<table>
<thead>
<tr>
<th>PLATE LOAD ABDOMINAL CRUNCH</th>
<th>SPECIFICATIONS</th>
</tr>
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<tbody>
<tr>
<td><strong>ITEM#:</strong> PLAC</td>
<td>Net weight: 90.7 kg</td>
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<tr>
<td></td>
<td>Dimensions: L 106 x W 103 x H 157 cm</td>
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<tr>
<td></td>
<td>Max user weight: 120 kg</td>
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<tr>
<td>Warranty:</td>
<td>Frame: lifetime - Parts: 2 years - Wear parts: 6 months</td>
</tr>
</tbody>
</table>

| PLAC | Plate Load Abdominal Crunch | € 1995.00 |

<table>
<thead>
<tr>
<th>PLATE LOAD BICEPS CURL</th>
<th>SPECIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ITEM#:</strong> PLBC</td>
<td>Net weight: 67 kg</td>
</tr>
<tr>
<td></td>
<td>Dimensions: L 168 x W 97 x H 130 cm</td>
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<tr>
<td></td>
<td>Max user weight: 120 kg</td>
</tr>
<tr>
<td>Warranty:</td>
<td>Frame: lifetime - Parts: 2 years - Wear parts: 6 months</td>
</tr>
</tbody>
</table>

| PLBC | Plate Load Biceps Curl | € 1295.00 |

<table>
<thead>
<tr>
<th>PLATE LOAD BENCH PRESS</th>
<th>SPECIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ITEM#:</strong> PLBP</td>
<td>Net weight: 80 kg</td>
</tr>
<tr>
<td></td>
<td>Dimensions: L 157 x W 139 x H 88 cm</td>
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<tr>
<td></td>
<td>Max user weight: 120 kg</td>
</tr>
<tr>
<td>Warranty:</td>
<td>Frame: lifetime - Parts: 2 years - Wear parts: 6 months</td>
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</tbody>
</table>

| PLBP | Plate Load Bench Press | € 1295.00 |

<table>
<thead>
<tr>
<th>PLATE LOAD INCLINE CHEST PRESS</th>
<th>SPECIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ITEM#:</strong> PLIP</td>
<td>Net weight: 74.8 kg</td>
</tr>
<tr>
<td></td>
<td>Dimensions: L 154 x W 150 x H 127 cm</td>
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<tr>
<td></td>
<td>Max user weight: 120 kg</td>
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<tr>
<td>Warranty:</td>
<td>Frame: lifetime - Parts: 2 years - Wear parts: 6 months</td>
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</tbody>
</table>

| PLIP | Plate Load Incline Chest Press | € 1295.00 |

<table>
<thead>
<tr>
<th>PLATE LOAD LAT PULLDOWN</th>
<th>SPECIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ITEM#:</strong> PLLA</td>
<td>Net weight: 84 kg</td>
</tr>
<tr>
<td></td>
<td>Dimensions: L 171 x W 159 x H 197 cm</td>
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<tr>
<td></td>
<td>Max user weight: 120 kg</td>
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<tr>
<td>Warranty:</td>
<td>Frame: lifetime - Parts: 2 years - Wear parts: 6 months</td>
</tr>
</tbody>
</table>

| PLLA | Plate Load Lat Pulldown | € 1295.00 |

<table>
<thead>
<tr>
<th>PLATE LOAD LEG CURL</th>
<th>SPECIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ITEM#:</strong> PLLC</td>
<td>Net weight: 71 kg</td>
</tr>
<tr>
<td></td>
<td>Dimensions: L 175 x W 130 x H 71 cm</td>
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<tr>
<td></td>
<td>Max user weight: 120 kg</td>
</tr>
<tr>
<td>Warranty:</td>
<td>Frame: lifetime - Parts: 2 years - Wear parts: 6 months</td>
</tr>
</tbody>
</table>

| PLLC | Plate Load Leg Curl | € 1295.00 |
PLATE LOAD LEG EXTENSION

**SPECIFICATIONS**
- **ITEM#: PLLE**
- **Net weight:** 75 kg
- **Dimensions:** L 131 x W 125 x H 106 cm
- **Max user weight:** 120 kg
- **Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

* 100 degree angle between seat and back pad increases comfort and encourages full quadriceps contraction without hamstring flexibility limitations.
* Both legs can be used together or independently.
* Sealed bearing pivot points.
* Direct link movement arm design
* Adjustable foot roller
* Weight plate holders for plate storage.
* Olympic weight plates not included.

