Stazioni corpo libero
Bodyweight exercises

kg 5 | cm 250 | h 1 | cm 8x33x200h | 1+

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Dibond panel





Art. 2101
Circonduzione del tronco a braccia tese
Trunk rotation exercise



Art. 2102
Circonduzione delle braccia
Arms circle exercise



Art. 2103
Circonduzione delle braccia
Arms circle exercise

Stazioni corpo libero
Bodyweight exercises

kg 5 | cm 250 | h 1 | cm 8x33x200h | 1+

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Dibond panel





Art. 2104
Circonduzione delle braccia
Arms circle exercise



Art. 2105
Coordinazione degli arti
Coordination and balance exercise



Art. 2106
Flessione del tonco
Trunk flection exercise

Stazioni corpo libero
Bodyweight exercises

kg 5 | cm 250 | h 1 | cm 8x33x200h | 1+

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Dibond panel





Art. 2107
Flessione del tronco in avanti-basso
Trunk flection exercise



Art. 2108
Flessione ed estensione delle gambe
Leg flection/extension exercise



Art. 2109
Torsione del busto a 90°
Trunk twist exercise a 90° angle

Saltare a piedi uniti - 2110

Jumping exercise

kg 15 | cm 300 | h 1 | 20 | cm 300x9x20h | 1+

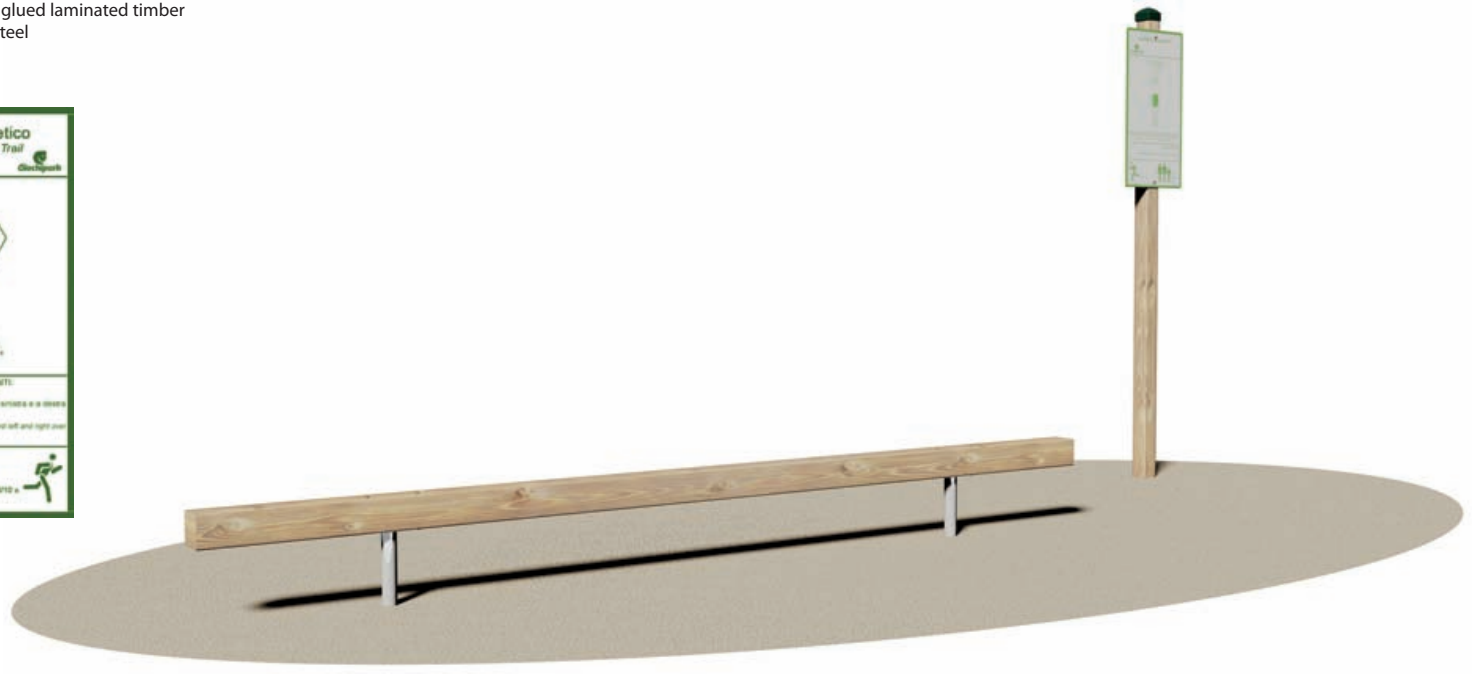
Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel

