



Hip Bridges With Leg Raise

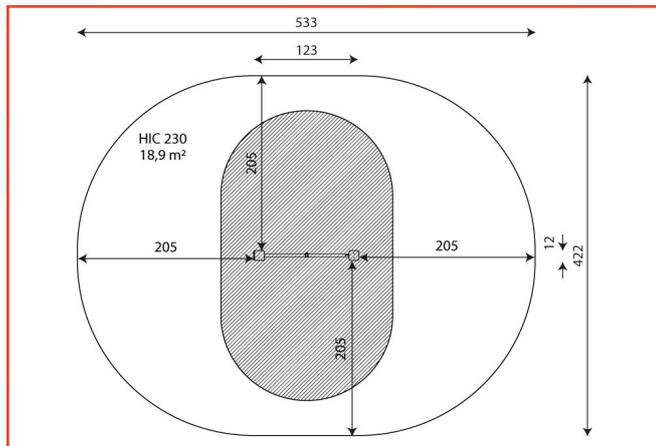
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Equipped with steel ropes, the hip bridge with leg raise is a great unit to strengthen lower body muscles. The user can choose the height in which they want to place their legs to activate their glutes, hamstrings and lower back.

Available in different colours
(Additional charges may apply)



Technical Information



Materials



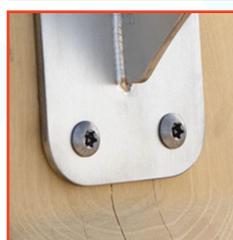
Powder galvanized and powder-coated or stainless steel construction of 100 x 100 mm profile, durable end caps on the top of the structure made of plastic.



Aluminum exercise instructions plate screwed to HDPE plate, resistant to weather conditions.



Stainless steel bars with a diameter of 38mm for a comfortable grip during exercises.



Stainless steel screws and/or screws covered with plastic caps.

Surfacing

Surface Measurements

Grass Matting	29.5m ²
Grass Matting (Wear Area)	N/A
Wetpour	18.9m ²

No safety surface required as critical fall height is less than 600mm. However, we suggest allowing an appropriate free space around the item in compliance with BS EN1176.

Data is subject to change without prior notice.