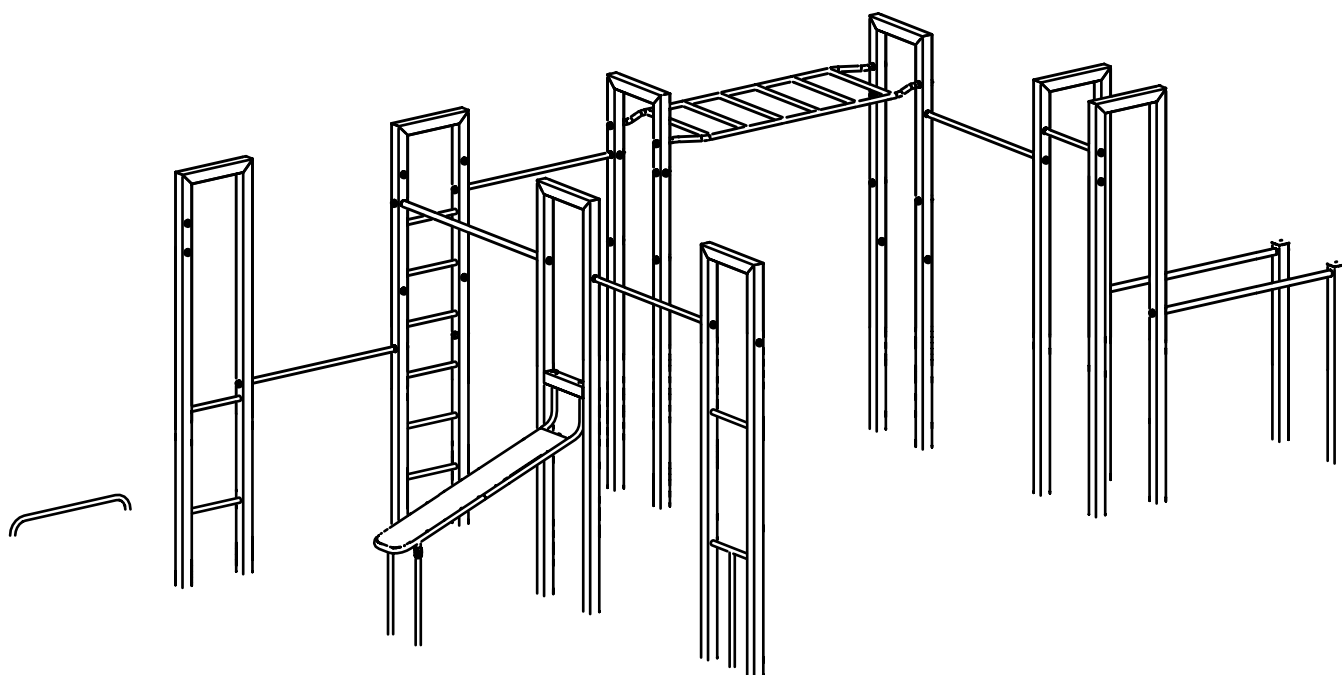


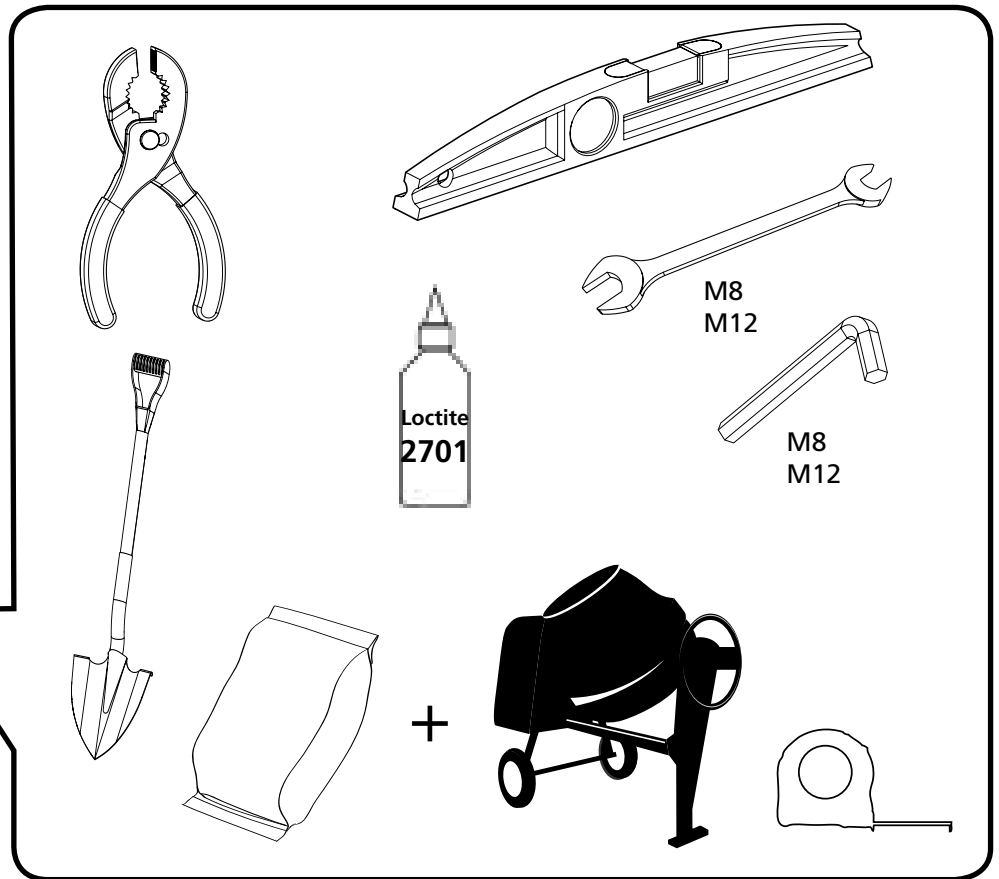
1602



IJSLANDER

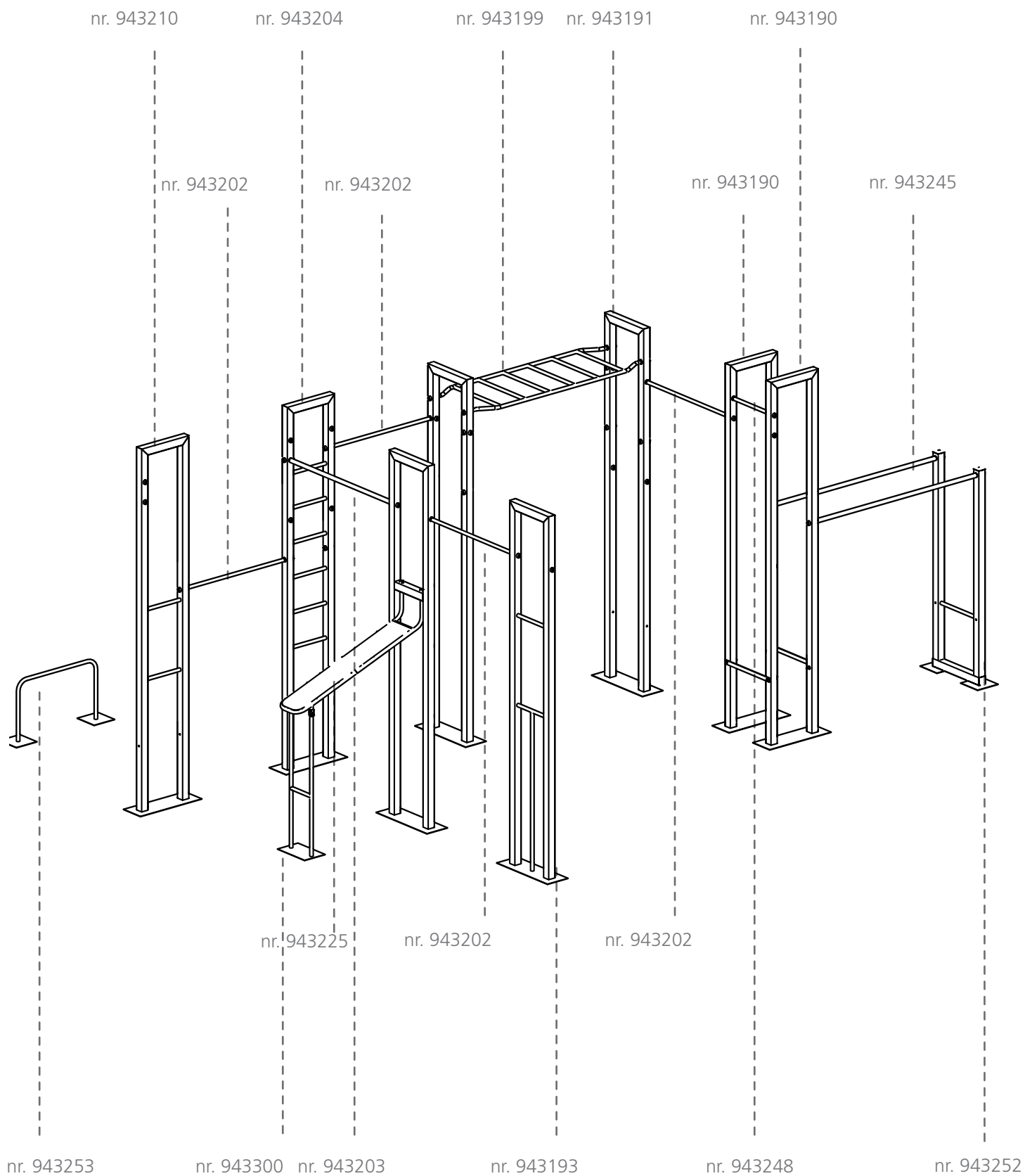
16 - 10 - 2015

IJslander BV
Oude Dijk 10
8096 RK Oldebroek

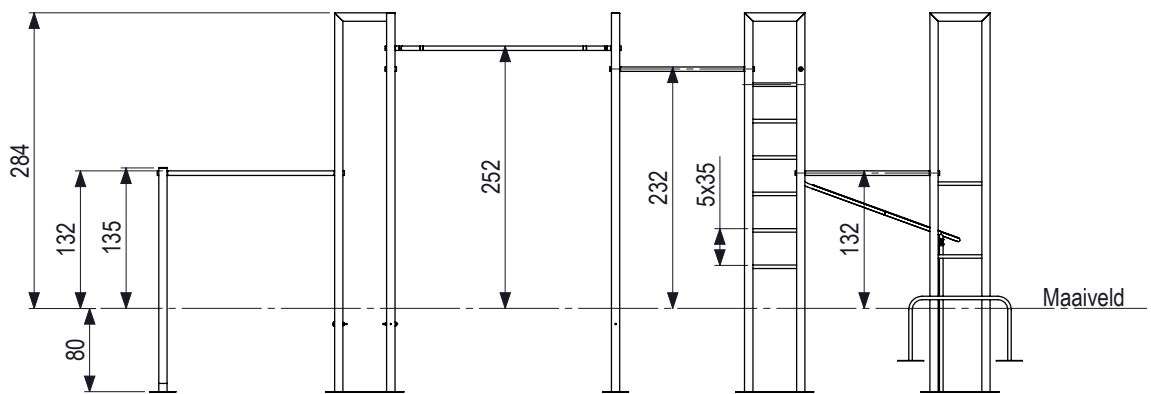
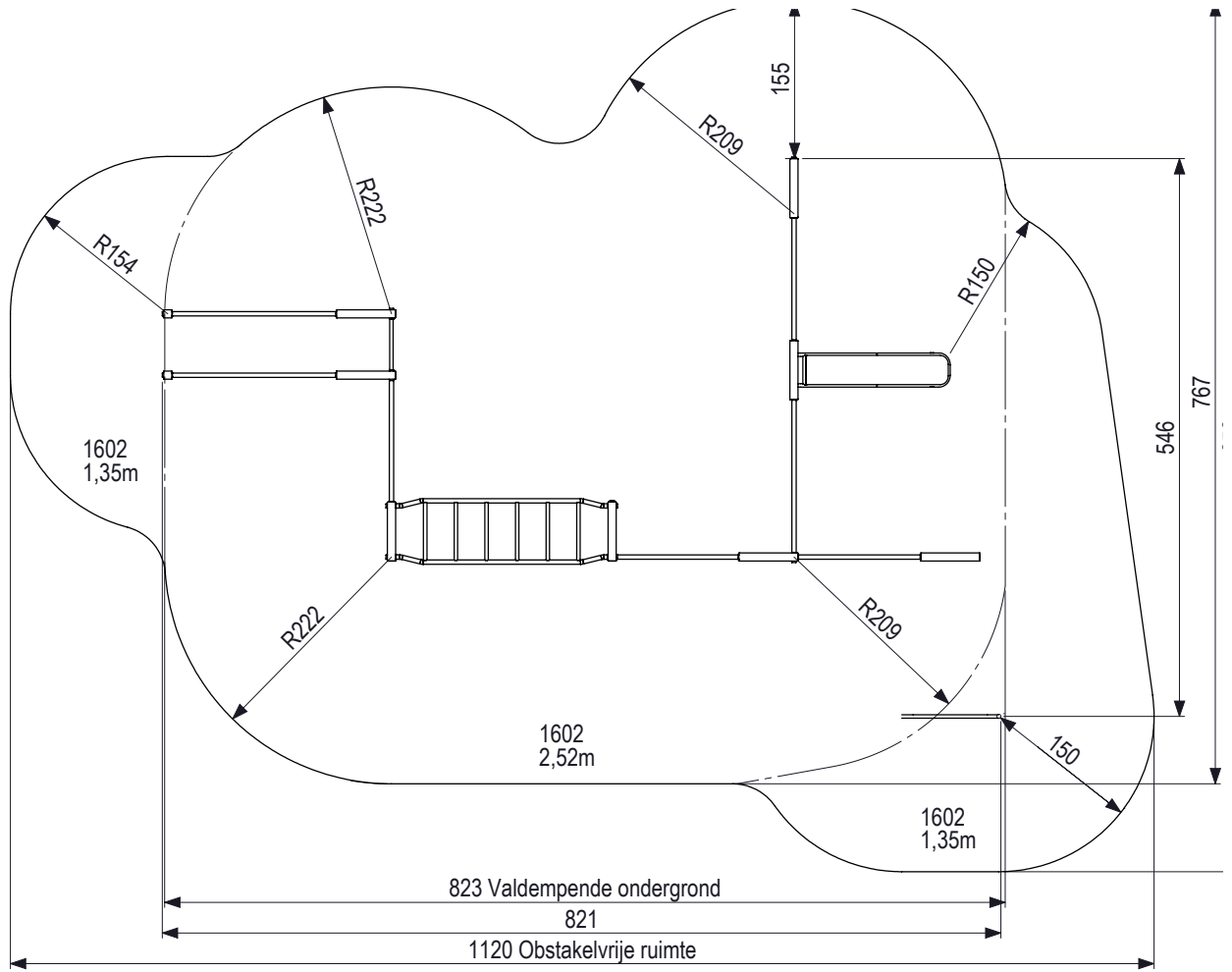


Order Number	Description	Number
100337	Body Washer M10 DIN 9021 Stainless steel A2	4
100343	Locking nut M10 DIN 985 stainless steel A2	4
103353	Allen screw M12x110 DIN 912 stainless steel A2	22
103772	Pour Part behalf Bar Forz	22
103890	Couple About 650mm BarForz	2
102121	Low Allen screw M10x120 DIN 7984 Stainless steel A2	4
103101	Allen screw M10x20 stainless steel A2	2
100349	Cap nut M10 DIN 1587 Stainless steel A2	2
102038	Square 8x8 SS304 WGW	36
943202	1200mm bar serving Bar Forz	4
943204	Support B Human flag stairs serving Bar Forz	1
943203	1500mm bar serving Bar Forz	1
943207	Support D Human Flag T Bar serving Forz	1
943198	Pour Part composition empty holes Bar Forz	42
943190	Support F Bar serving Forz	2
943252	Support Dip Bar BarForz	1
943245	1610mm Dip Bar Bar BarForz	2
943248	520mm Dip Bar Bar BarForz	1
943191	Support B BarForz	1
943192	Support E BarForz	1
943199	Enterrek Monkeybar serving Bar Forz	1
943253	Bar Decline Push Up BarForz	1
943210	Support A Decline Push Up BarForz	1
943225	Bank Dragon Flag BarForz	1
943211	Support C Dragon Flag BarForz	1
943300	Support Bank Dragon Flag BarForz	1