**PLLE** Plate Load Leg Extension € 1295.00

PLATE LOAD SEATED CALF PRESS

**SPECIFICATIONS**
- **ITEM#: PLSC**
- **Net weight:** 44 kg
- **Dimensions:** L 149 x W 96 x H 100 cm
- **Max user weight:** 120 kg
- **Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

* 11 Heavy gauge 50 x 100 x 2.5T oval tubing
* Two-coat powder process, electrostatically applied
* 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
* Dipped PVC handle
* Continuous welds at all pivot points.
* Commercial sealed bearings at all pivot points.
* Capacity weight: 227kg

**PLSC** Plate Load Seated Calf Press € 895.00

PLATE LOAD SHOULDER PRESS

**SPECIFICATIONS**
- **ITEM#: PLSP**
- **Net weight:** 88 kg
- **Dimensions:** L 154 x W 104 x H 140 cm
- **Max user weight:** 120 kg
- **Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

* A 25 degree converging pattern provides an exceptional range of motion, both arms can be used together or independently.
* Industrially rated, sealed bearings at all pivot points.
* Adjustable seat pad with gas assist.
* 25° converging pattern arm movement
* Independent, unilateral arm action
* Antislip foot platforms
* Olympic weight plates not included.

**PLSP** Plate Load Shoulder Press € 1295.00

PLATE LOAD SEATED ROW

**SPECIFICATIONS**
- **ITEM#: PLSR**
- **Net weight:** 71 kg
- **Dimensions:** L 119 x W 123 x H 104 cm
- **Max user weight:** 120 kg
- **Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

* A 10 degree diverging pattern that provides comfortable working orbits, both arms can be used together or independently
* Dual axis diverging arm movement
* 360 degree articulating hand grips
* Adjustable chest support with gas assist
* Independent unilateral arm movement.
* Weight plate holders for plate storage.
* Olympic weight plates not included.

**PLSR** Plate Load Seated Row € 1295.00

PLATE LOAD HIP EXTENSION

**SPECIFICATIONS**
- **ITEM#: PLHE**
- **Net weight:** 99 kg
- **Dimensions:** L 158 x W 133 x H 180 cm
- **Max user weight:** 120 kg
- **Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

* 11 Heavy gauge 50 x 100 x 3T oval tubing
* Two-coat powder process, electrostatically applied
* 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
* Dipped PVC handle
* Continuous welds at all pivot points.
* Commercial sealed bearings at all pivot points.
* Olympic weight plates not included.

**PLHE** Plate Load Hip Extension € 1495.00

PLATE LOAD T-BAR ROW

**SPECIFICATIONS**
- **ITEM#: PLTR**
- **Net weight:** 57.6 kg
- **Dimensions:** L 195 x W 96 x H 104 cm
- **Max user weight:** 120 kg
- **Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

* 11 Heavy gauge 50 x 100 x 2.5T oval tubing
* Two-coat powder process, electrostatically applied
* 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
* Dipped PVC handle
* Continuous welds at all pivot points.
* Commercial sealed bearings at all pivot points.
* Olympic weight plates not included
* Capacity weight: 227kg

**PLTR** Plate Load T-bar Row € 1395.00
**PLATE LOAD LEG PRESS**

**ITEM#: PLLP**
- Net weight: 98 kg
- Dimensions: L 214 x W 135 x H 141 cm
- Max user weight: 120 kg
- Warranty: Frame: lifetime - Parts: 2 years - Wear parts: 6 months

**SPECIFICATIONS**
- 11 Heavy gauge 50 × 100 × 2.5T oval tubing
- Two-coat powder process, electrostatically applied
- 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
- Dipped PVC handle
- Continuous welds at all pivot points
- Commercial sealed bearings at all pivot points
- Olympic weight plates not included.

**PLLP** Plate Load Leg Press

**PLATE LOAD HACK PRESS**

**ITEM#: PLHP**
- Net weight: 171 kg
- Dimensions: L 250 x W 149 x H 133 cm
- Max user weight: 120 kg
- Warranty: Frame: lifetime - Parts: 2 years - Wear parts: 6 months

**SPECIFICATIONS**
- 11 Heavy gauge 50 × 100 × 2.5T oval tubing
- Two-coat powder process, electrostatically applied
- 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
- Dipped PVC handle
- Continuous welds at all pivot points
- Commercial sealed bearings at all pivot points
- Olympic weight plates not included.

**PLHP** Plate Load Hack Press

**PLATE LOAD SUPINE LEG PRESS**

**ITEM#: PLDP**
- Net weight: 169 kg
- Dimensions: L 283 x W 144 x H 157 cm
- Max user weight: 120 kg
- Warranty: Frame: lifetime - Parts: 2 years - Wear parts: 6 months

**SPECIFICATIONS**
- 11 Heavy gauge 50 × 100 × 2.5T oval tubing
- Two-coat powder process, electrostatically applied
- 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
- Dipped PVC handle
- Continuous welds at all pivot points
- Commercial sealed bearings at all pivot points
- Olympic weight plates not included.

