



GF-18013

Chin-up & Press-up Station



Muscle Groups Used



TECHNICAL DATA

Dimension: 2660×1440×2330mm

Training Space: ∅2660×2500mm

Safe Area: ∅4160×4000mm

Free Height of falling: 2200mm

Maximum permissible user body weight: 140KG

FUNCTION

Increase strength in the whole upper body.

DIRECTION

Chin Up Exercise

1. Grip bars with both hands and take body weight;
2. Slowly bend both arms at the elbow and shoulders to lift your head is level with or above the bar;
3. Inhale as your lift;
4. Slowly lower yourself to start position exhaling as you descend;
5. Increase repeats as strength improves;

Push up Exercise

1. Place your hands slightly wider than your shoulders, while gripping bars with both hands;
2. Straighten your arms and legs;
3. Lower your body until your chest nearly touches the bar;
4. Pause, then push yourself back up;
5. Increase repeats as strength improves.

CERTIFICATION

EN16630:2015

