

## Technical data

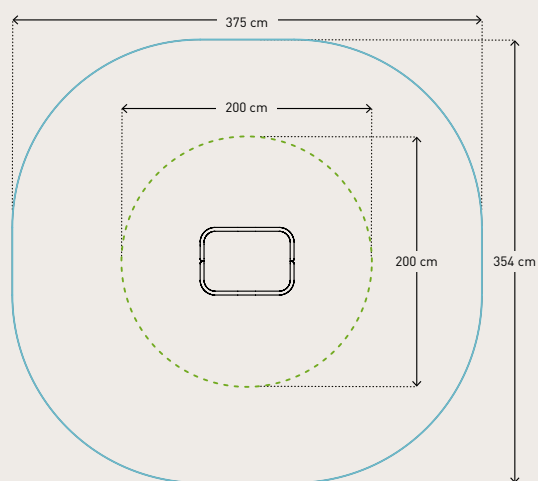
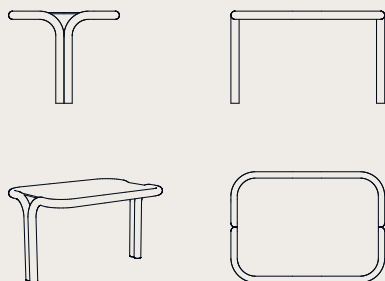
Product no.: no-004

### SPIRER BOX - H45



**Dimension in cm:** L75 x W54 x H45 cm  
**Material:** Steel  
**Corrosion class:** C4  
**Surface treatment:** Rust-protected and powder-coated

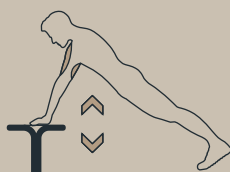
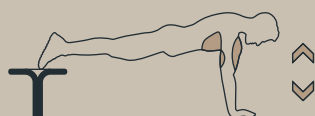
**Area of movement:** ————  
**Training space:** - - - - -  
**Free height of fall:** 45 cm  
**Fall protection required:** None  
**According to:** EN 16630:2015



#### Please note:

As a general rule, the green lines — — — are not allowed to overlap each other. However the blue lines ——— can overlap both the blue and the green lines, BUT there cannot be any solid or hard objects inside the blue circle. (Trees, stones, other fitness equipment, etc.)

## EXERCISES / STRETCH OUT



NOORD