

**PRODUCT NAME**  
**Squat**

**PRODUCT CODE**  
**OG.3**



**Strengthen your core, thighs and buttocks**

Whether you're strength training or looking to increase your overall fitness, squats provide a great, full-body workout that exercises multiple muscle groups, particularly in the lower half of your body. Not only will you be increasing strength and muscle mass in your legs, you'll also be helping to improve your long-term health by building stamina and improving your balance and coordination.

**Muscle groups: thighs, hips and buttocks**  
**SEGMENTS**

#### Basic information

**Brand** Omnigym  
**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**  
**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** 0m x 2m  
**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