

Technical Data Sheet Index

- Product description, functions and limitations.2
- Suggested exercises.....3
- Equipment specifications and UNE-EN 16630 guidelines.....4
 - Hard Ground.....4
 - Soft Ground.....5
 - Safety zone and fall height.....6
- Package.....6



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Due to continuous improvement in the quality of our products, Euronix reserves the right to modify product characteristics.

- **Description, functions and limitations of the product.**

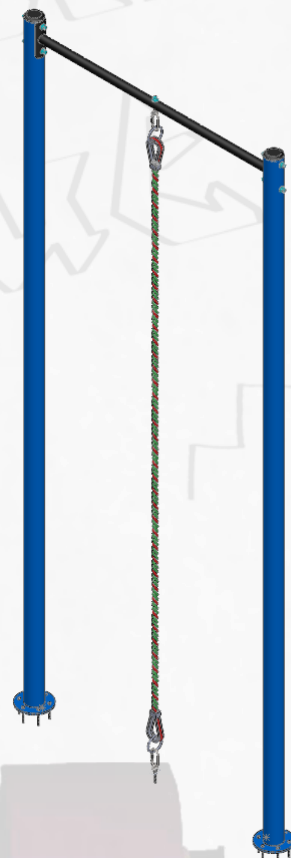
The equipment has been designed in such a way that it is a union between the requirements of UNE EN 913 and UNE EN 16.630 or UNE EN 20.957. Certified according to UNE EN 16.630

It is made up of two posts with a vertical bar on which the rope is vertically suspended. The climbing rope is used to perform exercises in which the user exclusively uses their arms and legs to ascend the rope. This type of activity not only develops strength in the muscles of the arms and back but also engages the leg muscles and core, providing a comprehensive workout.

The limitations it has are: exclusive use by young or adult individuals who are taller than 1.40 meters, a centered position when performing the exercise, no more than one user at a time, and always maintaining the distance marked in point 3 when another user is using it. The UNE EN 20.957 standard would not apply for outdoor use without supervision and with open access.

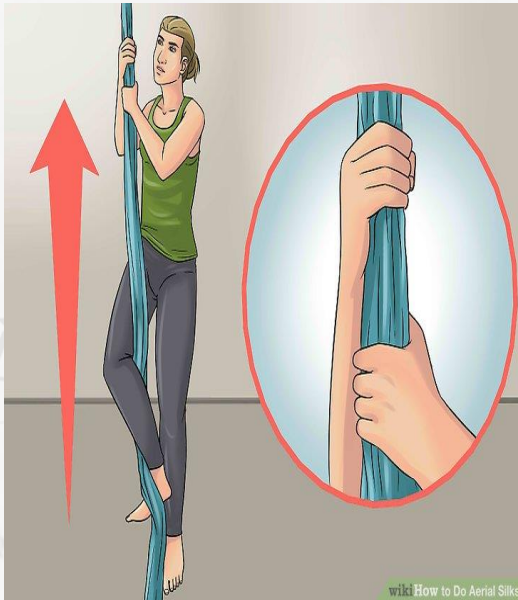
Las barras son de acero galvanizado con posibilidad de pintarse, y los postes de acero galvanizado; con longitud variable en función de si el equipo va a instalarse en una superficie dura o blanda. Ver punto 3. Como orientación, puede considerarse un suelo como duro si es de roca, hormigón o zahorra compactada, y blando en el resto de los casos.

Respect the instructions outlined in point 4 regarding assembly.



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- Suggested exercises.



- **Exercise 1:** With your back straight, raise your hands above your head and let the rope fall down the center of your body, push upward, and straighten your legs as you climb the rope.

- **Highlighted Muscles:**

- Brachialis
- Triceps Brachii, Long Head
- Brachioradialis
- Anterior Deltoid
- Posterior Deltoid
- Serratus Anterior
- Lumbar

