





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.



Product length, mm610Product width, mm1480Product height, mm1310Impact area, m²13.4Max. free fall height, mm1200Safety infoEN 16630, EN 1176-1 TÜVInstallation time (for 1), H2Foundation optionsdeep_mounting surface_mountingWoodImage: Comparison of the section of the sect	Number of users	2
Product height, mm1310Impact area, m²13.4Max. free fall height, mm1200Safety infoEN 16630, EN 1176-1 TÜVInstallation time (for 1), H2Foundation optionsdeep_mounting surface_mountingWoodImage: Comparison of the second	Product length, mm	610
Impact area, m²13.4Max. free fall height, mm1200Safety infoEN 16630, EN 1176-1 TÜVInstallation time (for 1), H2Foundation optionsdeep_mounting surface_mountingWoodImage: Construction option optio	Product width, mm	1480
Max. free fall height, mm1200Safety infoEN 16630, EN 1176-1 TÜVInstallation time (for 1), H2Foundation optionsdeep_mounting surface_mountingWoodImage: Construction option op	Product height, mm	1310
Safety infoEN 16630, EN 1176-1 TÜVInstallation time (for 1), H2Foundation optionsdeep_mounting surface_mountingWoodImage: Comparison of the sector of the sect	Impact area, m ²	13.4
Installation time (for 1), H 2 Foundation options deep_mounting surface_mounting Wood Image: Comparison of the surface of the surfac	Max. free fall height, mm	1200
Foundation options deep_mounting Surface_mounting Wood	Safety info	EN 16630, EN 1176-1 TÜV
Wood		
Wood	Installation time (for 1), H	2
Metal		deep_mounting
	Foundation options	deep_mounting

