

NACRUX

QUÍMICA RESOLUTIVA

INSTALACIÓN INCLUSIVA Y ADAPTADA PARA LA PRÁCTICA DE PARKOUR

PARKOUR RADIKAL



MOTION
ACADEMY

INCLUSIÓN - SEGURIDAD - INNOVACIÓN

-El Parkour o Arte del Desplazamiento consiste en **superar obstáculos y expresarse a través del entorno** utilizando el propio cuerpo.

-**Moton Academy + NACRUX= innovación, seguridad, calidad e interés real** por el uso de los parques.

-**Al nivel de estándares europeos** de países como Alemania, Dinamarca o Reino Unido.

-**Espacios inclusivos**, adaptados a personas con diversidad funcional.

-Ofrecemos una **solución urbanística que se adapta a las necesidades** de pequeños, jóvenes y adultos.

Planteamos **soluciones para cualquier tipo de viario**, adaptándonos a cualquier terreno o superficie que dispongamos.

Las instalaciones tienen **tres materialidades claras: Madera, Metal y Piedra**, permitiendo el juego de texturas y complejidad de cada elemento. Las zonas están interconectadas para dotar de integridad al parque.

La **visual de menor a mayor altura**, evitando puntos ciegos, y **pavimento de colores** segmenta el parque por niveles de dificultad siendo seguro para todo tipo de practicantes.

Adaptamos nuestros parques con pictogramas para que sean inclusivos para personas con diversidad funcional.

El proyecto cumple las exigencias de los practicantes, siempre respetando **la normativa aplicada** de cada comunidad.

Nuestros principios:

Sostenibilidad: Los diseños tienen en cuenta la ubicación, el clima, las necesidades del municipio, etc.

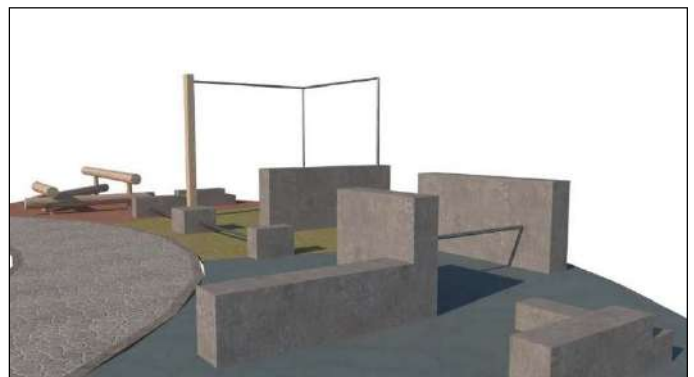
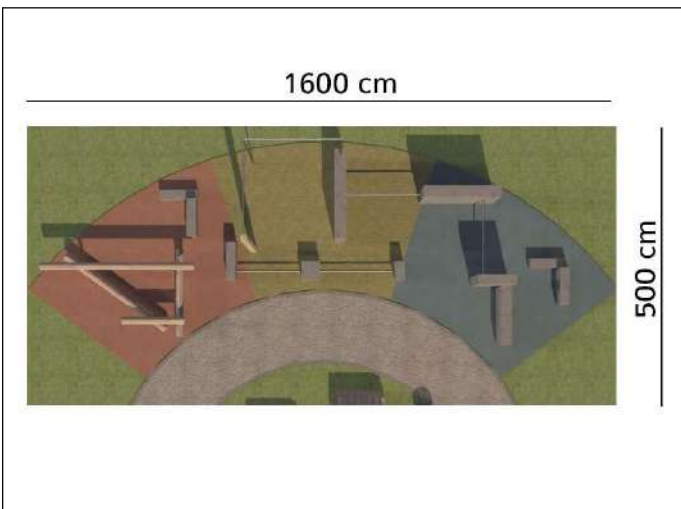
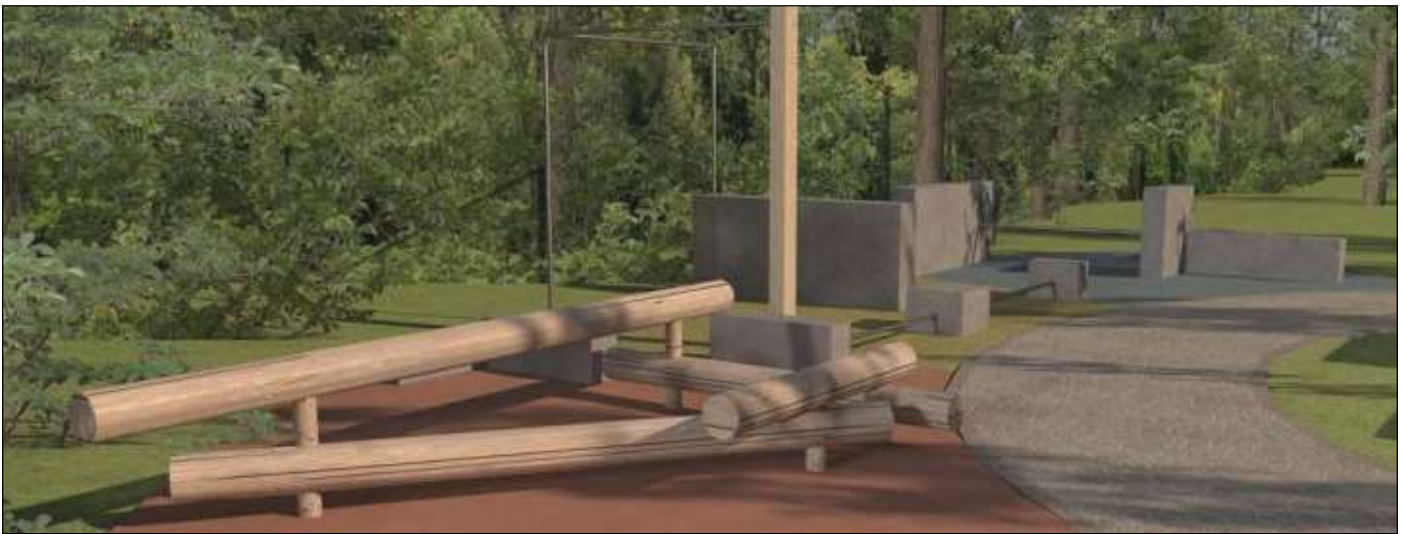
Innovación: Combinamos deporte, urbanismo y zona de juego con el mejor diseño.

Inclusión social: Una instalación para el disfrute de la ciudadanía. Para todas las edades, para personas con necesidades especiales.

Participación: Contar con los practicantes locales para detectar necesidades y garantizar el éxito de la instalación.

Seguridad: En parkour más altura o más distancia no es mejor. Nuestros parkour parks permiten tanto el juego como el entrenamiento minimizando los riesgos del entorno. Analizamos desde texturas, materialidad, densidad del suelo, etc.

MODELO-001



1,55

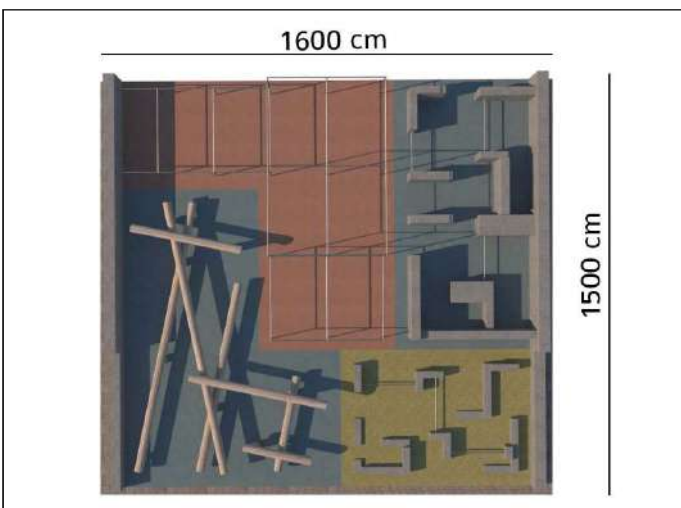
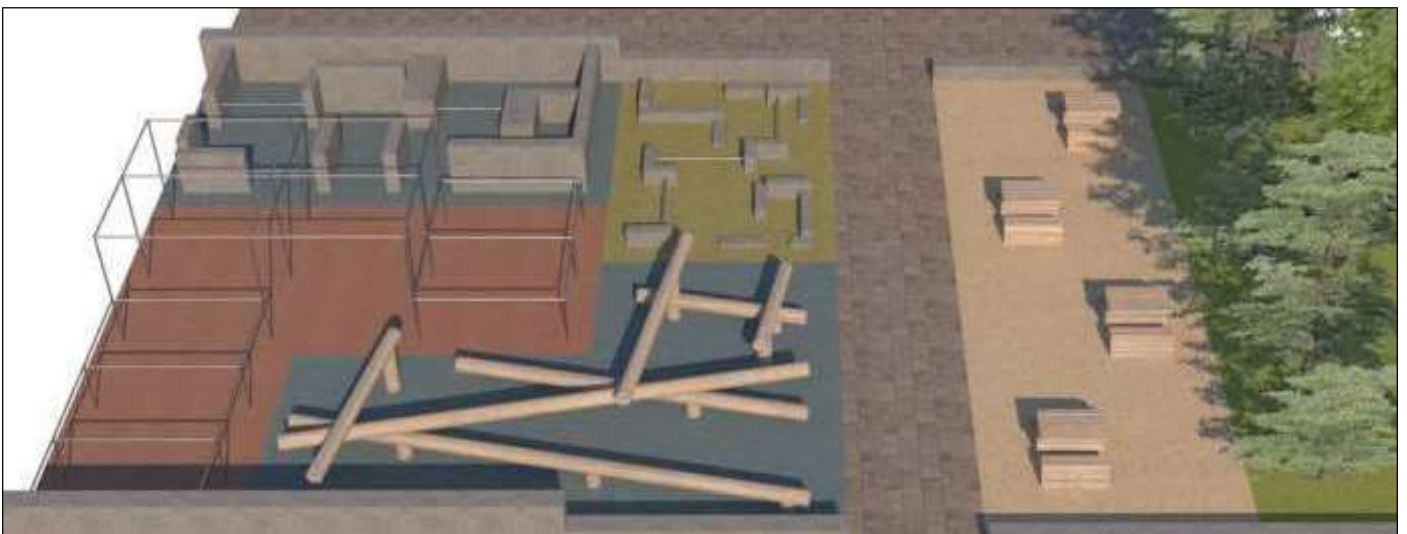
Caída (m)



85m²

Área (m)

MODELO-002



1,55

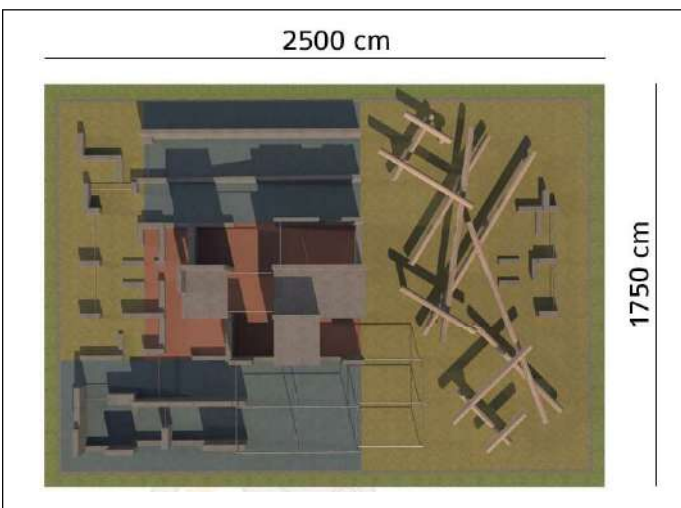
Caída (m)



123m²

Área (m)

MODELO-003



1,55

Caída (m)

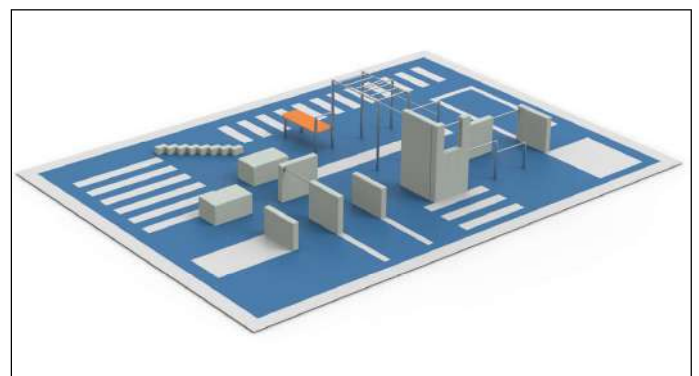
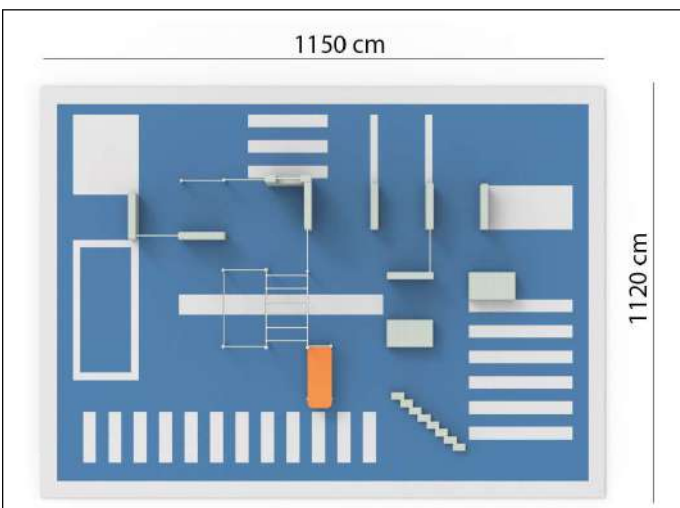
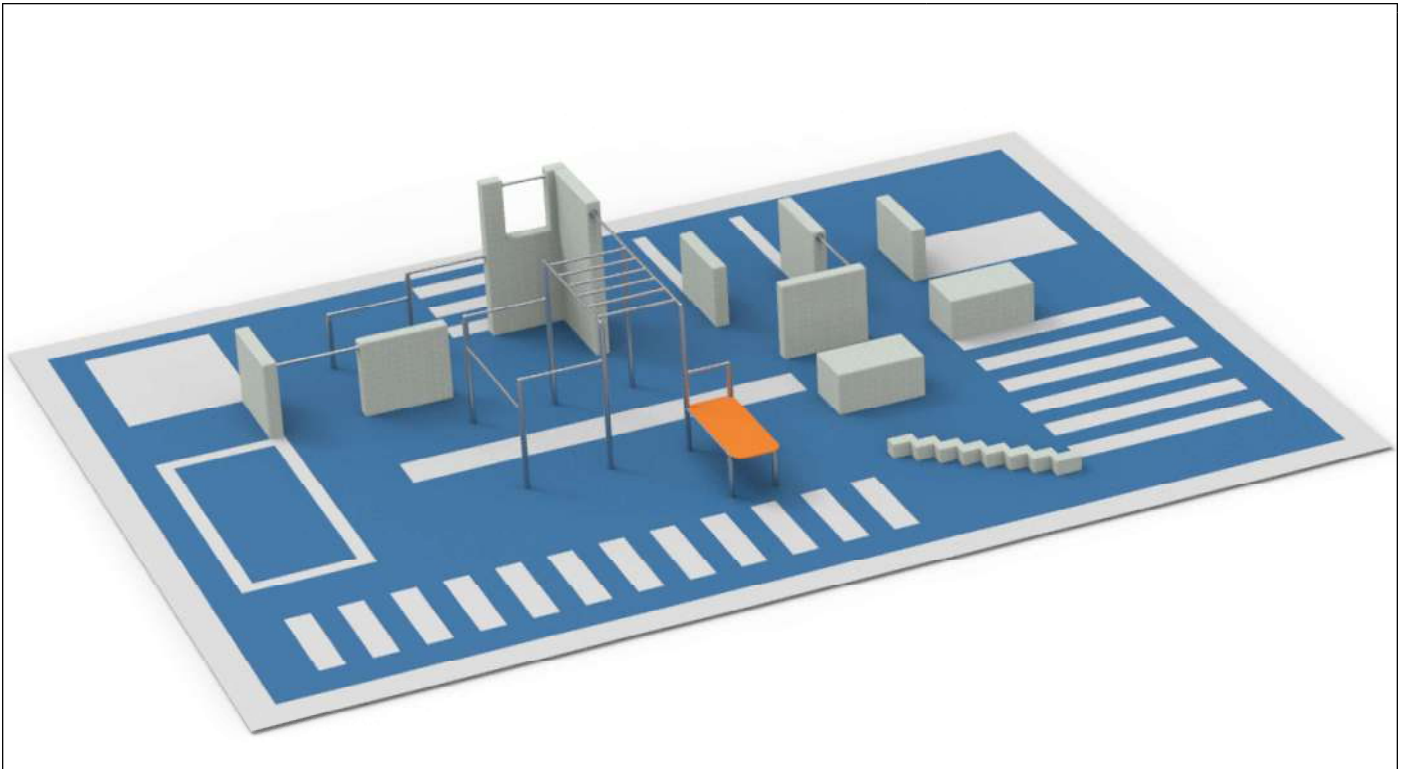


438m²

Área (m)

MODELO LACHÉ

Ref. UAPK18610



1,55

Caída (m)

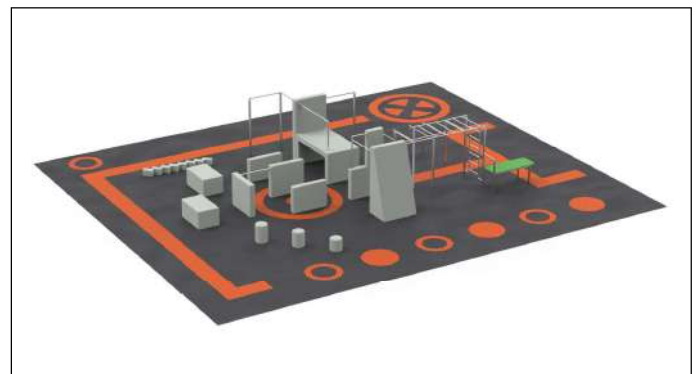
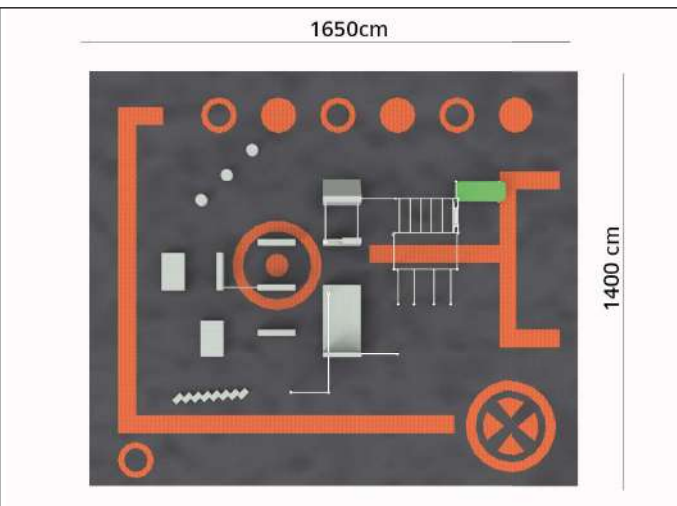
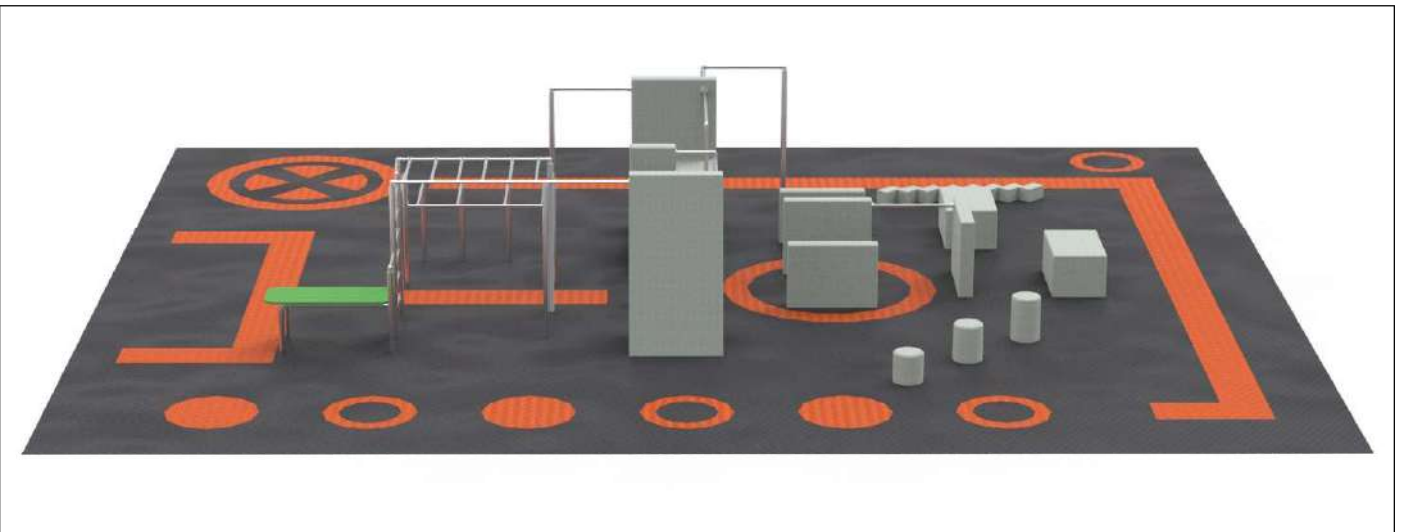
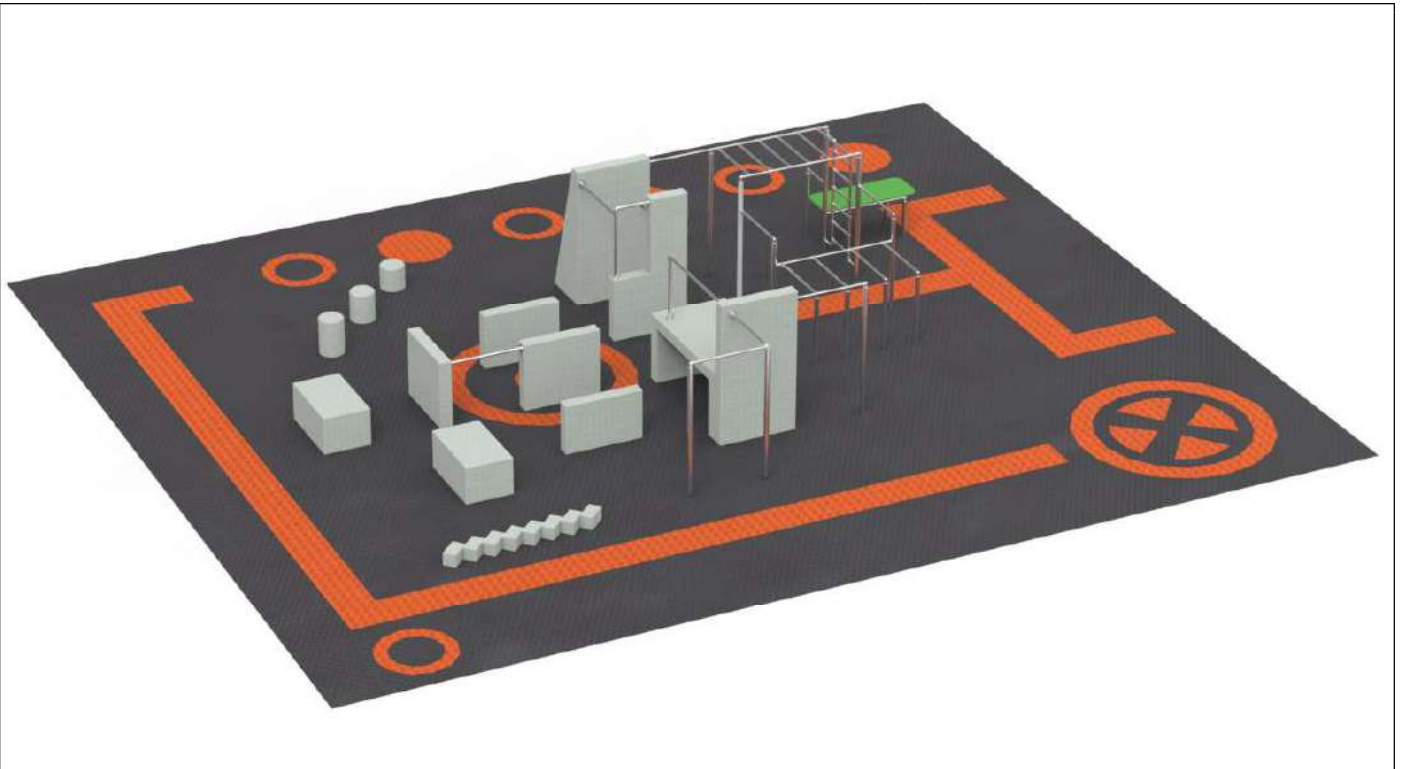


129m²

Área (m)

MODELO GRIMPEO

Ref.UAPK248910



1,55

Caída (m)