**PLDP** Plate Load Supine Leg Press

**PLATE LOAD TRICEPS EXTENSION**

**ITEM#: PLTE**
- Net weight: 66 kg
- Dimensions: L 160 x W 97 x H 130 cm
- Max user weight: 120 kg
- Warranty: Frame: lifetime - Parts: 2 years - Wear parts: 6 months

**SPECIFICATIONS**
- 11 Heavy gauge 50 × 100 × 2.5T oval tubing
- Two-coat powder process, electrostatically applied
- 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
- Dipped PVC handle
- Continuous welds at all pivot points
- Commercial sealed bearings at all pivot points
- Olympic weight plates not included
- Capacity weight: 227 kg

**PLTE** Plate Load Triceps Extension

**PLATE LOAD BENCH PRESS**

**ITEM#: PSBP**
- Net weight: 108 kg
- Dimensions: L 203 x W 123 x H 171 cm
- Max user weight: 120 kg
- Warranty: Frame: lifetime - Parts: 2 years - Wear parts: 6 months

**SPECIFICATIONS**
- 11 Heavy gauge 50 × 100 × 3T oval tubing
- Two-coat powder process, electrostatically applied
- 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
- Dipped PVC handle
- Continuous welds at all pivot points
- Commercial sealed bearings at all pivot points
- Olympic weight plates not included.

**PSBP** Plate Load Bench Press

**PLATE LOAD DECLINE CHEST PRESS**

**ITEM#: PSDP**
- Net weight: 108 kg
- Dimensions: L 203 x W 123 x H 171 cm
- Max user weight: 120 kg
- Warranty: Frame: lifetime - Parts: 2 years - Wear parts: 6 months

**SPECIFICATIONS**
- 11 Heavy gauge 50 × 100 × 3T oval tubing
- Two-coat powder process, electrostatically applied
- 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
- Dipped PVC handle
- Continuous welds at all pivot points
- Commercial sealed bearings at all pivot points
- Olympic weight plates not included.

**PSDP** Plate Load Decline Chest Press

**Retail Prices**
- **PLATE LOAD LEG PRESS**: € 2695.00
- **PLATE LOAD HACK PRESS**: € 2995.00
- **PLATE LOAD SUPINE LEG PRESS**: € 2895.00
- **PLATE LOAD TRICEPS EXTENSION**: € 1295.00
- **PLATE LOAD BENCH PRESS**: € 1695.00
- **PLATE LOAD DECLINE CHEST PRESS**: € 1695.00
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<tr>
<th><strong>PLATE LOAD INCLINE CHEST PRESS</strong></th>
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<tr>
<td><strong>ITEM#: PSIP</strong></td>
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<tr>
<td>Net weight: 101 kg</td>
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<tr>
<td>Dimensions: L 181 x W 97 x H 169 cm</td>
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<td>Max user weight: 120 kg</td>
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<td>Warranty: Frame: lifetime - Parts: 2 years - Wear parts: 6 months</td>
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<td><strong>PLATE LOAD STANDING SQUAT</strong></td>
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<td><strong>ITEM#: PLSS</strong></td>
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<td>Net weight: 152 kg</td>
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<tr>
<td>Dimensions: L 206 x W 136 x H 169 cm</td>
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<td>Max user weight: 120 kg</td>
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<td>Warranty: Frame: lifetime - Parts: 2 years - Wear parts: 6 months</td>
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<tr>
<td><strong>PLATE LOAD STANDING T BAR ROW</strong></td>
<td><strong>SPECIFICATIONS</strong></td>
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<td><strong>ITEM#: PLSTR</strong></td>
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<tr>
<td>Net weight: N/A</td>
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<td>Dimensions: L 201 x W 91 x H 69 cm</td>
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<tr>
<td><strong>PLATE LOAD HIP THRUSTER</strong></td>
<td><strong>SPECIFICATIONS</strong></td>
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<td><strong>ITEM#: PLHT</strong></td>
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<td>Net weight: N/A</td>
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<td>Dimensions: L 189 x W 130 x H 82 cm</td>
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<td>Max user weight: 120 kg</td>
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<td>Warranty: Frame: lifetime - Parts: 2 years - Wear parts: 6 months</td>
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</table>
# PLATE LOAD 2

## PLATE LOAD CHEST PRESS / SHOULDER PRESS

**ITEM#: PL2100**

<table>
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<th>Details</th>
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<tbody>
<tr>
<td>Net weight</td>
<td>107 kg</td>
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<tr>
<td>Dimensions</td>
<td>L 175 x W 131 x H 161 cm</td>
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<tr>
<td>Max user weight</td>
<td>120 kg</td>
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</table>

**Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

**Net weight:** 107 kg  
**Dimensions:** L 175 x W 131 x H 161 cm  
**Max user weight:** 120 kg  
**Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

