



**Pull up
/
Push up**

Fit in Nature

Art. no.: Z6010-0000-010

Dimensions: 3500 x 640 x 1715mm
Foundation: 3 pcs. each 1000 x 500 x 300mm

The pull-up/push-up trains shoulders, arm flexors (biceps) and arm extensors (triceps) as well as the upper and lateral back and chest muscles. It promotes strength, mobility and vital functions. It is versatile and gives you enough space to be creative, for example using resistance bands.