cm 600x309



Art. 2130



Flessione del tronco - 2111

Trunk flection exercise

kg 15 | cm 300 | h 1 | 35 | cm 300x118x35h | 1+

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel

cm 600x418



Art. 2131



Trazioni alla sbarra - 2112

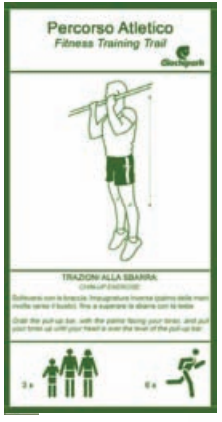
Chin-up exercise

kg 15 | cm 300 | h 1 | 240 | cm 396x9x240h | 3

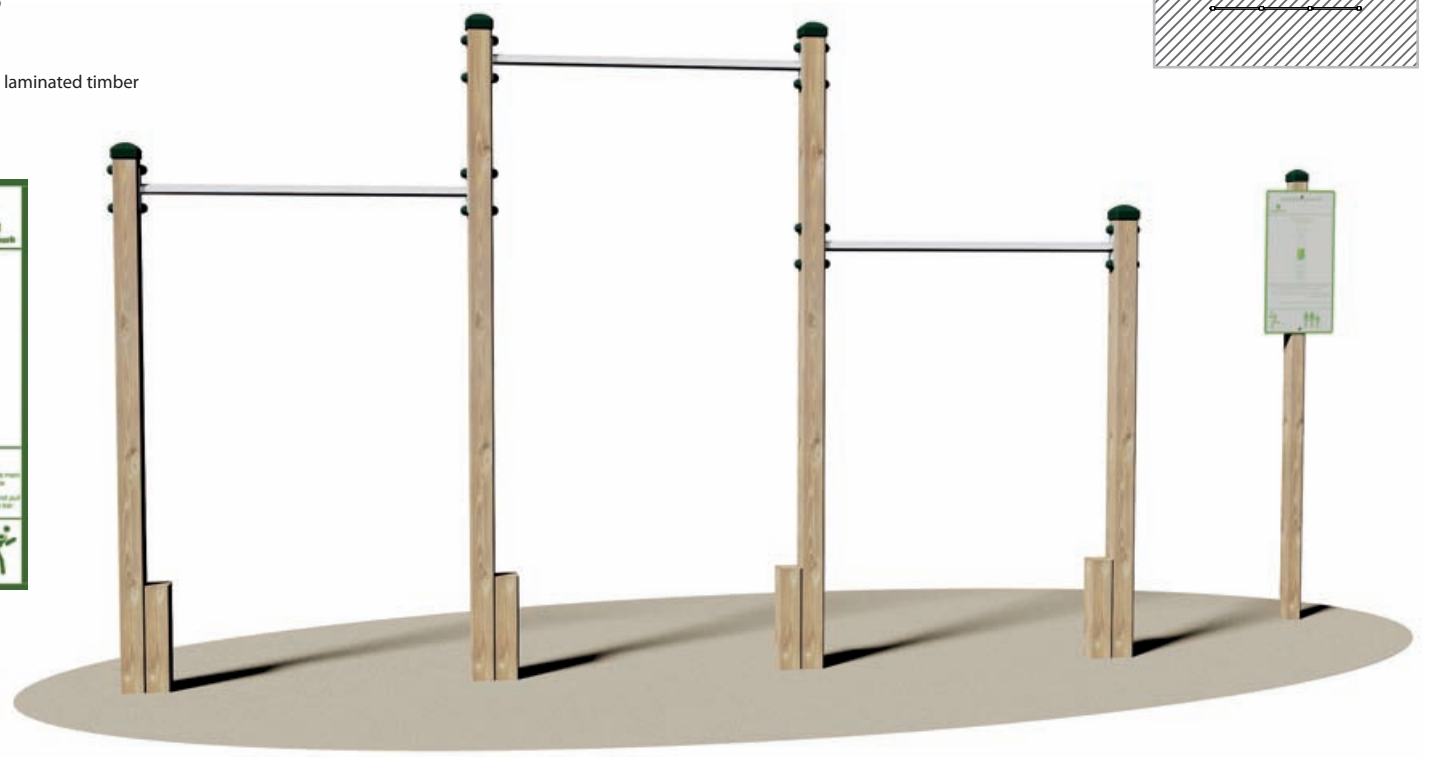
Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel

cm 696x309



Art. 2132

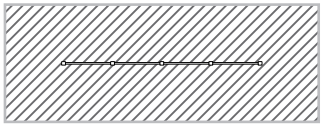


Circonduzione del bacino - 2113

Torso rotation exercise

kg 15 | cm 300 | h 1 | 240 | cm 529x9x240h | 4

cm 829x309



Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel



Art. 2133

Slalom h150 - 2114

Slalom h150 exercise

kg 10 | cm 200 | h 1 | 0 | cm 625x9x150h | 1+

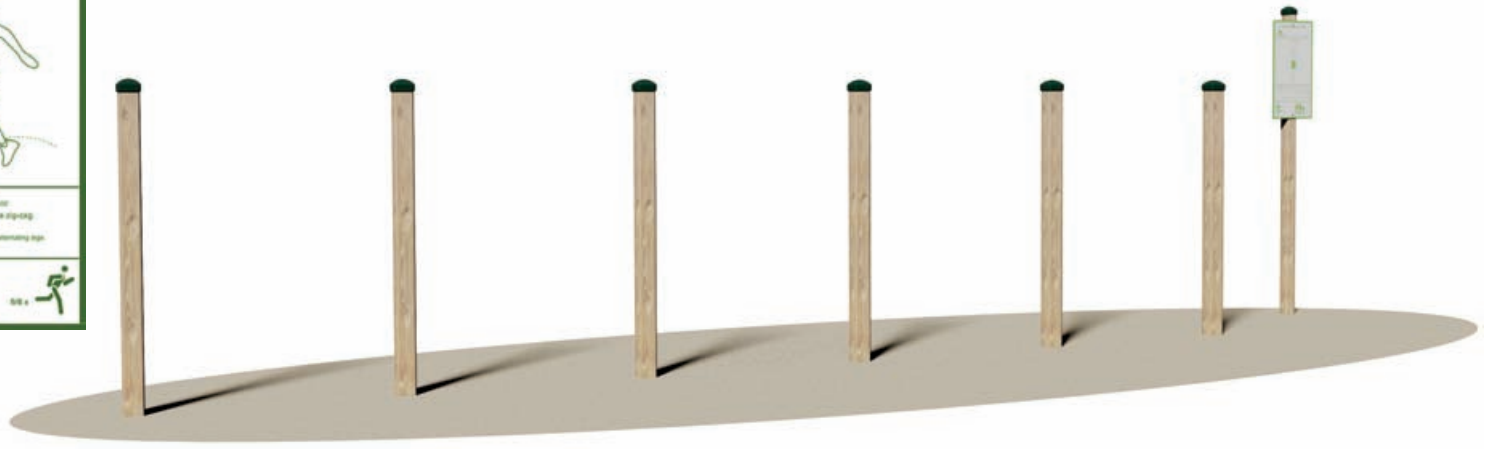
Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Dibond panel

