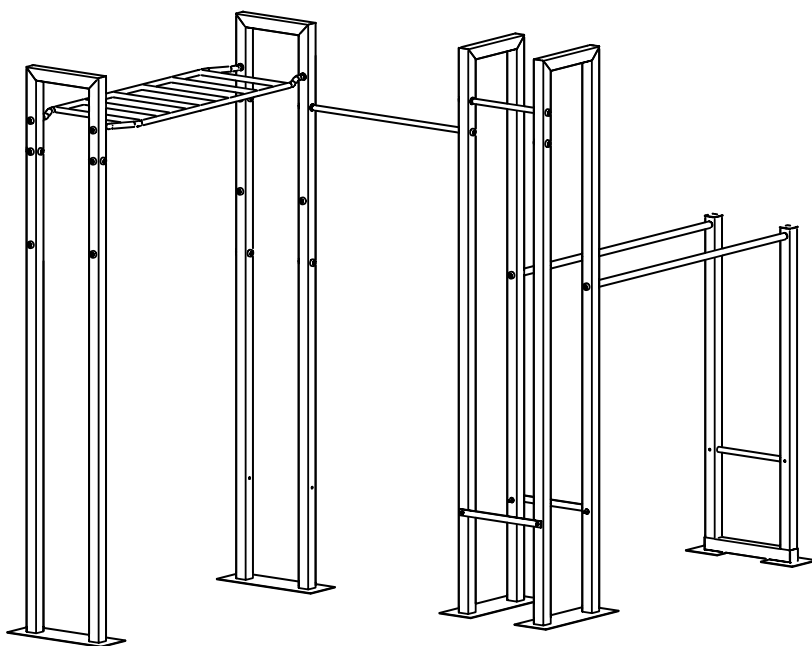


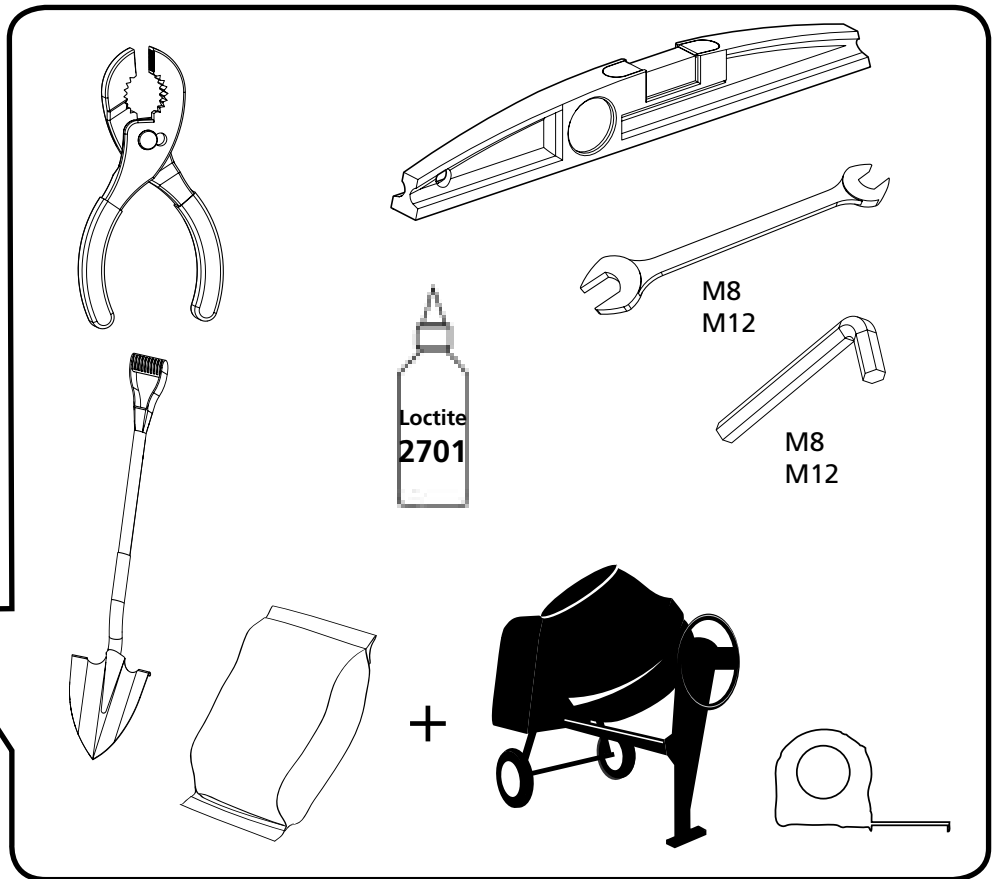
# 1601



IJSLANDER

16 - 10 - 2015

IJslander BV  
Oude Dijk 10  
8096 RK Oldebroek



Number	Description	Order number
4	Body Washer M10 DIN 9021 Stainless steel A2	100337
4	Locking nut M10 DIN 985 stainless steel A2	100343
12	Allen screw M12x110 DIN 912 stainless steel A2	103353
12	Pour Part behalf Bar Forz	103772
4	Hex Bolt M10x120 DIN 931 stainless steel A2	103807
2	Couple Strip 650mm BarForz	103890
2	Stand F BarForz	943190
2	Stand E BarForz	943192
26	Pour Part composition empty holes Bar Forz	943198
1	Monkeybar Bar Forz	943199
1	Pull up bar 1200	943202
2	Rod dipbar 1610mm	943245
1	Pull up rod 520mm	943248
1	Stand Dip BarForz	943252

