

## PRODUCT NAME

**Pull Down - Tah Dolů (7.38)**

## 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** 2.5m x 2.5m x 0m  
**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
<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** 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