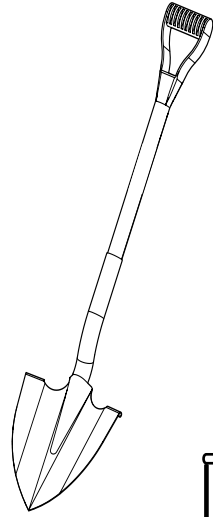
3D



2D

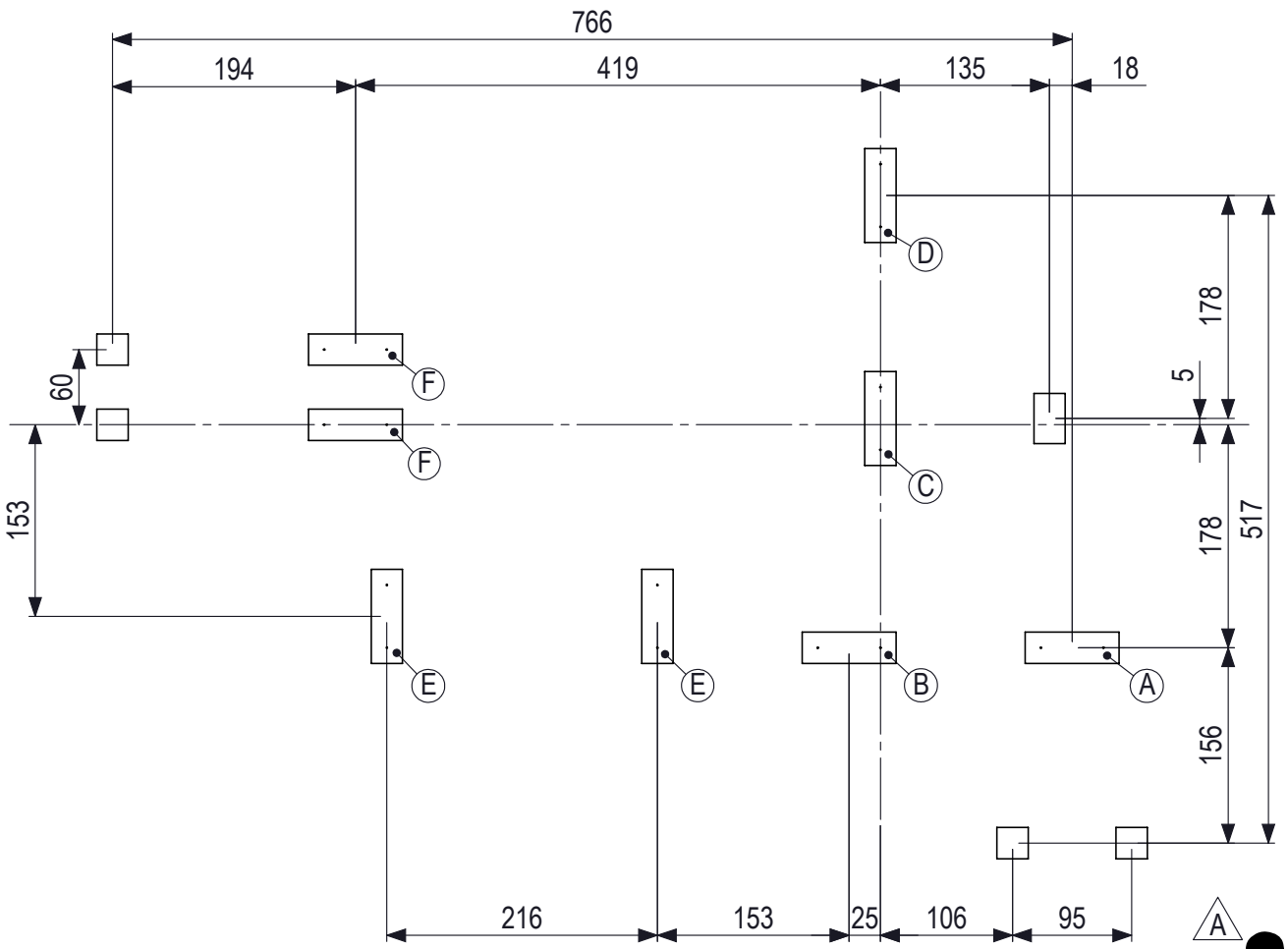


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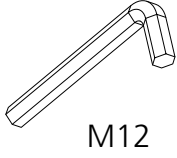
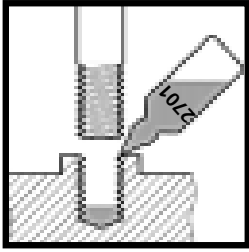