# 3D

nr. 943192

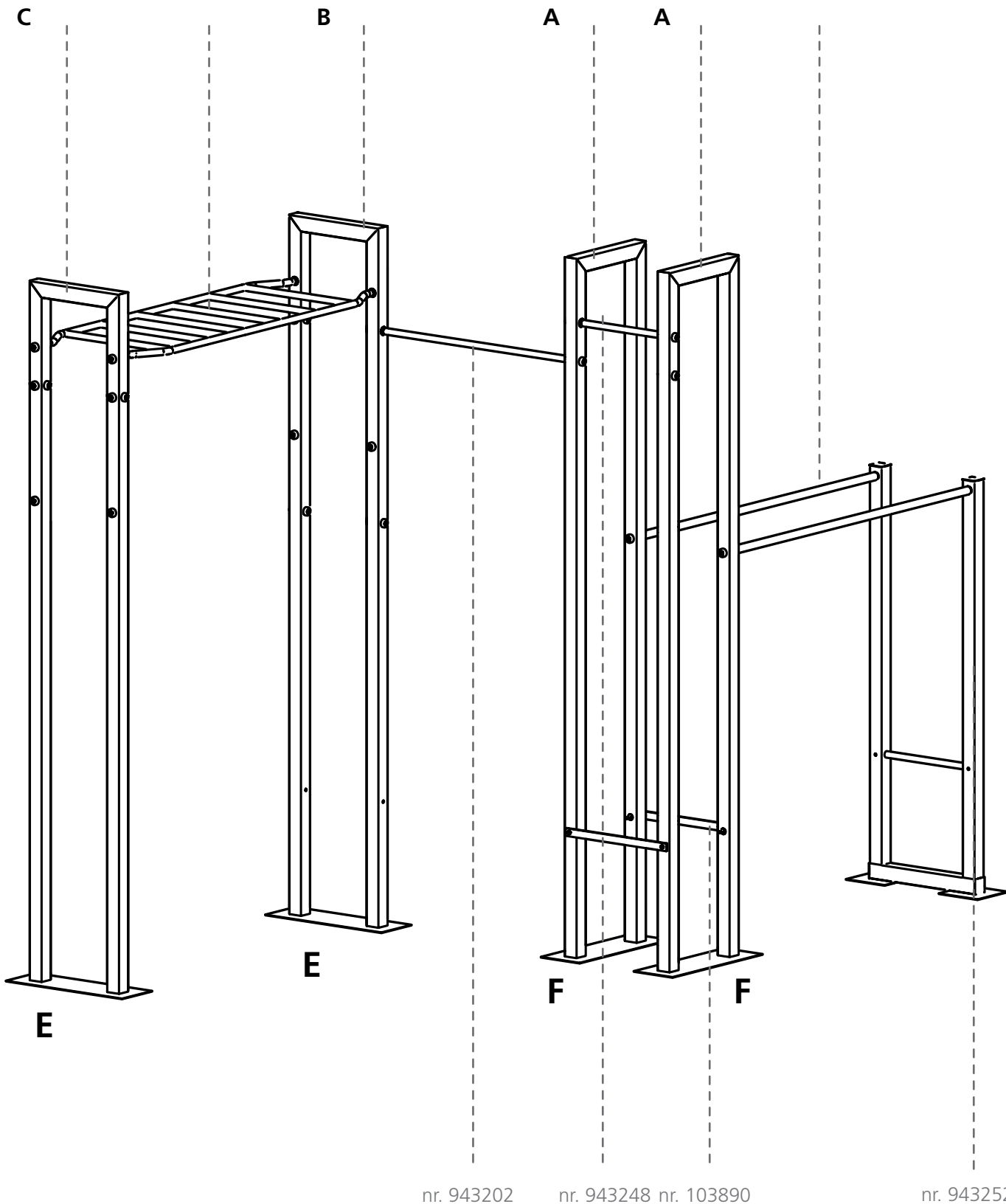
nr. 943199

nr. 943192

nr. 943190

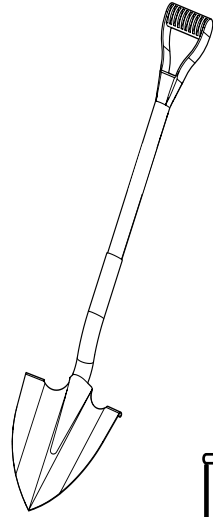
nr. 943190

nr. 943245



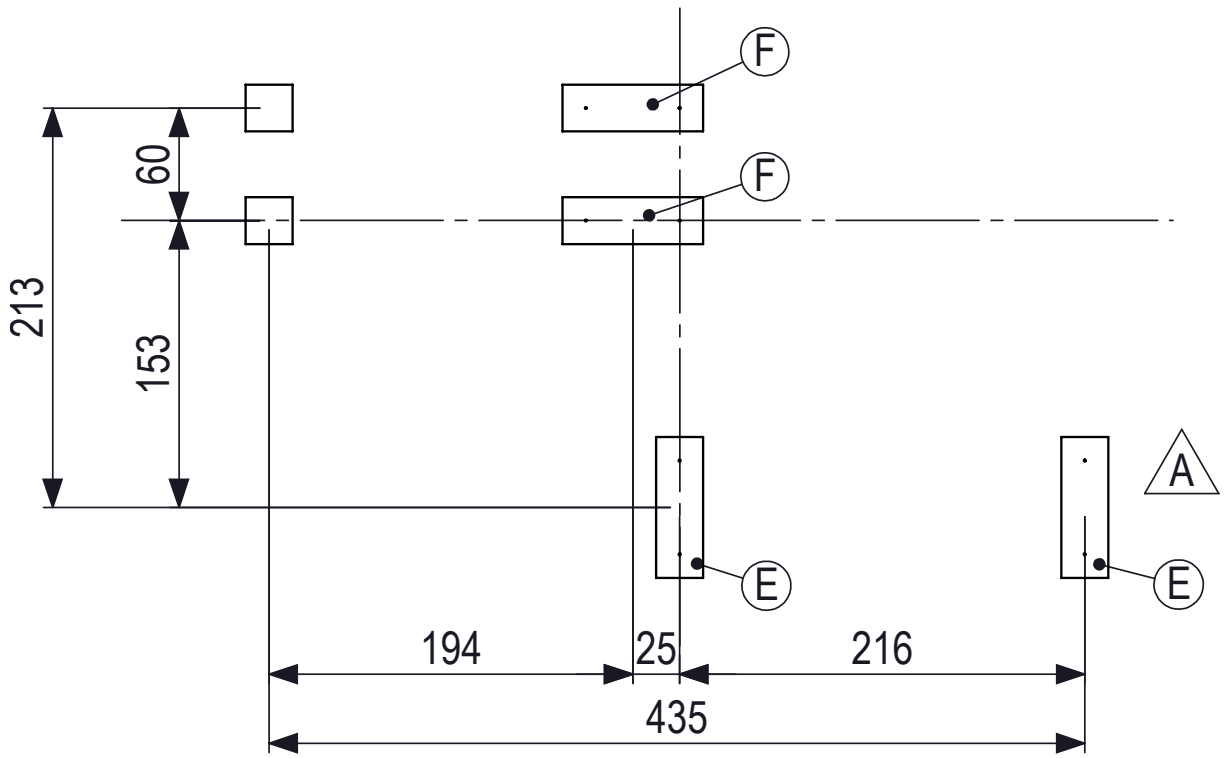


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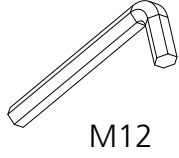
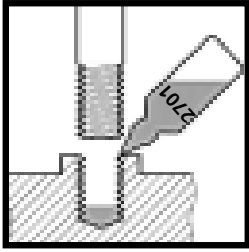


