

Measurements: 1875x530x1600 mm

Function

Strengthens the muscles of the shoulder and the abdomen. Improves muscle condition of the back.

Procedure

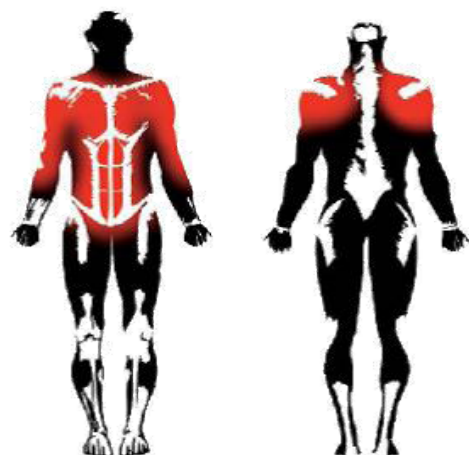
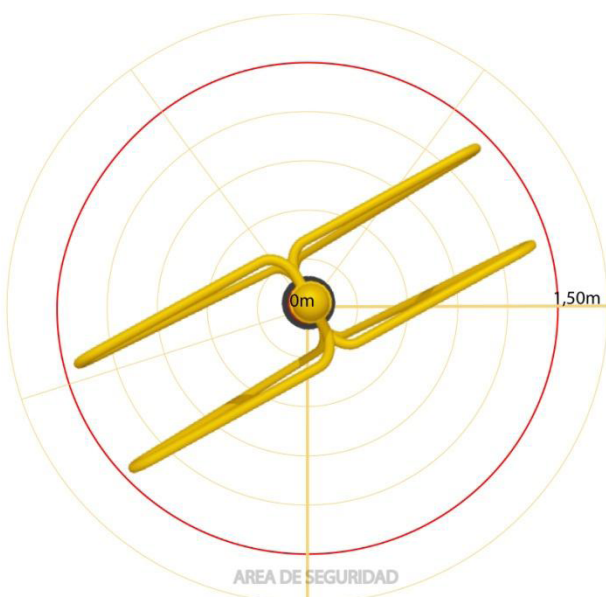
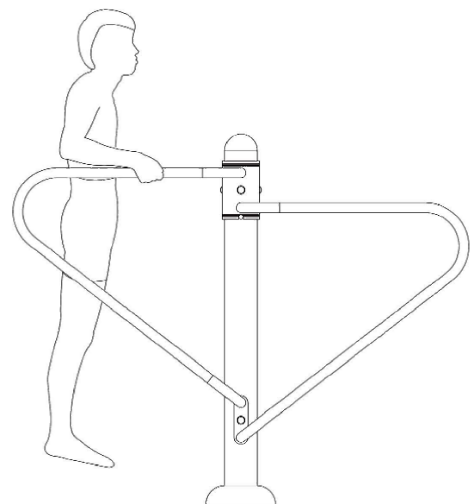
Upload to the device supporting arms over the bars and do push-ups.

Use

Depending on the physical condition of the person. Recommended 3 sets of 5 repetitions each with a break of 5 seconds between series and series.

Note

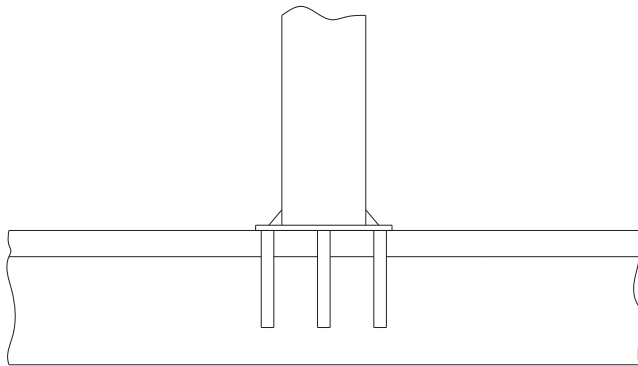
This is an exercise of force that must be in a non-violent way. In case of pain, articulate, suspend the performance of the same.