80 x 30 cm

80 cm

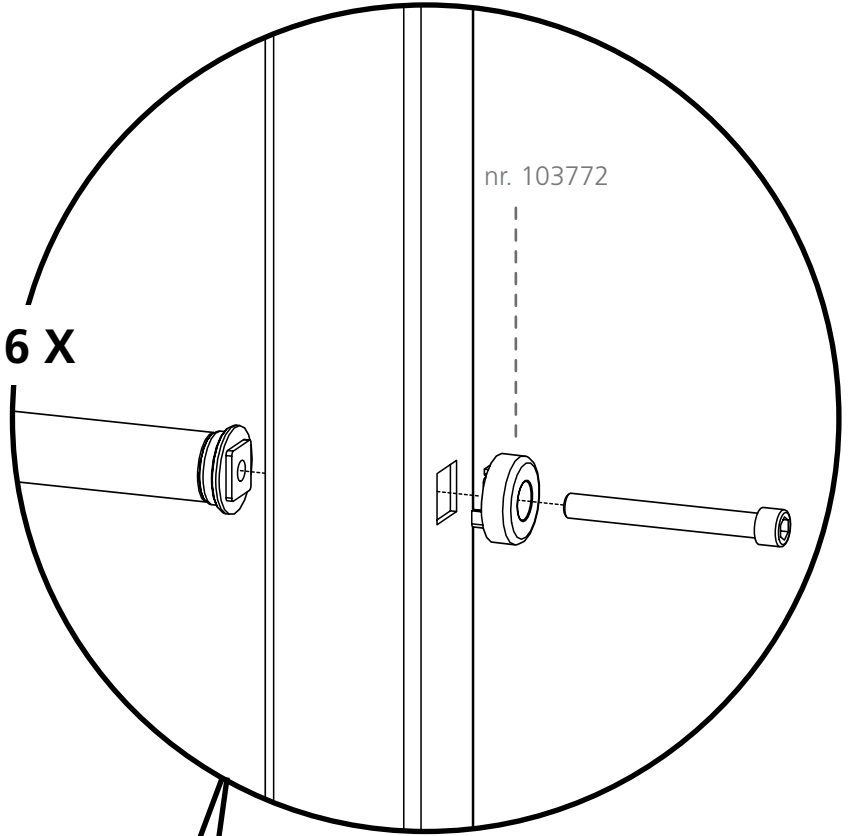


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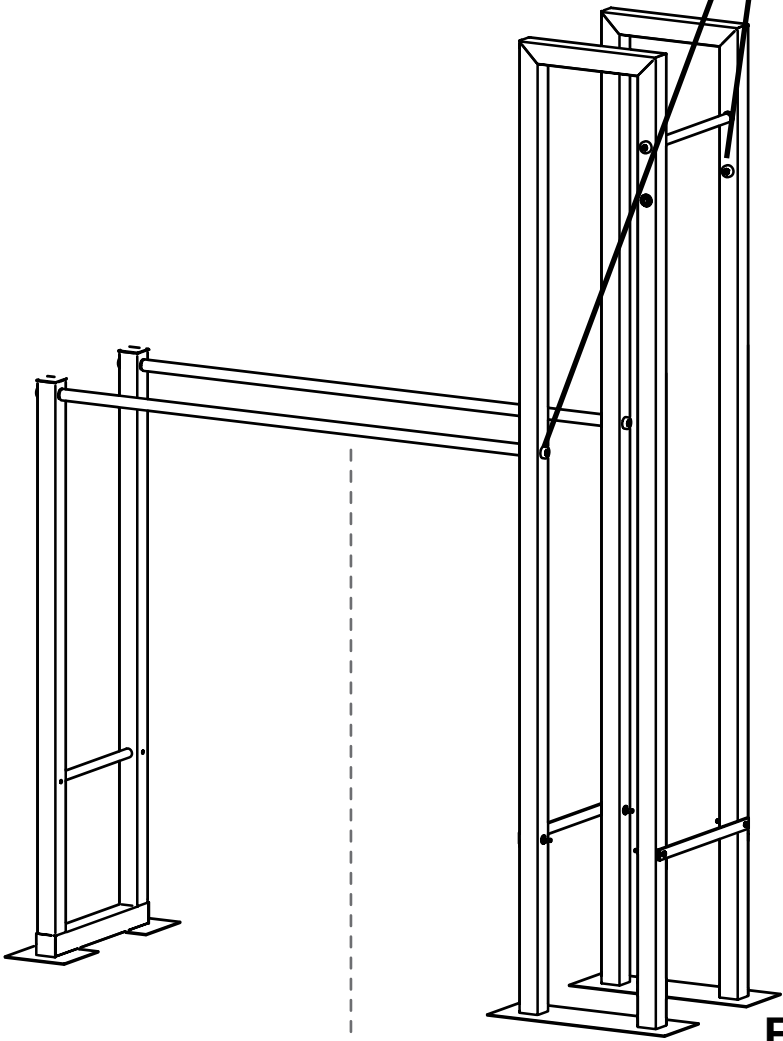


M12

6 X



nr. 103772

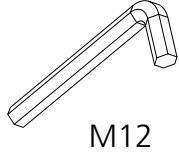
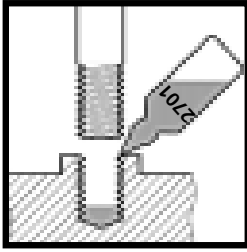