cm 925x309



Art. 2134



Trave di equilibrio - 2115

Balance Beam

kg 15 | cm 300 | h 1 | 30 | cm 300x9x30h | 1+

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel

cm 600x309



Art. 2135

Trazioni alla sbarra - 2116

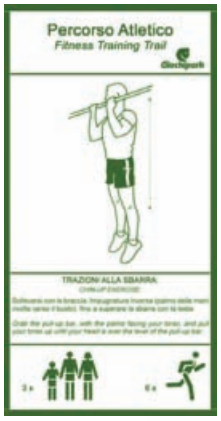
Chin-up exercise

kg 12 | cm 230 | h 1 | 170 | cm 396x9x180h | 3

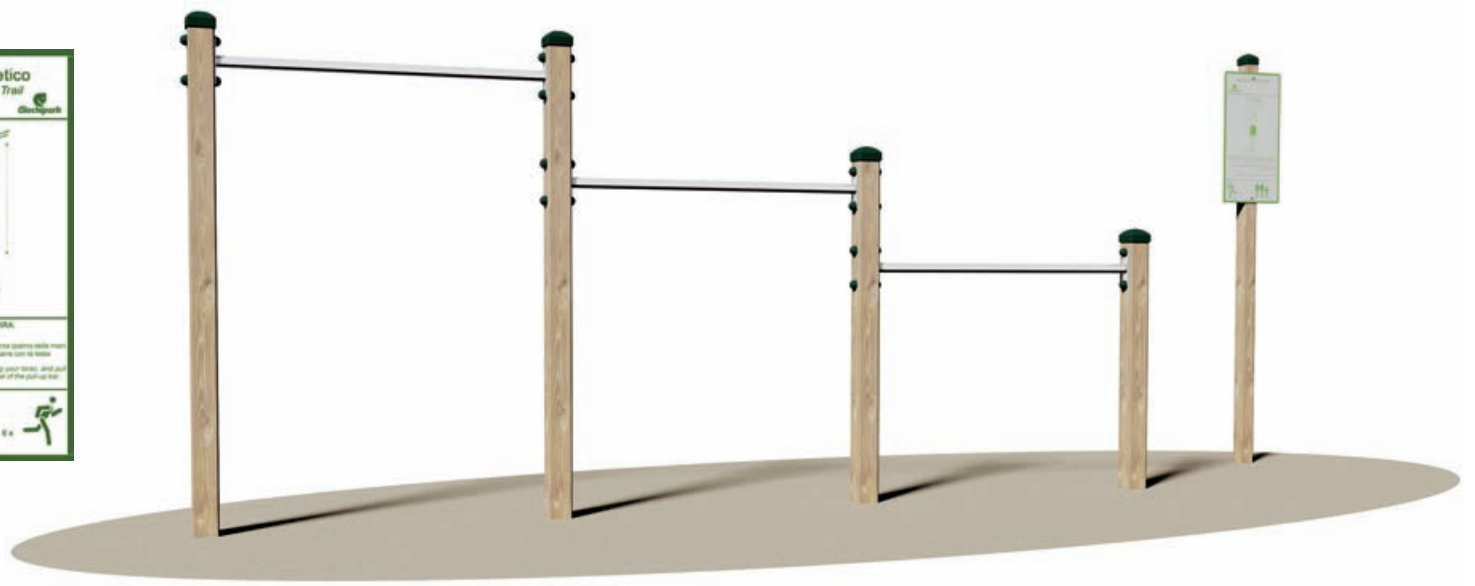
Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel