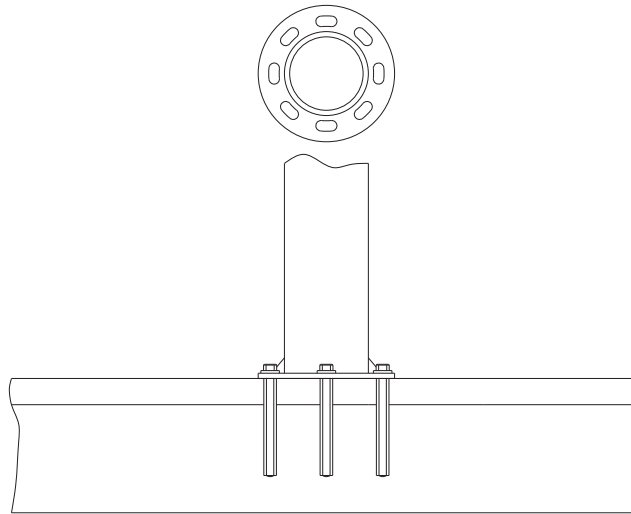
Stage 1

Prepare Concrete slab using a 200mm 30N40 Concrete mix, This should be a minimum of 200mm thick to allow for M16x135mm Stainless Steel or Galvanised anchor Bolts.



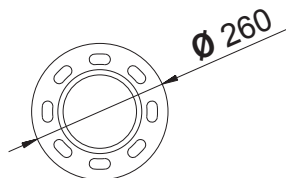
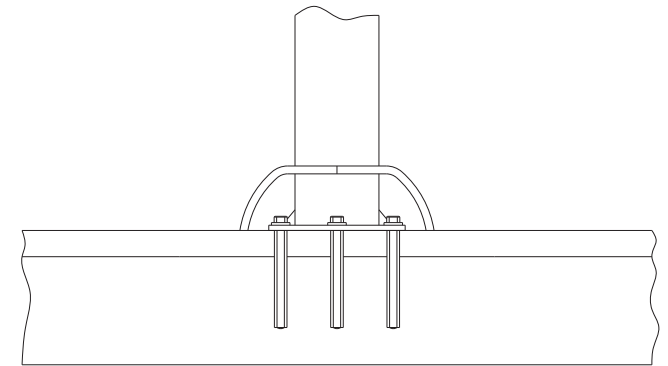
Stage 2

DynamX recommends casting a universal 2800mm x 1200mm slab centering the piece @ 1400mmx600mm



Stage 3

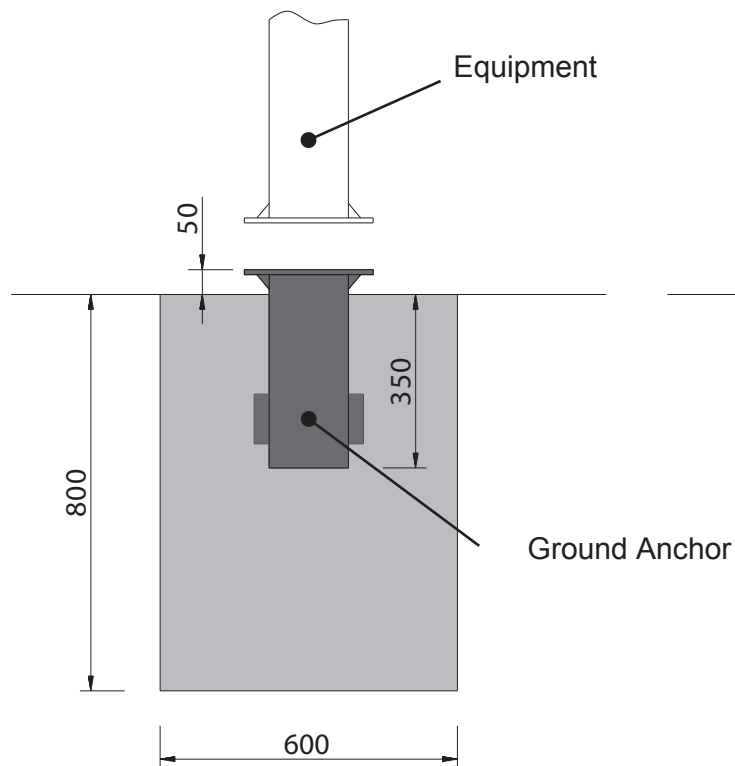
Mount the desired piece on a plumb surface and anchor to the ground. Fix the cast Iron security cap to complete installation.



