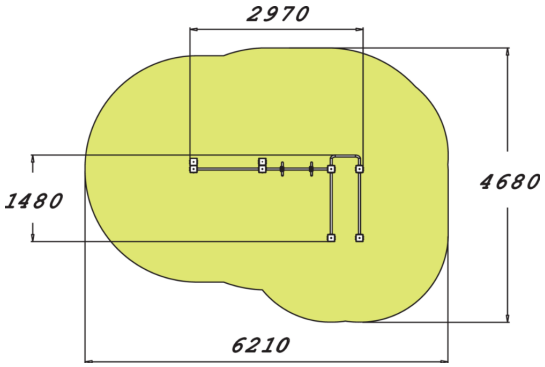
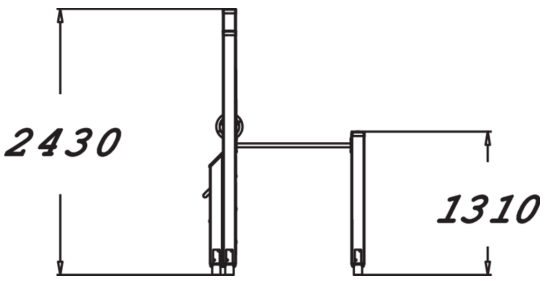
LAPPSET

081270M
DIP'N FLY



The Dip'n Fly is a multifunctional piece of equipment combining a chin-up bar, rings and dip bars. The total height is 2,430 mm. The posts can be used by shorter exercisers to step up to the bars. The rings are suitable for doing ring dips or other gymnastic exercises. The dip bars are 1,200 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.





Product length, mm	2970
Product width, mm	1480
Product height, mm	2430
Impact area, m²	23.6
Height required, mm	2620
Max. free fall height, mm	2320
Safety info	EN 16630, EN 1176-1 TÜV
Installation time (for 1), H	8
Foundation options	deep_mounting surface_mounting
Wood	
Metal	

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