

**PRODUCT NAME**  
**Combined exerciser**

**PRODUCT CODE**  
**MB 7.61**



Outdoor trainer is designed to perform three main physical exercises with own body weight such as Pull-ups on horizontal bar, Triceps Dips and the Hanging Leg Raises. The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface. Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.

Exercises on this trainer allow you to train almost all muscle groups of the upper body, depending on the selected part of the article.

## SEGMENTS

### Basic information

**Brand**  
**Usage** exercise, stretching, strengthening

### Technical Specification

**Dimensions** 2cm x 0cm x 0cm  
**Critical fall height (HIC in m)** 0.00m  
**Color scale** RAL Palette  
**Stand count**  
**Surface**  
 A) sprayed zinc base + komaxit 120µ B) hot dip galvanization + komaxit 120µ

Materials	Diameter	Width
<b>Dips</b>	51mm	4,5mm
<b>Bars</b>	33,7mm	3,5 - 4,5mm
<b>Pillar (square plan)</b>	100mm	4,0mm

### Recommended flooring

**Optimal dimensions** ---  
**Floor surface** Concrete slab + EPDM or concrete feet + loose material  
 Company Enuma Elis s.r.o. always recommends installation in accord with the safety norm 16:630

### Delivery and installation

**Lead time** 5 - 8 weeks  
**Standards** EN16:630