

## Technical Data Sheet Index

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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 and a cross bar to which two adjustable rings are fixed, suspended by resistant straps. The rings allow a wide range of exercises that work various muscle groups. Some common exercises include ring pull-ups, dips, push-ups, sit-ups, and variations of balance and suspension exercises.

**The limitations it has are:** the exclusive use of young people or adults who measure more than 1.40 meters, a centered position at the time of performing the exercise, no more than one user at a time and always keeping 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.

The bars are made of galvanized steel with the possibility of being painted, and the posts are made of galvanized steel; with variable length depending on whether the equipment is to be installed on a hard or soft surface. See point 3. As a guide, a soil can be considered hard if it is made of rock, concrete or compacted gravel, and soft in the rest of the cases.

Respect the instructions in point 4 regarding assembly.



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- Suggested Exercises .



1. **Exercise 1:** It basically consists of placing ourselves in suspension holding onto the rings, with our arms extended. Try to hold the position for as long as possible. Also, you can work it with series of a marked time without having to reach failure.

- **Featured muscles:**

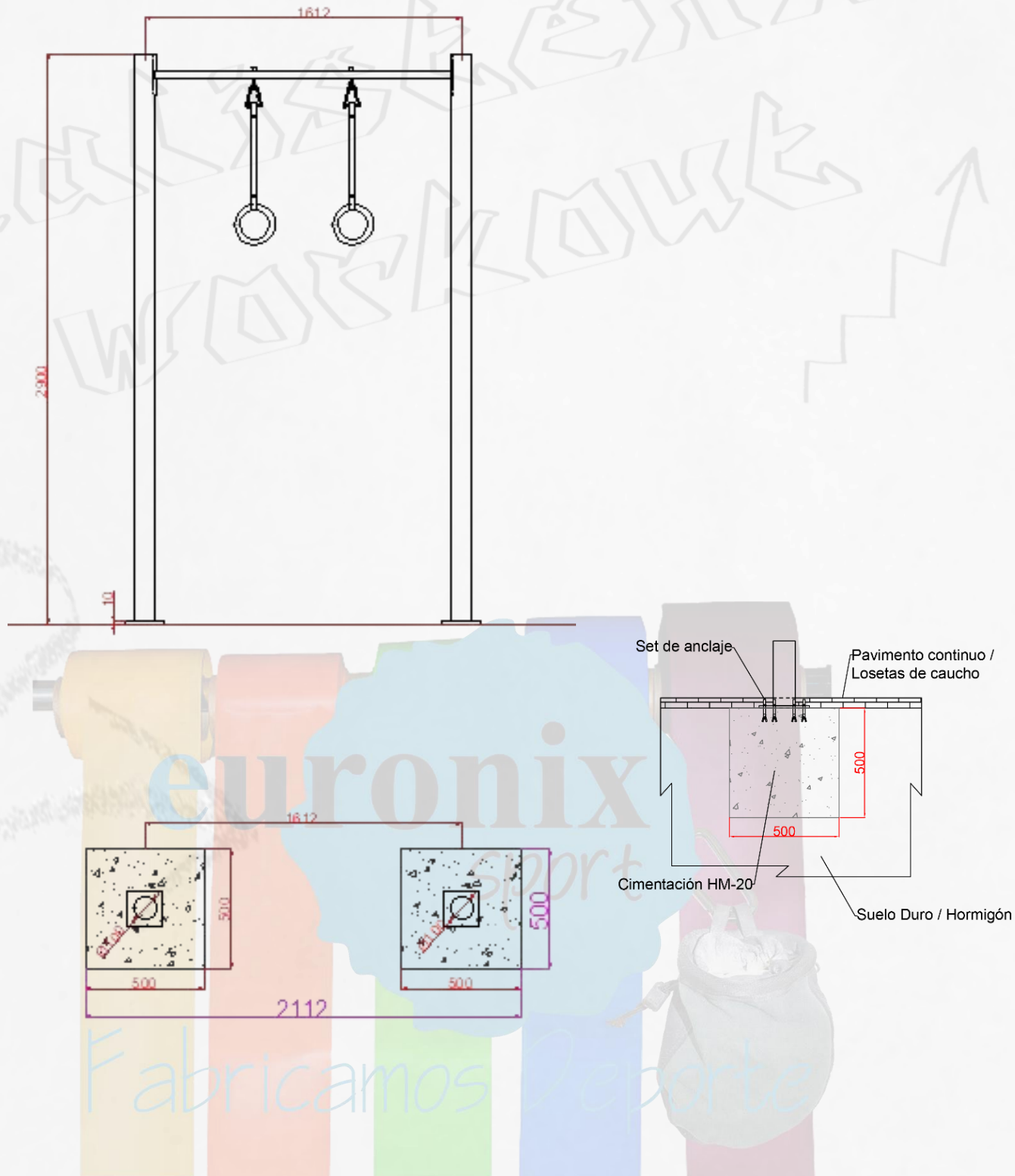
- Shoulders
- Triceps
- Abdomen
- Improve stability in position

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

\* All dimensions in millimeters .

- **Hard Ground.**



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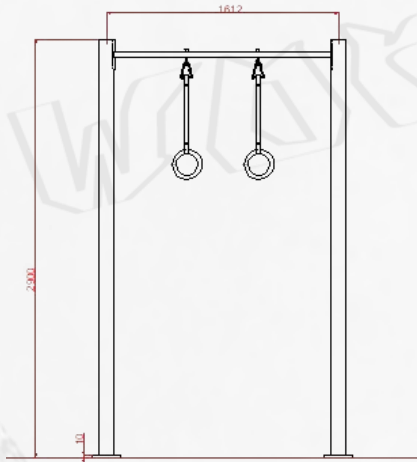
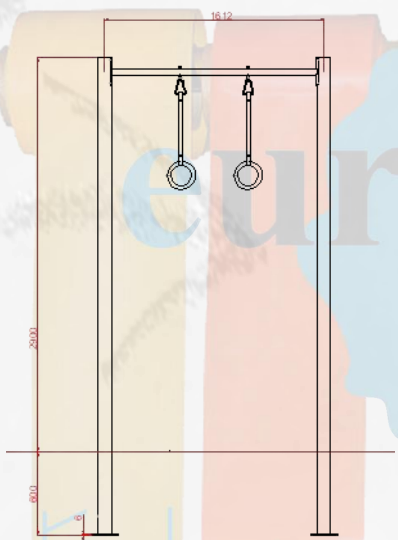


○ **Safety zone and fall height.**

The safety zone is 14.3 m<sup>2</sup>, so a distance of 1.5 m around the equipment.

The maximum fall height according to the proposed exercises is estimated to be 1m.

• **Package.**

Ref.	Dimensions ( width x height x depth)	Weight (Kg)
ECAL22		*Hard 3 packages 2.9x0,25x1,62  52.5
		*Soft 3 packages 3.5x0,25x1,62  59
* According to the terrain model: soft or hard		

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