cm 696x309



Art. 2136



Superamento ostacoli - 2117

Obstacles course

kg 15 | cm 300 | h 1 | 30 | cm 300x209x30h | 1+

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel

cm 600x509

m^2 0,00



Art. 2137

Flessione del tronco su panca inclinata - 2118

Trunk flection exercise on decline bench

kg 35 | cm 190 | h 1 | 95 | cm 190x100x100h | 1

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel



Art. 2138

cm 490x400



Parallele - 2119

Parallel bars exercise

kg 11 | cm 220 | h 1 | 150 | cm 178x80x150h | 1

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel



Art. 2139

cm 478x380



Superamento ostacoli - 2120

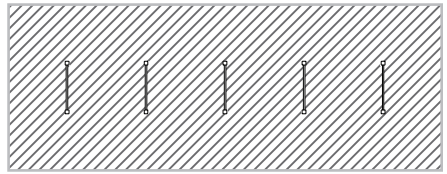
Obstacles course

kg 15 | cm 120 | h 1 | 60 | cm 845x138x60h | 1+

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

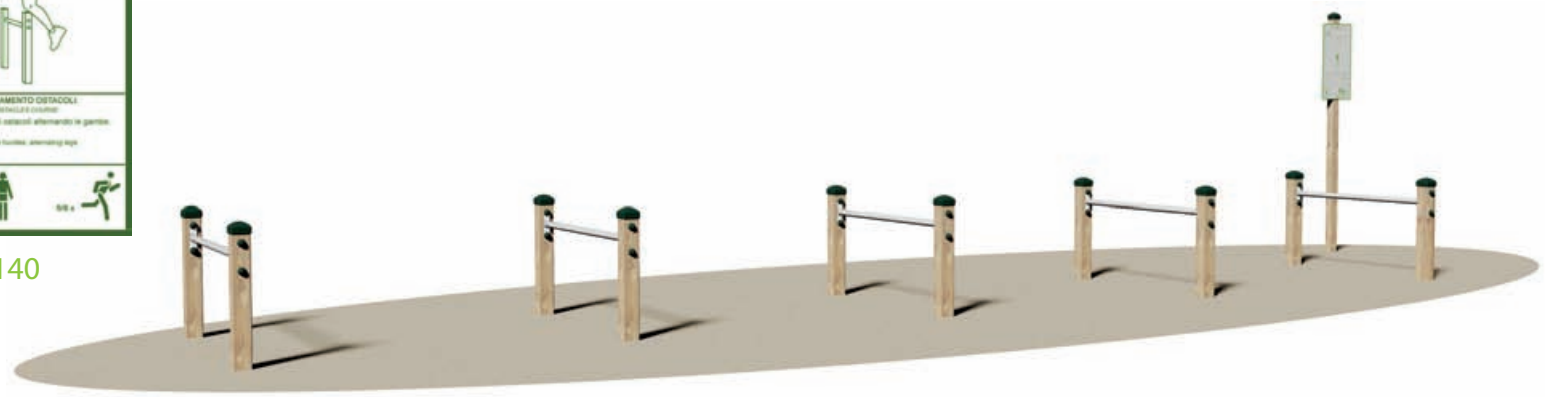
Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel

