

**PRODUCT NAME**  
**Outer Thigh**

**PRODUCT CODE**  
**MB 7.49**



Exercises on MB 7.49 "Outer Thigh in standing position" allow you to train medius gluteal muscles and minimus gluteal muscles.

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
<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