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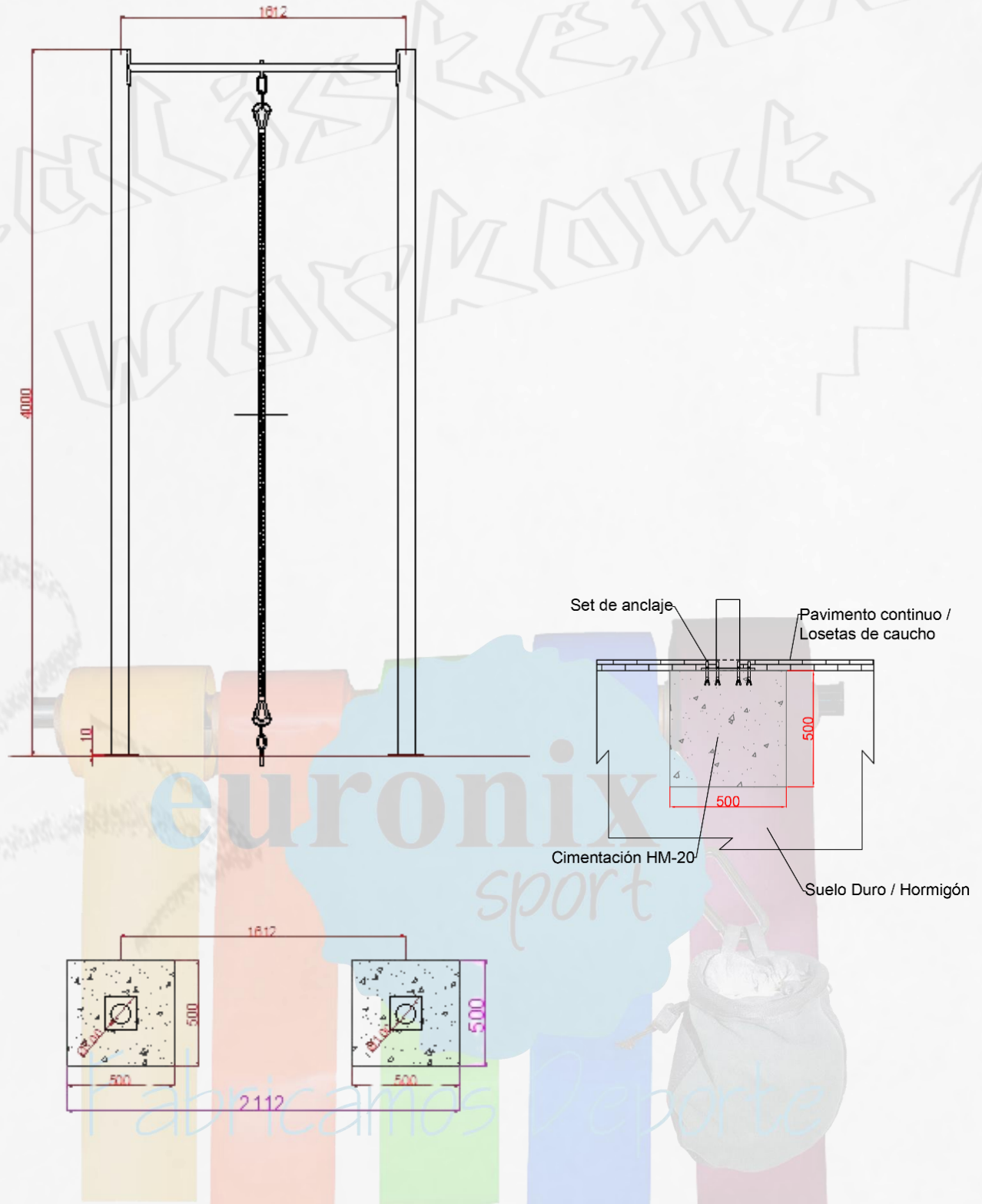
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- **Equipment specifications and guidelines UNE-EN 16630.**

* All dimensions in millimeters..

