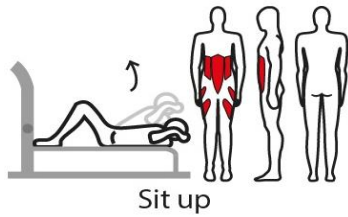
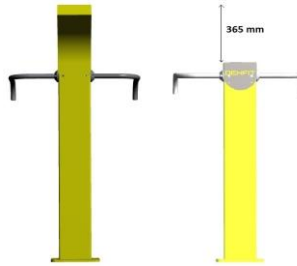
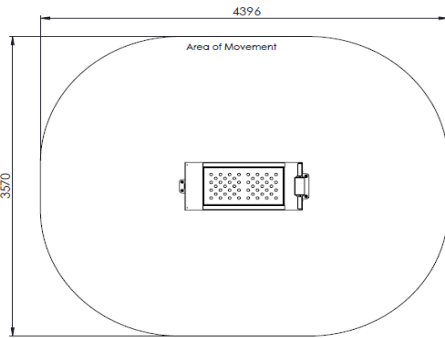
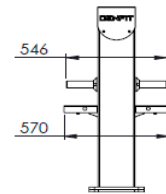
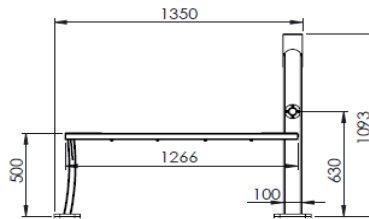


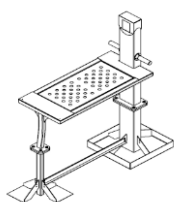
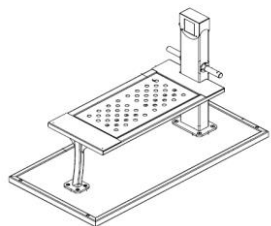
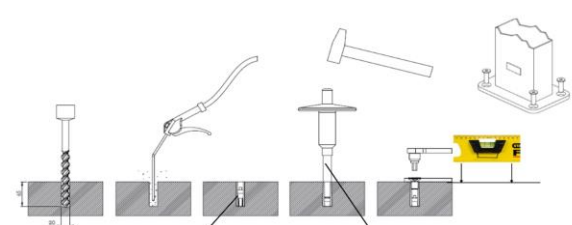
Technical information Denfit UrbanGym - AbShape



Sit up



With low top

AbShape	The basic exercise is Sit Up, follow the instruction pictogram. Many alternative exercises are possible on the AbShape. Check out the QR code that leads to all training possibilities.	
Accessories	Instruction pictogram and QR code	
Material	All main posts hot dipped galvanized and powder coated (in many different RAL colours) steel. Bent top is of stainless steel 304 can be coated in the same color as the post. The straight top is of stainless steel 304, ceramic pearled. Steel parts are hot zinc flame sprayed and textured powder coated in Noir Sablé. Tubes stainless steel 304 ceramic pearled. Optional floor is hot dipped galvanized and covered with wet pour in black. The installation frame is of hot dipped galvanized steel.	
Dimensions material	Main post: 200 x 100 x 4 mm Square tubes: 60 x 40 x 3 mm Round tubes/handles: Ø 33,7 x 3 mm floor frame: 60 x 40 x 3 mm covered with 10-15 mm wet pour Floor: 1800 x 900 x 60 mm	
Area of movement	15,7 m ²	
Fall protection	no	
Assembly	Preassembled sections	
Free height of fall	510 mm	
intended for	adults and youth > 1400 mm	
max. user weight	120 kg	
Anchoring	On installation frame in the ground *no fluid concrete needed follow the instruction in the service manual 	Installation on own floor frame on soft surface - on concrete - on tarmac follow the instruction in the service manual 
	Installation directly on concrete (not tarmac) , with wedge anchors installation without own floor directly on tarmac is not possible follow the instruction in the service manual 	
Certification:	EN 16630-2015: for permanently installed outdoor fitness equipment	
Notice:	<i>Not intended for children >1400 mm</i> <i>The Denfit Gym equipment should not be used if you are suffering from physiological problems.</i> <i>Avoid exaggerated physical exhaustion. In case of doubt please contact your doctor before use.</i> <i>Inspect the equipment before use. Don't use it if it appears damaged or inoperable.</i>	