80 x 30 cm

80 cm

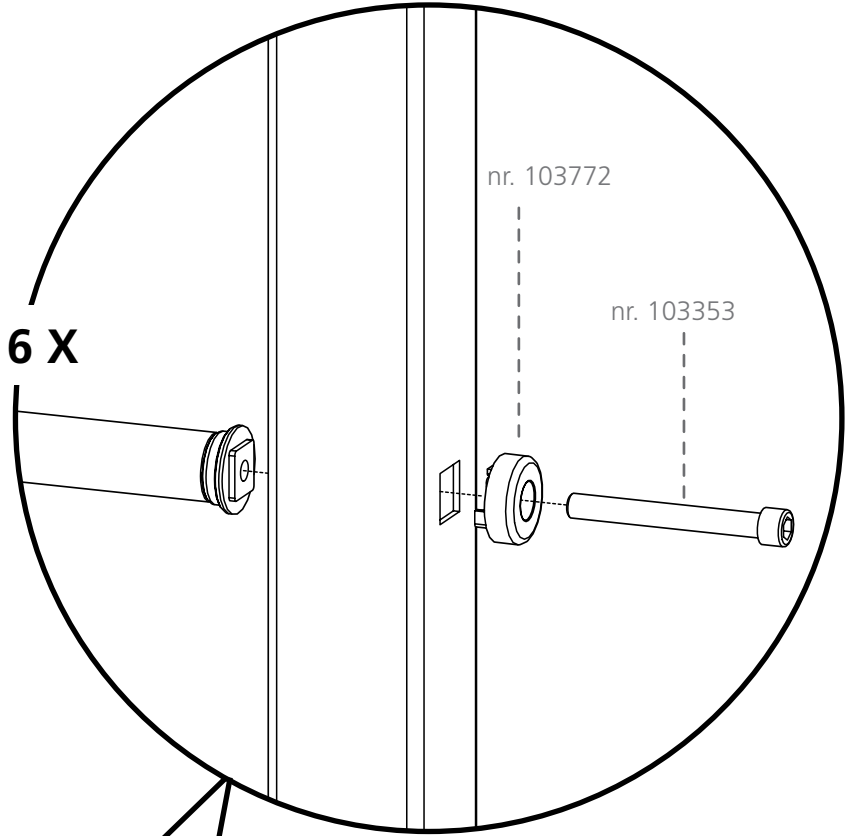


2



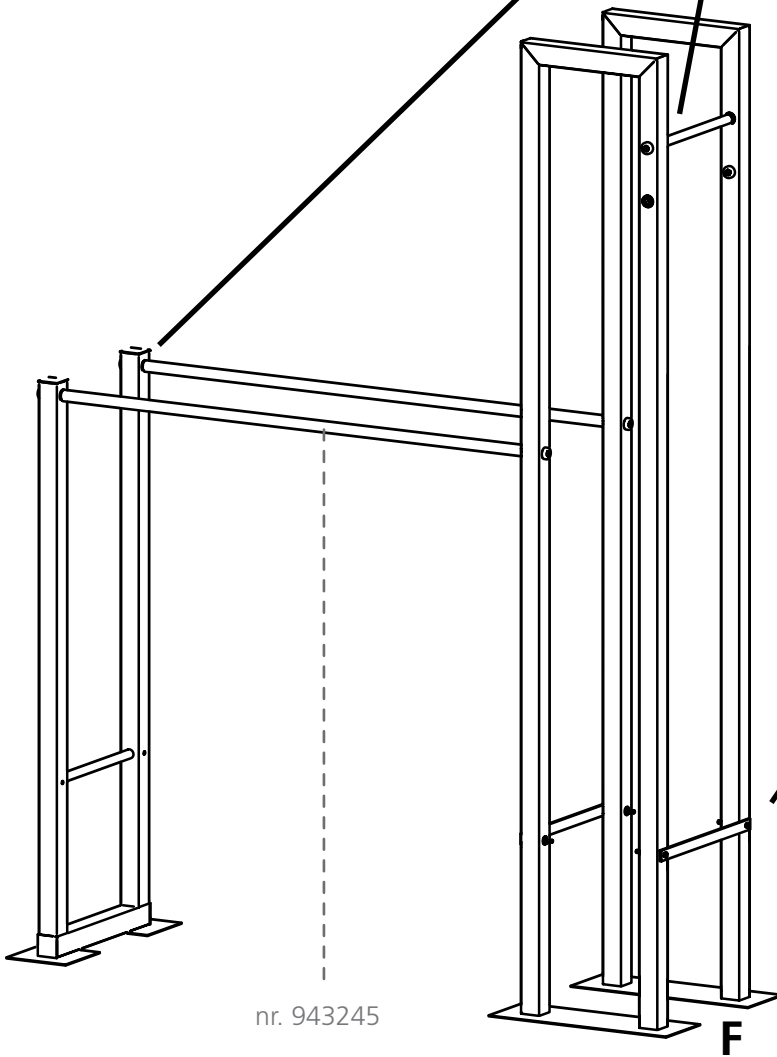
M12

6 X



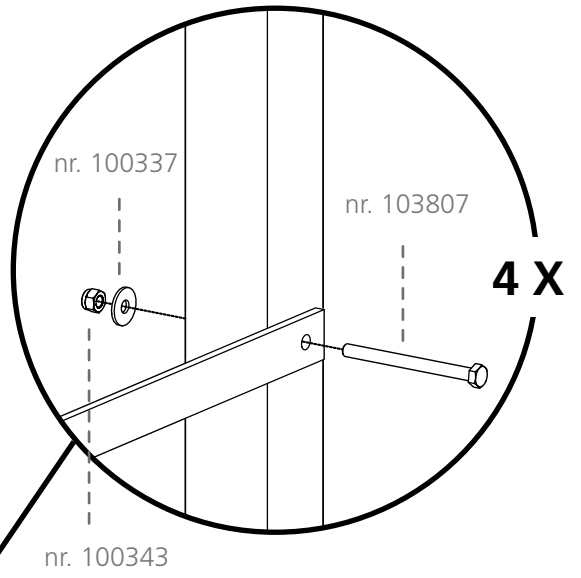
nr. 103772

nr. 103353



nr. 943245

F



nr. 100337

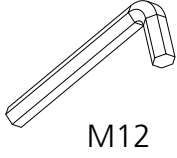
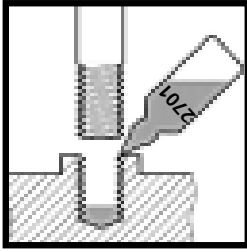