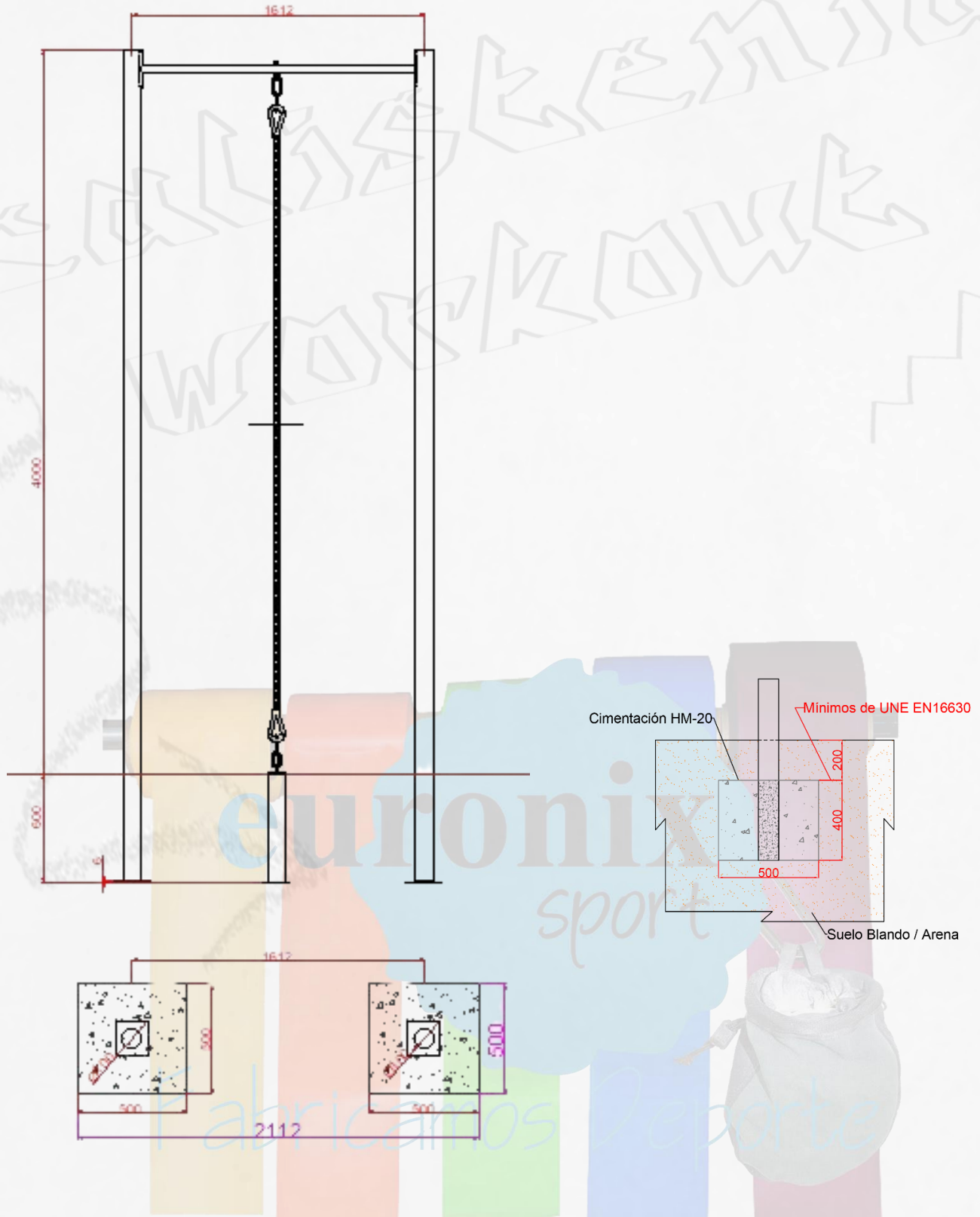
- **Hard Ground.**



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- **Soft Ground.**

According to the regulations, it will be embedded (200+400) mm as indicated in the detail.



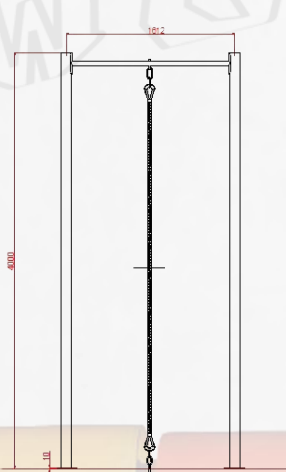
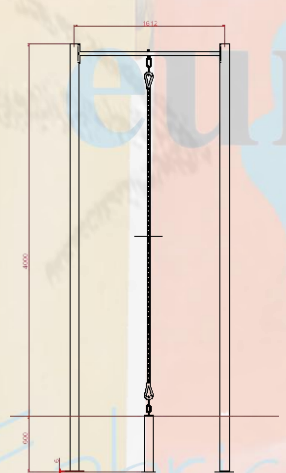
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○ **Safety zone and fall height.**

The safety zone is 32.1 m², so a distance of 2.43 m around the equipment should be left.

The maximum fall height according to the proposed exercises is estimated to be 2.9m.

• **Package.**

Ref.	Dimensions (width x height x depth)	Weight (Kg)
ECAL21		*Hard 3 packages 4x0,25x1,62 69
		*Soft 3 packages 4.6x0,25x1,62 81

** According to the terrain model: soft or hard*

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