

BODYWEIGHT WORKOUT WITHOUT ANY EQUIPMENT Aluminium Dibond® panel 62x33 cm, 3 mm thick, that shows how to properly perform the exercise and the number of repetitions. The panel is supported by a pole made of glued laminated pine timber pressure treated with non-toxic salts, section 7x7 cm and 250 cm height. Assembly system with 8.8 galvanized steel bolts and self- locking nuts. Coloured nylon cap nuts as required by law. Polyethylene post caps. Ground anchoring system.

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