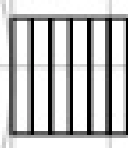
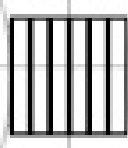
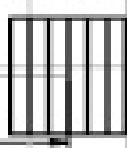


9000

8000



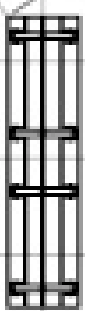
1500



**Box jump/Step Up**

FHOF: 600mm  
TH:600mm  
FZ max: no FZ

1000



**Seated Dips**

FHOF: 220mm  
TH :550mm  
FZ max: no FZ

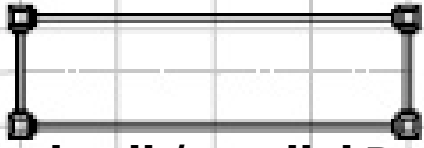
1000



**Chin up/body curl**

FHOF: 2000mm  
TH:2250mm  
FZ max :1800mm

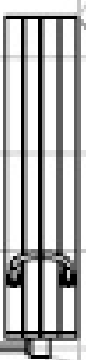
1000



**Handwalk/parallel Bars**

FHOF: 970mm  
TH:110mm  
FZ max: No FZ

1000



1500