cm 1145x438





Art. 2140

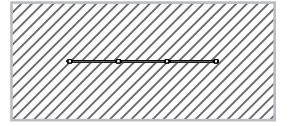


Appoggio a braccia tese sulla sbarra - 2121

Resting on the beam with arms fully extended

kg 12 | cm 230 | h 1 | 170 | cm 396x9x180h | 3

cm 696x309

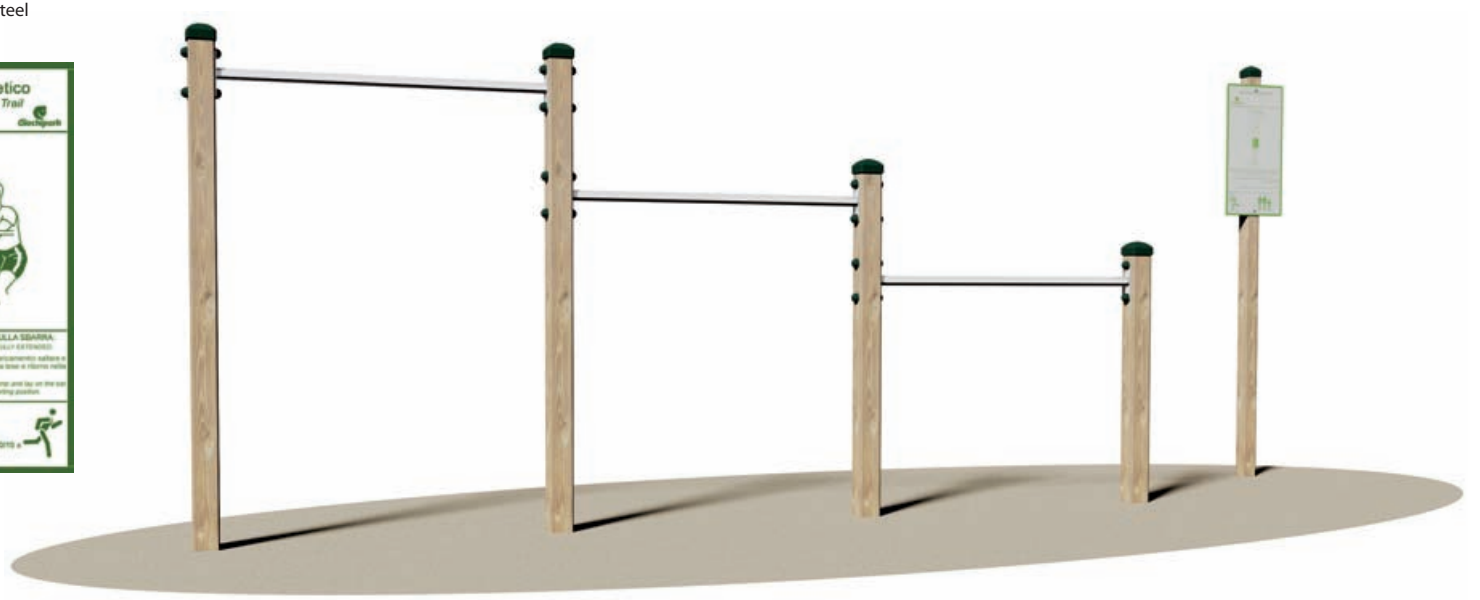


Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel



Art. 2141



Flessione del tronco su panca orizzontale - 2122

Trunk flection exercise on bench

kg 43 | cm 230 | h 1 | 100 | cm 230x100x125h | 2

cm 530x400

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel



Art. 2142



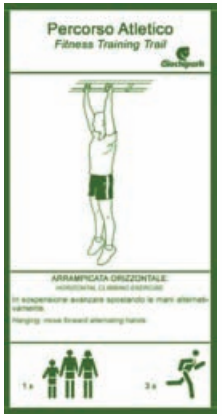
Arrampicata orizzontale - 2123

Horizontal climbing exercise

kg 16 | cm 300 | h 1 | 190 | cm 245x76x240h | 1+

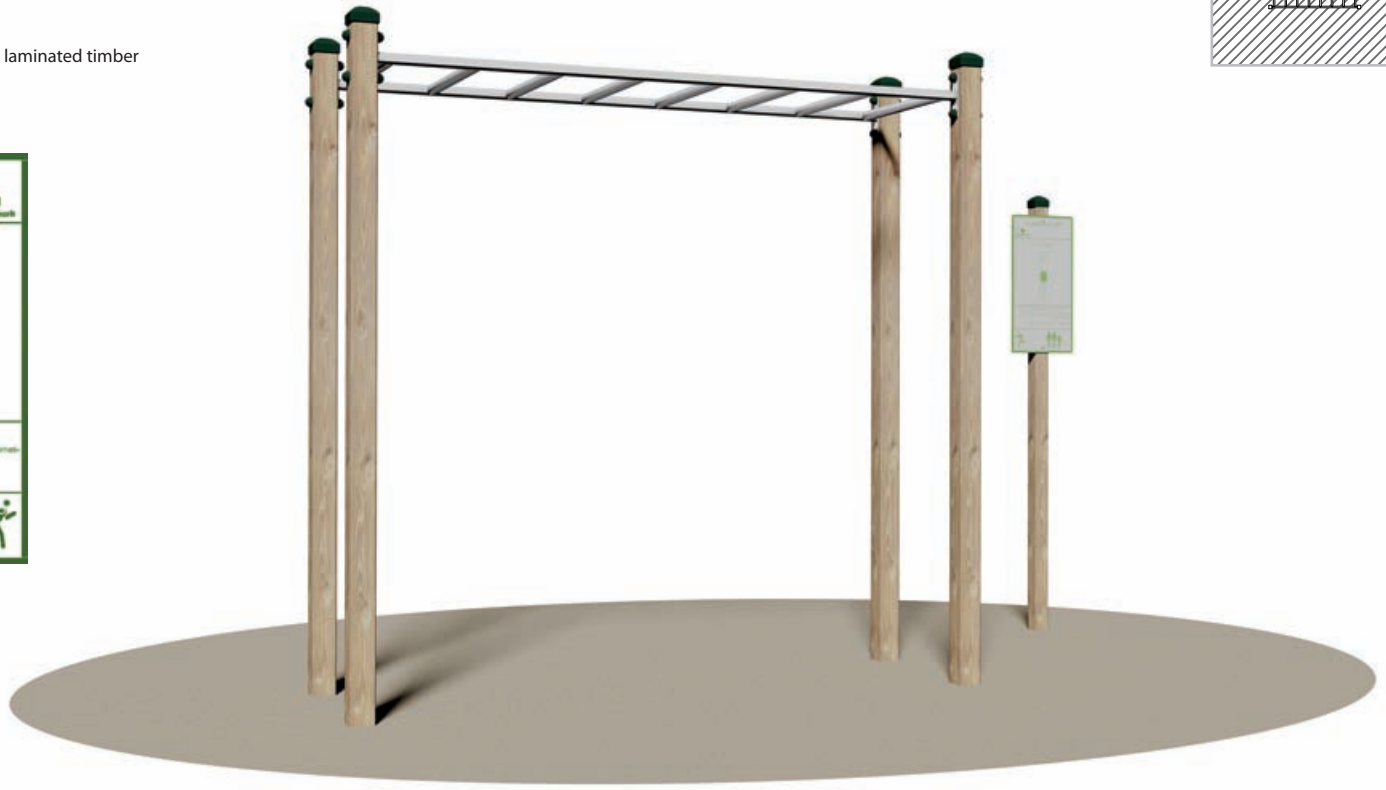
Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel