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4 X

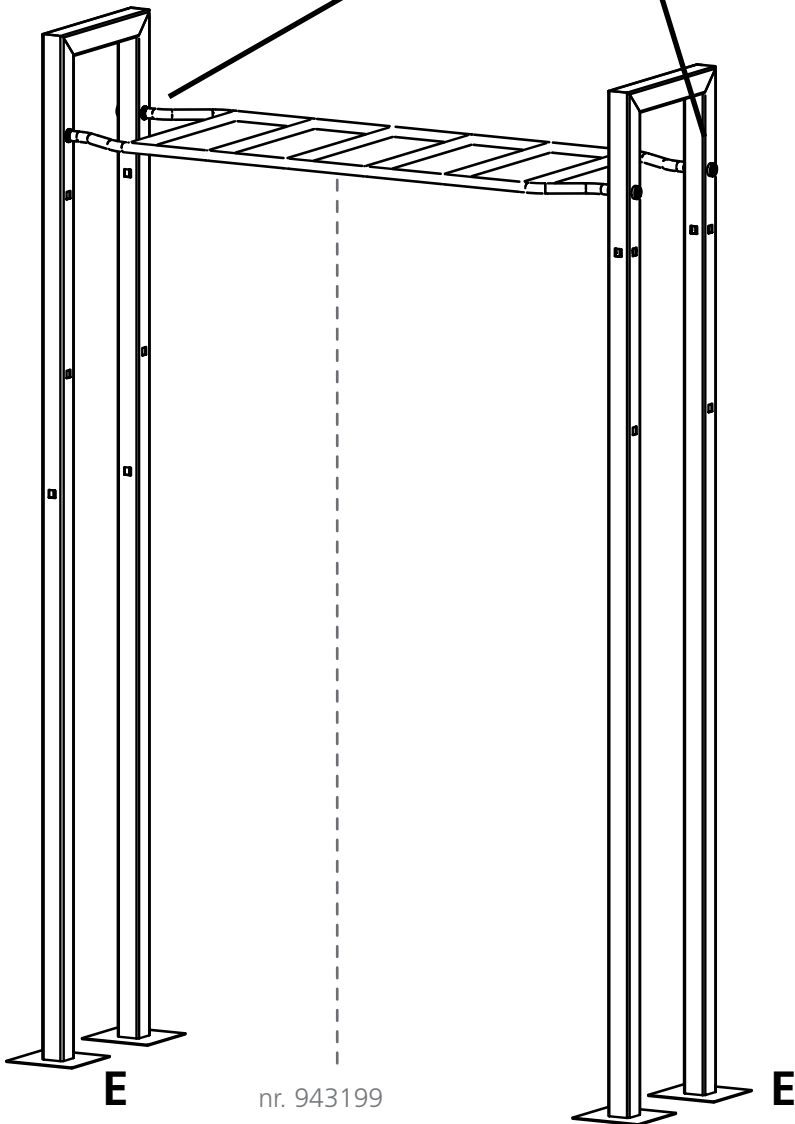
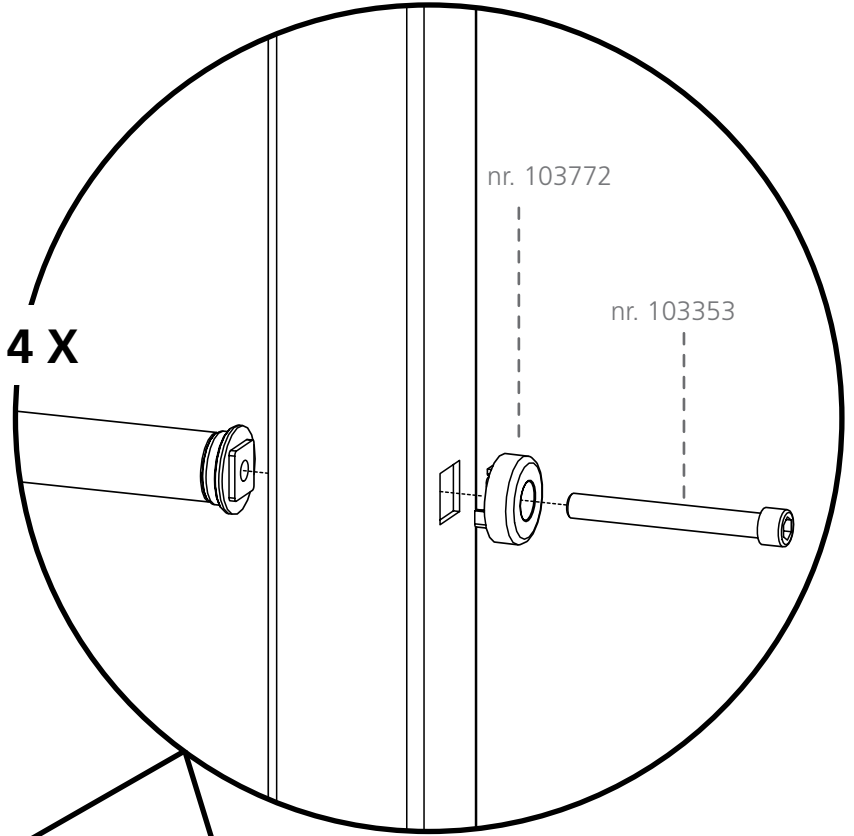
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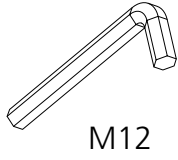
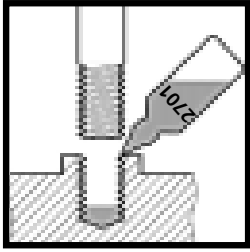
3