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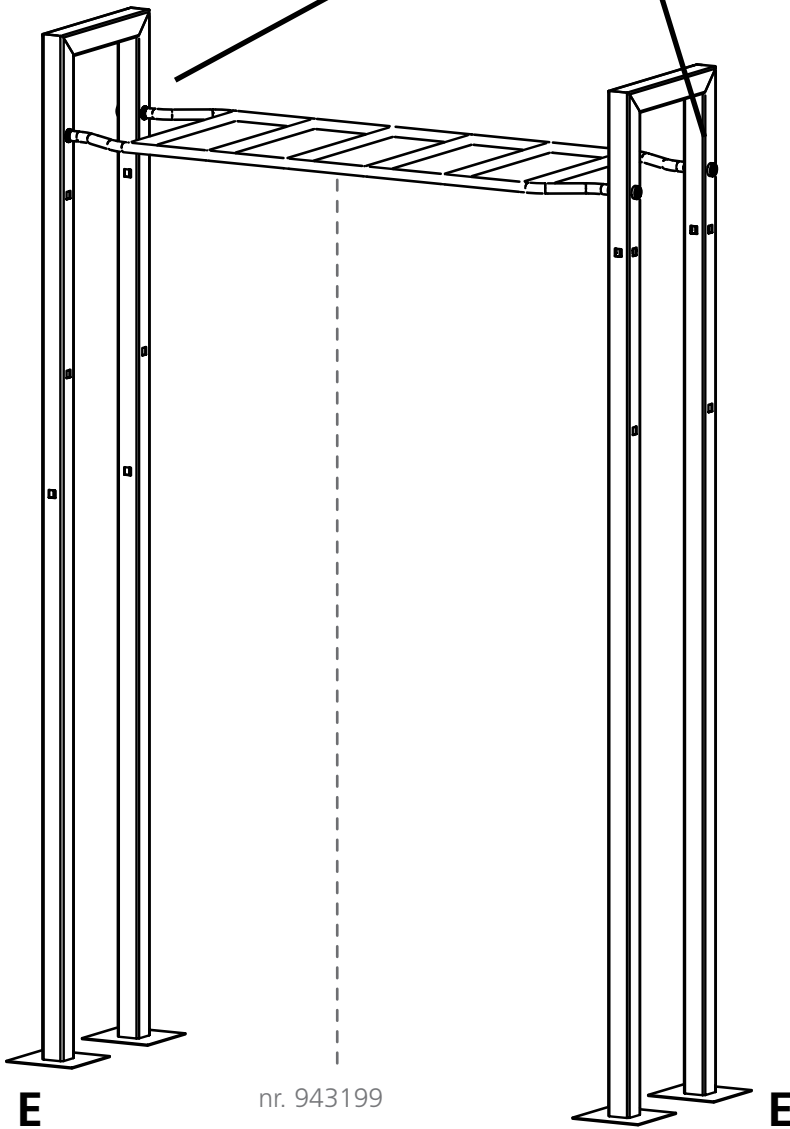
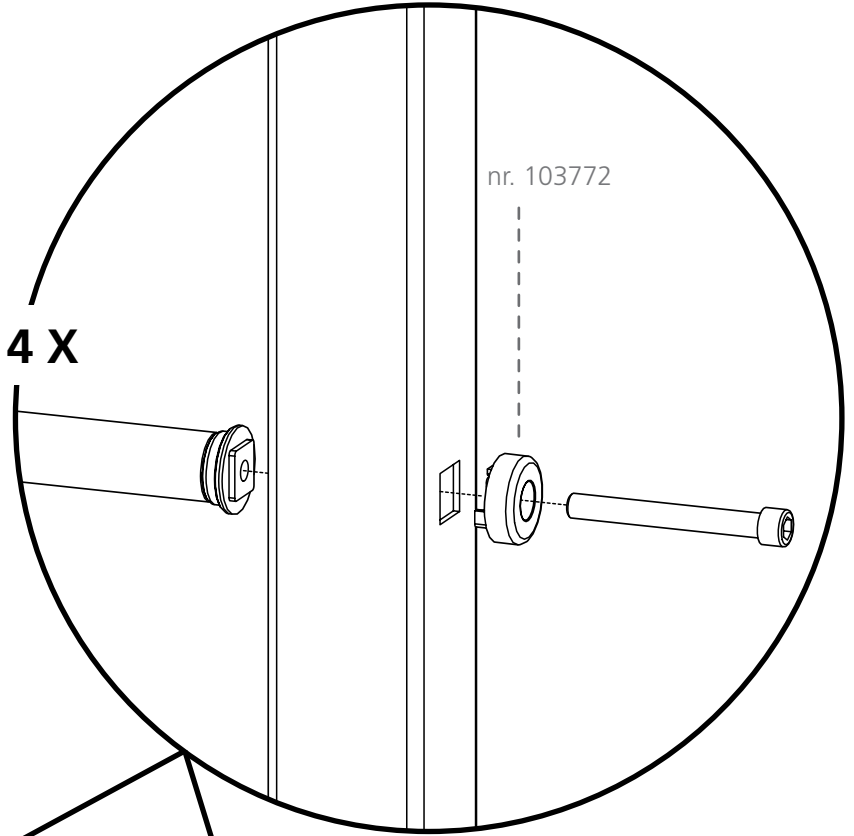
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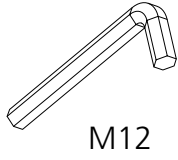
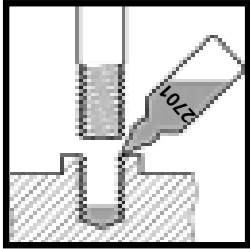
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4 X