Art. 2143

cm 545x375



Slalom h50 - 2124

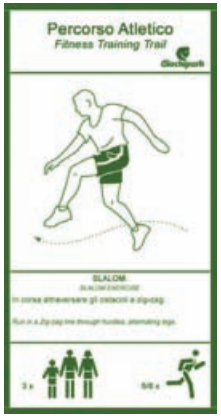
Slalom h50 exercise

kg 5 | cm 100 | - | 0 | cm 625x9x50h | 1+

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Dibond panel

cm 925x309



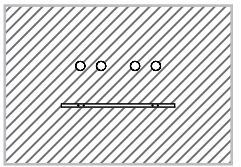
Art. 2144

Flessione delle braccia - 2125

Arms flection exercise

kg 15 | cm 300 | h 1 | 25 | cm 300x120x25h | 2

cm 600x420



Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Pannello in multistrato di legno filmato (CARPLY)
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Film coated multi-layer birck wood panel (CARPLY)
- Hot galvanized steel
- Dibond panel



Art. 2145

Arrampicata - 2126

Climbing exercise

kg 15 | cm 300 | h 1 | 240 | cm 190x9x240h | 2

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

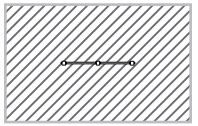
Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel



Art. 2146



cm 490x310



Stretching - 2127

Stretching

kg 20 | cm 177 | h 1 | 98 | cm 178x60x110h | 1

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel

cm 478x360



Art. 2147

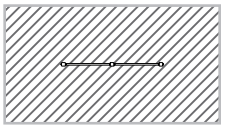


Flessione delle braccia - 2128

Arms flection exercise

kg 7 | cm 130 | h 1 | 70 | cm 267x9x70h | 2

cm 567x309



Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel



Art. 2148

Stretching - 2127

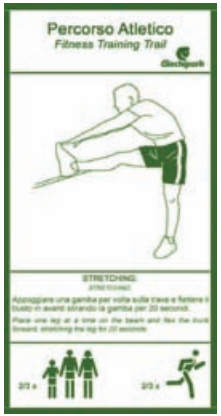
Stretching

kg 20 | cm 177 | h 1 | 98 | cm 178x60x110h | 1

Materiali principali utilizzati:
- Legno lamellare impregnato in autoclave
- Acciaio zincato a caldo
- Pannello Dibond

Main materials used:
- Pressure treated glued laminated timber
- Hot galvanized steel
- Dibond panel

cm 478x360



Art. 2149

