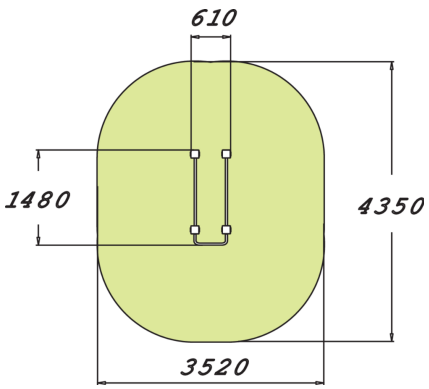
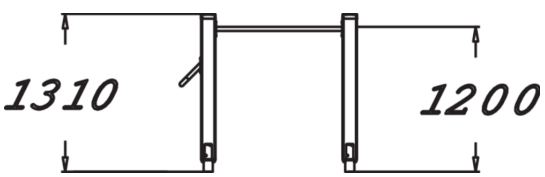
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DIP BAR



The Dip Bar is a 1,310 mm high set with two bars on the sides and one on the end. The bar on the end can be used as a footrest. The set is suitable even for beginners who want to learn to do dips. They can start with leaning push-ups against the bar. More experienced enthusiasts can move on to actual dips, which can initially be made easier by using the footrest. Dips are used for strengthening the chest, shoulder and arm muscles. The rack can also be utilized for practicing single-leg squats, assisting the movement by leaning on the bars with hands. The dip rack can be used for versatile stretching as well; stretching the quadriceps is achievable by relying on the bars for support. A lower bar can be employed for stretching the hamstrings by lifting the heel onto the bar. Additionally, shoulder and thoracic spine mobility can be trained using the bars as aids.





Number of users	2
Product length, mm	610
Product width, mm	1480
Product height, mm	1310
Impact area, m²	13.4
Max. free fall height, mm	1200
Safety info	EN 16630, EN 1176-1 TÜV
Installation time (for 1), H	2
Foundation options	deep_mounting surface_mounting
Wood	
Metal	

LAPPSET GROUP LTD
P.O. Box 8146, 96101 Rovaniemi, Finland
lappset@lappset.com | www.lappset.com

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