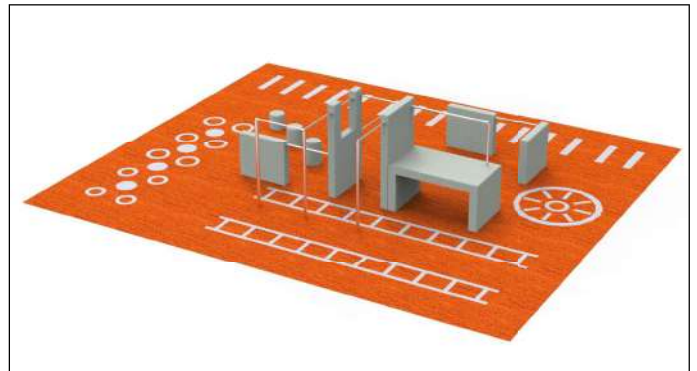
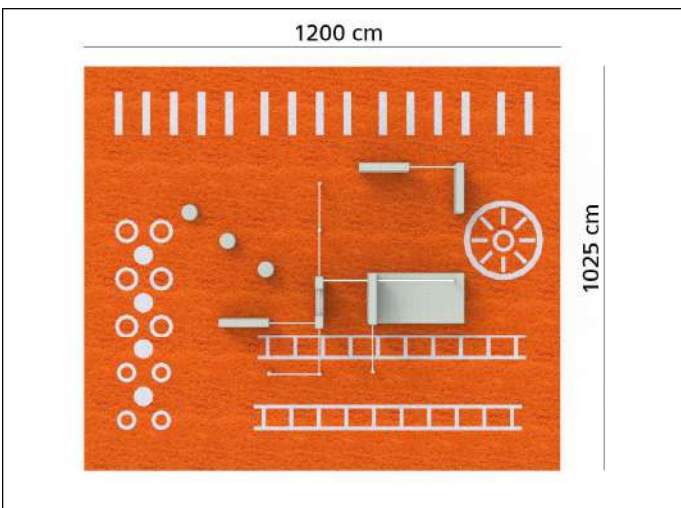
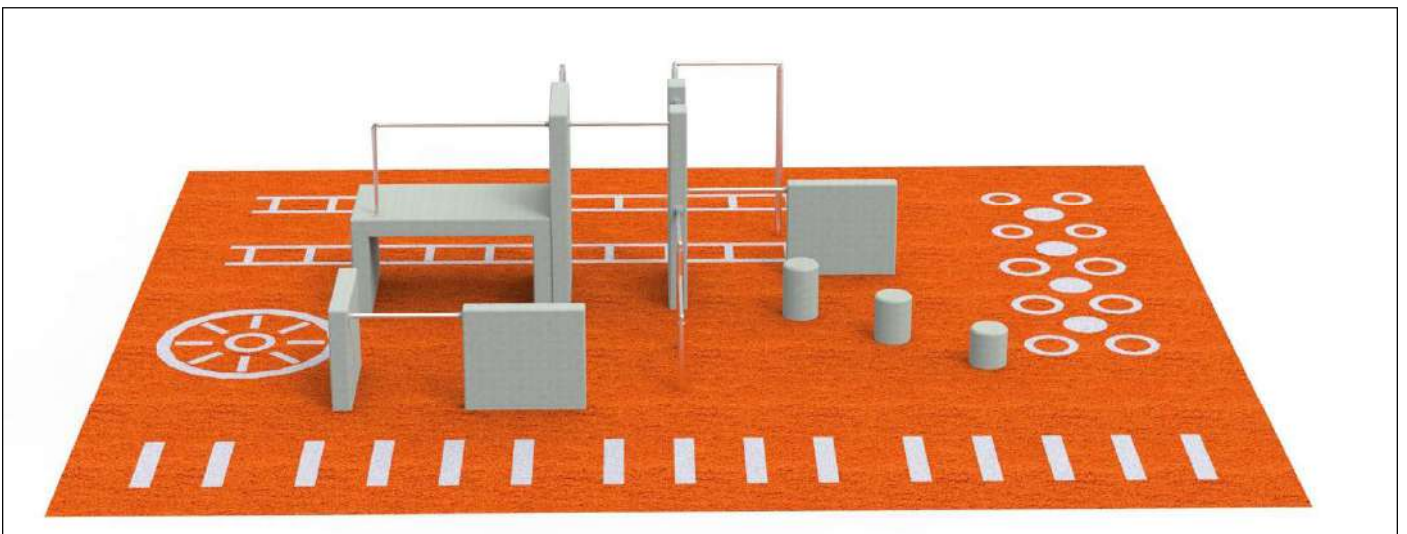
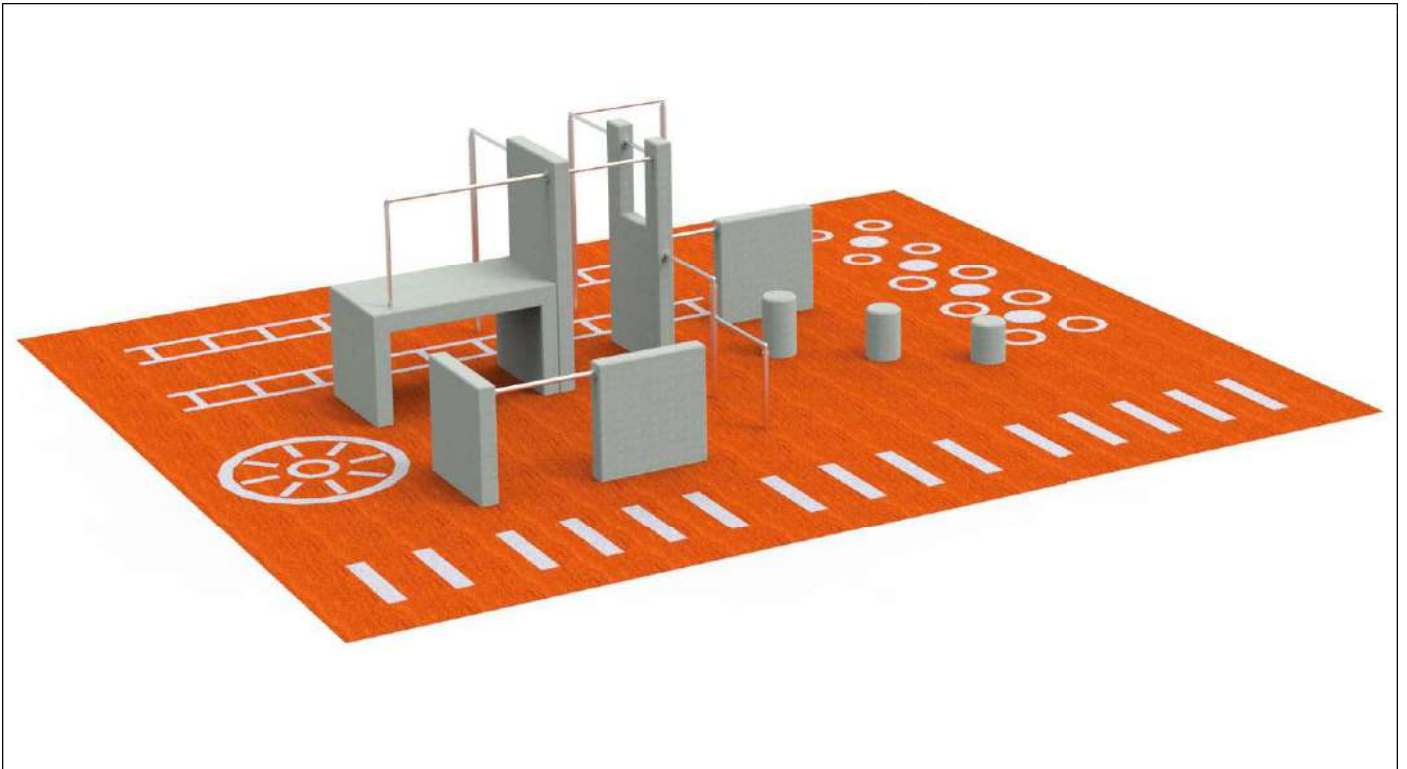


230m²

Área (m)

MODELO GATO

Ref. APK3469



1,55

Caída (m)

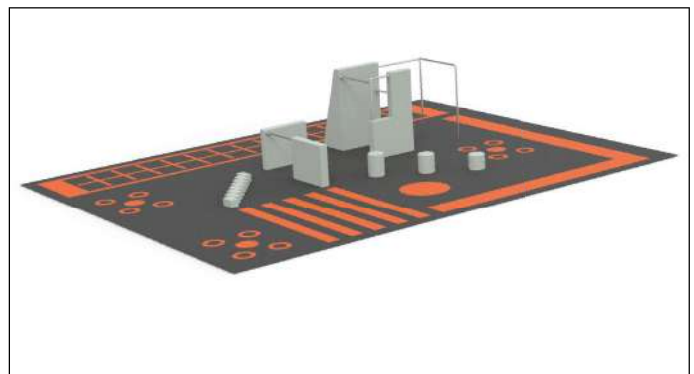
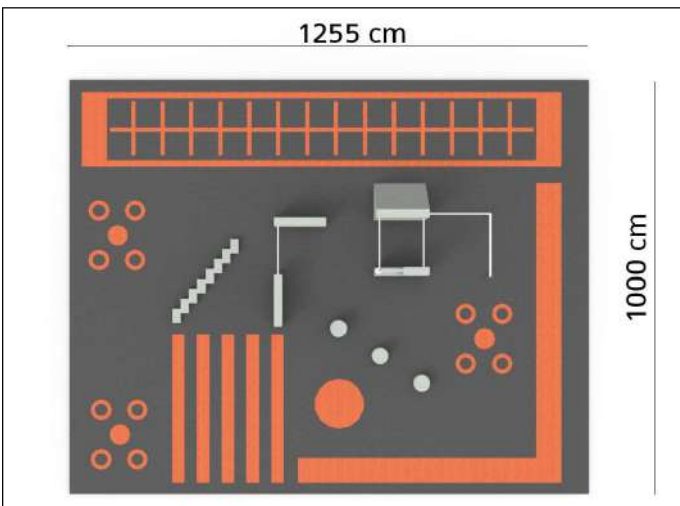
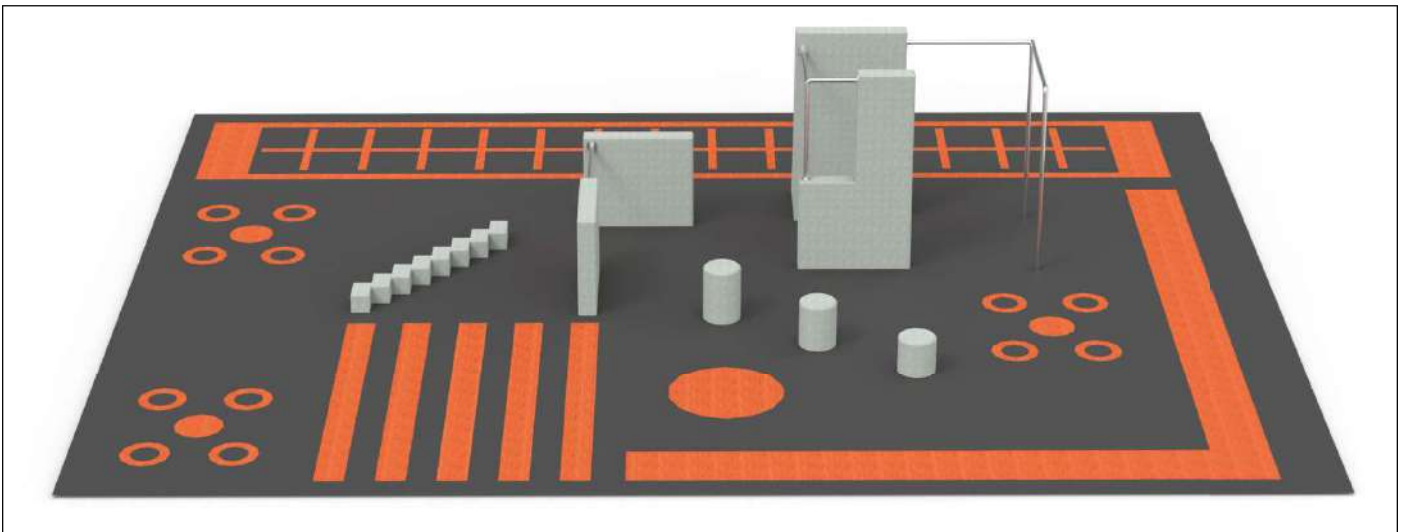
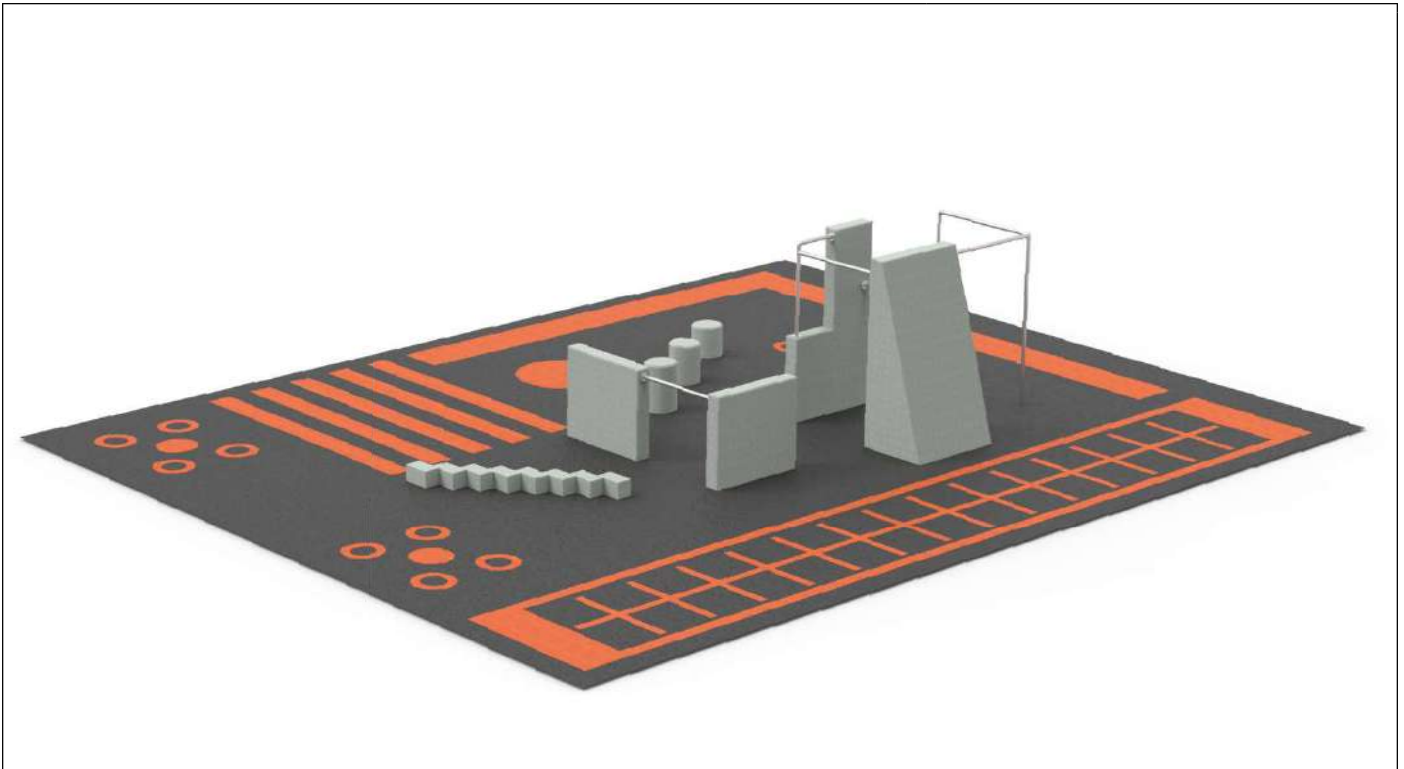


123m²

Área (m)

MODELO SALTO DE ÁNGEL

Ref. UAPK56910



1,55

Caída (m)

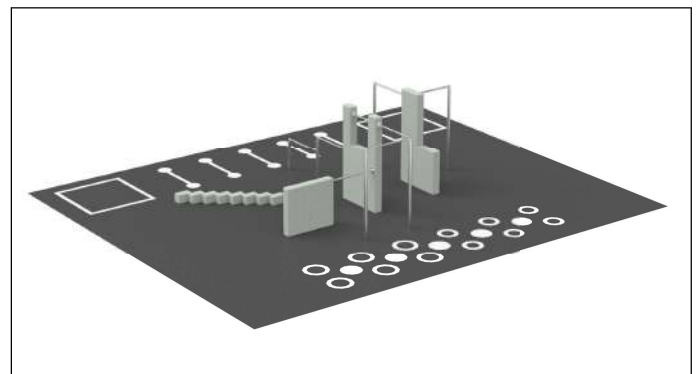
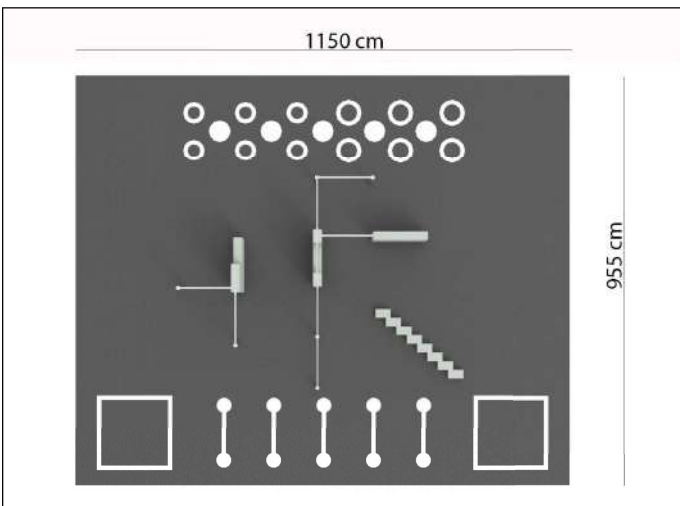
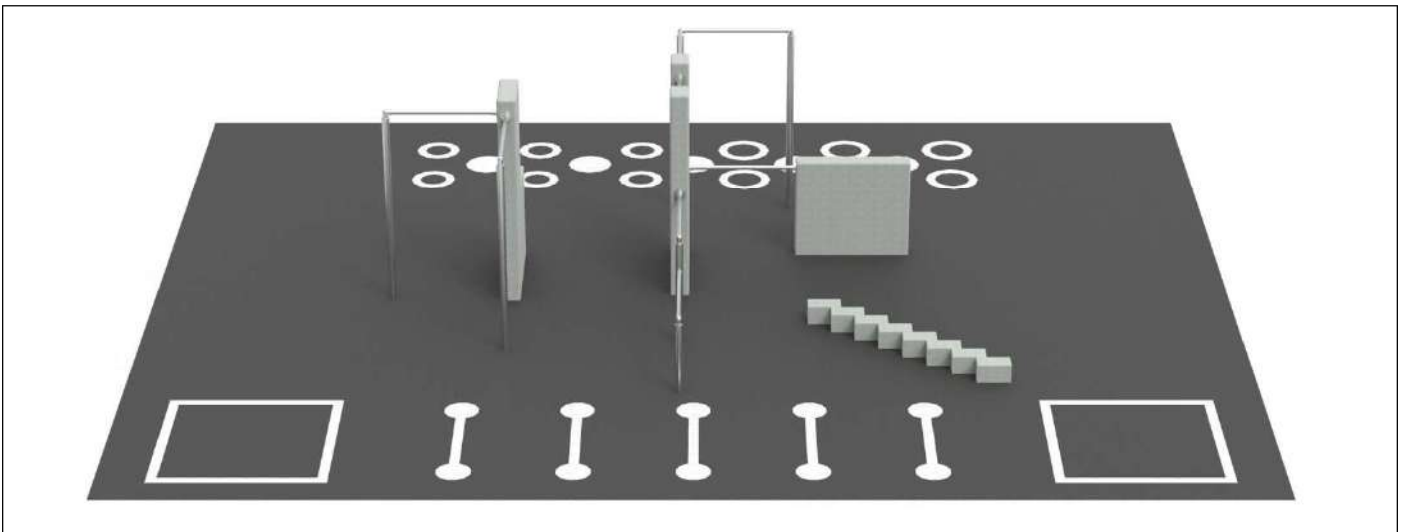
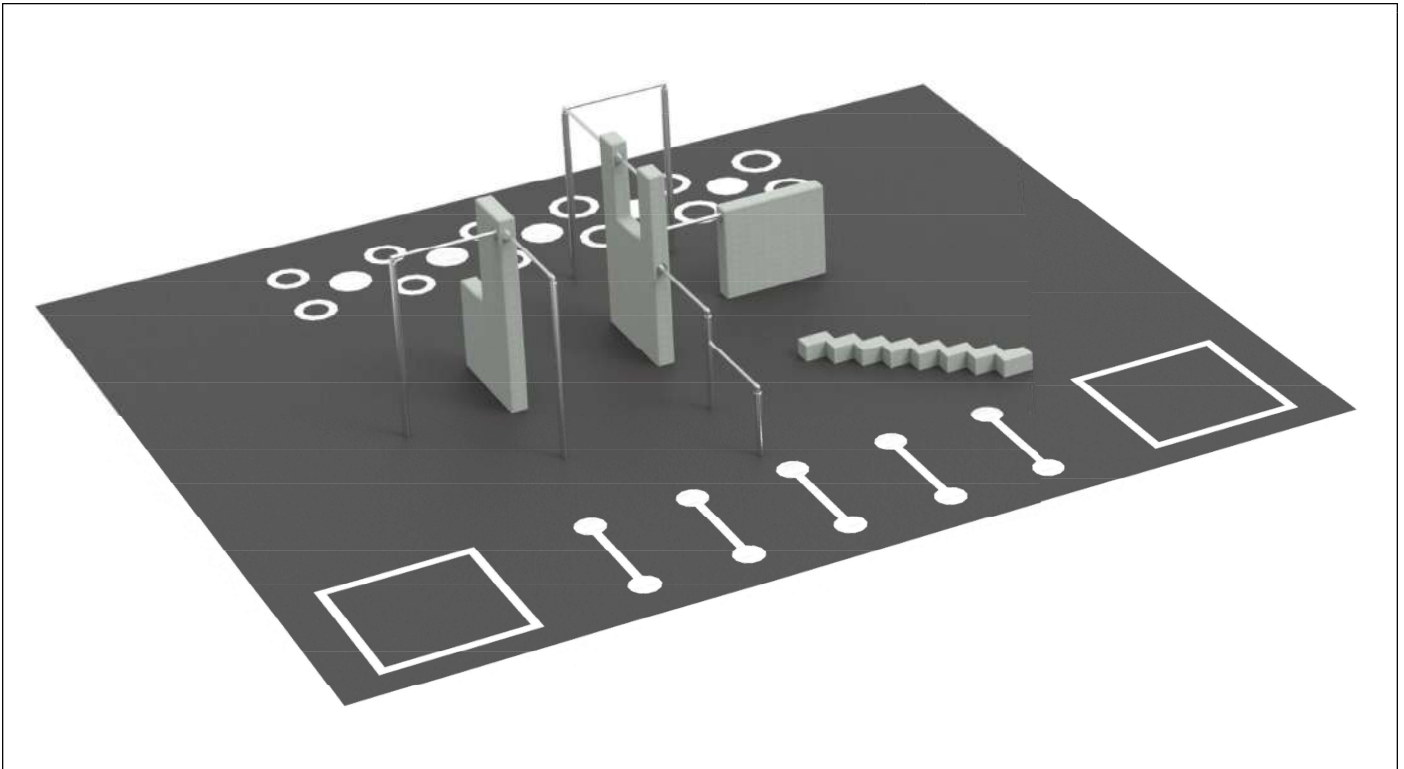


126m²

Área (m)

MODELO REVERSO

Ref. UAPK3710



1,55

Caída (m)