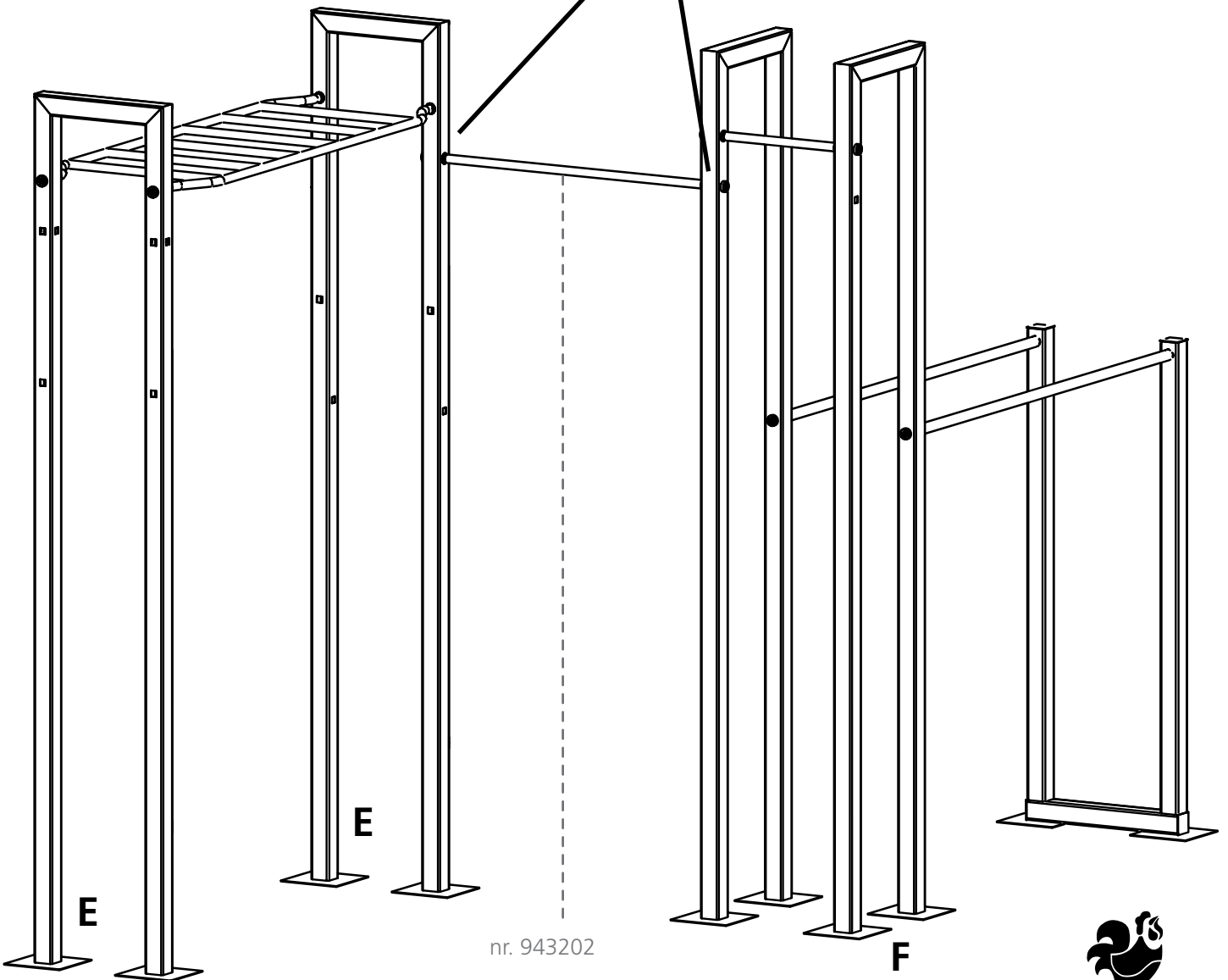
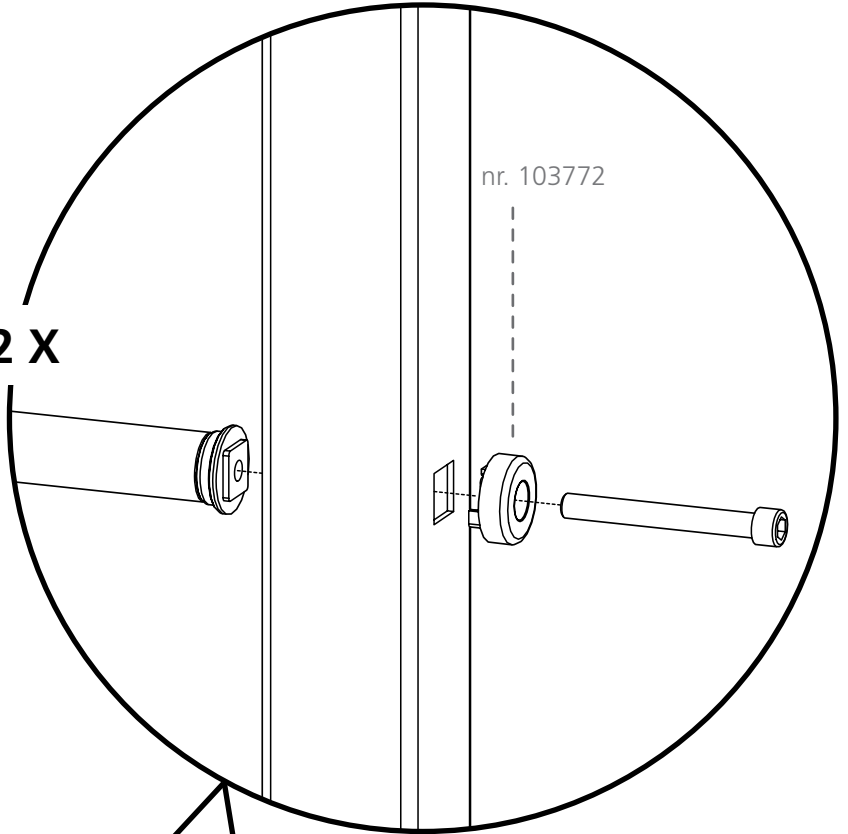


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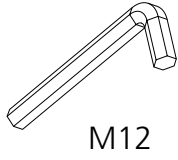
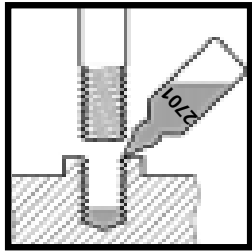