4 X

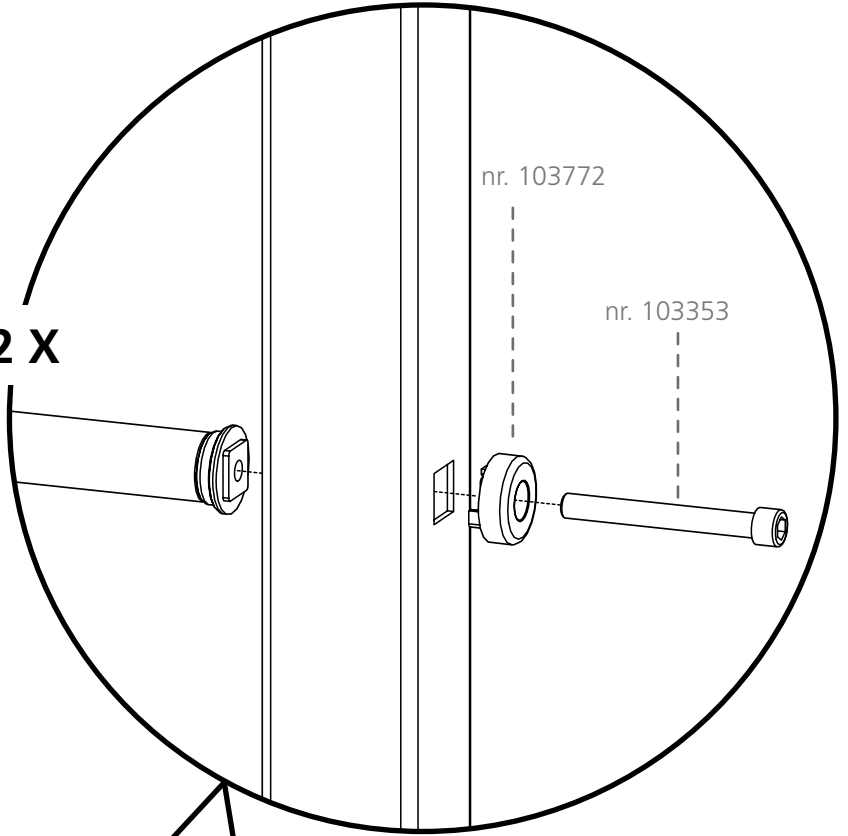


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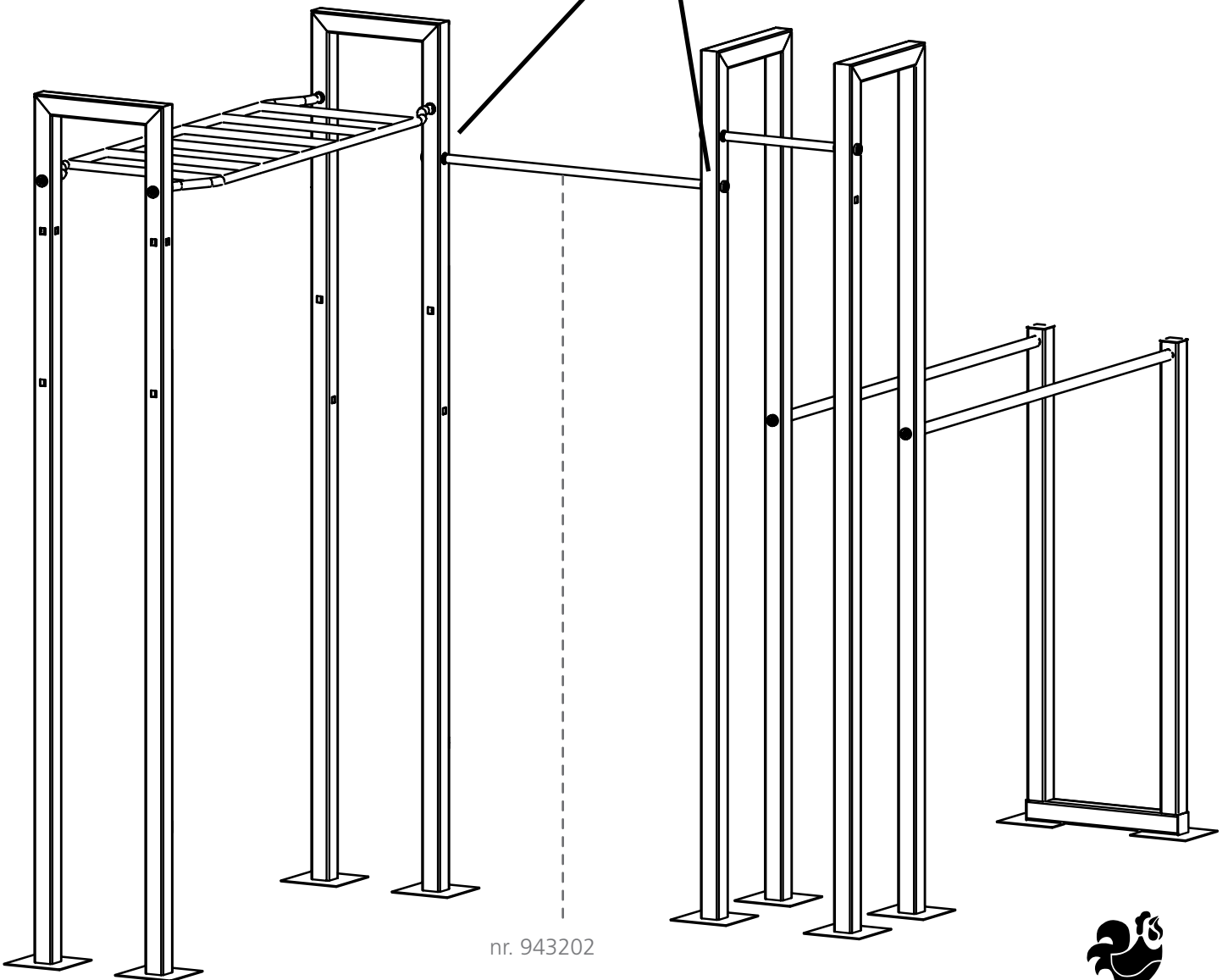
M12

2 X



nr. 103772

nr. 103353