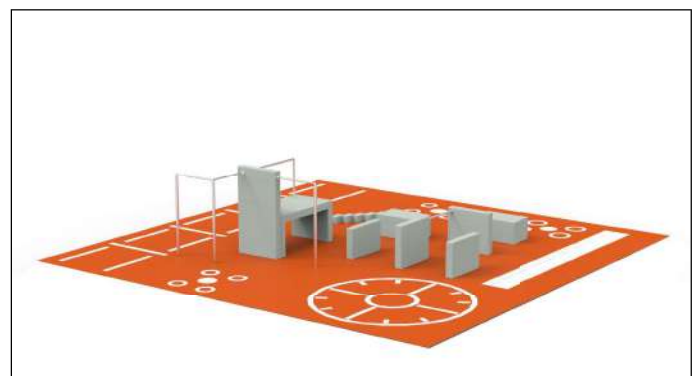
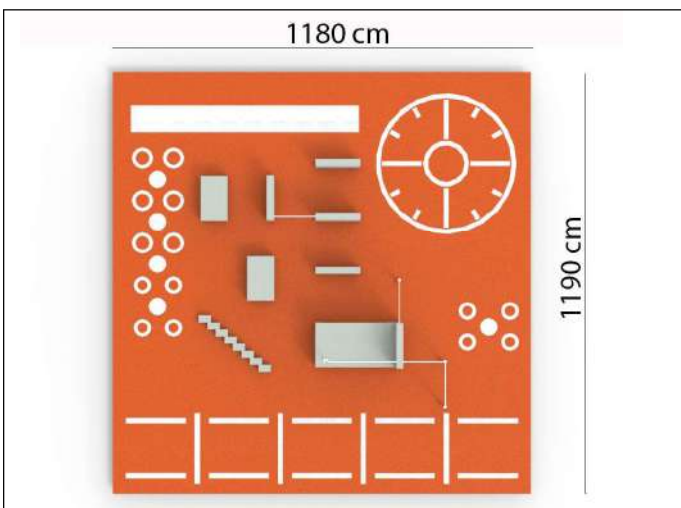
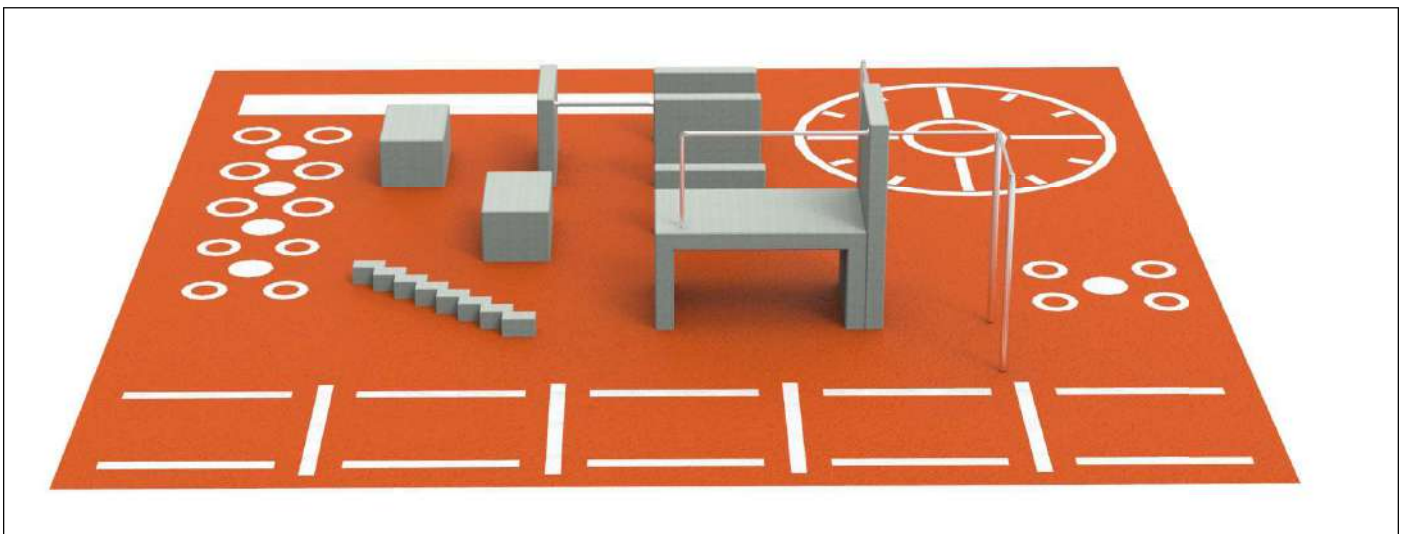
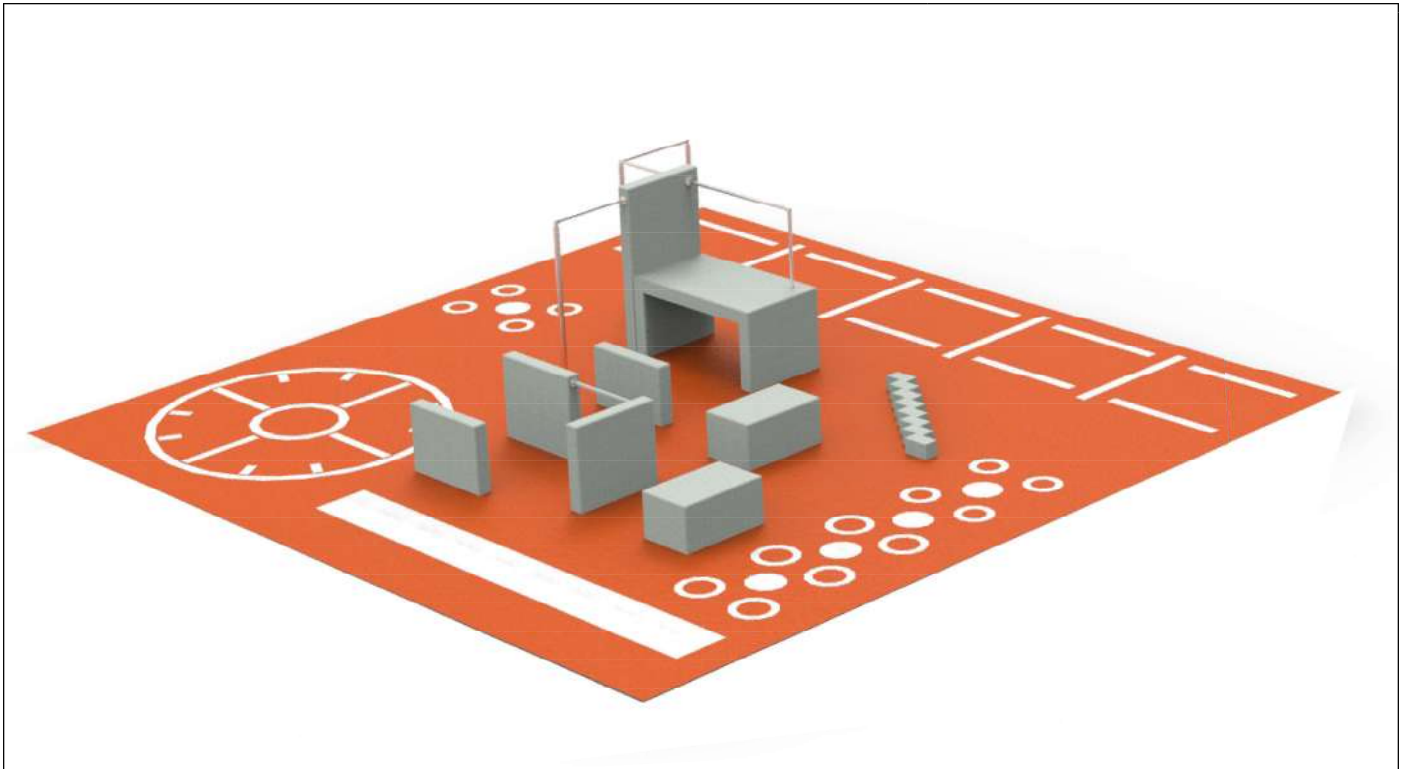


110m²

Área (m)

MODELO PASAVALLAS

Ref. UAPK8410



1,55

Caída (m)

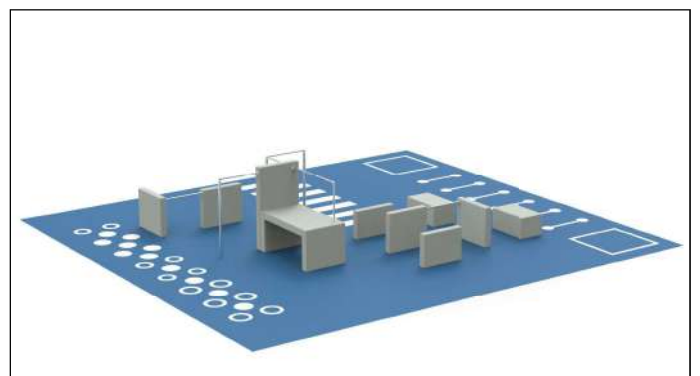
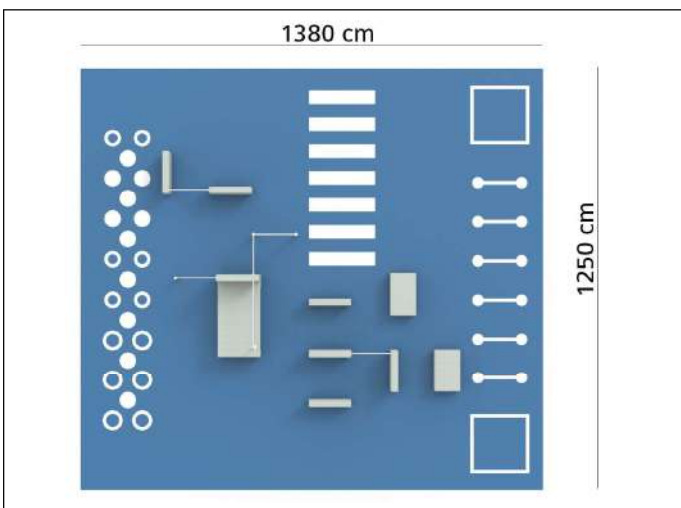
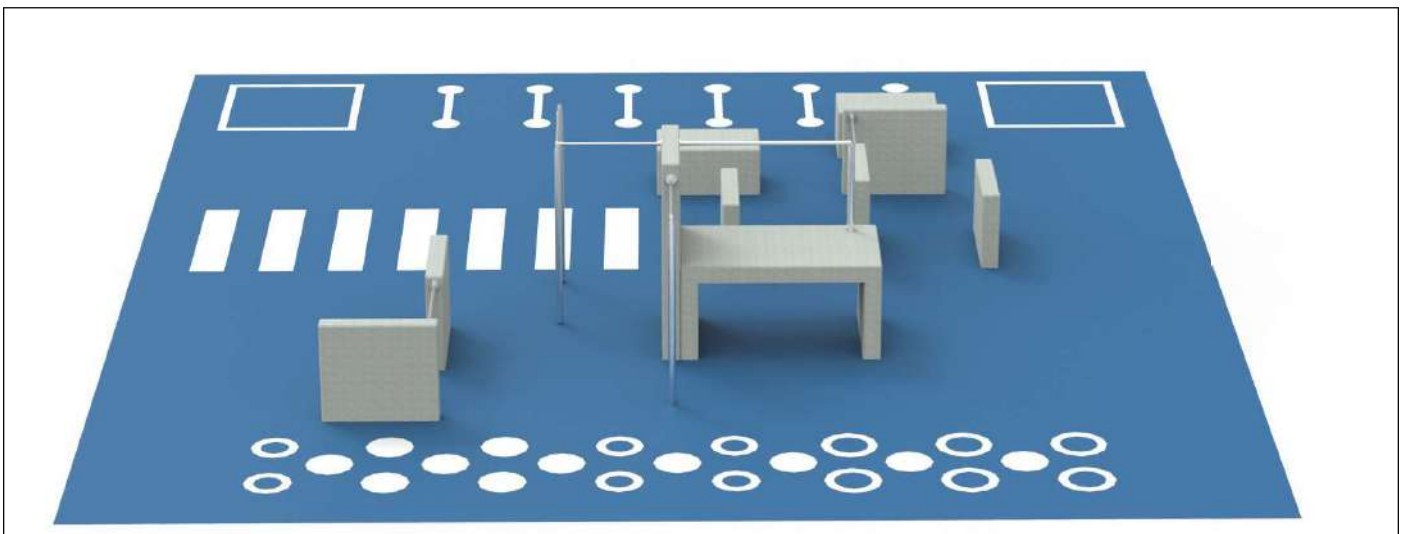
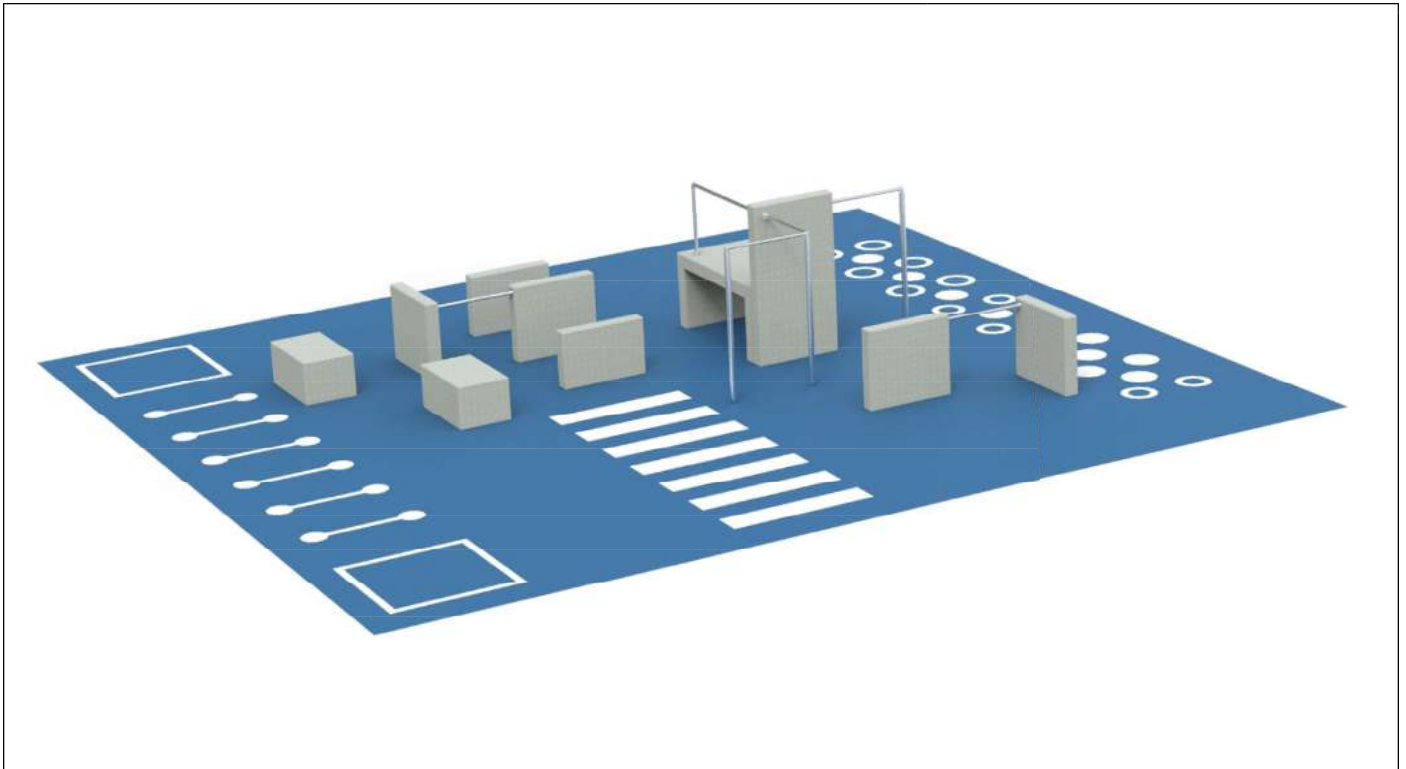


140m²

Àrea (m)

MODELO LADRÓN

Ref. UAPK468



1,55

Caída (m)

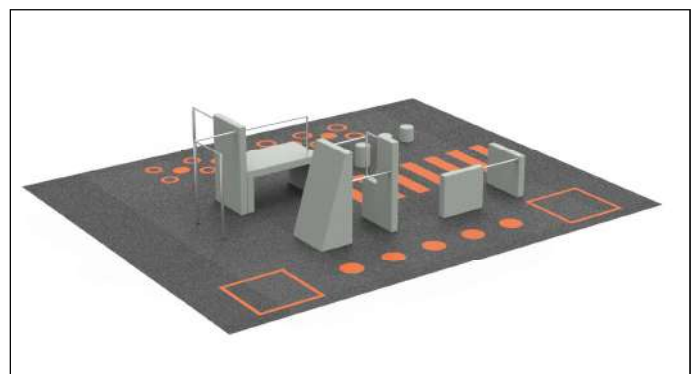
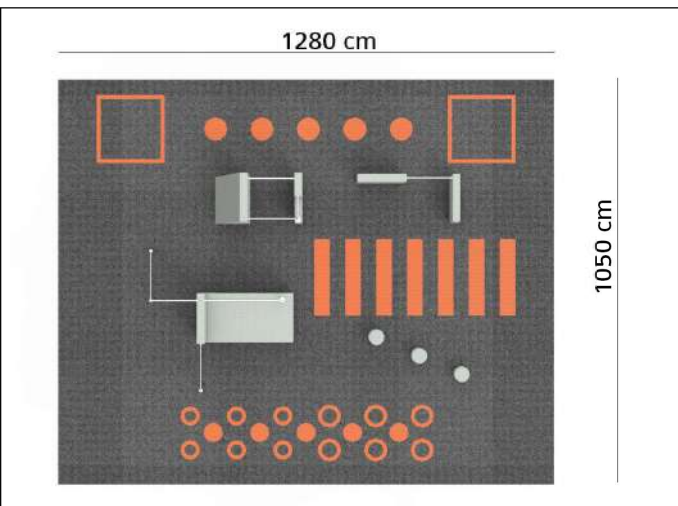
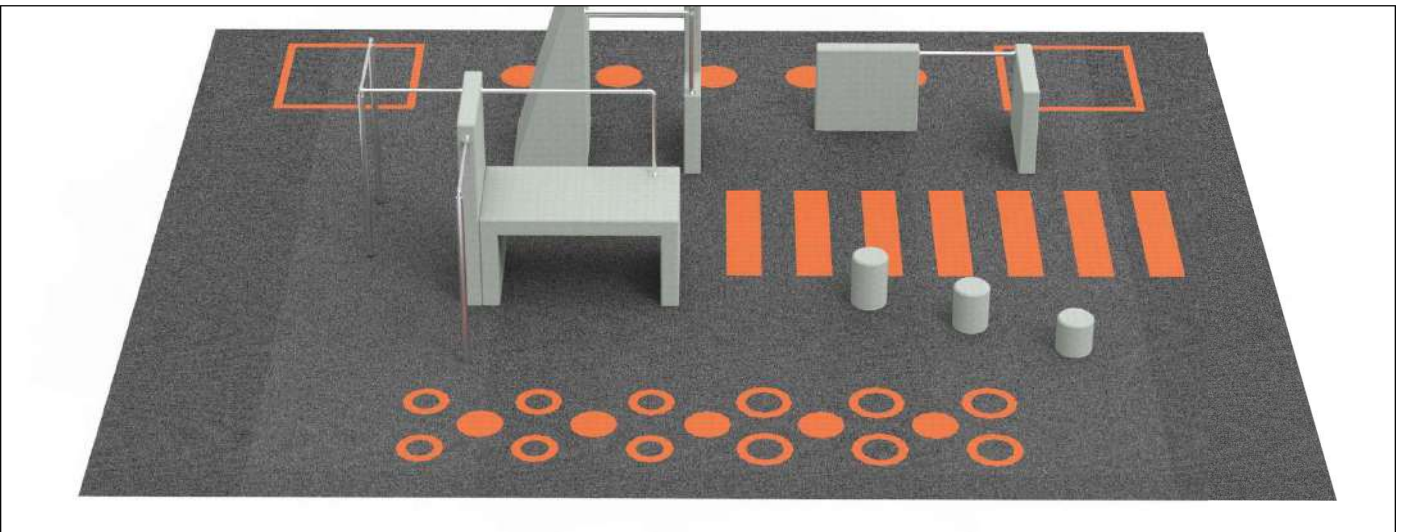


173m²

Área (m)

MODELO TIC-TAC

Ref. UAPK5679



1,55

Caída (m)



135m²

Área (m)



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STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT
EASY TO INSTALL & EASY TO USE

LIGHT

 **NACRUX**
QUÍMICA RESOLUTIVA

CATALOG

2018

 **PATENTED VARIABLE LOADING
WEIGHT SYSTEM**

 **10 UNIQUE MACHINES FOR TRAINING
OF ALL GROUPS OF MUSCLES**

 **CROSSFIT READY**

 **SAFE TRAINING FOR PROFESSIONALS
& BEGINNERS**

 **VANDAL-RESISTANT &
THEFT PROTECTION**

 **HIGH RESISTANT TO WEATHER AND
CLIMATIC INFLUENCES**

 **HIGH QUALITY GUARANTEED**

 **EASY INSTALLATION ON ANY SURFACE**

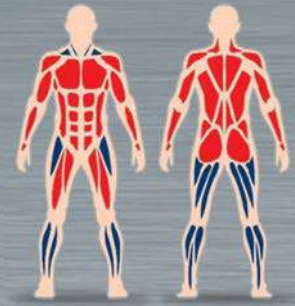
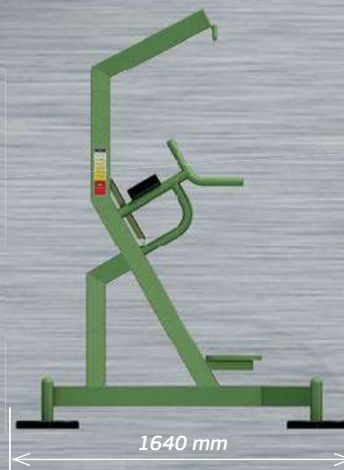


BODYWEIGHT

MB 7.61 COMBINED EXERCISER



COLOUR VARIATION



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercises on this trainer allow you to train almost all muscle groups of the upper body, depending on the selected part of the article.

THE MAXIMUM WEIGHT OF THE ATHLETE

250 kg

THE EQUIPMENTS TOTAL WEIGHT

150 kg

3 in 1

PULL-UPS
TRICEPS DIPS
HANGING LEG RAISES



EXERCISE

COMBINED EXERCISER — outdoor trainer is designed to perform three main physical exercises with own body weight such as Pull-ups on horizontal bar, Triceps Dips and the Hanging Leg Raises.

The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface.

Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.



ON THE BEACH AND HOTEL AREA



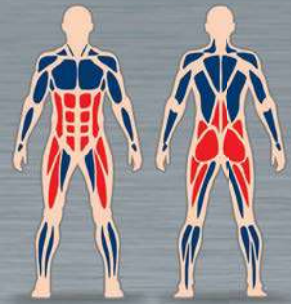
IN CITY PARKS AND AT A SPORTS VENUE



IN COMMERCIAL FITNESS CLUBS

BODYWEIGHT

MB 7.62 DECLINE BENCH AND HYPEREXTENSION



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercises on this trainer develops abdominal muscles, back muscles and gluteuses.

DECLINE BENCH
ANGLE
20°

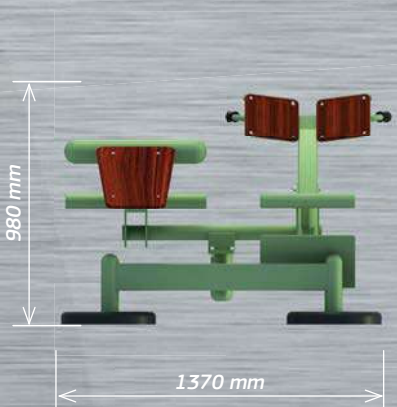
HYPEREXTENSION
ANGLE
45°

THE EQUIPMENTS
TOTAL WEIGHT
130 kg

2in1
HYPEREXTENSION
DECLINE
BENCH



COLOUR VARIATION



DECLINE BENCH AND HYPEREXTENSION — outdoor trainer is designed to perform two main physical exercises with own body weight such as Decline Bench Crunches and Back Extensions on hyperextension.

The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface.

Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.



ON THE BEACH
AND HOTEL
AREA



IN CITY PARKS
AND AT A SPORTS
VENUE



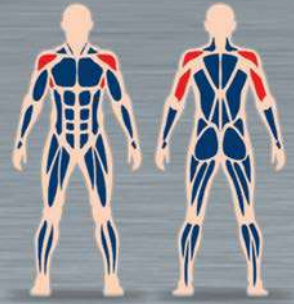
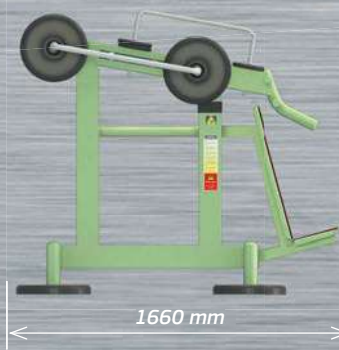
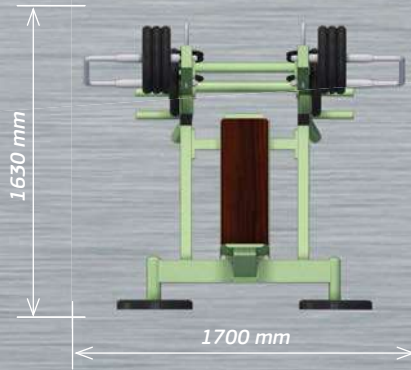
IN COMMERCIAL
FITNESS CLUBS

WITH VARIABLE LOAD

MB 7.63 SHOULDER PRESS



COLOUR VARIATION



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment is designed to develop middle portions of the deltoid muscles, as well as the upper parts of the trapezius muscles and triceps.

MAXIMUM LOAD

135 kg

THE EQUIPMENTS TOTAL WEIGHT

355 kg

THE SET INCLUDES RUBBER WEIGHTS

8 x 15 kg

6 x 2,5 kg



EXERCISE

SHOULDER PRESS — Outdoor trainer with patented variable loading weight system is developed for physical exercises focused on power and physical endurance training.

The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface.

Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.



ON THE BEACH AND HOTEL AREA



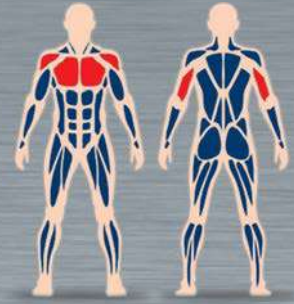
IN CITY PARKS AND AT A SPORTS VENUE



IN COMMERCIAL FITNESS CLUBS

WITH VARIABLE LOAD

MB 7.64 BENCH PRESS



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment is similar to bench press with barbell, except that it is characterized by a greater movements depth, which contributes a better stretch of a large pectoral muscles. There are also involved triceps and front part of the deltoid muscles

MAXIMUM LOAD

220 kg

THE EQUIPMENTS TOTAL WEIGHT

420 kg

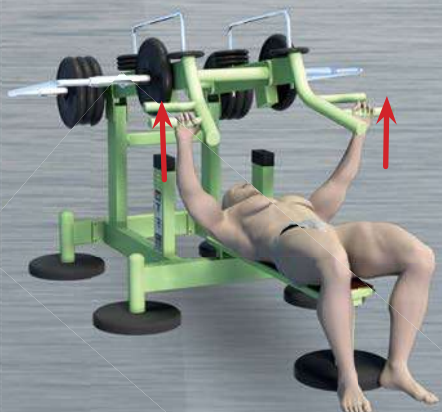
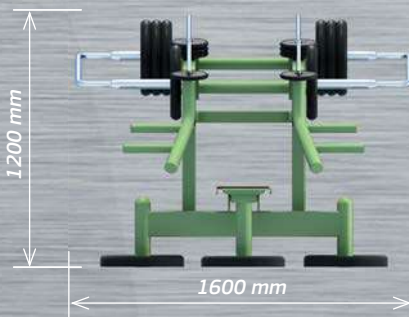
THE SET INCLUDES RUBBER WEIGHTS

10 x 20 kg

8 x 2,5 kg



COLOUR VARIATION



EXERCISE

BENCH PRESS — Outdoor trainer with patented variable loading weight system is developed for physical exercises focused on power and physical endurance training.

The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface.

Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.



ON THE BEACH AND HOTEL AREA



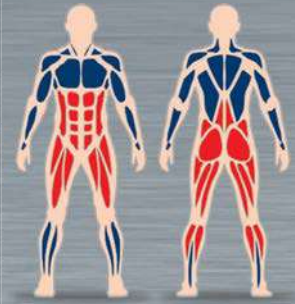
IN CITY PARKS AND AT A SPORTS VENUE



IN COMMERCIAL FITNESS CLUBS

WITH VARIABLE LOAD

MB 7.65 SQUAT



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment is designed to develop quadriceps femoris muscle, gluteus medius muscle, gluteus maximus muscle.

