## Technical data

Product no.: no-027

SPIRER BATTLE ROPE - LONG



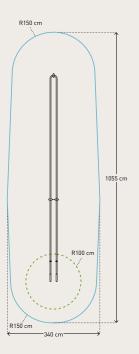
Dimension in cm: Material: Corrosion class: Surface treatment: L755 x W36 x H150 cm Steel and battle rope C4

Rust-protected and powder-coated

Area of movement: Training space: Free height of fall: Fall protection required: According to:

-None 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**