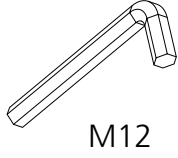
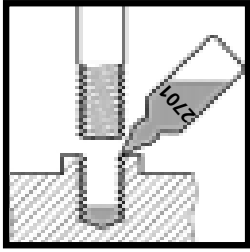


nr. 943202



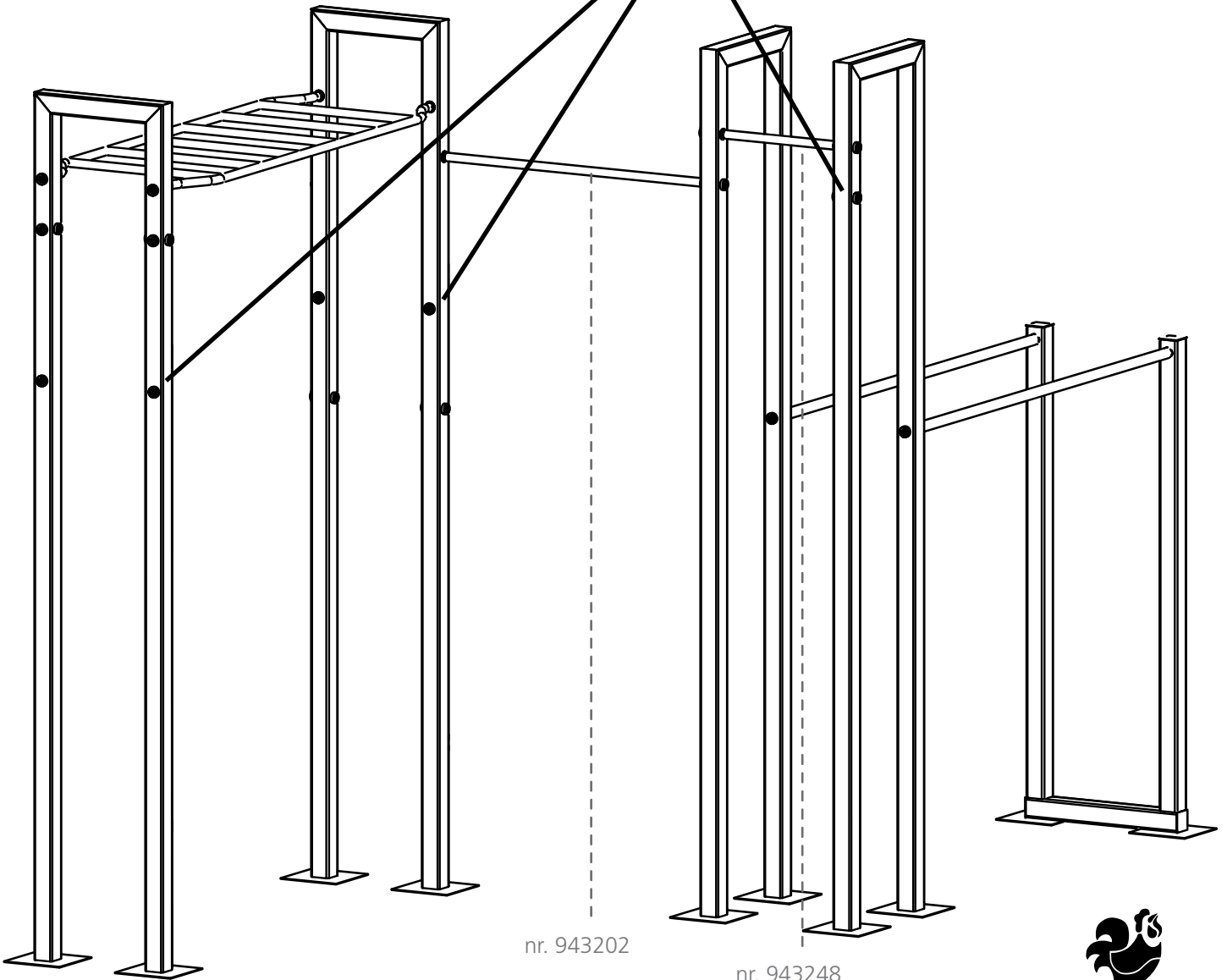
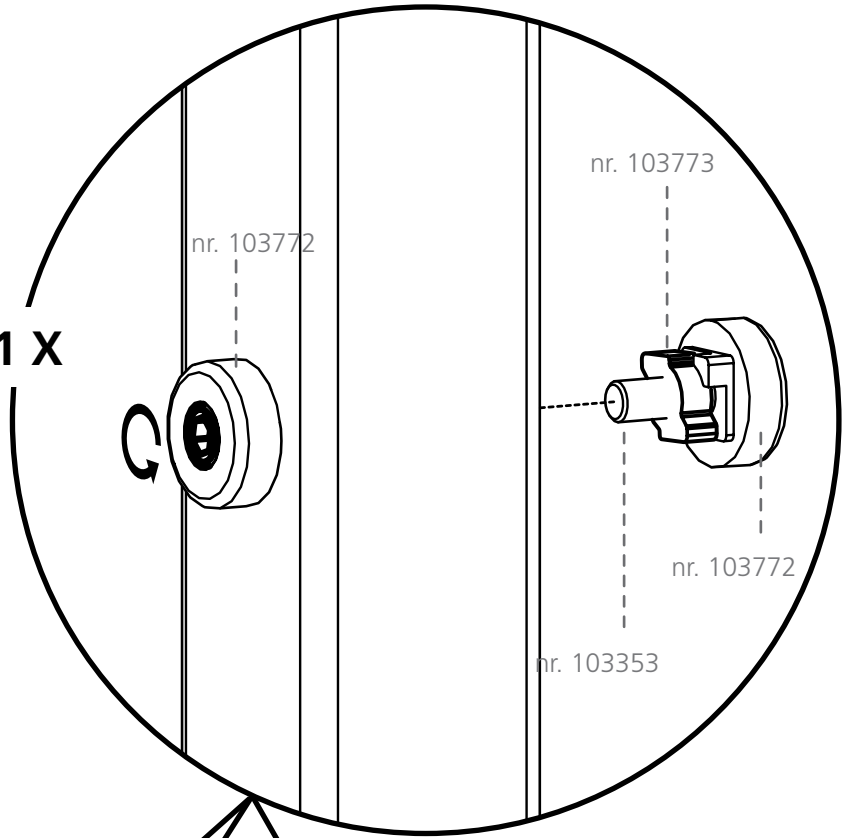