MAXIMUM LOAD

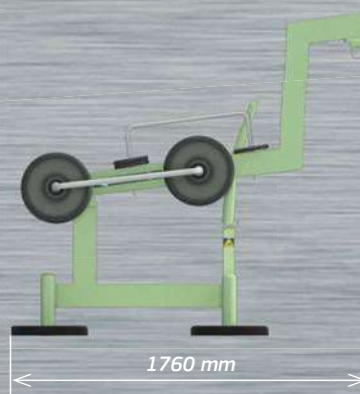
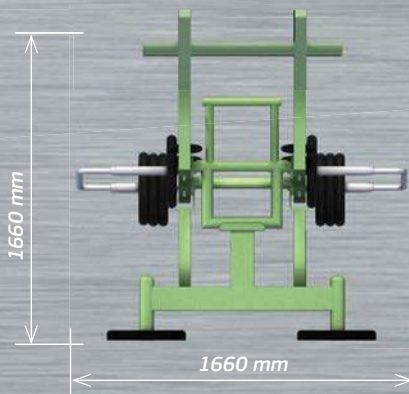
220 kg

THE EQUIPMENTS TOTAL WEIGHT

390 kg



COLOUR VARIATION



THE SET INCLUDES RUBBER WEIGHTS



8 x 2,5 kg



EXERCISE

SQUAT — Outdoor trainer with patented variable loading weight system is developed for physical exercises focused on power and physical endurance training.

The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface.

Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.



ON THE BEACH AND HOTEL AREA



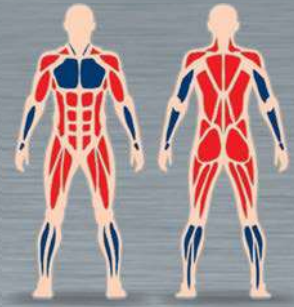
IN CITY PARKS AND AT A SPORTS VENUE



IN COMMERCIAL FITNESS CLUBS

WITH VARIABLE LOAD

MB 7.66 DEADLIFT



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment is designed to develop gluteal muscles, quadriceps femoris muscles, sacrum muscles, trapezius muscles, latissimus dorsi muscles, teres major muscle, posterior deltoids, infraspinatus muscles.



COLOUR VARIATION

MAXIMUM LOAD

220 kg

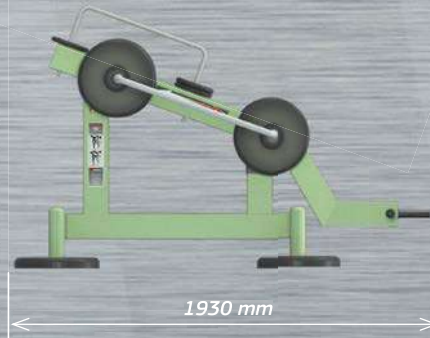
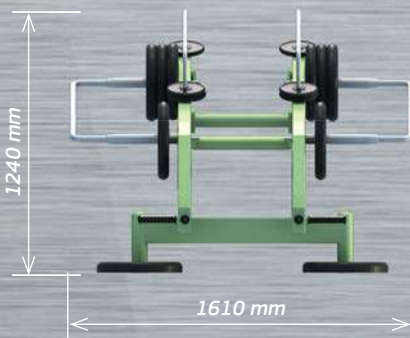
THE EQUIPMENTS TOTAL WEIGHT

390 kg

THE SET INCLUDES RUBBER WEIGHTS

8 x 25 kg

8 x 2,5 kg



EXERCISE

DEADLIFT — Outdoor trainer with patented variable loading weight system is developed for physical exercises focused on power and physical endurance training.

The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface.

Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.



ON THE BEACH AND HOTEL AREA



IN CITY PARKS AND AT A SPORTS VENUE



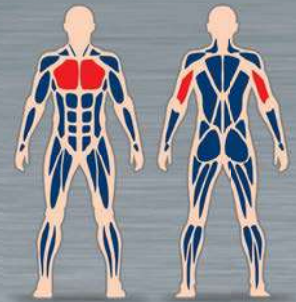
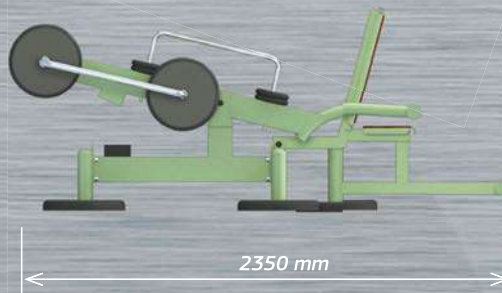
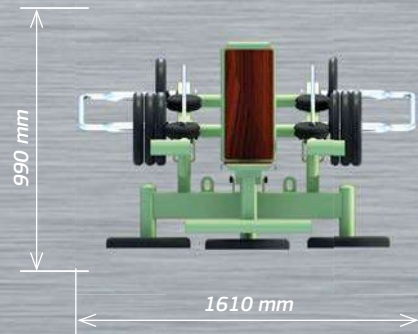
IN COMMERCIAL FITNESS CLUBS

WITH VARIABLE LOAD

MB 7.67 SEATED TRICEP DIPS



COLOUR VARIATION



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment is designed to develop triceps and elbow muscles and large pectoral muscles.

MAXIMUM LOAD
115 kg

THE EQUIPMENTS TOTAL WEIGHT
305 kg

THE SET INCLUDES RUBBER WEIGHTS

8 x 25 kg

6 x 2,5 kg



EXERCISE

SEATED TRICEP DIPS — Outdoor trainer with patented variable loading weight system is developed for physical exercises focused on power and physical endurance training.

The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface.

Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.



ON THE BEACH AND HOTEL AREA



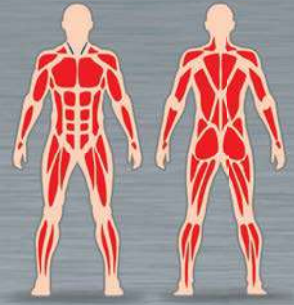
IN CITY PARKS AND AT A SPORTS VENUE



IN COMMERCIAL FITNESS CLUBS

WITH VARIABLE LOAD

MB 7.68 MULTI-BARBELL



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercises on this equipment allow you to train almost all muscle groups of the body, depending on the chosen exercise.

MAXIMUM LOAD

115 kg

THE EQUIPMENTS TOTAL WEIGHT

295 kg

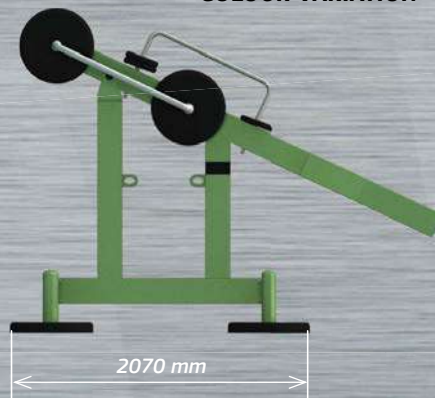
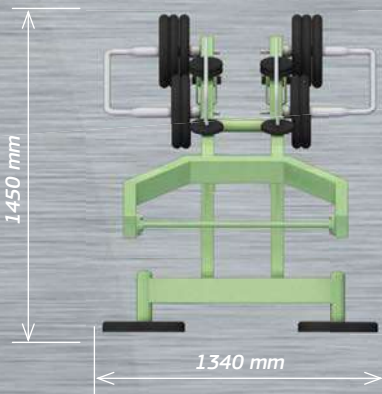
THE SET INCLUDES RUBBER WEIGHTS

10 x 10 kg

6 x 2,5 kg



COLOUR VARIATION



EXERCISE

MULTI-BARBELL — Outdoor trainer with patented variable loading weight system is developed for physical exercises focused on power and physical endurance training.

The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface.

Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.



ON THE BEACH AND HOTEL AREA



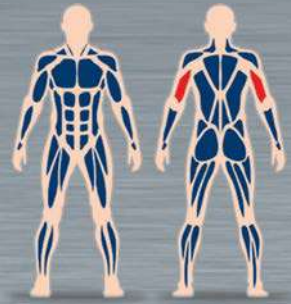
IN CITY PARKS AND AT A SPORTS VENUE



IN COMMERCIAL FITNESS CLUBS

WITH VARIABLE LOAD

MB 7.69 PULL-DOWN BAR



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment is designed to develop triceps and elbow muscles.

MAXIMUM LOAD

57 kg

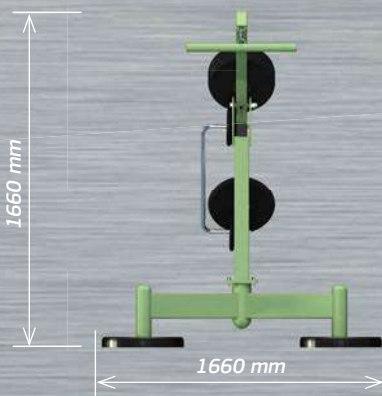
THE EQUIPMENTS TOTAL WEIGHT

158 kg

THE SET INCLUDES RUBBER WEIGHTS

5 x 10 kg

3 x 2,5 kg



EXERCISE

PULL-DOWN BAR — Outdoor trainer with patented variable loading weight system is developed for physical exercises focused on power and physical endurance training.

The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface.

Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.



ON THE BEACH AND HOTEL AREA



IN CITY PARKS AND AT A SPORTS VENUE



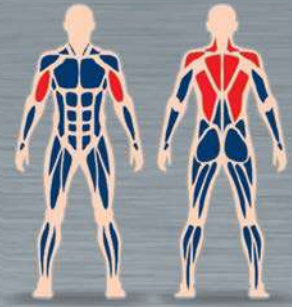
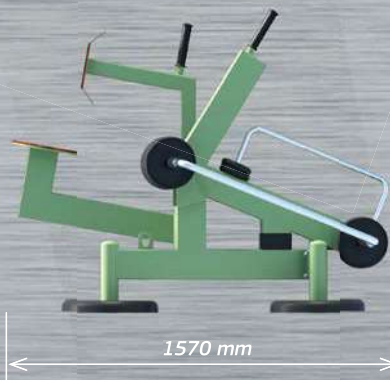
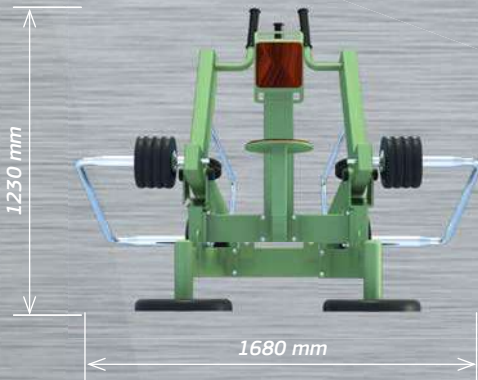
IN COMMERCIAL FITNESS CLUBS

WITH VARIABLE LOAD

MB 7.70 BACK ROW



COLOUR VARIATION



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment is designed to develop latissimus dorsi muscles, teres major muscles, deltoid muscles, infraspinatus muscle, also while scapulas reduction - rhomboid muscles, trapezius muscle (its middle part) and forearm flexor.

MAXIMUM LOAD

108 kg

THE EQUIPMENTS TOTAL WEIGHT

243 kg

THE SET INCLUDES RUBBER WEIGHTS



6 x 2,5 kg



EXERCISE

BACK ROW — Outdoor trainer with patented variable loading weight system is developed for physical exercises focused on power and physical endurance training.

The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface.

Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.



ON THE BEACH AND HOTEL AREA



IN CITY PARKS AND AT A SPORTS VENUE



IN COMMERCIAL FITNESS CLUBS



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info@nacrux.com

www.nacrux.com



MB Barbell Sport OY
Joensuu, Finland
www.streetbarbell.com
info@streetbarbell.com

7 REASONS TO CHOOSE STREET BARBELL+

- ▶ All StreetBarbell+ equipment has build-in PATENTED VARIABLE LOADING WEIGHT SYSTEM
- ▶ All exercises on StreetBarbell+ trainers are performed in a wheelchair or on a build-in folding seat.
- ▶ Load change by 1,25kg steps & independent movements for each hand.
- ▶ The handles are made of durable polymer.
- ▶ The trainers could be equipped with a plastic roof, which protects athlete from bad weather.
- ▶ Backs and stops are covered by water-resistant plywood.
- ▶ All the trainers are painted with special zinc primer and powder paint, that guarantees usage under any climate condition.

MB BARBELL™

PROFESSIONAL FITNESS EQUIPMENT

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Joensuu, Finland

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info@streetbarbell.com

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WE HAVE PREPARED FOR YOU
A LOT OF VIDEOS ABOUT
STREETBARBELL TRAINING
MACHINES ON YOUTUBE



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CROSSFIT READY

VANDAL-RESISTANT &
THEFTPROTECTION

HIGH RESISTANT TO WEATHER
AND CLIMATIC INFLUENCES

HIGH QUALITY GUARANTEED



MB 7.29.3

BENCH PRESS
IN SITTING POSITION
WITH VARIABLE LOAD

Dimensions LxWxH (mm)
1780x1580x1750

Maximum load
77,5 kg on each hand

Do Exercises

IN A WHEELCHAIR **or** ON A FOLDING SEAT



MB 7.30.3

CHEST PRESS
IN SITTING POSITION
WITH VARIABLE LOAD

Dimensions LxWxH (mm)
1780x1570x1820

Maximum load
77,5 kg on each hand

Do Exercises

IN A WHEELCHAIR **or** ON A FOLDING SEAT



MB 7.31.3

BUTTERFLY
IN SITTING POSITION
WITH VARIABLE LOAD

Dimensions LxWxH (mm)
1800x1580x1980

Maximum load
77,5 kg on each hand

Do Exercises

IN A WHEELCHAIR **or** ON A FOLDING SEAT



MB 7.37.3

LAT PULL
IN SITTING POSITION
WITH VARIABLE LOAD

Dimensions LxWxH (mm)
1780x1580x2000

Maximum load
77,5 kg on each hand

Do Exercises

IN A WHEELCHAIR **or** ON A FOLDING SEAT



MB 7.38.3

PULL DOWN
IN SITTING POSITION
WITH VARIABLE LOAD

Dimensions LxWxH (mm)
1730x1530x2100

Maximum load
77,5 kg on each hand

Do Exercises

IN A WHEELCHAIR **or** ON A FOLDING SEAT



MB 7.39.3

BICEPS CURL
IN SITTING POSITION
WITH VARIABLE LOAD

Dimensions LxWxH (mm)
1740x1570x1820

Maximum load
77,5 kg on each hand

Do Exercises

IN A WHEELCHAIR **or** ON A FOLDING SEAT



MB 7.42.3

TRICEPS
IN SITTING POSITION
WITH VARIABLE LOAD

Dimensions LxWxH (mm)
1780x1580x1750

Maximum load
77,5 kg on each hand

Do Exercises

IN A WHEELCHAIR **or** ON A FOLDING SEAT



MB 7.47.3

VERTICALIZER
FOR WHEELCHAIR ATHLETE
VERTICALIZATION & EXERCISING

Dimensions LxWxH (mm)
2010x1330x2140

Do Exercises

IN A WHEELCHAIR



MB 7.56.3

INCLINE CHEST PRESS
IN SITTING POSITION
WITH VARIABLE LOAD

Dimensions LxWxH (mm)
1740x1570x1990

Maximum load
77,5 kg on each hand

Do Exercises

IN A WHEELCHAIR **or** ON A FOLDING SEAT



STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

CATALOG 2018

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QUÍMICA RESOLUTIVA

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WEIGHT SYSTEM**

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MUSCLES**

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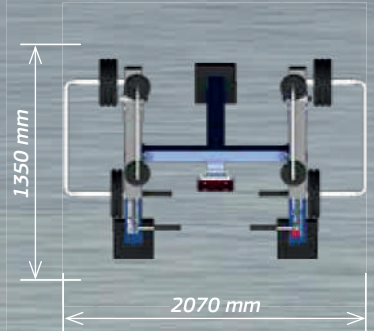
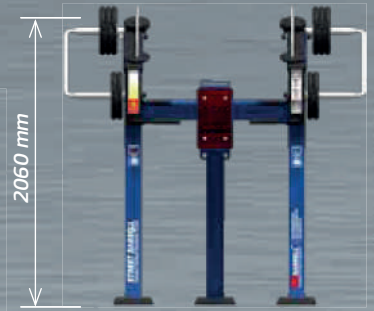
STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

StreetBarbell — is a unique strength outdoor trainers of professional level for training of all groups of muscles. Using of the patented system of load change allows effectively build up the strength and mass of muscles. StreetBarbell line contains of 24 items, including dumbbell sets with different weights and advanced trainers with convergent and divergent biomechanics. In 2016, StreetBarbell trainers were nominated for the FIBO INNOVATION AWARD and included in the list of EUROPEAN TOP 10 fitness trends of the year. The trainers comply with the European safety standards for both indoor and outdoor usage. In addition, a number of distinctive features makes them even more different from others:

- ▶ All equipment has **THE UNIQUE PATENTED VARIABLE LOADING SYSTEM.**
- ▶ All exercises of **StreetBarbell** series equipment are performed in a standing position.
- ▶ Bending the knees, the athlete can take the best starting position to perform the exercises.
- ▶ The ability to perform exercises with both hands and alternately with each hand separately increases the movements depth and the exercises variations.
- ▶ Each lever has a dual load weight system (large and small weights), which allows to change the load with a step of 2.5 kg (protected by patent).
- ▶ The handles are made of durable polymer.
- ▶ The equipment may be supplemented by a special roof made of ABS plastic, which protects athlete and the trainer from rain and direct sunlight. The lighting built into the roof makes the training process comfortable during the dark time.
- ▶ The athlete-equipment contact spots are covered for convenience with a multi-layered water-resistant plywood, which has less thermal conductivity than metal.
- ▶ The trainer has special slots for towels.
- ▶ Each lever has a load change movement pointers.
- ▶ Safe for children. The high location of weights provides equipment inaccessibility to young children.
- ▶ Special seals protect bearings and rotating components.
- ▶ The equipment is painted with special zinc primer and powder paint that protect from the rust and allows its usage in any weather conditions.
- ▶ Fasteners to the ground are protected with rubber pads.

MB 7.29 BENCH PRESS IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS



THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



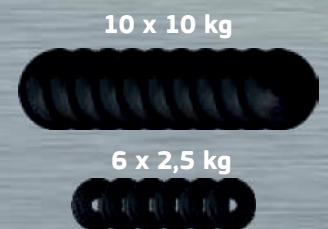
ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.29 "Bench Press in Standing position" is designed to develop middle portions of the deltoid muscles, as well as the upper parts of the trapezius muscles, serratus anterior muscles and triceps.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND
57,5 kg

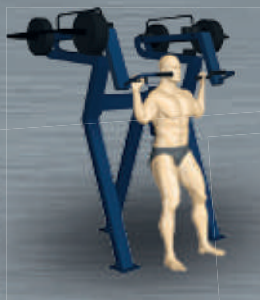


THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
265 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*



START



FINISH

PULL-UPS

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the closest handles.
4. Straighten your knees and push your back against the support, thus taking the starting position.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.



START



FINISH

ANGLE PULL-UPS

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the farthest handles.
4. Straighten your knees and push back against the support, thus taking the starting position.
5. Smoothly straighten your arms at the angle.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.



START



FINISH

MILITARY PRESS

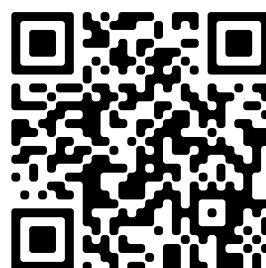
1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the farthest handles from the equipment.
4. Straighten your knees holding the handles on your shoulders, thus taking the starting position.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.



The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.

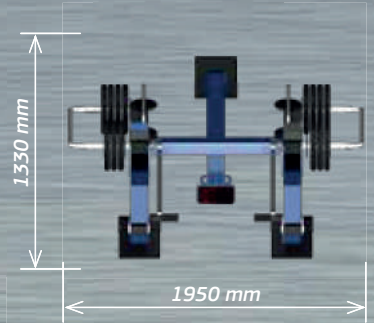
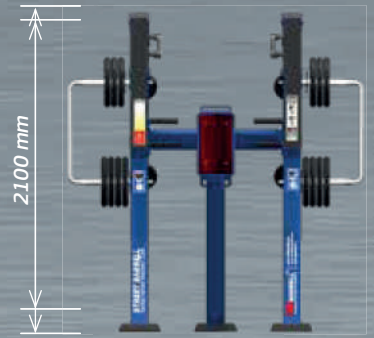


TO SEE
THE TOUTORIAL
FOR THIS TRAINER
 PLEASE SCAN
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MB 7.29
 MB 7.30
 MB 7.31
 MB 7.32
 MB 7.33
 MB 7.34
 MB 7.35
 MB 7.36
 MB 7.37
 MB 7.38
 MB 7.39
 MB 7.40
 MB 7.41
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 MB 7.46
 MB 7.47
 MB 7.49
 MB 7.50
 MB 7.51
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 MB 7.54
 MB 7.55

MB 7.30 CHEST PRESS IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

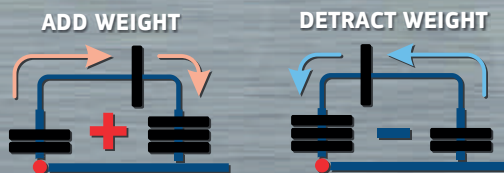


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.30 "Chest Press in Standing position" is similar to standing bench press, except that it is characterized by a greater movements depth, which contributes to a better stretch of a large pectoral muscles. There are also involved triceps and front part of the deltoid muscles



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND
77,5 kg



THE SET INCLUDES RUBBER WEIGHTS

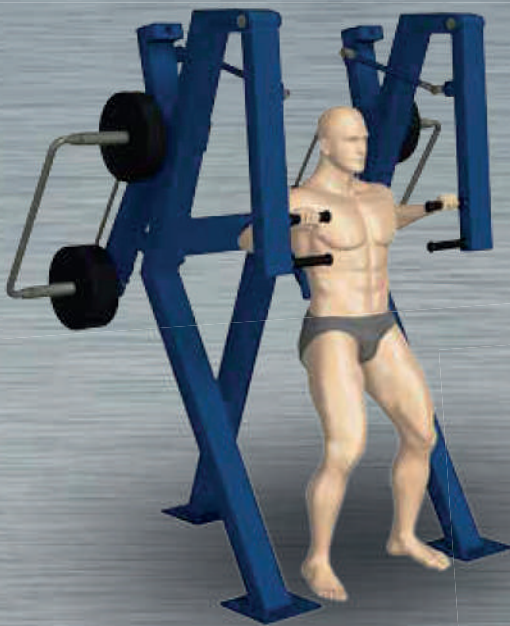
THE EQUIPMENTS TOTAL WEIGHT
335 kg

STREET BARBELL

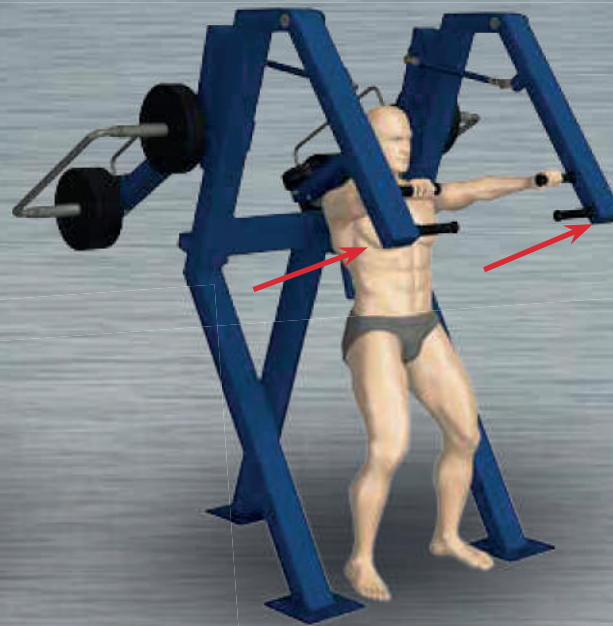
OUTDOOR STRENGTH EQUIPMENT *line*

“CHEST PRESS IN STANDING POSITION” EXERCISE


1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push your back against the support, straighten your knees and adjust the body position so the handles are at the chest level.
4. Smoothly straighten your arms.
5. Slowly return your arms to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START

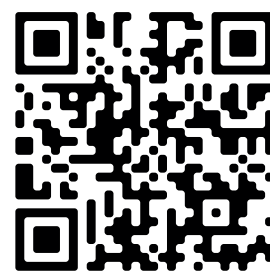


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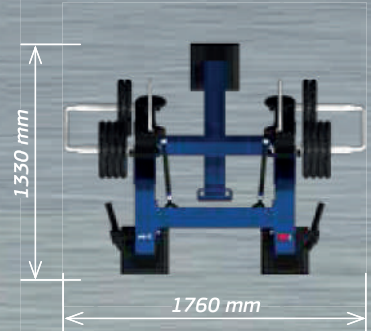
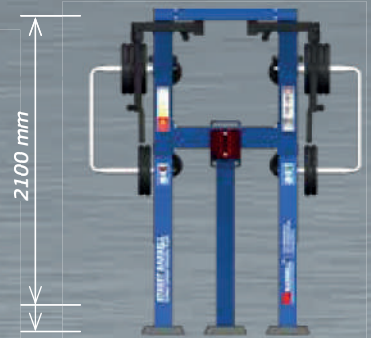
 The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.



