

DATA SHEET SQUAT

Text for invitation to tender | Item No: 55 1310 401

With the squat you can train the entire group of muscles that keeps your body upright against the power of gravity. The apparatus will guide your movements to ensure they are functionally correct, which will result in a highly efficient strengthening. The exercise works all leg muscles and is, therefore, beneficial for everyday mobility.



MATERIALS | SCOPE OF SUPPLY

Fitness equipment, pre-mounted

Tubular frame:	stainless steel, V2A
Weights:	Ø 270 mm, with spacer made of EPDM caoutchouc, 4 kg-weight 4 pieces 6 kg-weight 2 pieces
Standing area:	steel, coated and covered with EPDM granules, 1 piece
Foundation plate:	steel, coated
Instruction sheet:	stainless steel, aludibond 1 piece

TECHNICAL INFORMATION

Dimensions:	
Main dimension:	1560 x 1020 mm
Height:	1900 mm
Weight:	131 kg
Capacity:	acc. to normative requirements

Max. fall height:	-
Movement area:	18,00 m ²
Required safety slabs:	18,00 m ²
Required lawn grating:	20,00 m ²
Recommended surface material:	grass, synth. impact protection

INSTALLATION

Foundation:	1
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Installation according to our detailed mounting instructions, see www.stilum.com

