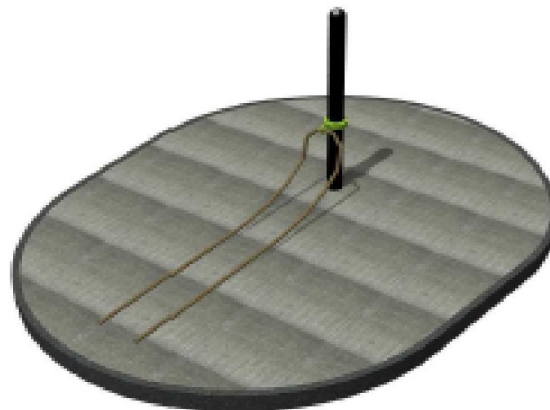
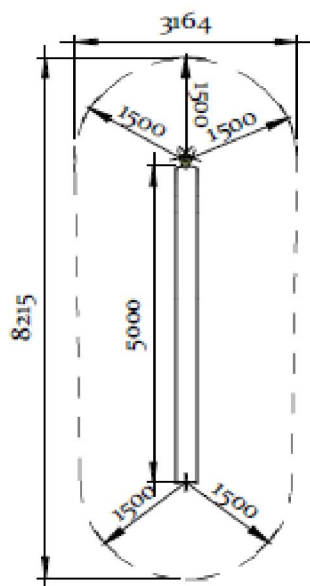


Description

The use of the rope is one of the simplest training methods. It helps the improvement of endurance and sense of rhythm excellently. Even beginners can complete exercises with this tool easily. Despite its simplicity, this training form is very versatile and is perfectly suitable for training as well as it practically moves the entire body and all muscle groups.



Plan View



Producer:

Katker 2005 Kft.
4027, Debrecen,
Füredi St.49-51

Side View



Technical Datas

Demonination	Rope holder
Number	FKP14-H0170_00
Certificate	EN 16630
Required floor area	23,24 m2
Column distance	-
Height (min-max)	612 mm
Critic falling height (HIC)	-