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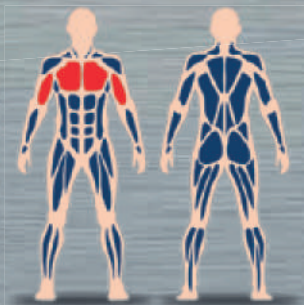
MB 7.31 BUTTERFLY IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

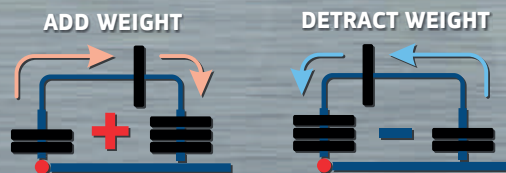


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.31 "Butterfly in Standing position" is designed to develop large pectoral muscles. During the reduction it localizes the effort on the chest muscles level and also is developing the coracobrachialis muscles and the short head of the biceps.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

8 x 10 kg



6 x 2,5 kg



THE SET INCLUDES RUBBER WEIGHTS

MAXIMUM LOAD ON EACH HAND
47,5 kg

THE EQUIPMENTS TOTAL WEIGHT
285 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

“BUTTERFLY IN STANDING POSITION” EXERCISE


1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push your back against the support, straighten your knees and adjust the body position so the handles are at the chest level.
4. Grip the handles, arms slightly bent, strictly parallel to the ground.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



START

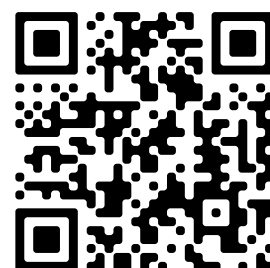


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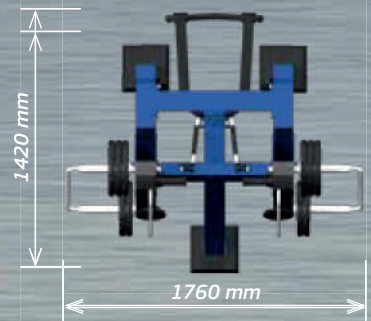
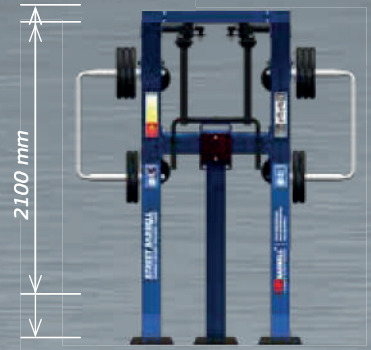
 The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.



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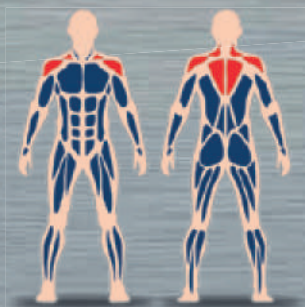
MB 7.32 BUTTERFLY REVERS IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

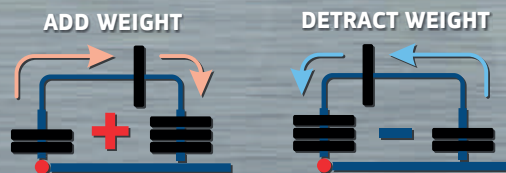


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



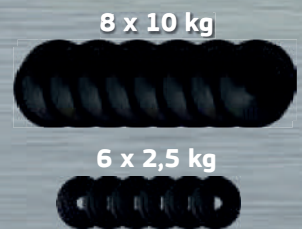
ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.32 "Butterfly revers in Standing position" is designed to develop deltoid muscles, especially the back part, infraspinatus muscle, teres minor muscle.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND
47,5 kg



THE SET INCLUDES RUBBER WEIGHTS

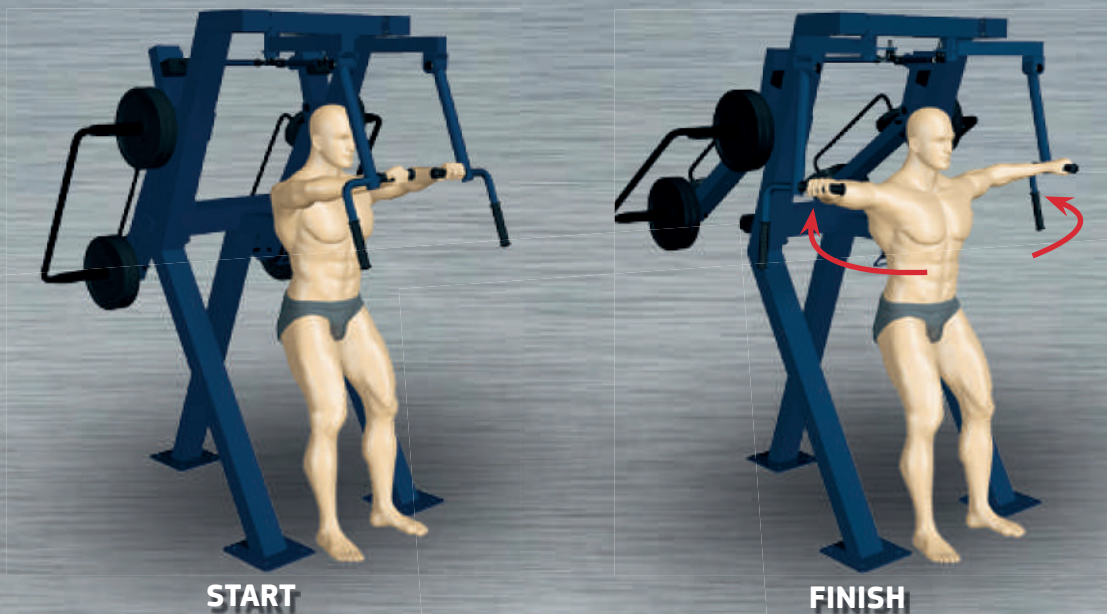
THE EQUIPMENTS TOTAL WEIGHT
285 kg


STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

“BUTTERFLY REVERS IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push your back against the support, straighten your knees and adjust the body position so the handles are at the chest level.
4. Grip the handles, arms slightly bent, strictly parallel to the ground.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



 The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.

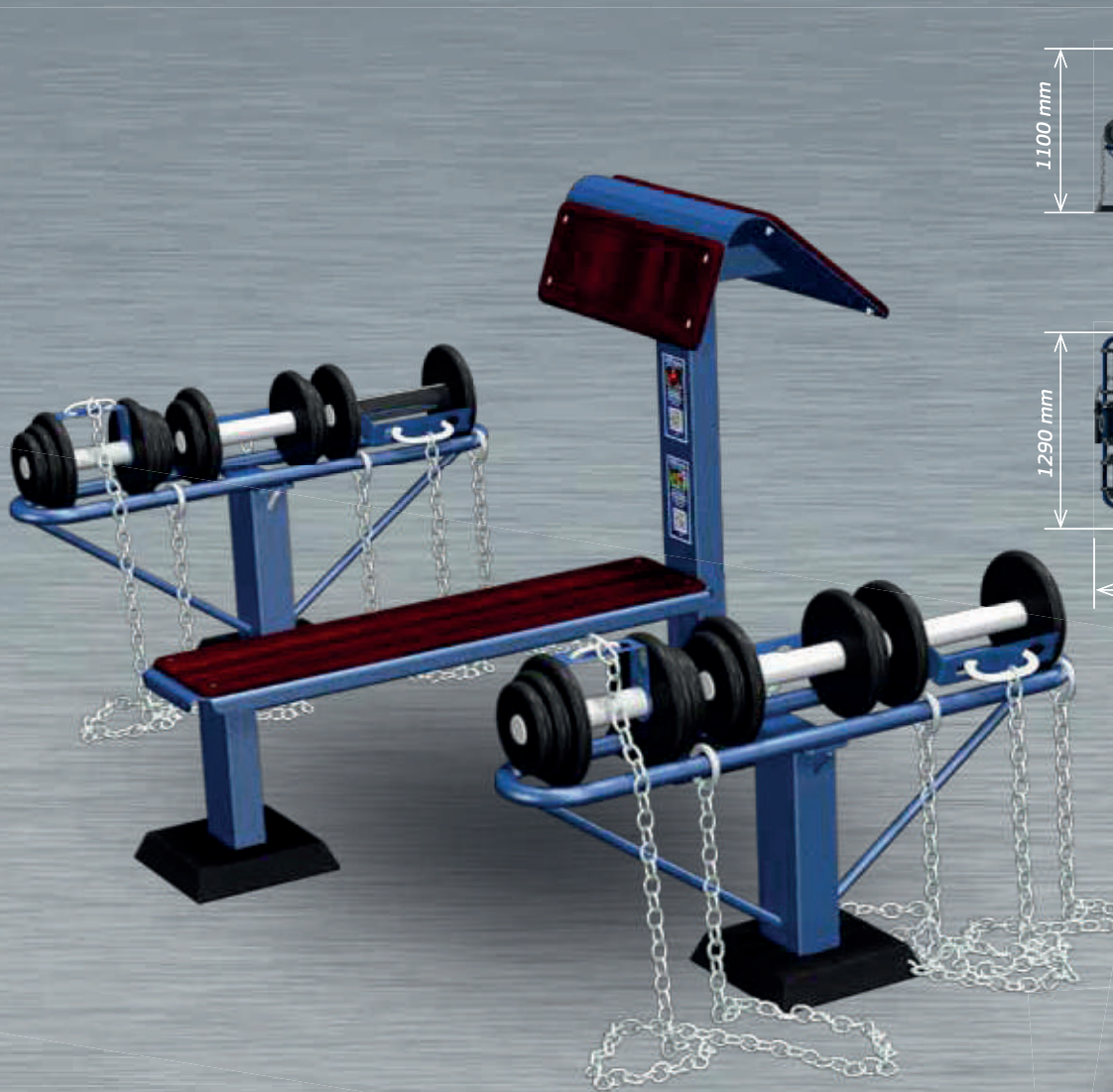


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MB 7.33 / 7.34 DUMBBELL SET

WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS



THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.33/7.34 "Dumbbell set" are designed to develop arm muscles, deltoid and pectoralis major muscles.
 Note: possibility to do more exercises on almost all muscle groups.



2 x 11 kg 2 x 16 kg 2 x 18,5 kg

MB 7.33 Dumbbell set

MAXIMUM LOAD ON EACH HAND
18,5/31 kg



2 x 21 kg 2 x 26 kg 2 x 31 kg

MB 7.34 Dumbbell set

THE EQUIPMENTS TOTAL WEIGHT
171/236 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

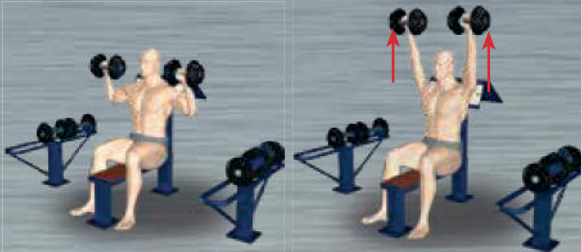


START

FINISH

DUMBBELL LATERAL RAISE LYING

1. Choose suitable dumbbell weight.
2. Lying on a bench, stretch your arms to the front.
3. Slightly bent at the elbows, arms to the side so that elbows are on the shoulders level horizontally.
4. Slowly return to starting position.
5. Perform the exercises in 4 sets of 10 repetitions.



START

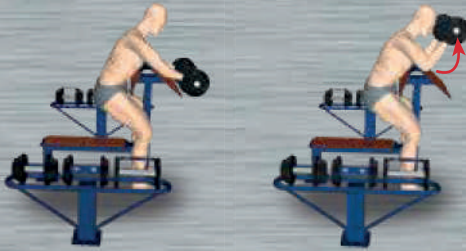
FINISH

DUMBBELL BENCH PRESS SEATED

1. Choose suitable dumbbell weight.
2. Sitting on a bench, hold dumbbells grip on top shoulder level, palms facing forward.
3. Squeeze the dumbbell up to the straight hands.
4. Slowly return to starting position.
5. Perform the exercises in 4 sets of 10 repetitions.

CULTS ON THE SCOTT BENCH

1. Choose suitable dumbbell weight.
2. Bending your knees, adjust the body position.
3. Hands are arranged in parallel on the Scott bench, the chest against the support.
4. Smoothly bend your arms at the elbows.
5. Slowly return to starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START

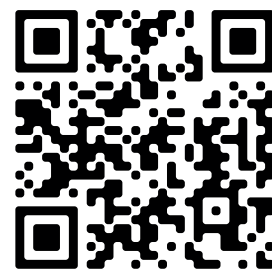
FINISH



- When performing exercise "Scott Reverse Curl" do not spread the arms entirely at the lowest point! This can lead to injury.
- In order to avoid any muscle injury when using heavier weights it is required to take extra caution.

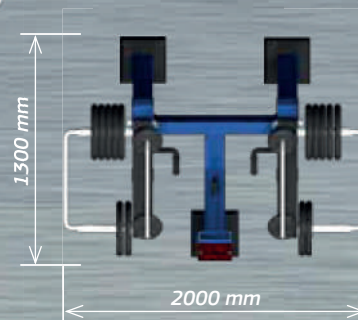
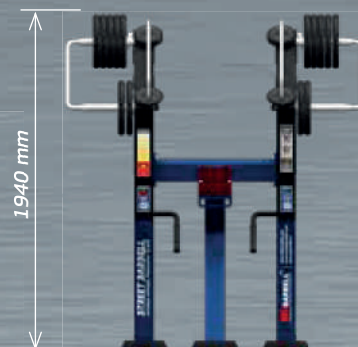


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MB 7.37 LAT PULL

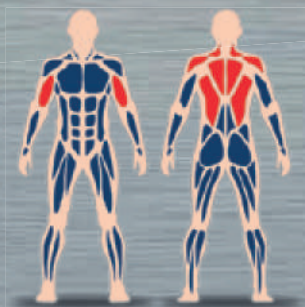
WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

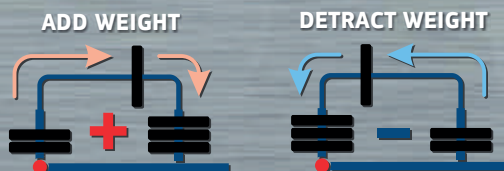


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.37 "Lat Pull" is designed to develop latissimus dorsi muscles, teres major muscles, deltoid muscles, infraspinatus muscle, also while scapulas reduction - rhomboid muscles, rrapezius muscle (its middle part) and forearm flexor.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND
77,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
315 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*



START



FINISH

TWO HAND EXERSICE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Push your chest or stomach against the support. The back straight.
4. Alternately grip the equipments handles.
5. Smoothly bend your elbows, redact scapulas.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.




START



FINISH

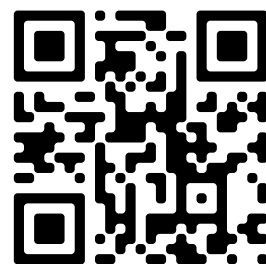
ONE HAND EXERSICE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, pull your leg forward, grip the handle.
3. Push your chest or stomach against the support, grip the other handle on it with your other hand.
4. Smoothly pull the handle as high as possible, moving elbow back as much as possible, ensure that the hand does not significantly deviate from the body. Do not turn your body relatively to the equipment.
5. Slowly return your arms to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.

 The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.

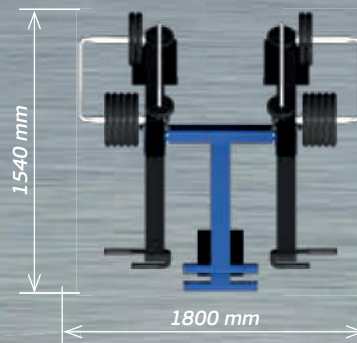
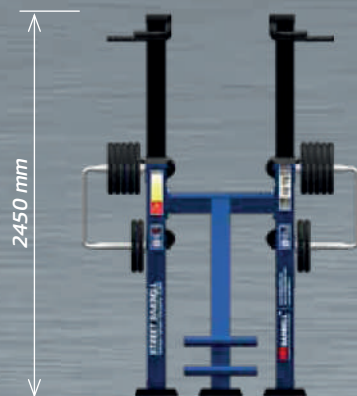


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MB 7.38 PULL DOWN

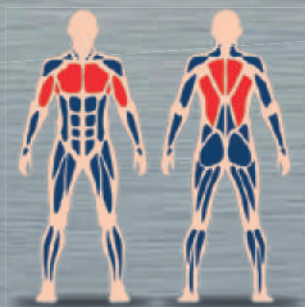
WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

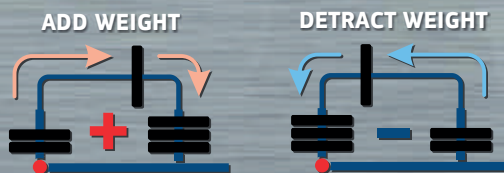


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.38 "Pull down" accents the load on middle part of latissimus dorsi muscles, affecting trapezoidal, rhomboid muscles, biceps, shoulders, while chest deadlift - pectoralis major muscles. "Chest deadlift" exercise increases the thickness of the back, and "shoulder deadlift" - width.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND
77,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
325 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

START



FINISH



CHEST DEADLIFT

1. Adjust weight on both leavers.
2. Stand with your front to the equipment and grip the handles. To reach them use stoop.
3. Feet shoulder width apart. Feet on the lowest part of the stoop. Body leaned back.
4. Smoothly pull the handles to the upper part of the chest, retract scapulas as much as possible.
5. Slowly return your arms to the starting position.
6. After doing the exercise move up the stoop and release the handles.
7. Perform the exercises in 4 sets of 10 repetitions.

START



FINISH



SHOULDER DEADLIFT

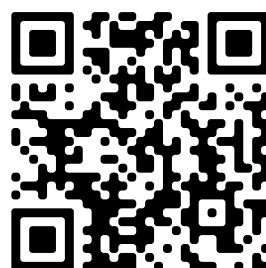
1. Adjust weight on both leavers.
2. Stand with your front to the equipment and grip the handles. To reach them use stoop.
3. Feet shoulder width apart. Feet on the lowest part of the stoop. Back straight.
4. Smoothly pull the handles to the shoulders, moving elbows to your body.
5. Slowly return your arms to the starting position.
6. After doing the exercise move up the stoop and release the handles.
7. Perform the exercises in 4 sets of 10 repetitions.



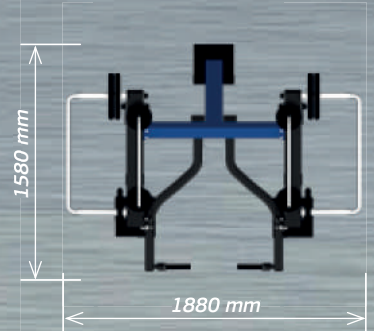
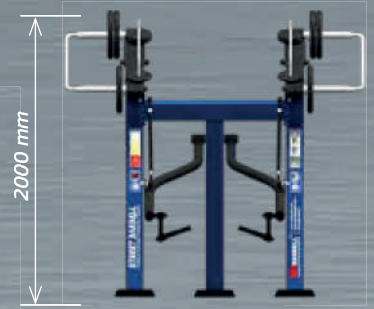
The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.



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MB 7.39 BICEPS CURL IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

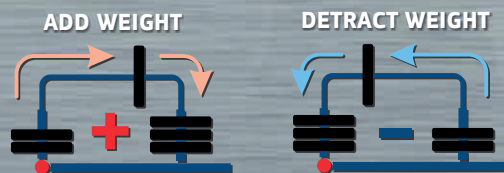


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.39 "Biceps curl in Standing position" is designed to develop biceps. The secondary load is distributed on brachioradialis and front part of deltoid muscles.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND
37,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
245 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

START



FINISH



TWO HAND EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Grip the handles.
4. Slightly bend your knees and pull the body forward for greater stability.
5. Smoothly bend your elbows.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.

ONE HAND EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, pull your leg forward, grip the handle. Turn your body on 30 degrees in the direction of working hand.
3. Grip the handles.
4. Slightly bend your knees and pull the body forward for greater stability.
5. 5. Smoothly bend your elbow.
6. Slowly return your arm to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.

START



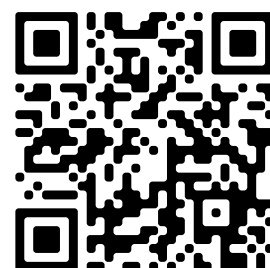
FINISH



- The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of grips increases the movements depth and the exercises options for more effective trainings.
- Curved handles reduce the load on the wrist when exercising.

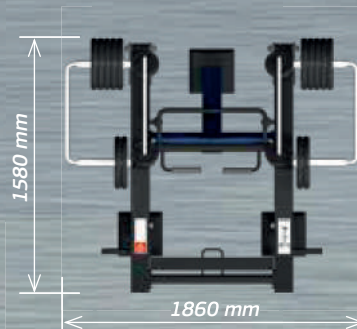
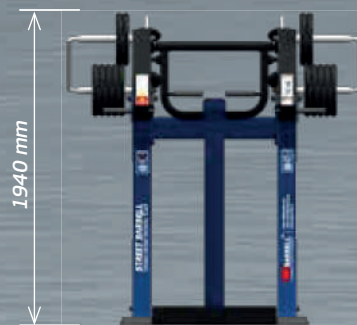


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MB 7.40 SQUAT

WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

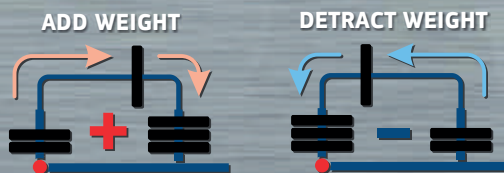


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.40 "Squat" is designed to develop quadriceps femoris muscle, gluteus medius muscle, gluteus maximus muscle.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM
LOAD
150 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS
TOTAL WEIGHT
345 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*



START



FINISH



START



FINISH

SQUAT

1. Adjust weight on both leavers.
2. Set the lower platform.
3. Stand with your front to the equipment, heels on the platform, feet width apart.
4. Grip the handles and squat under the bar, placing it on the trapezius muscle.
5. Slightly bend back and move the pelvis forward, straighten your legs. The equipment comes off the safety.
6. Slowly bend your knees and squat down, locking position back.
7. When the thighs reach the horizontal position, straighten your legs and torso.
8. After finishing the exercises, set the hand guard in the original position and gently lower the bar.
9. Perform the exercises in 4 sets of 10 repetitions.

SHIN

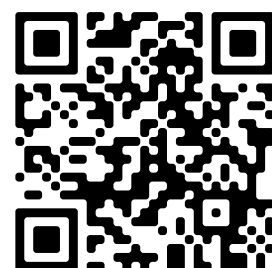
1. Adjust weight on both leavers.
2. Set the higher platform.
3. Stand with your front to the equipment, socks foot on the platform, feet shoulder width apart, heels free to drop down.
4. Grip the handles and squat under the bar, placing it on the trapezius muscle.
5. Slightly bend back and move the pelvis forward, straighten your legs. The equipment comes off the safety.
6. Slowly lift the toe as high as possible.
7. Smoothly return to the starting position.
8. After finishing the exercises, set the hand guard in the original position and gently lower the bar.
9. Perform the exercises in 4 sets of 10 repetitions.



- Movable feet platform allows you to distribute the load between different muscles groups particularly to shift a load from a hip and buttock to shin muscles.
- In order to avoid injury while squatting do not slouch!

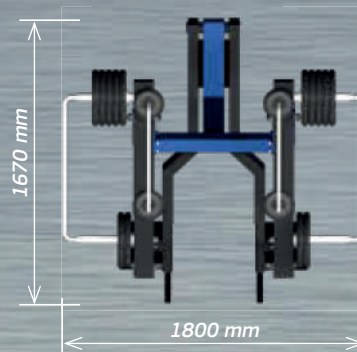
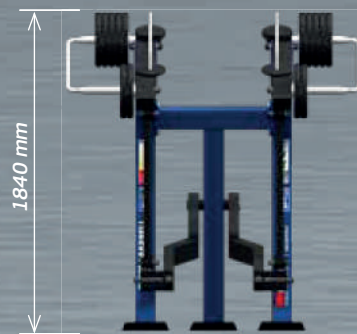


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MB 7.41 DEADLIFT

WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

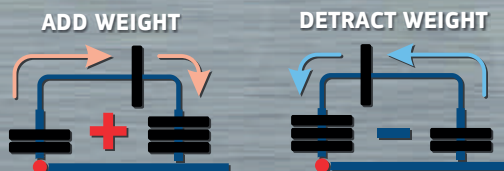


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.41 "Deadlift" is designed to develop gluteal muscles, quadriceps femoris muscles, sacrum muscles, trapezius muscles, latissimus dorsi muscles, teres major muscle, posterior deltoids, infraspinatus muscles.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND
77,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
345 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*



START



FINISH

STANDING DEADLIFT

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Squat, leaning forward, grip the handles, back straight, slightly bended at the waist.
4. Straighten your legs and back , lifting the handles along the front of the shin to the vertical body position.
5. At the end of the movement stay in vertical position for few seconds.
6. Slowly return to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



START



FINISH

SHOULDER SHRUG

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Squat, leaning forward , grip the handles, back straight, slightly bended at the waist.
4. Straighten your legs and back , lifting the handles along the front of the shin to the vertical body position, thus taking starting position.
5. Without bending your arms, lift the shoulders as high as possible.
6. Slowly lower arms to starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



START



FINISH

LUMBAR DEADLIFT

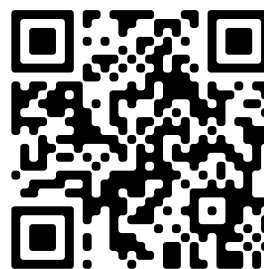
1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Lean your body forward, about 45°, back straight, grip the handles.
4. Smoothly bend your elbows, redact scapulas as much as possible.
5. Slowly return your hands to the starting position .
6. Perform the exercises in 4 sets of 10 repetitions.



The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of grips increases the movements depth and the exercises options for more effective trainings.