5



M12

11 X

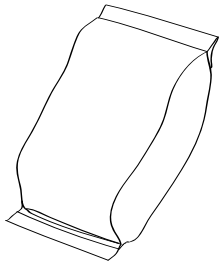


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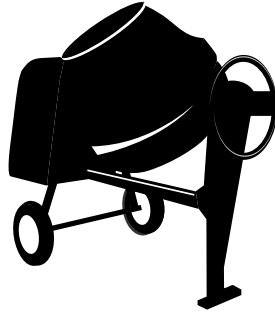
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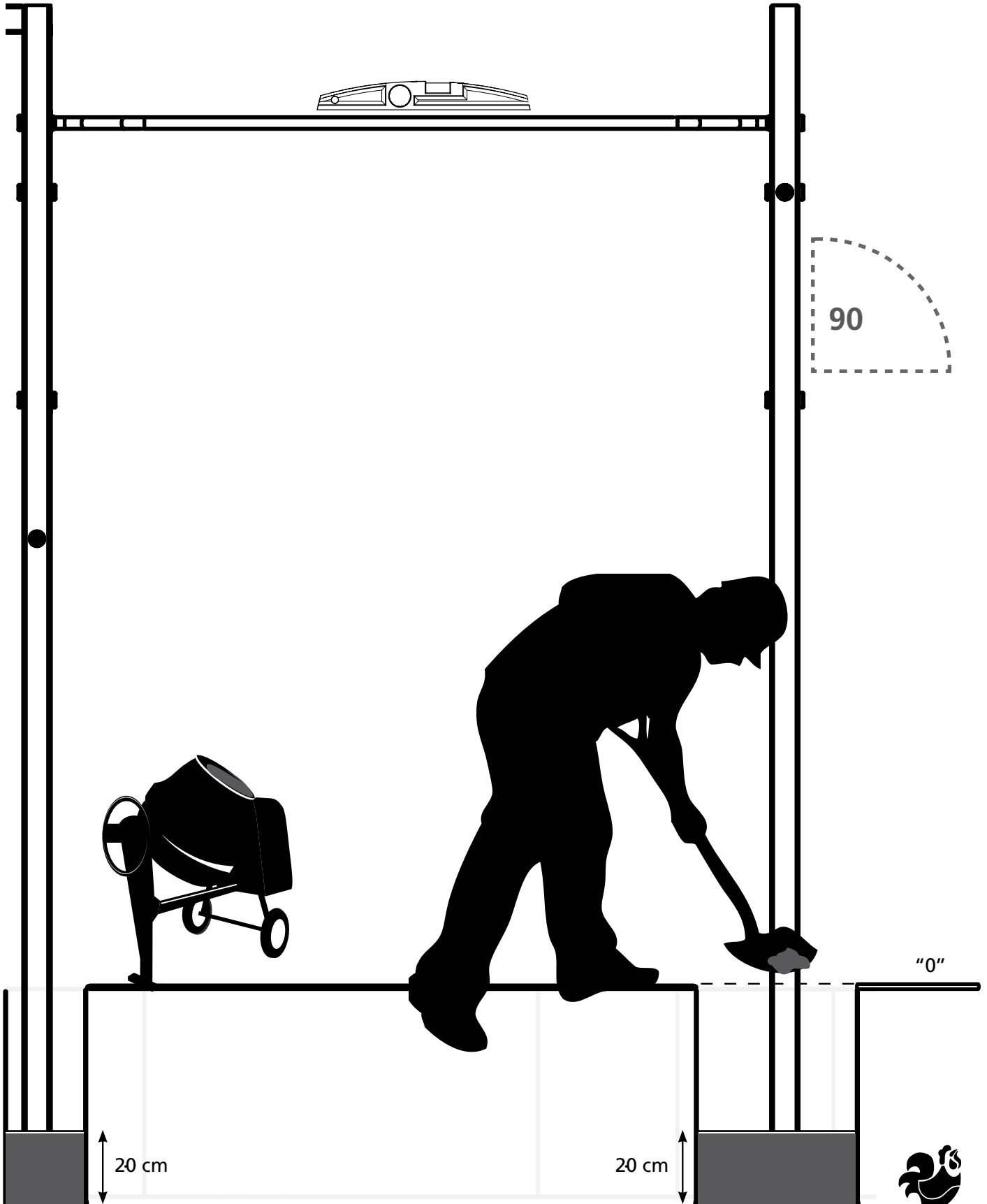
6



