

PRODUCT NAME

Pull Down - Tah Dolu

PRODUCT CODE

MB 7.38



The equipment MB 7.38 "Pull down" accents the load on middle part of latissimus dorsi muscles, affecting trapezoidal, rhomboid muscles, biceps, shoulders, while chest deadlift – pectoralis major muscles. "Chest deadlift" exercise increases the thickness of the back, and "shoulder deadlift" – width.

Maximal Load on each side... 77,5 kg

The set includes the following weight... 14 x 10 kg; 6 x 2,5 kg

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