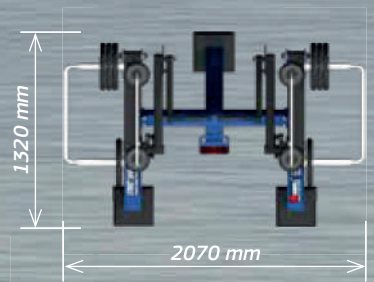
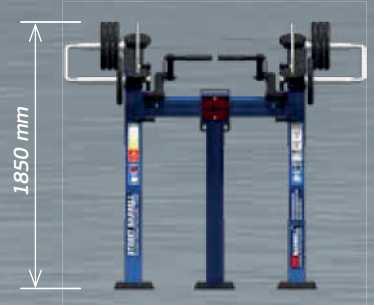


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MB 7.42 TRICEPS IN STANDING POSITION

WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

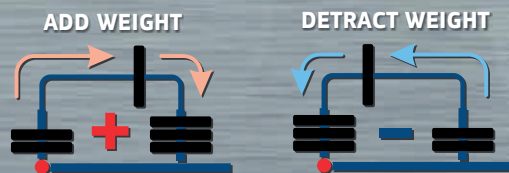


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



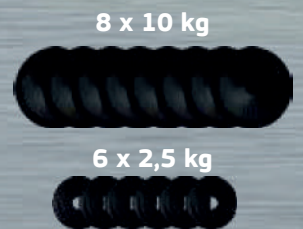
ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.42 "Triceps in Standing position" is designed to develop shoulder triceps. Vertical hand position helps the long triceps parts reduction and to include it into the work.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND
47,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
260 kg

STREET BARBELL

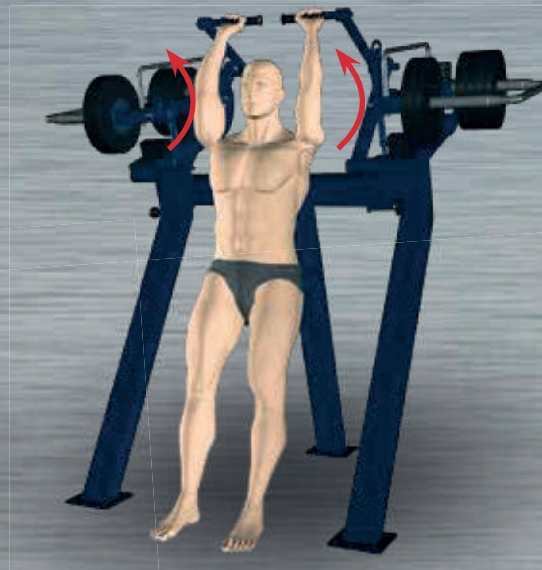
OUTDOOR STRENGTH EQUIPMENT *line*

“TRICEPS” EXERCISE

1. Adjust weight on both leavers (look load change layout).
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push back against the support, bending your knees and adjust the body position so with max. bended arms you can grip the handles
4. Keep elbows were deployed forward.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



START



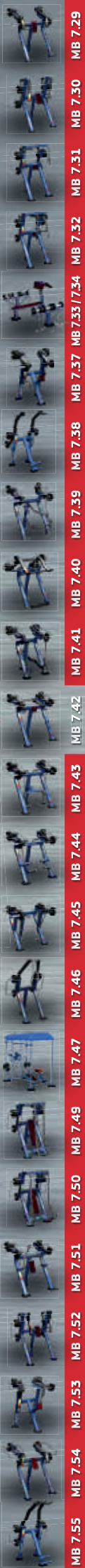
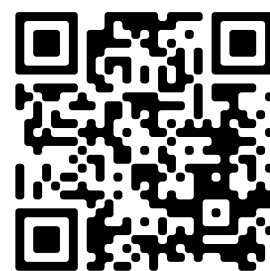
FINISH



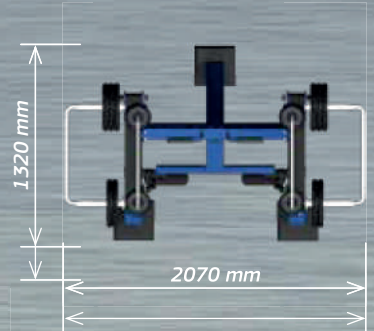
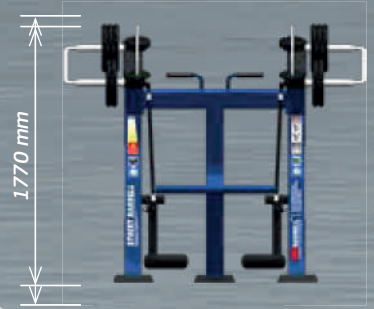
- The ability to perform exercises with both hands and alternately with each hand separately increases the movements depth and the exercises variations.
- Rotating handles reduce the load on the wrist while exercising.



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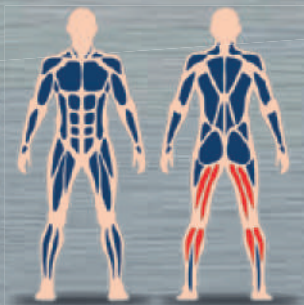
MB 7.43 LEGS CURL IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

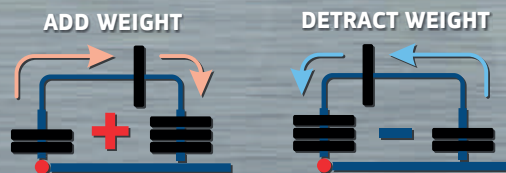


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.43 "Legs curl in Standing position" is developing all sciatic- popliteal muscles to a lesser part the gastrocnemius muscle.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH LEG
57,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
280 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

“LEGS CURL IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the handles.
4. Press working thigh to the upper support.
5. Shin reword for the lower roller.
6. Smoothly straighten your legs knee.
7. Slowly return your leg to the starting position.
8. Perform the exercises in 4 sets of 10 repetitions.



START



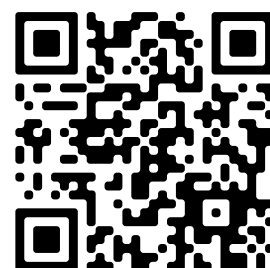
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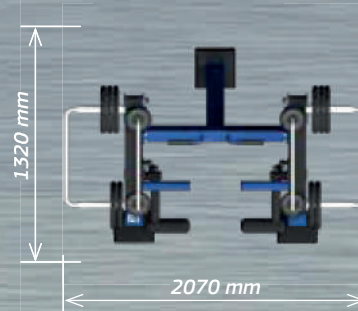
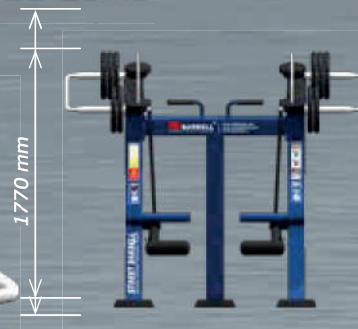
Two-tier system setup allows to adjust the weight of the load with 2,5 kg steps on each hand for better exercising.



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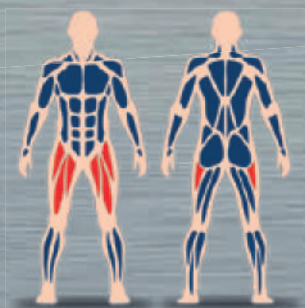
MB 7.44 LEGS EXTENSION IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

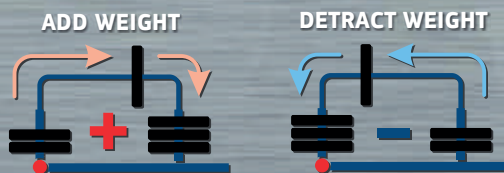


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



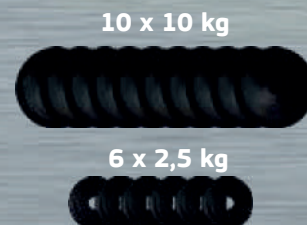
ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.44 "Legs extension in Standing position" is developing quadriceps and perfectly suited for isolated load on a muscle. This exercise is useful to apply on the technically more complex exercises.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH LEG
57,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
280 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

“LEGS EXTENSION IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the handles.
4. Shin rework for the lower roller.
5. Push the back of the thigh to the upper support.
6. Smoothly straighten your leg knee.
7. Slowly return your leg to the starting position.
8. Perform the exercises in 4 sets of 10 repetitions.



START



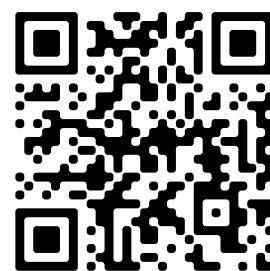
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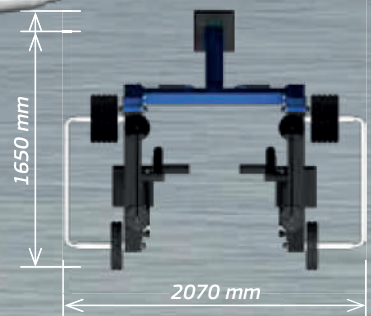
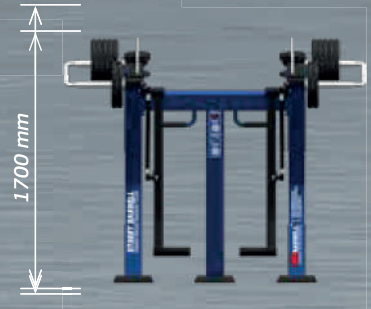
Two-tier system setup allows to adjust the weight of the load with 2,5 kg steps on each hand for better exercising.



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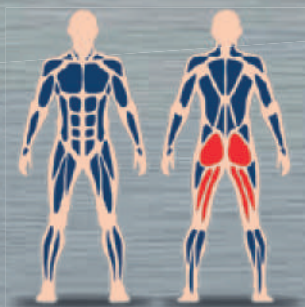
MB 7.45 GLUTAEUS RADIAL IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

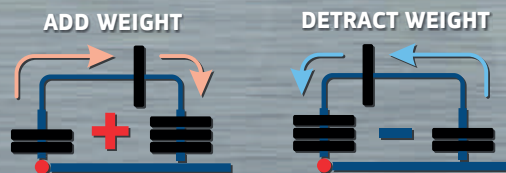


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



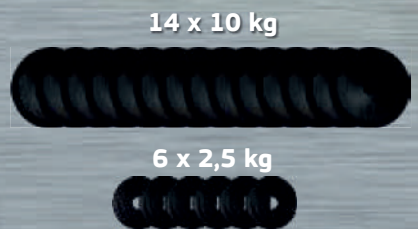
ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.45 "Gluteus radial in Standing position" uses gluteus maximus, and semitendinosus, semimembranosus muscles and the long head of thigh biceps. The exercise allows to improve rear contour of the leg.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH LEG
77,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
330 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

“GLUTAEUS RADIAL IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the handles and press foot against to the lower roller.
4. Smoothly pull your leg as much as possible back.
5. Slowly return your leg to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START



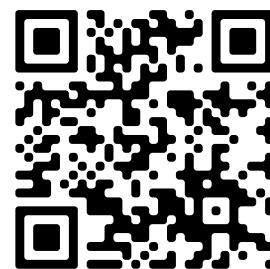
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Two-tier system setup allows to adjust the weight of the load with 2,5 kg steps on each hand for better exercising.

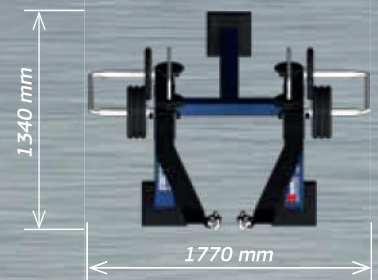
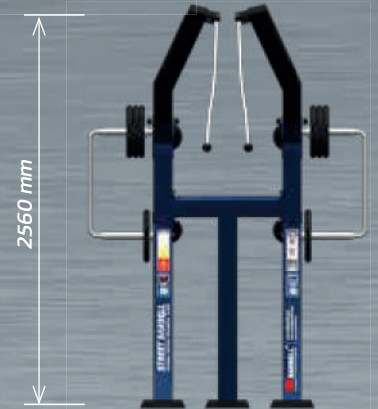


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MB 7.46 VERTICAL ROPE PULL IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

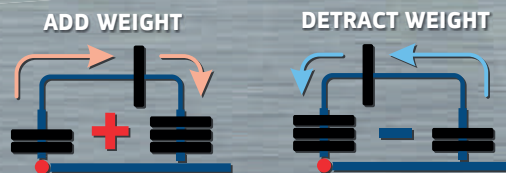


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.46 "Vertical Rope Pull in Standing position" is designed to develop isolatedly triceps and elbow muscles, direct and oblique abdominal muscles.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND
47,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
250 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

START



FINISH



ARMS SPREADING

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the ends of ropes.
4. Smoothly straighten your arms down, keeping your elbows close to sides.
5. Back straight.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.

START



FINISH



BODY SWERVING

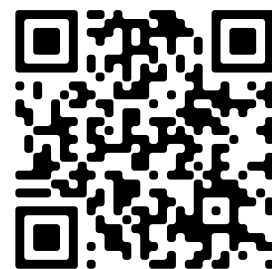
1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the ends of ropes.
4. Secure the arms bent at the elbows and smoothly displace the body, trying to bring the elbows to the thighs.
5. Slowly return to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



The ability to perform exercises with both hands and alternately with each hand separately increases the movements depth and the exercises variations.

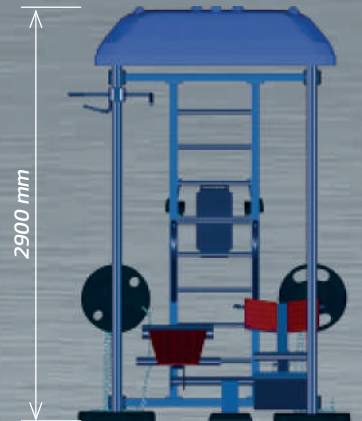


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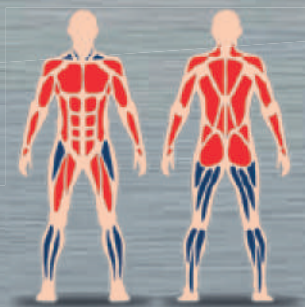


MB 7.47 WORKOUT

WITH VARIABLE LOAD

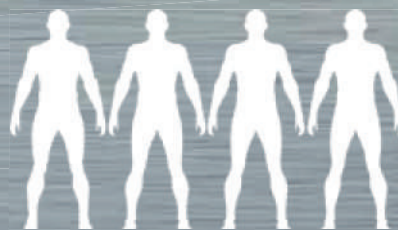


THE EQUIPMENTS DIMENSIONS



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercises on MB 7.47 "Street workout" allow you to train almost all muscle groups of the body, depending on the selected part of the article.



AT THE SAME TIME THE UNIT MAY BE USED BY UP TO FOUR SPORTSMEN.

THE MAXIMUM WEIGHT OF THE ATHLETE WITH THE LOAD

250 kg



THE UNIT COMES WITH A ROOF

THE EQUIPMENTS TOTAL WEIGHT

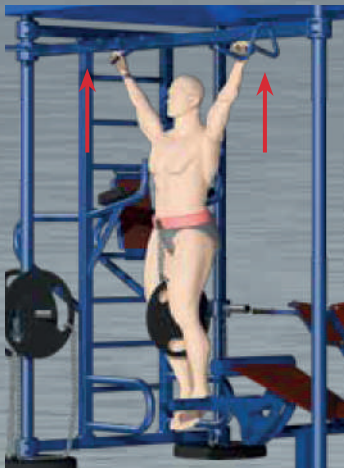
495 kg

STREET BARBELL

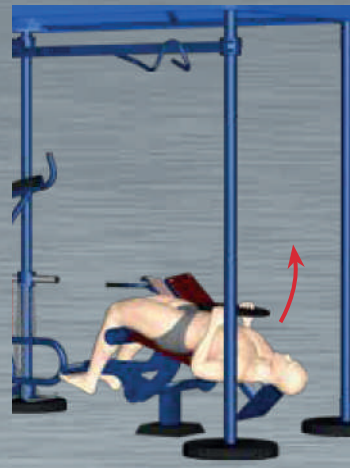
OUTDOOR STRENGTH EQUIPMENT *line*



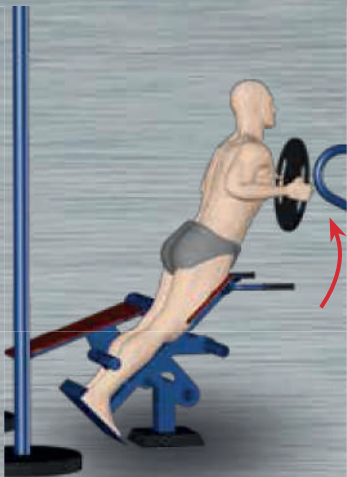
Legs raising ("Corner")



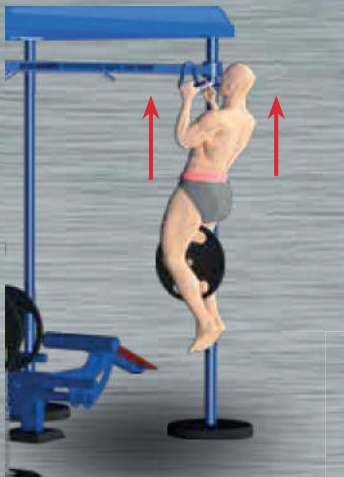
Wide grip pull-ups



Climb up of torso on
incline bench




Hyperextension



Chest-to-Bar pull up

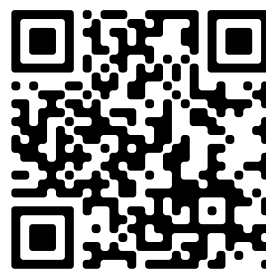


Parallel bars press

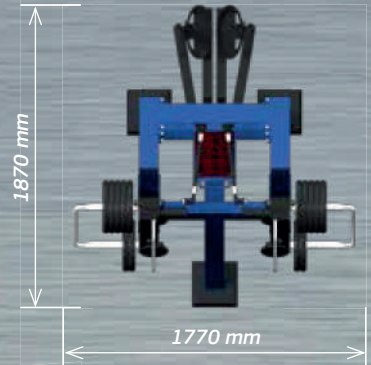
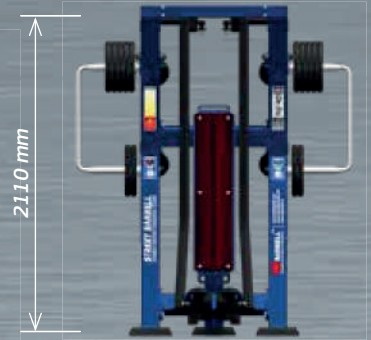
 *The use of weights (disks) opens up additional possibilities of training and allows you to perform exercises to increase muscle mass.*



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MB 7.49 OUTER THIGH IN STANDING POSITION WITH VARIABLE LOAD

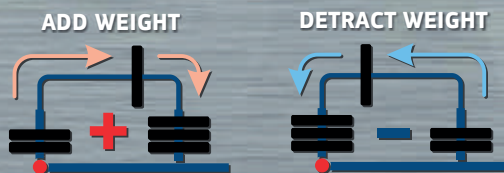


THE EQUIPMENTS DIMENSIONS



THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED

14 x 10 kg



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

6 x 2,5 kg



THE SET INCLUDES RUBBER WEIGHTS

ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercises on MB 7.49 "Outer Thigh in standing position" allow you to train medius gluteal muscles and minimus gluteal muscles

MAXIMUM LOAD ON EACH LEG
77,5 kg

THE EQUIPMENTS TOTAL WEIGHT
390 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

“OUTER THIGH IN STANDING” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet on the feet platform.
3. Push your back against the backrest, outer thigh surface to the support-pillow.
4. Smoothly spread your legs with maximum possible movements depth.
5. Slowly return your legs to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



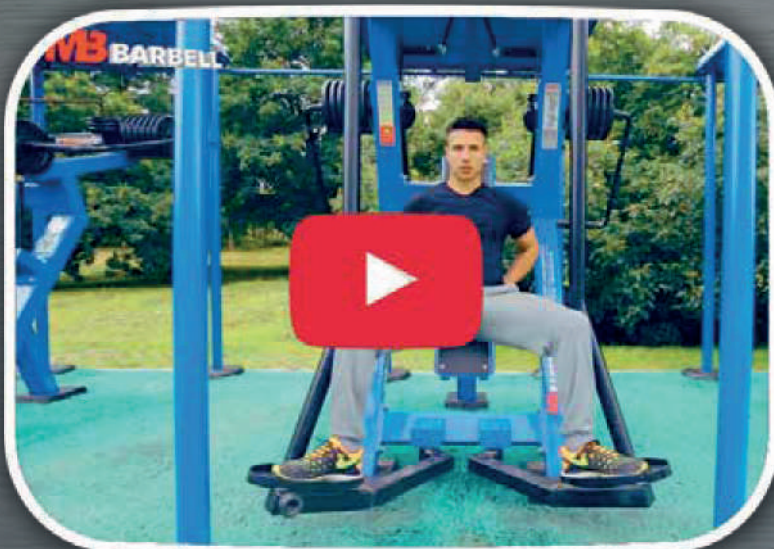
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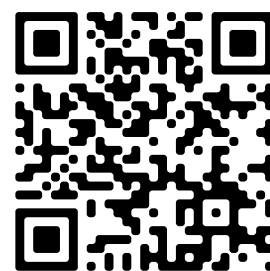
FINISH



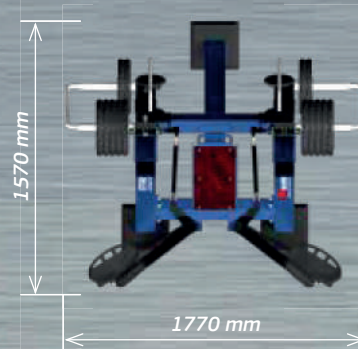
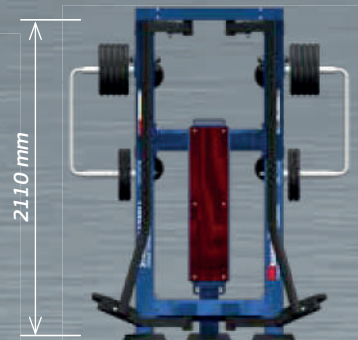
- Changing the squat depth while exercising you can adjust the load for different muscles of buttock parts for better exercising.
- In order to start exercises smoothly help yourself gripping the handles.



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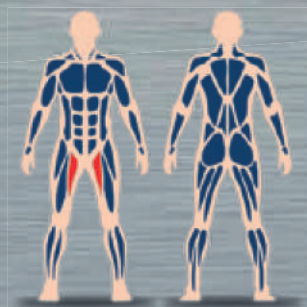
MB 7.50 INNER THIGH IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

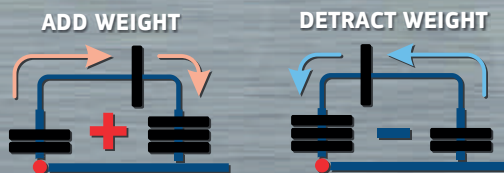


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercises on MB 7.50 "Inner thigh in standing position" allow you to train inner thigh muscles



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH LEG
77,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
390 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

“INNER THIGH IN STANDING” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet on the feet platform.
3. Push your back against the backrest, outer thigh surface to the support-pillow.
4. Smoothly redact your legs.
5. Slowly return your legs to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START



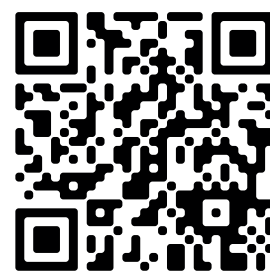
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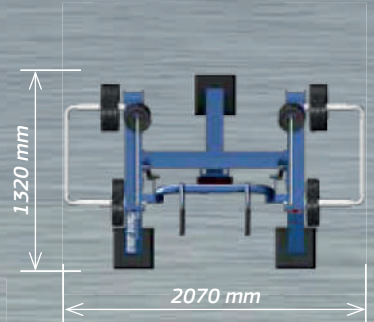
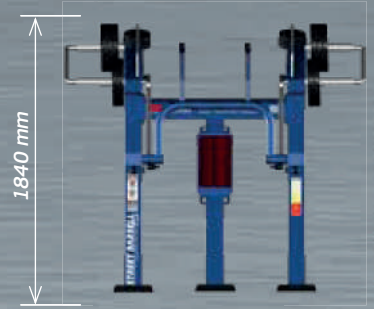
- Changing the squat depth while exercising you can adjust the load for different muscles of inner thigh parts for better exercising.
- In order to start exercises smoothly help yourself griping the handles.



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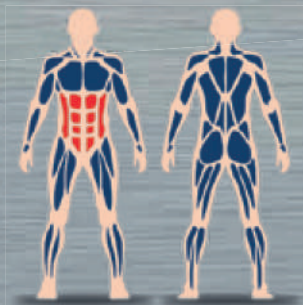
MB 7.51 ABDOMINAL IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS



THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercise on MB 7.51 "Inner thigh in standing position" allows you to train abdominal muscles



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS



THE SET INCLUDES RUBBER WEIGHTS

MAXIMUM
LOAD
115 kg

THE EQUIPMENTS
TOTAL WEIGHT
295 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

“ABDOMINAL IN STANDIND POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push your back against the backrest and grip the handles.
4. Smoothly curl your body.
5. Slowly return to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START



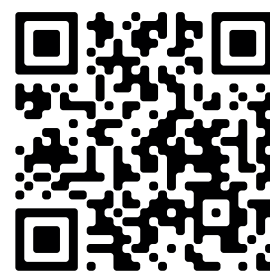
FINISH



Two-tier system setup allows to adjust the weight of the load with 2,5 kg steps on each hand for better exercising.