### SPECIFICATIONS
- 12 Heavy gauge 50 × 100 × 2.5T oval tubing
- Two-coat powder process, electrostatically applied
- 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
- Dipped PVC handle
- Continuous welds at all pivot points
- Commercial sealed bearings at all pivot points
- Olympic weight plates not included

**Price:** € 1995.00

## PLATE LOAD LAT PULLDOWN / BACK ROW

**ITEM#: PL2200**

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
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<tbody>
<tr>
<td>Net weight</td>
<td>176 kg</td>
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<tr>
<td>Dimensions</td>
<td>L 190 x W 160 x H 215 cm</td>
</tr>
<tr>
<td>Max user weight</td>
<td>120 kg</td>
</tr>
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</table>

**Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

**Net weight:** 176 kg  
**Dimensions:** L 190 x W 160 x H 215 cm  
**Max user weight:** 120 kg  
**Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

### SPECIFICATIONS
- 11 Heavy Gauge 60 × 120 × 3 T Square Tubing
- Two-coat powder process, electrostatically applied
- 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
- Dipped PVC handle
- Continuous welds at all pivot points
- Commercial sealed bearings at all pivot points
- Olympic weight plates not included

**Price:** € 3195.00

## PLATE LOAD SQUAT / DEAD LIFT

**ITEM#: PL2300**

<table>
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<tr>
<th>Specification</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Net weight</td>
<td>137 kg</td>
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<tr>
<td>Dimensions</td>
<td>L 206 x W 175 x H 165 cm</td>
</tr>
<tr>
<td>Max user weight</td>
<td>120 kg</td>
</tr>
</tbody>
</table>

**Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

**Net weight:** 137 kg  
**Dimensions:** L 206 x W 175 x H 165 cm  
**Max user weight:** 120 kg  
**Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

### SPECIFICATIONS
- 11 Heavy Gauge 60 × 120 × 3 T Square Tubing
- Two-coat powder process, electrostatically applied
- 50 mm rebonded scrap foam + 10 mm high density foam with CGPC PVC cold latex leather
- Dipped PVC handle
- Continuous welds at all pivot points
- Commercial sealed bearings at all pivot points
- Olympic weight plates not included

**Price:** € 2595.00
### Two-Stack Jungle Gym

**Item #: JG2000**

- **Net weight:** 481 kg
- **Dimensions:** L 426 x W 98 x H 222 cm
- **Standard weight stack:** 98 kg
- **Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

#### Specifications
- 11 heavy gauge (50×100×3T) low carbon steel oval tubing
- Two-coat powder process, electrostatically applied
- Dipped PVC handle
- 7 x 19 stainless steel cables, tensile strength of more than 950 kg
- 1T delicate steel safety cover
- Low carbon steel weight stacks

![Jungle Gym Two-Stack with Crossover](image1)

**Retail:** € 5995.00

---

### Four-Stack Jungle Gym

**Item #: JG4000**

- **Net weight:** 740 kg
- **Dimensions:** L 358 x W 243 x H 222 cm
- **Standard weight stack:** 390 kg
- **Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

#### Specifications
- 11 heavy gauge (50×100×3T) low carbon steel oval tubing
- Two-coat powder process, electrostatically applied
- Dipped PVC handle
- 7 x 19 stainless steel cables, tensile strength of more than 1100 kg
- 1T delicate steel safety cover
- Low carbon steel weight stacks

![Four Stack Jungle Gym](image2)

**Retail:** € 8495.00

---

### Five-Stack Jungle Gym

**Item #: JG5000**

- **Net weight:** 481 kg
- **Dimensions:** L 534 x W 358 x H 222 cm
- **Standard weight stack:** 488 kg
- **Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

#### Specifications
- 11 heavy gauge (50×100×3T) low carbon steel oval tubing
- Two-coat powder process, electrostatically applied
- Dipped PVC handle
- 7 x 19 stainless steel cables, tensile strength of more than 1100 kg
- 1T delicate steel safety cover
- Continuous welds at all pivot points
- Low carbon steel weight stacks

![Five Stack Jungle Gym](image3)

**Retail:** € 11995.00

---

### Eight-Stack Jungle Gym

**Item #: JG8000**

- **Net weight:** N/A
- **Dimensions:** L 641 x W 358 x H 222 cm
- **Standard weight stack:** 780 kg
- **Warranty:** Frame: lifetime - Parts: 2 years - Wear parts: 6 months

#### Specifications
- 11 heavy gauge (50×100×3T) low carbon steel oval tubing
- Two-coat powder process, electrostatically applied
- Dipped PVC handle
- 7 x 19 stainless steel cables, tensile strength of more than 1100 kg
- 1T delicate steel safety cover
- Continuous welds at all pivot points
- Low carbon steel weight stacks

![Eight Stack Jungle Gym](image4)

**Retail:** € 18500.00