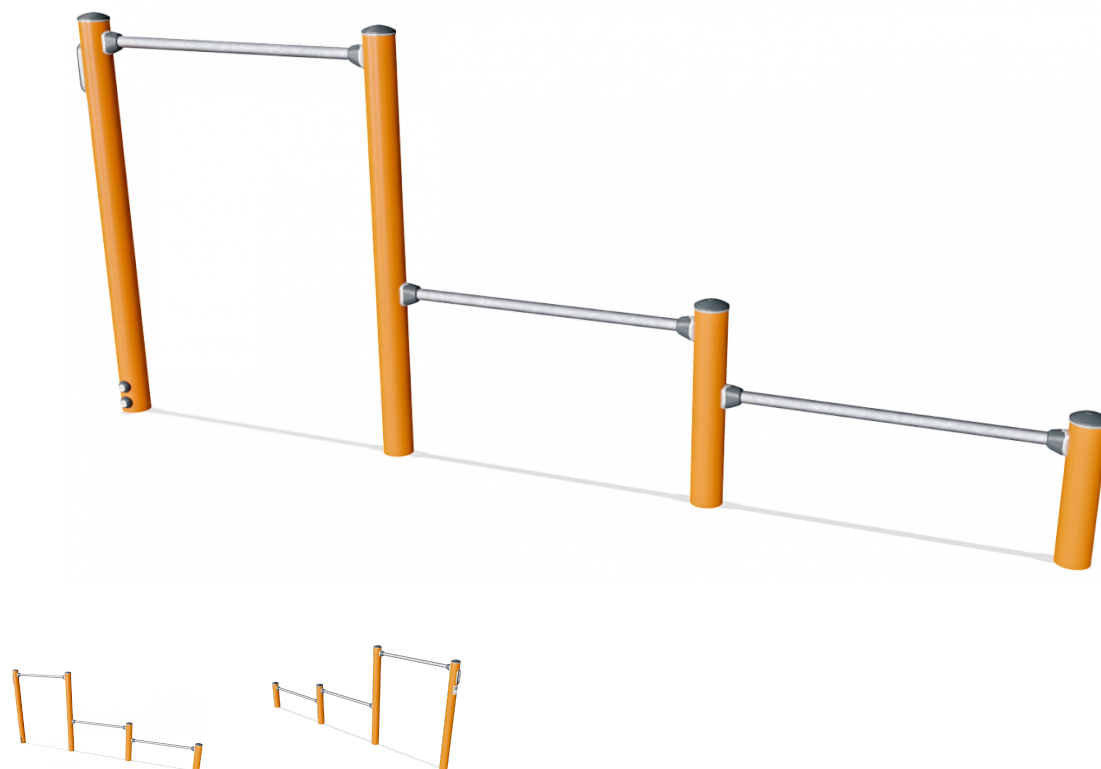


FSW20900 Push Up Bars



The push up bars are specifically designed for upper body training. The chest and arms can be trained through exercises such as rows or dips. If you do not mind getting dirty you can 'belly crawl' underneath the bars. Otherwise a single hurdle can also be used for exercises on the spot such as push ups and high jumps. The Push up Bars have a clear instruction sign showing the basic exercise and a QR code. By clicking on the QR code users can connect to the KOMPAN fitness App, where they will find multiple exercises and workouts at every level.

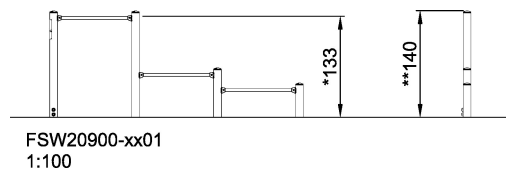
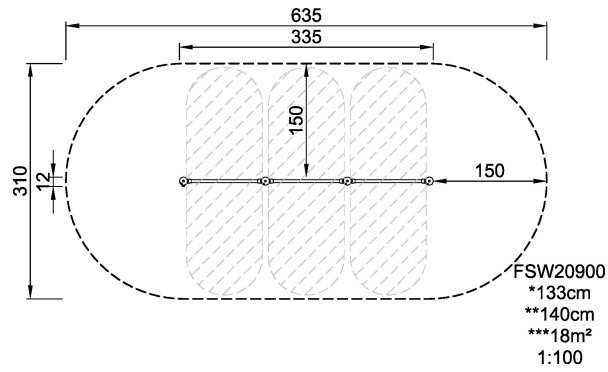
Product Line	Outdoor Fitness
Category	Street Workout & Calisthenics
Age group	13+
Max. fall height (CM)	133
Total height (CM)	140
Safety Zone	18 m2



**SUR-
FACE**

**IN-
GROU.**





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

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