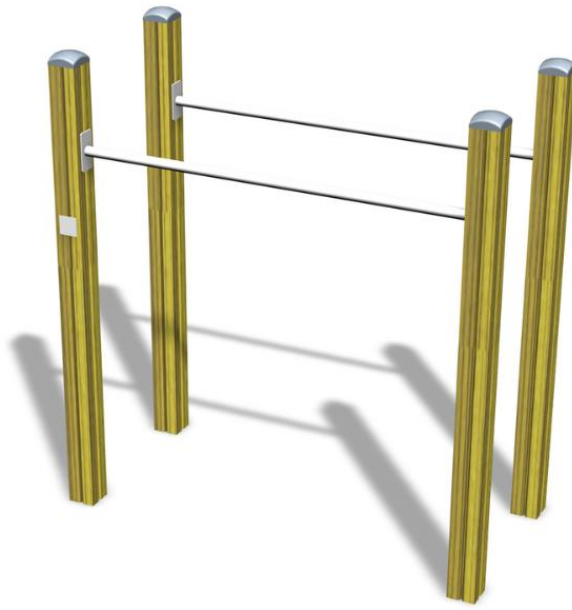
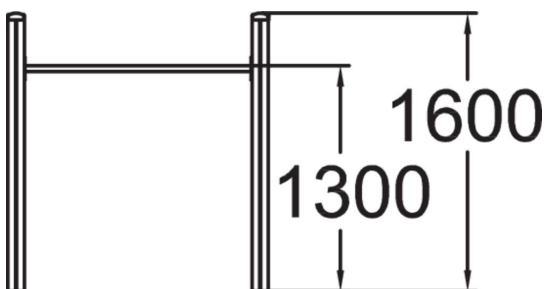
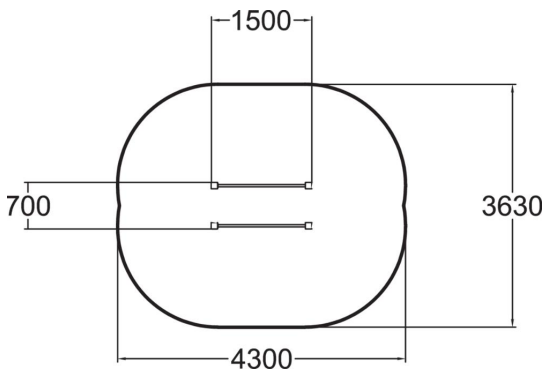


**175018**  
**DIP BAR**



The dip bar is mainly intended for dip exercises that strengthen the chest, shoulder and triceps muscles. The dip bar can also be used for different variations of body rows to strengthen the back and bicep muscles and leg raises to strengthen the core. Movements can be scaled with the help of a resistance rubber band. The dip bar also provides support for, for example, one-legged squats and mobility exercises.



Product length, mm	1510
Product width, mm	700
Product height, mm	1580
Impact area, m <sup>2</sup>	13.7
Falling space, m <sup>2</sup>	13.7
Height required, mm	2780
Max. free fall height, mm	1280
Safety info	EN 16630, EN 1176-1 TÜV
Foundation options	Deep mounting
Wood	
Metal	