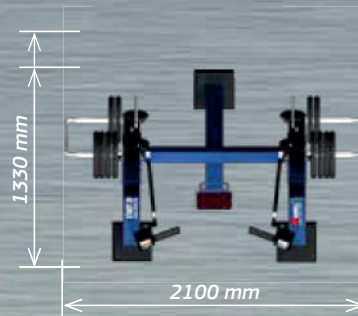
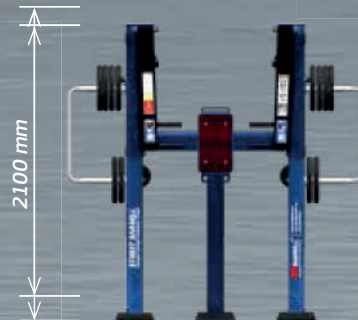
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MB 7.52 CONVERGING CHEST PRESS IN STANDING POSITION WITH VARIABLE LOAD



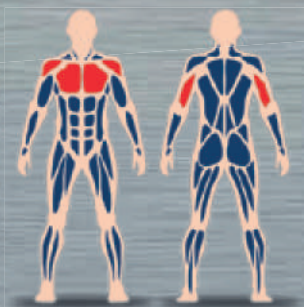
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THE EQUIPMENTS DIMENSIONS

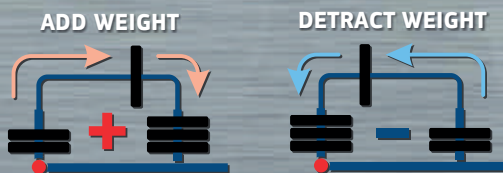


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.52 "Converging Chest Press in Standing position" is similar to standing bench press, except that it is characterized by a greater movements depth, which contributes to a better stretch of a large pectoral muscles. There are also involved triceps and front part of the deltoid muscles



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS



THE SET INCLUDES RUBBER WEIGHTS

MAXIMUM LOAD
ON EACH HAND
77,5 kg

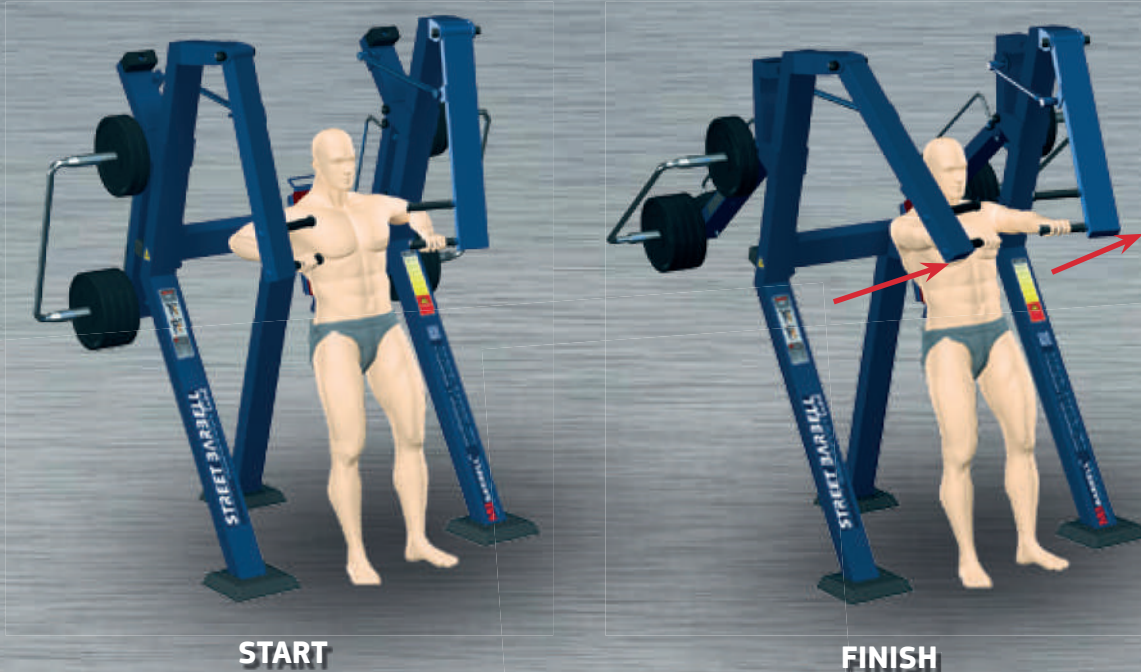
THE EQUIPMENTS
TOTAL WEIGHT
365 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

“CONVERGING CHEST PRESS STANDING POSITION” EXERCISE

1. Adjust weight on both levers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push your back against the support, straighten your knees and adjust the body position so the handles are at the chest level.
4. Smoothly straighten your arms.
5. Slowly return your arms to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



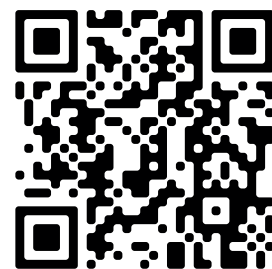
START

FINISH

- *The independent convergent movements (moving to each other) of levers provide natural biomechanics while exercising.*
- *The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.*



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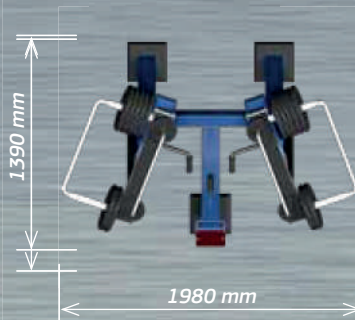
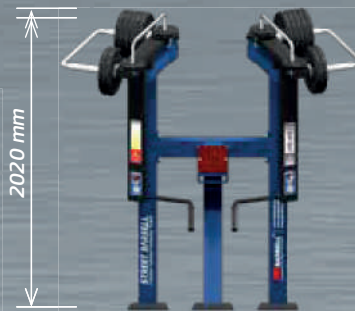


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MB 7.53 DIVERGING LAT PULL

WITH VARIABLE LOAD

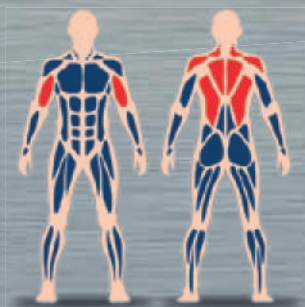
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2017**



THE EQUIPMENTS DIMENSIONS

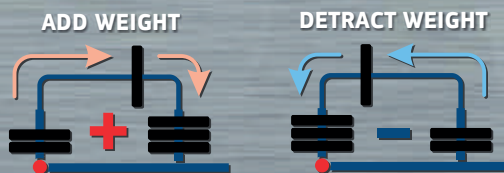


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.53 "DIVERGING LAT PULL" is designed to develop latissimus dorsi muscles, teres major muscles, deltoid muscles, infraspinatus muscle, also while scapulas reduction - rhomboid muscles, trapezius muscle (its middle part) and forearm flexor.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

**MAXIMUM LOAD
ON EACH HAND
77,5 kg**



THE SET INCLUDES RUBBER WEIGHTS

**THE EQUIPMENTS
TOTAL WEIGHT
325 kg**

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

START



FINISH



TWO HAND EXERSICE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Push your chest or stomach against the support. The back straight.
4. Alternately grip the equipments handles.
5. Smoothly bend your elbows, redact scapulas.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.

ONE HAND EXERSICE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, pull your leg forward, grip the handle.
3. Push your chest or stomach against the support, grip the other handle on it with your other hand.
4. Smoothly pull the handle as high as possible, moving elbow back as much as possible, ensure that the hand does not significantly deviate from the body. Do not turn your body relatively to the equipment.
5. Slowly return your arms to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.

START



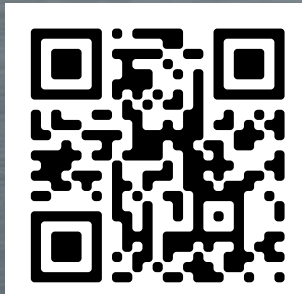
FINISH



- The independent divergent movements (moving away from each other) of levers provide natural biomechanics while exercising.
- The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.

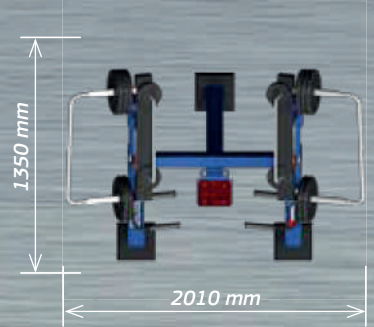
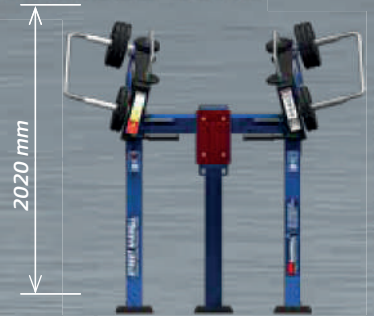


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MB 7.54 CONVERGING BENCH PRESS IN STANDING POSITION WITH VARIABLE LOAD

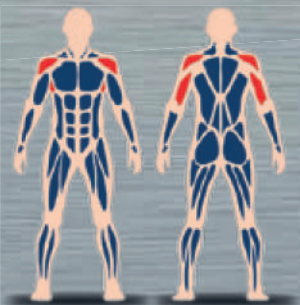
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THE EQUIPMENTS DIMENSIONS

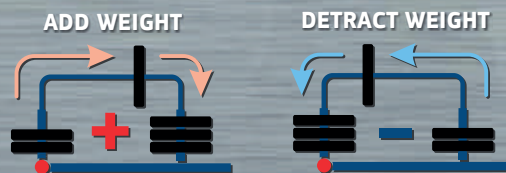


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



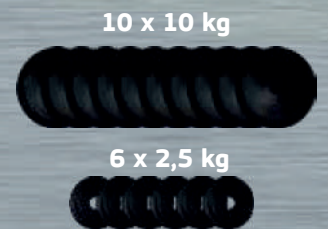
ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.54 "Bench Press in Standing position" is designed to develop middle portions of the deltoid muscles, as well as the upper parts of the trapezius muscles, serratus anterior muscles and triceps.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND
57,5 kg



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT
285 kg

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*



START



FINISH

PULL-UPS

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the closest handles.
4. Straighten your knees and push your back against the support, thus taking the starting position.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.



START



FINISH

ANGLE PULL-UPS

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the farthest handles.
4. Straighten your knees and push back against the support, thus taking the starting position.
5. Smoothly straighten your arms at the angle.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.



START



FINISH

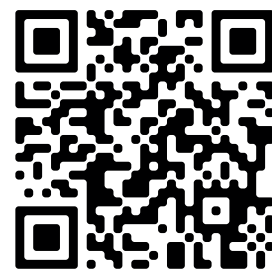
MILITARY PRESS

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the farthest handles from the equipment.
4. Straighten your knees holding the handles on your shoulders, thus taking the starting position.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.

- *The independent convergent movements (moving to each other) of levers provide natural biomechanics while exercising.*
- *The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.*



TO SEE
THE TOUTORIAL
FOR THIS TRAINER
 PLEASE SCAN
 THIS CODE

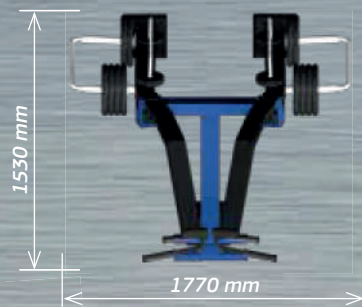
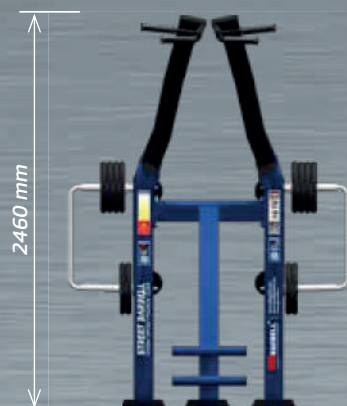


MB 7.29
 MB 7.30
 MB 7.31
 MB 7.32
 MB 7.33
 MB 7.34
 MB 7.37
 MB 7.38
 MB 7.39
 MB 7.40
 MB 7.41
 MB 7.42
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 MB 7.46
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 MB 7.54
 MB 7.55

MB 7.55 DIVERGING PULL DOWN

WITH VARIABLE LOAD

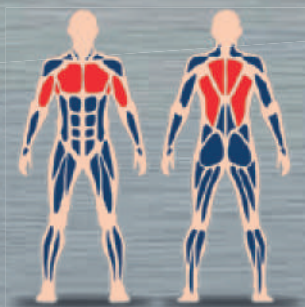
**NEW
MODEL
2017**



THE EQUIPMENTS DIMENSIONS

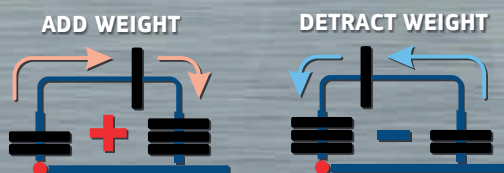


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.55 "Diverging Pull down" accents the load on middle part of latissimus dorsi muscles, affecting trapezoidal, rhomboid muscles, biceps, shoulders, while chest deadlift - pectoralis major muscles. "Chest deadlift" exercise increases the thickness of the back, and "shoulder deadlift" - width.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

**MAXIMUM LOAD
ON EACH HAND
77,5 kg**



THE SET INCLUDES RUBBER WEIGHTS

**THE EQUIPMENTS
TOTAL WEIGHT
335 kg**

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

START



FINISH



CHEST DEADLIFT

1. Adjust weight on both levers.
2. Stand with your front to the equipment and grip the handles. To reach them use stoop.
3. Feet shoulder width apart. Feet on the lowest part of the stoop. Body leaned back.
4. Smoothly pull the handles to the upper part of the chest, retract scapulas as much as possible.
5. Slowly return your arms to the starting position.
6. After doing the exercise move up the stoop and release the handles.
7. Perform the exercises in 4 sets of 10 repetitions.

START



FINISH



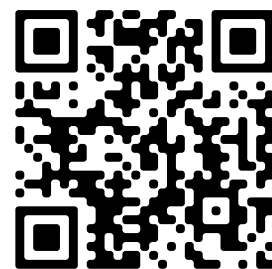
SHOULDER DEADLIFT

1. Adjust weight on both levers.
2. Stand with your front to the equipment and grip the handles. To reach them use stoop.
3. Feet shoulder width apart. Feet on the lowest part of the stoop. Back straight.
4. Smoothly pull the handles to the shoulders, moving elbows to your body.
5. Slowly return your arms to the starting position.
6. After doing the exercise move up the stoop and release the handles.
7. Perform the exercises in 4 sets of 10 repetitions.

- The independent divergent movements (moving away from each other) of levers provide natural biomechanics while exercising.
- The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.



TO SEE
THE TUTORIAL
FOR THIS TRAINER
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STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*



Any **StreetBarbell** trainer can be equipped with individual lighting, built into the roof.

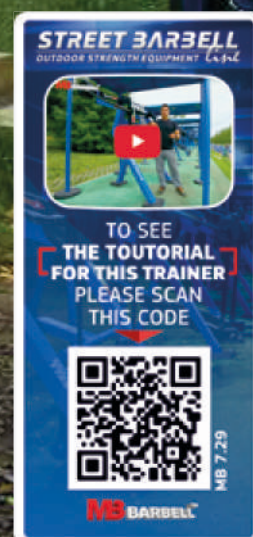
The light above the trainer is switched automatically depending on the ambient lighting conditions. No action from athlete is required.

Using **StreetBarbell** series equipment is comfortable not only during the day, but also in the dark! For convenience, they are equipped with individual LED lighting that is mounted in the roof of the simulator. Special lamps are not afraid of moisture, temperature changes and vandalism. In addition they are very energy efficient, safe and do not require frequent replacement of lamps.

Such lighting option is ideal for parks and yards. The area looks very effective not only during the day but at night!



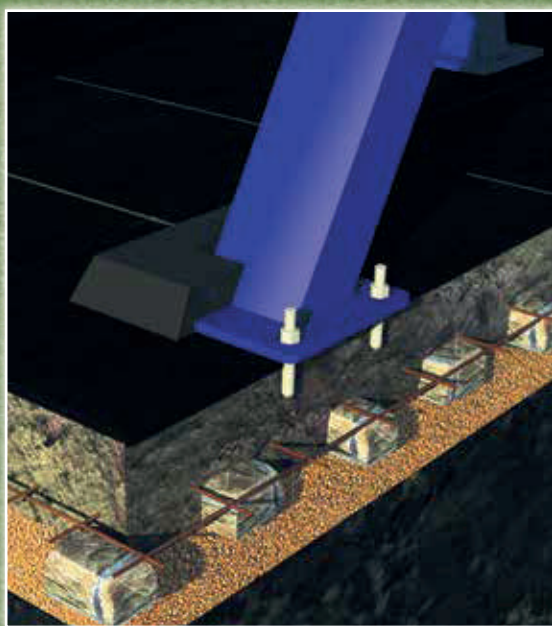
Under the roof of each **StreetBarbell** series equipment is information plate with a detailed description of exercises, especially equipment.



Each trainer has a plate with QR-code. The video instruction is available on Internet via this code.

STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*



Equipment should be mounted on a special prepared concrete platform with M16x125 anchor bolts which are included.

The layer (sand, CBC, gravel) with a thickness of 50—200 mm should be under the concrete area with stones and bricks, that serve as supports for the reinforcing grid (D 8-10 mm , the mesh 100x100 mm or 100x50 mm.). The area is filled with concrete M200, or M250, a layer with thickness of 120-150 mm.

The concrete base is further capped with a rubber carpet for safe and comfortable exercising.

This outdoor StreetBarbell sporting ground is located in eco-region "Volgar" in Samara city

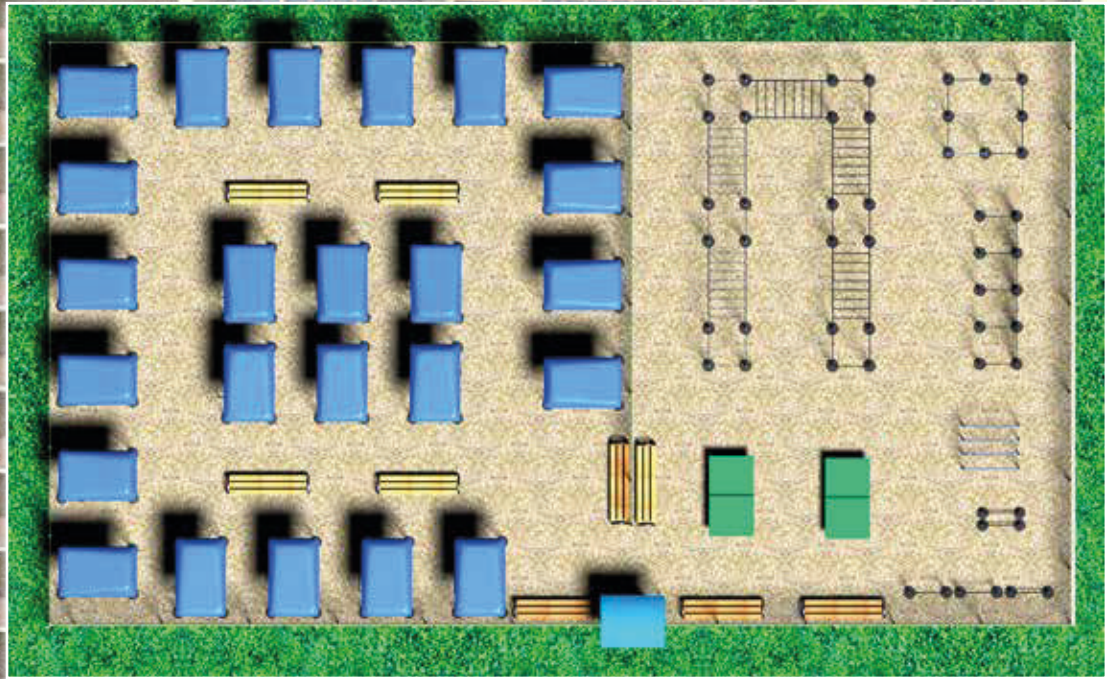


«In a row» composition is very useful when mounting equipment in the park or yard area along the walkways.

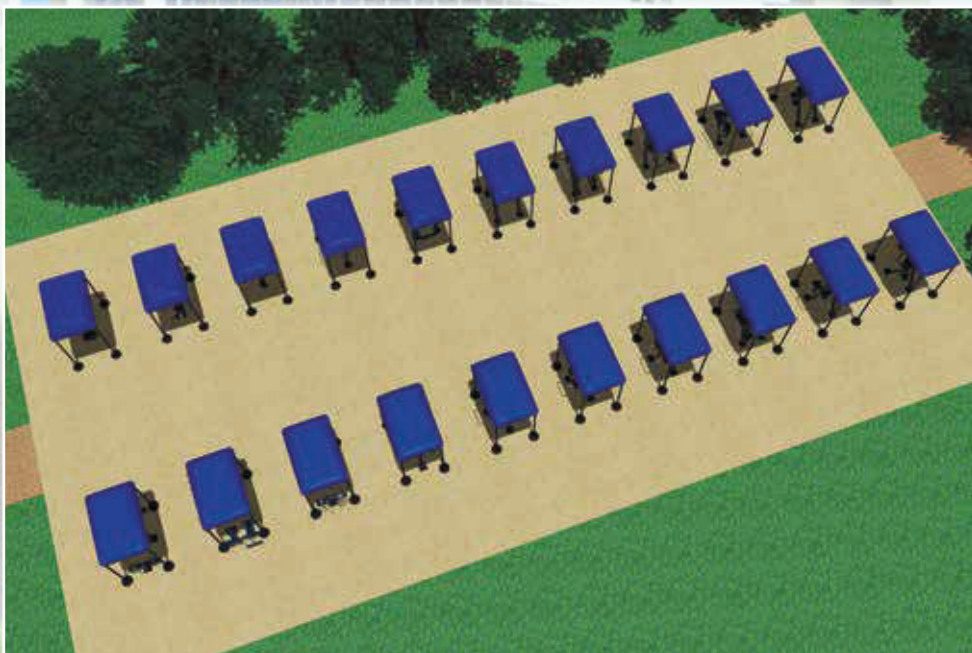
The modular system allows to assemble the placement areas of arbitrary shape and with a different equipment. The functionality of the area in general preserves, equipment and users are protected from scorching sun. The equipment can be placed on an equal platform with a monolithic foundation, on difficult terrain or to assemble in groups on the «terraces». Multilevel accommodation looks very bright and effective by highlighting individual equipment.

- ▶ The outdoor **StreetBarbell** sports ground can be organized as a commercial project using electronic entrance system.
- ▶ The system of video control installed on the playground provides the safety control round the clock. Only one operator can control several training areas at once at a distance.
- ▶ The number of trainers and their layout can be changed on the customer's desire. The **StreetBarbell** strength trainers can be added with Workout sets, common outdoor fitness equipment, the children's playground , etc.
- ▶ The paid entrance to the gym area can be arranged in different ways: payment terminals, online services, etc.





STREET BARBELL
OUTDOOR STRENGTH EQUIPMENT *line*



STREET BARBELL
OUTDOOR STRENGTH EQUIPMENT *line*



StreetBarbell sporting ground in the city of Joensuu, Finland.



Street gym is assembled in two lines, and is separated by the walkway.

The best option for accommodation in the park with reference to the existing pedestrian routes. The equipment arranging is based on implementation of the concept of all muscle groups circular training.

Such layout allows to mount the equipment compactly, and use existing infrastructure at the same.





STREET BARBELL
OUTDOOR STRENGTH EQUIPMENT *line*



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MB BARBELL™
PROFESSIONAL FITNESS EQUIPMENT

MB Barbell Sport OY
Joensuu, Finland
www.streetbarbell.com
info@streetbarbell.com



NACRUX

QUÍMICA RESOLUTIVA



SKATE



DISEÑOS ESTÁNDAR

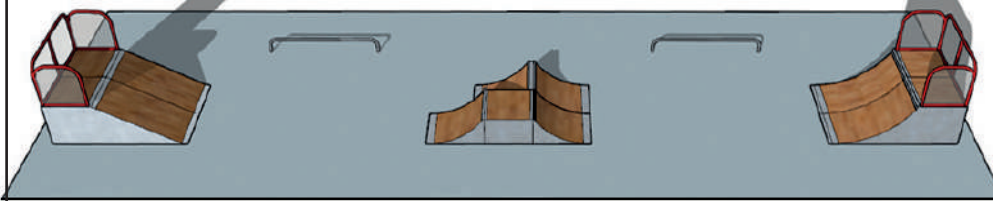
CONSULTE NUESTRAS PISTAS PREDISEÑADAS.
DISPONEMOS DE GRAN VARIEDAD DE DISEÑOS ESTÁNDARES ADAPTADOS
A TODO TIPO DE PRESUPUESTOS.

DISEÑO 1 - 22 x 9 m.



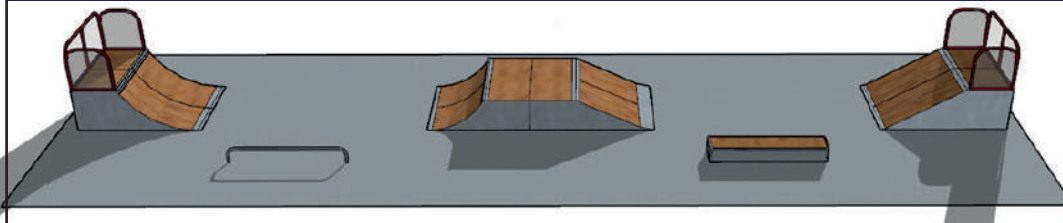
- QUARTER 900
- PLANTER DOBLE
- BANCO
- RAÍL SIMPLE
- BANK 900

DISEÑO 2 - 24 x 8 m.



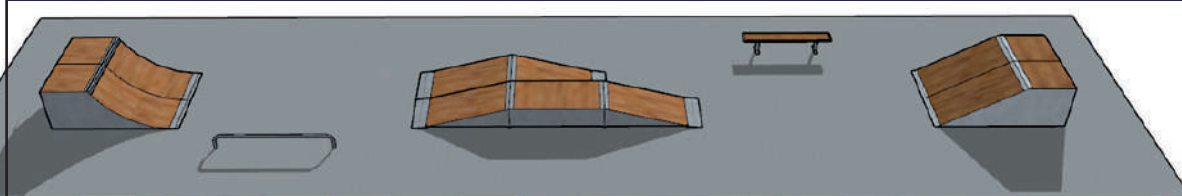
- BANK 1200
- RAÍL SIMPLE
- FUNBOX SPINE
- QUARTER 1200

DISEÑO 3 - 26 x 8 m.



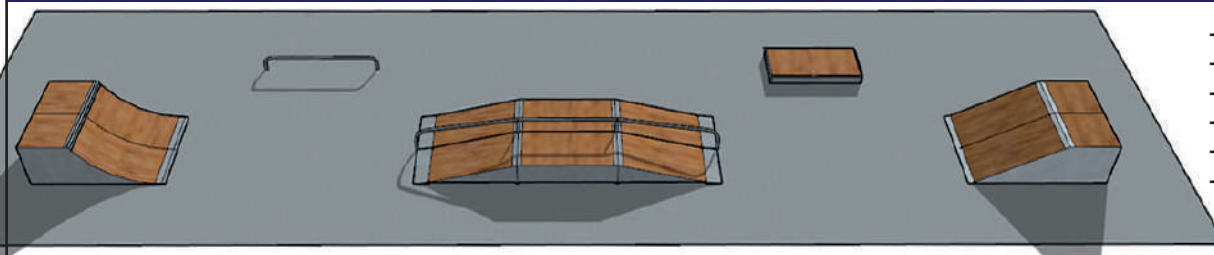
- QUARTER 1200
- RAÍL SIMPLE
- FLYBOX BANK
- BOX SIMPLE 400
- BANK 1200

DISEÑO 4 - 30 x 8 m.



