

# DATA SHEET POWER BENCH

Text for invitation to tender | Item No: 55 1119 401



Bench pressing will train all muscles that stretch your arms horizontally. Apart from arm stretchers and pectorals some other muscles in the shoulders benefit as well. The problem of weight distribution has been cleverly solved: moving the four weight balls on each side allows to train with different levels of difficulty. The more weight balls are placed at chest height, the more difficult and effective the exercise gets. The deposit of the handrail is very simple as it is supported by a foot lever which brings it into the right position.



## MATERIALS | SCOPE OF SUPPLY

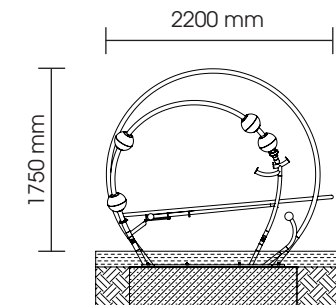
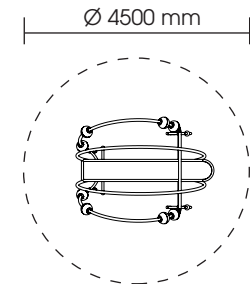
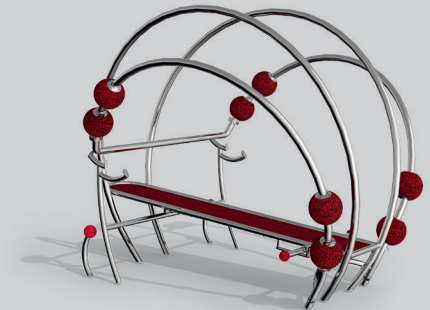
Fitness equipment, pre-mounted

Tubular frame:	stainless steel, V2A
Weights:	balls made of EPDM granules with plastic buffer, 8 pieces
Lying area:	stainless steel, V2A, with top layer made of EPDM granules
Tube end caps:	balls made of EPDM caoutchouc, 4 pieces
Mechanic:	stainless steel, V2A
Foundation plate:	steel, coated
Instruction sheet:	stainless steel, aludibond 1 piece

## TECHNICAL INFORMATION

Dimensions:	
Main dimension:	2200 x 1680 mm
Height:	1750 mm
Weight:	235 kg
Capacity:	acc. to normative requirements

Max. fall height:	535 mm
Movement area:	15,90 m <sup>2</sup>
Required safety slabs:	20,25 m <sup>2</sup>
Required lawn grating:	25,00 m <sup>2</sup>
Recommended surface material:	grass, synth. impact protection



## INSTALLATION

Foundation: 1

Installation according to our detailed mounting instructions, see [www.stilum.com](http://www.stilum.com)