

PRODUCT NAME
Bench Press

PRODUCT CODE
MB 7.64



The equipment is similar to bench press with barbell, except that it is characterized by a greater movements depth, which contributes a better stretch of a large pectoral muscles. There are also involved triceps and front part of the deltoid muscles.

Outdoor trainer with patented variable loading weight system is developed for physical exercises focused on power and physical endurance training. 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.

SEGMENTS

Basic information

Brand MB Barbell
Usage exercise, stretching, strengthening

Technical Specification

Dimensions ---
Critical fall height (HIC in m) 0.00m
Color scale RAL Palette
Stand count 1
Surface
A) sprayed zinc base + komaxit 120µ B) hot dip galvanization + komaxit 120µ

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

Recommended flooring

Optimal dimensions 2m x 3m
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