Robinia Push-Up & Stretch Bars

Outdoor gym station with three bars at different heights



Functions

- Incline push-ups
- Chest & arm strength
- Shoulder strength
- Core stability
- Supported stretching
- Three levels of difficulty

Technical Data

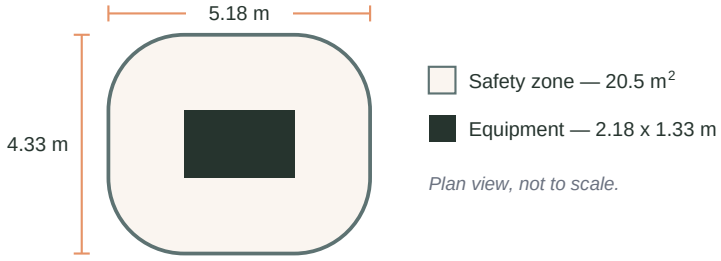
DIMENSIONS (L x W)	HEIGHT
2.18 x 1.33 m	**1.45 m**

SAFETY ZONE	FREE-FALL HEIGHT
5.18 x 4.33 m	**1.12 m**

Capacity: 1 user Recommended age: 14+ years Max. user weight: 140 kg

Conforms to: BS EN 16630:2015

Safety Zone Plan



Plan view, not to scale.

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Materials & Construction

Post: Robinia hardwood, about Ø22 cm, with no sharp edges; naturally weather-resistant
Bars: Three stainless steel tube bars at different heights, set into the ground at the outer end
Instruction plate: Polycarbonate exercise instruction plate with an HDPE phone holder
Fixings: Stainless steel screws, or screws covered with plastic caps
Foundations: Post anchored 0.7–0.8 m deep on level ground

Free-fall height is 1.12 m; the BS EN 16630 surfacing table allows turf up to 1.5 m, so this unit can go on grass as well as impact-absorbing surfacing. We'll recommend the right finish for your site.

Images are computer visualisations; the installed product will look similar. Colours may vary from those shown.

How to Use

Push-ups & stretching

Hold a bar with both hands shoulder-width apart, walk the feet back until the body is straight, then lower the chest towards the bar and push back up. The highest bar is easiest, the lowest hardest. The bars can also be held for calf, hamstring and shoulder stretches.

Benefits:

Builds chest, shoulder, arm and core strength, with three heights so beginners and fitter users can train at the right level; also a good warm-up and cool-down station.

Inspection & Maintenance

Routine visual check weekly (daily on busy or vandal-prone sites), an operational check every 1–3 months and a main inspection once a year. There are no moving parts; check the bars, brackets and fixings for wear and replace damaged parts promptly with genuine spares. Morti Sport & Play offers annual inspection and maintenance for school and public sites.

Why Choose This Product

A simple strength and stretching station: three stainless steel bars at different heights fixed to a natural Robinia hardwood post. Users choose the bar that suits their strength for incline push-ups, or use the bars for supported stretching. With no moving parts it needs very little maintenance.

- Three bar heights so one station suits beginners and fitter users
- Natural Robinia post with stainless steel bars and no moving parts
- Certified to BS EN 16630:2015; free-fall height 1.12 m, so it can go on grass
- Designed, supplied and installed by Morti Sport & Play's own teams

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