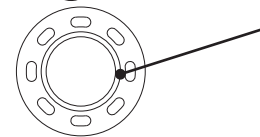
Installation using a Concrete Slab



Stage 1

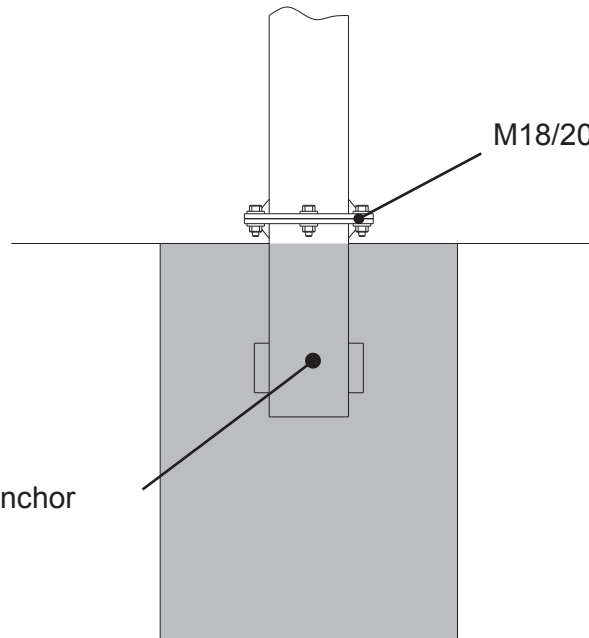


Stage 2

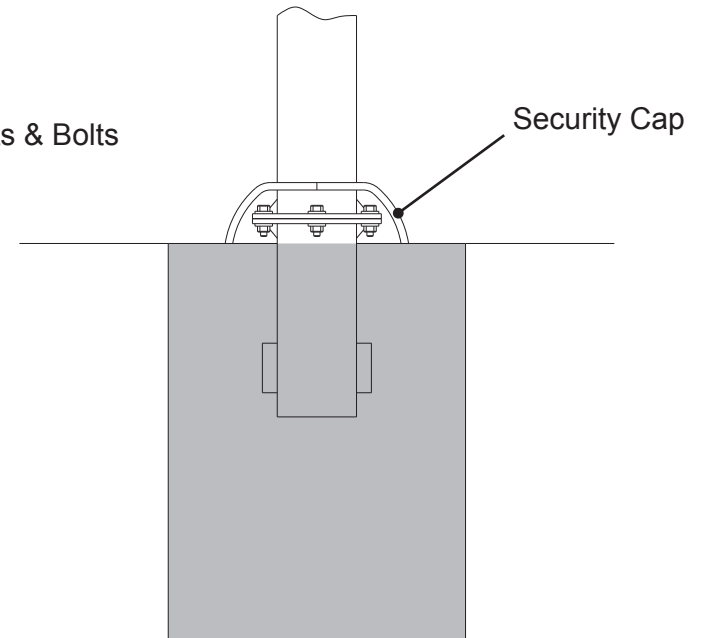


Diameter
260mm

M18/20 Nuts & Bolts



Stage 3



Installation using a Ground Anchor