+



24 H





# EN 1176-7



12x =

2015		
X	X	X
X	X	X
X	X	X
X	X	X

12x =

2015		
X	X	X
X	X	X
X	X	X
X	X	X

2x =

2015		
	X	
	X	

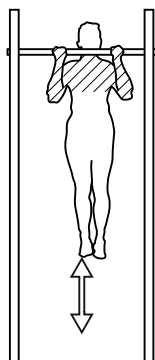
1X =

2015		
	X	

# 1601 BARFORZ XS INSTRUCTIONS

## BARFORZ

Pull-up Bar

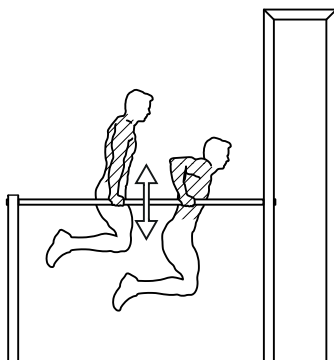


Chin-ups



## BARFORZ

Dip Bar

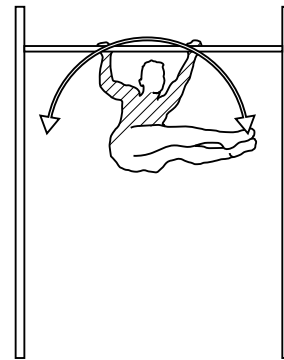


Dips

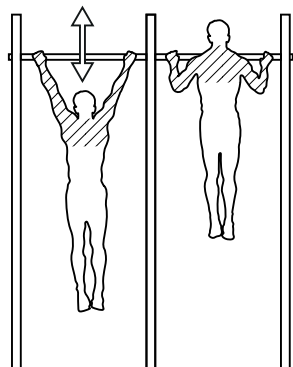


## BARFORZ

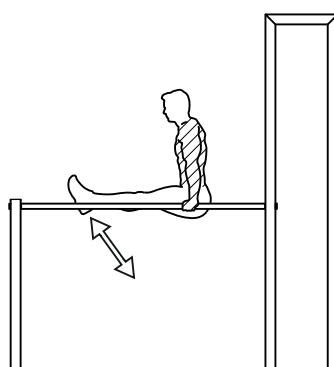
Monkey Bar



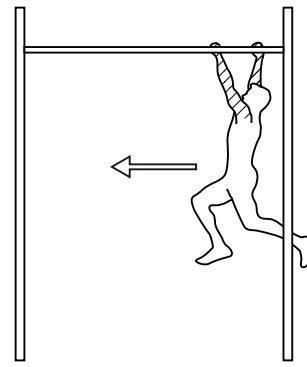
Windshield wipers



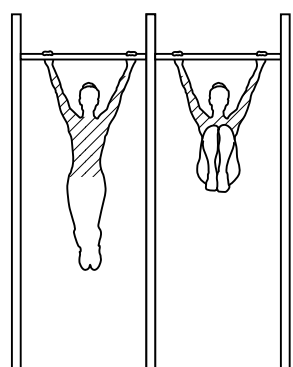
Wide pull ups



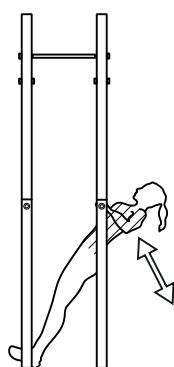
Leg raises



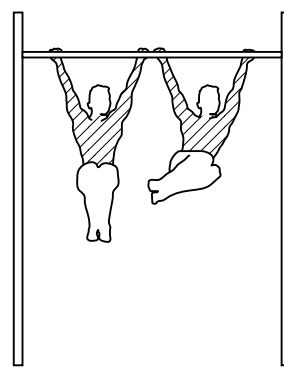
Monkey Bar run



Hanging knee raises



Australian Pull-up



Hanging Oblique raises



Use of these devices is to own risk. To prevent injury or excessive physical exhaustion: train responsibility. You should check with your doctor. Use of these devices: from 16 years and older.

Gebruik van deze toestellen is op eigen risico. Voorkom blessures en overdreven fysieke uitputting door verantwoord te trainen. Raadpleeg bij twijfel uw dokter. Gebruik van deze toestellen: vanaf 16 jaar.