- QUARTER 900
- RAÍL SIMPLE
- GRINDBOX DISASTER
- BANCO
- BANK 900

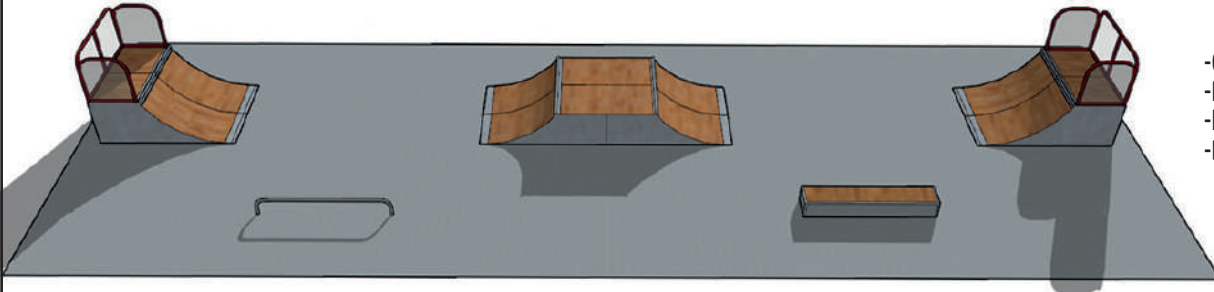
DISEÑO 5 - 30 x 9 m.



- QUARTER 900
- RAÍL SIMPLE
- GRINDBOX
- RAÍL FUNBOX
- PLANTER SIMPLE
- BANK 900

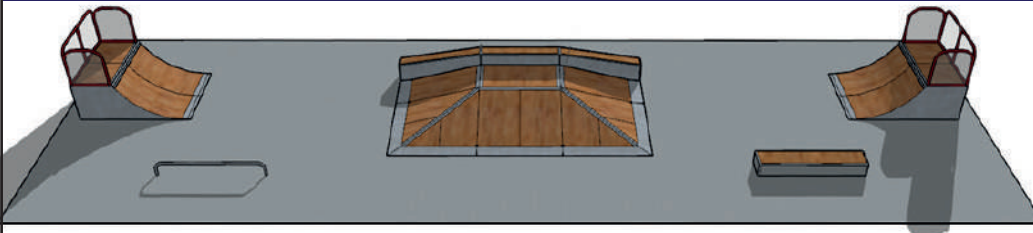


DISEÑO 6 - 25 x 9 m.



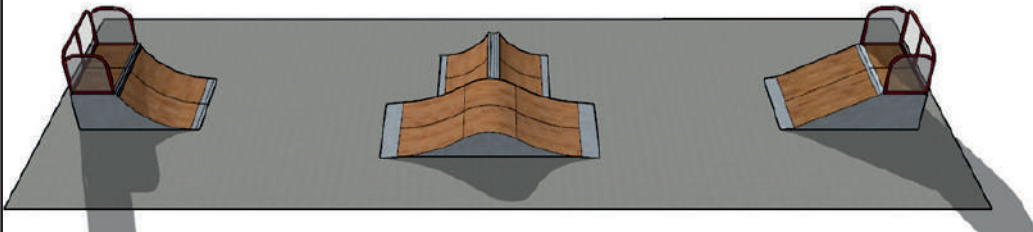
- QUARTER 1200
- RAIL SIMPLE
- FLYBOX QUARTER
- BOX SIMPLE 400

DISEÑO 7 - 25 x 9 m.



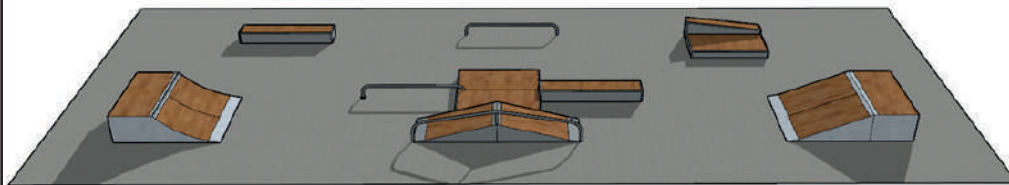
- QUARTER 1200
- RAIL SIMPLE
- HUBBA DOBLE
- CONV. PIRAMIDE
- BOX SIMPLE 400

DISEÑO 8 - 25 x 9 m.



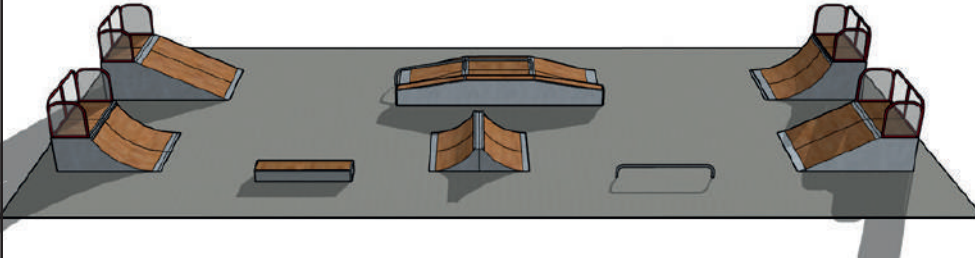
- QUARTER 1200
- SPINE 900
- CARACOL
- BANK 1200

DISEÑO 9 - 26 x 10,5 m.



- QUARTER 900
- BOX SIMPLE 400
- RAIL SIMPLE
- COMBI BOX
- DISASTER+RAIL
- PLANTER
- BANK 900

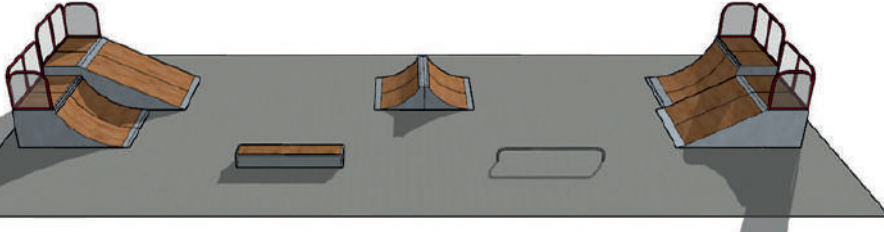
DISEÑO 10 - 28,5 x 12 III.



- QUARTER 1200
- BANK 1200
- BOX SIMPLE
- SPINE 900
- GRINDBOX KINK
- RAIL SIMPLE
- QUARTER 1500

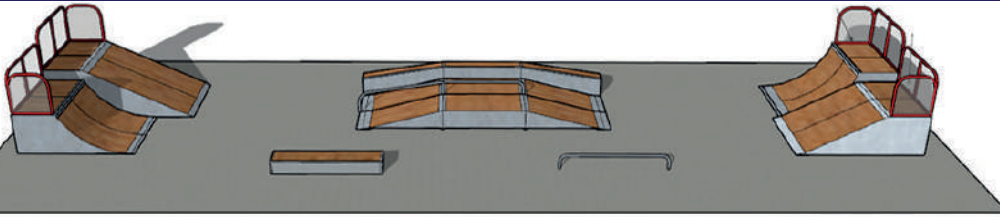


DISEÑO 11 - 24,5 x 10 m.



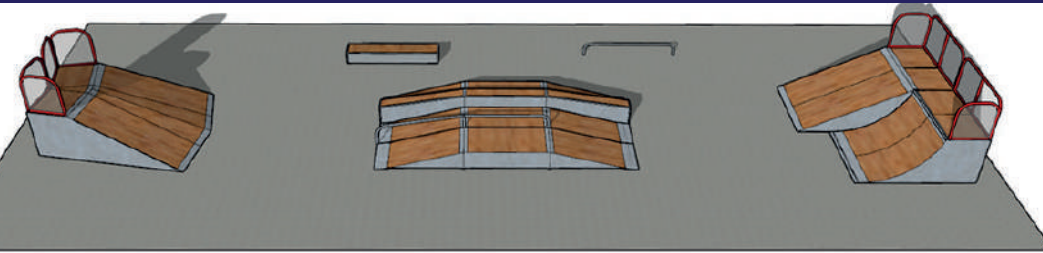
- QUARTER 1200
- BANK 1500
- BOX SIMPLE
- SPINE 1200
- RAIL SIMPLE
- QUARTER 1500
- BANK 1200

DISEÑO 12 - 27 x 10 m.



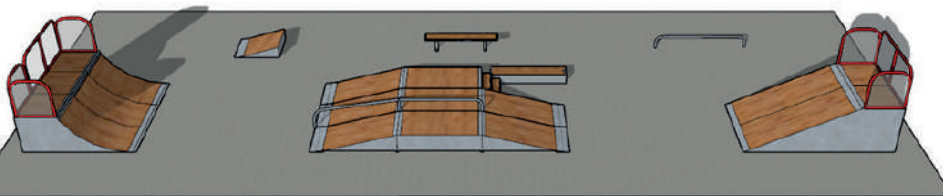
- QUARTER 1200
- BANK 1500
- BOX SIMPLE
- GRINDBOX KINK
- RAIL SIMPLE
- QUARTER 1500
- BANK 1200

DISEÑO 13 - 28,5 x 11 m.



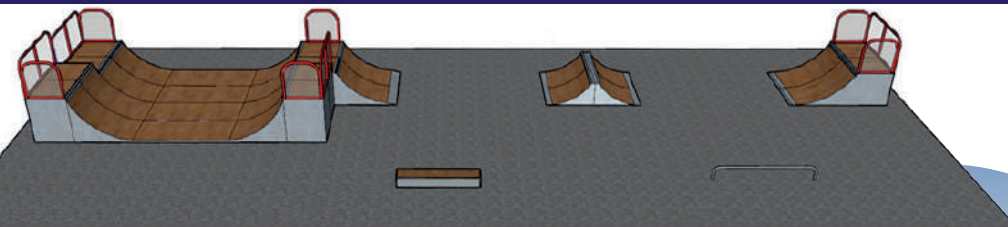
- BANK HIP 1500
- BOX SIMPLE
- FUNBOX COMPACT
- HUBBA DOBLE INT.
- RAIL KINK
- RAIL SIMPLE
- BANK 1500

DISEÑO 14 - 25,5 x 10,5 m.



- QUARTER 1200
- FUNBOX COMPACT
- FUNBOX ESCALERA
- RAIL DISASTER
- MINIJUMP
- BANCO
- BOX SIMPLE
- RAIL SIMPLE

DISEÑO 15 - 28 x 11,5 m.

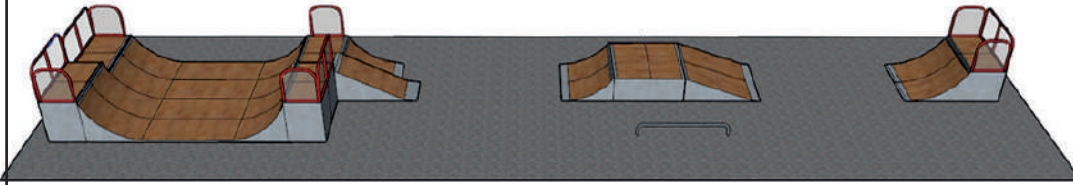


- MINIRAMP 1500
- MINIRAMP 1200
- QUARTER MINI 1200
- SPINE 900
- QUARTER 1200
- BOX SIMPLE
- RAIL SIMPLE



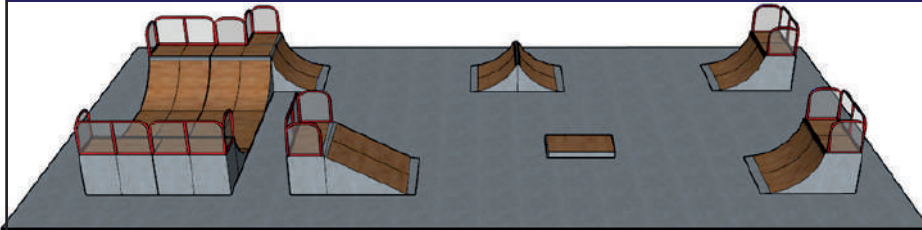


DISEÑO 16 - 33,5 x 9 m.



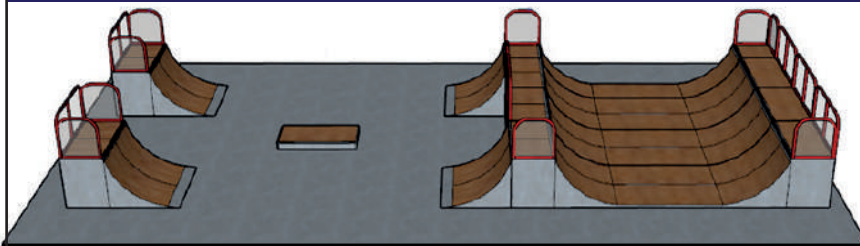
- MINIRAMP 1500
- MINIRAMP 1200
- BANK MINIRAMP
- QUARTER MINI 1200
- FLYBOX 900
- RAIL SIMPLE
- QUARTER 1200

DISEÑO 17 - 29,5 x 14,5 m.



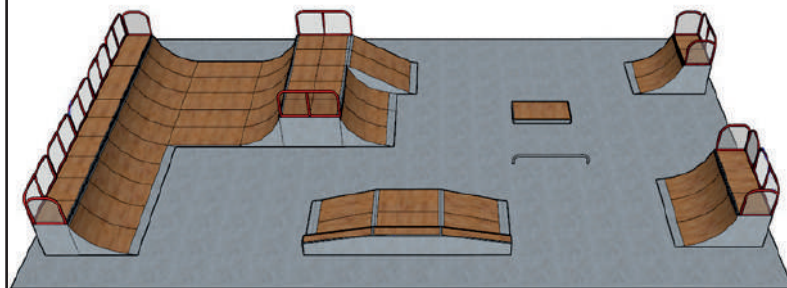
- MINIRAMP 1500
- QUARTER 1200
- BANK 1500
- SPINE 900
- PLANTER SIMPLE
- QUARTER 1200
- QUARTER 1500

DISEÑO 18 - 23,5 x 13 m.



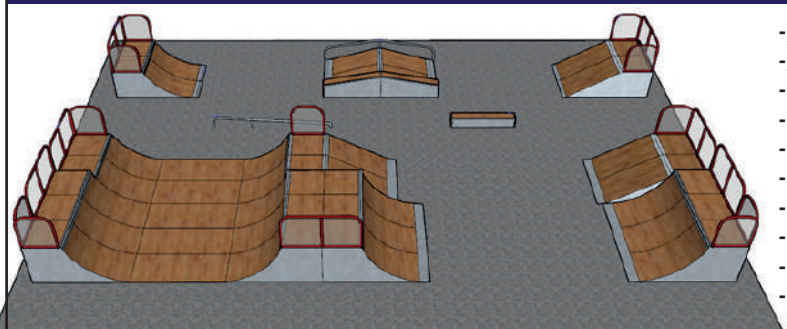
- MINIRAMP 1500
- QUARTER MINI 1500
- BANK 1500
- QUARTER 1500

DISEÑO 19 - 27,5 x 16,5 m.



- QUARTER 1500
- MINIRAMP 1500
- BANK 1500
- PLANTER
- RAIL SIMPLE
- GRINDBOX
- HUBBA

DISEÑO 20 - 23,5 x 17 m.



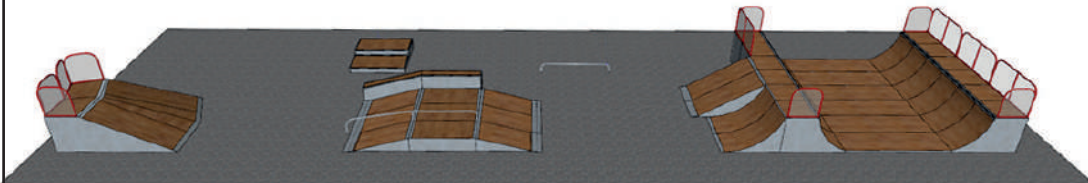
- MINIRAMP C. 1200
- MINIRAMP C. 1500
- QUARTER 1500
- BANK MINIRAMP 1200
- QUARTER 1200
- RAIL PROGRESIVO
- DISASTER
- RAIL KINK
- HUBBA SIMPLE
- BANK 1200



SKATE

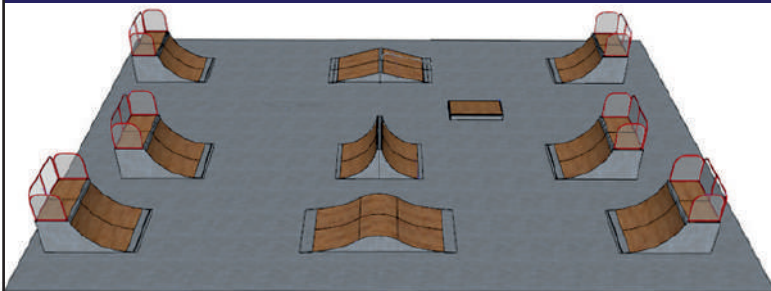


DISEÑO 21 - 37 x 12,5 m.



- BANK 1200
- PLANTER DOBLE
- GRINDBOX SIMPLE
- HUBBA SIMPLE
- RAIL GRINDBOX SIMPLE
- MINIRAMP COMPACT 1500
- QUARTER MINIRAMP 1500
- BANK 1500
- RAIL SIMPLE

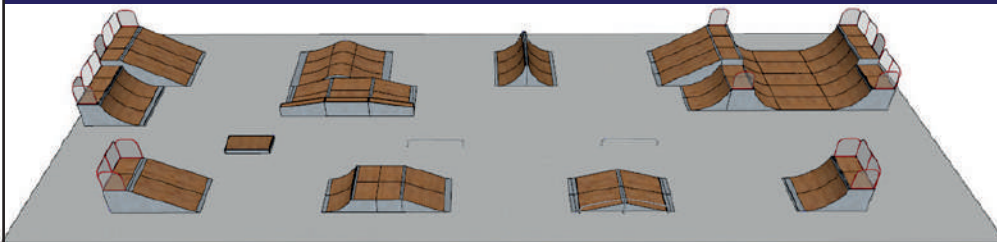
DISEÑO 22 - 26,5 x 19 m.



- QUARTER 1500
- WAVE SIMPLE
- SPINE 1200
- RAIL GRINDBOX SIMPLE
- GRINDBOX DISASTER
- PLANTER SIMPLE
- RAIL SIMPLE

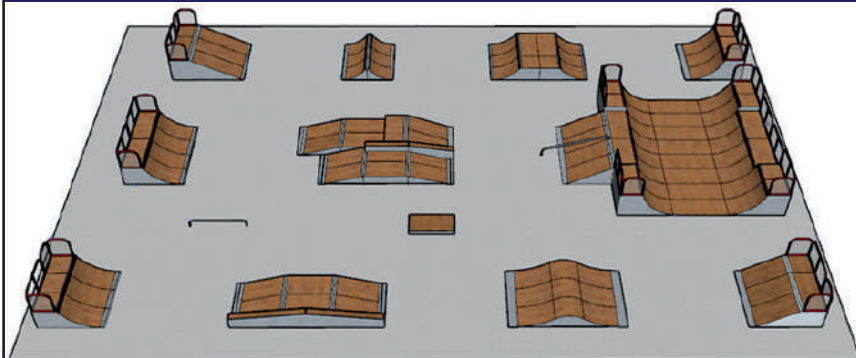


DISEÑO 23 - 48,5 x 18,5 m.



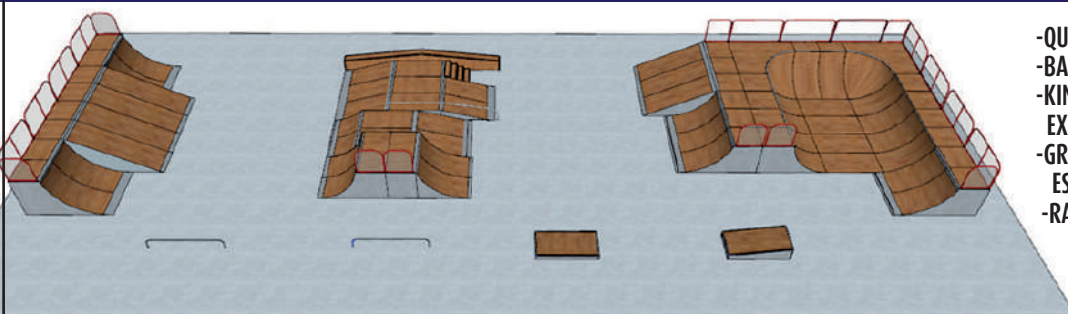
- QUARTER 1500
- QUARTER 1200
- PLANTER SIMPLE
- WAVE SIMPLE
- GRINDBOX
- HUBBA DOBLE
- SPINE 1200
- RAIL SIMPLE
- MINIRAMP C. 1200
- MINIRAMP C. 1500
- BANK MINIRAMP 1500
- QUARTER MINIRAMP 1200
- FUNBOX 900

DISEÑO 24 - 40 x 26 m.



- QUARTER 1200
- GRINDBOX SIMPLE
- KINK BOX EXTERIOR
- RAIL SIMPLE
- BANK 1500
- SPINE 900
- HUBBBA SIMPLE EXTERIOR
- GRINDBOX DOBLE ALTURA
- FUNBOX QUARTER
- BANK MINIRAMP 1500
- BANK MINIRAMP 1200
- RAIL FUNBOX
- WAVE SIMPLE
- BANK 1200

DISEÑO 25 - 40 x 16 m.

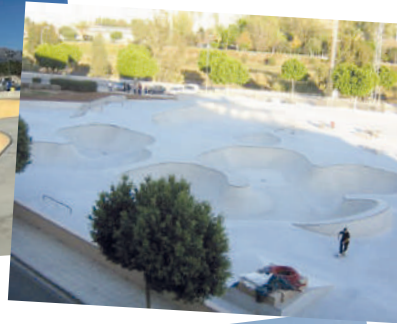
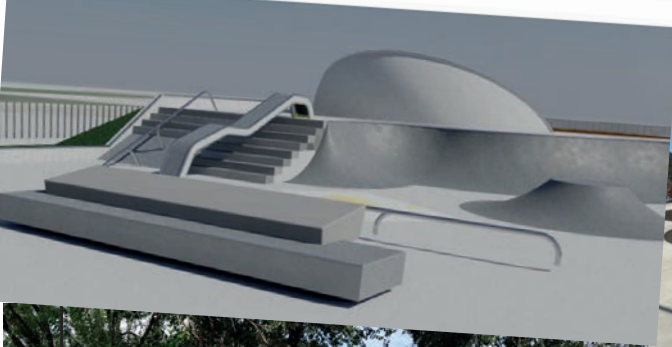


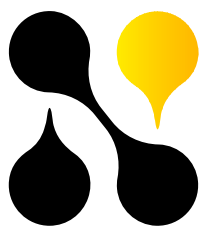
- QUARTER 1500
- BANK 1500
- KINK BOX EXTERIOR
- GRINDBOX+ ESCALERA
- RAIL FUNBOX
- FLYBOX QUARTER 900
- FLYBOX QUARTER 1200
- CONVERSION BOWL
- RAIL SIMPLE
- PLANTER SIMPLE
- PLANTER INCLINADO

PISTAS FABRICADAS SEGÚN LA NORMATIVA
EUROPEA UNE EN 174974:2006+A1:2010
Y ENSAYADAS Y CERTIFICADAS POR:
tecnalia Inspiring
Business

DISEÑOS PERSONALIZADOS
FABRICADOS EN HORMIGÓN IN SITU.

NACRUX
QUÍMICA RESOLUTIVA





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STREET
WORK
OUT

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STREET WORK OUT

STREET WORKOUT

Modalidad de calistenia pero realizada en la calle, al aire libre, usualmente en parques y espacios públicos, usando el propio cuerpo y cualquier objeto del entorno. Es mucho más que una modalidad de entrenamiento, pues se considera un estilo de vida, caracterizado por valores como el respeto, la fuerza y la educación.

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COMPARTIMOS
TU PASIÓN,
ADAPTAMOS
TUS ESPACIOS.



PARALELAS DOBLES BAJAS

Área 12,89 m²
Altura caída 290 mm
Ref.UA1521



PARALELAS DOBLES

Área 15,72 m²
Altura caída 1300 mm
Ref.UA1527
Disponible en



PARALELAS TRIPLES

Área 18,30 m²
Altura caída 1300 mm
Ref.UA1520



MONKEY BAR

Área 23,76 m²
Altura caída 1200 mm
Ref.UA1518
Disponible en



MOD. BARRAS ALTAS

Área 20,13 m²
Altura caída 1700 mm
Ref.UA1514



MÓDULO OLIVERAL

Área 39,79 m²
Altura caída 1080 mm
Ref.UA1533



FLEXIONES

Área 14,87 m²
Altura caída 470 mm
Ref.UA1512



POTRO DOBLE

Área 14,93 m²
Altura caída 990 mm
Ref.UA1523



PUNTOS DE EQUILIBRIO

Área 27,84 m²
Altura caída 600 mm
Ref.UA1524



MODELO GIMNASIO EXT

Área 50,00 m²
Altura caída 2500 mm
Ref.UA1511



MODELO ALBUIXECH

Área 52,53 m²
Altura caída 2000 mm
Ref.UA1530



BANCO DE ABDOMINALES

Área 14,44 m²
Altura caída 792 mm
Ref.UA1513



BARRA DE BAILE

Área 7,06 m²
Altura caída 1500 mm
Ref.UA1526



BARRA

Área 14,18 m²
Altura caída 1200 mm
Ref.UA1515
Disponible en



MODELO TRINITAT

Área 67,30 m²
Altura caída 2000 mm
Ref.UA1529



MODELO MISLATA

Área 74,32 m²
Altura caída 2000 mm
Ref.UA1531



BARRA ALTA

Área 22,90 m²
Altura caída: No accesible
Ref.UA1516



BARRA 1370

Área 9,32 m²
Altura caída 1200 mm
Ref.UA1525



BARRA ALTA ANILLAS

Área 22,90 m²
Altura caída 1500 mm
Ref.UA1517



BARRA ALTA CON CUERDA

Área 22,90 m²
Altura caída 2500 mm
Ref.UA1522



ESPALDERA

Área 20,48 m²
Altura caída 1080 mm
Ref.UA1519



BARANDILLA SILLA DE RUEDAS

Área 11,23 m²
Altura caída 1150 mm
Ref.UA1528



MODELO ALMASSORA

Área 81,31 m²
Altura caída 2000 mm
Ref.UA1532