M12

2 X

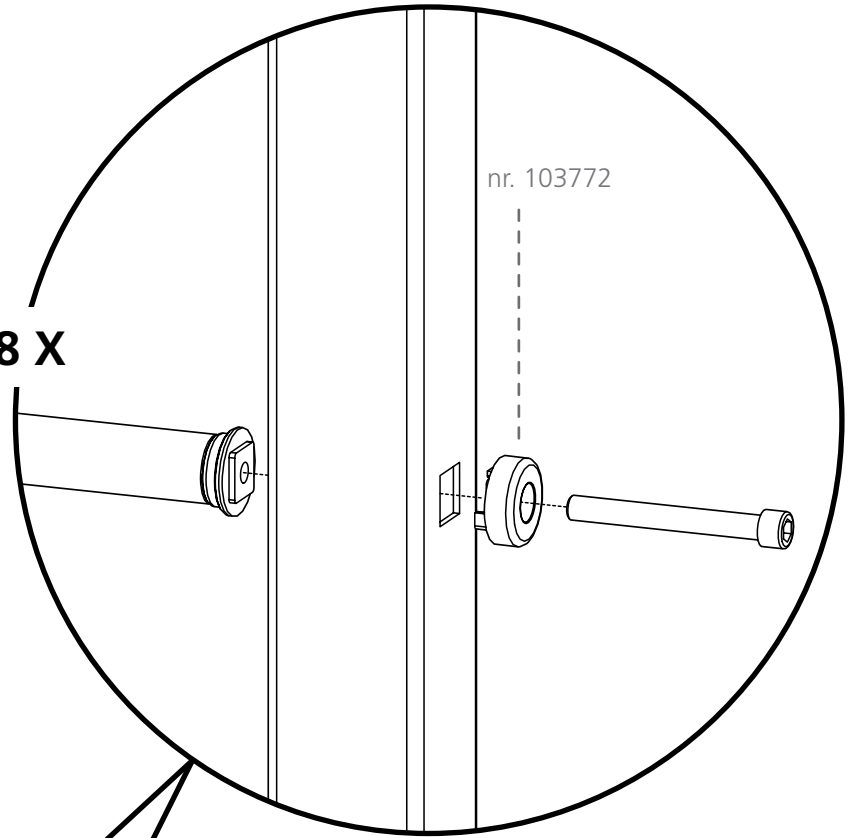


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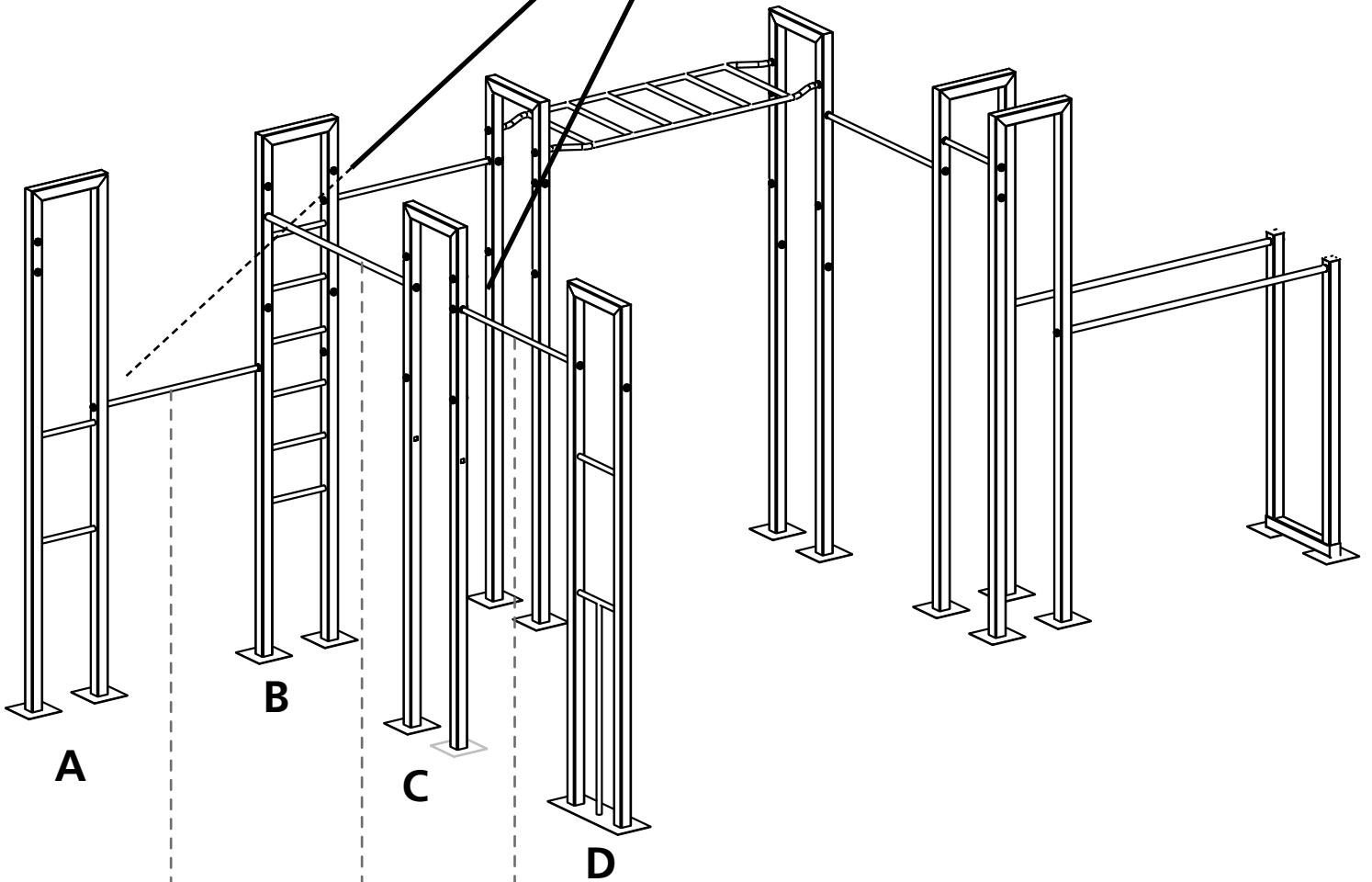


M12

8 X



nr. 103772



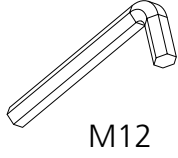
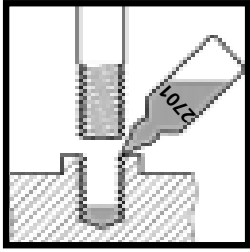
nr. 943202

nr. 943203

nr. 943202

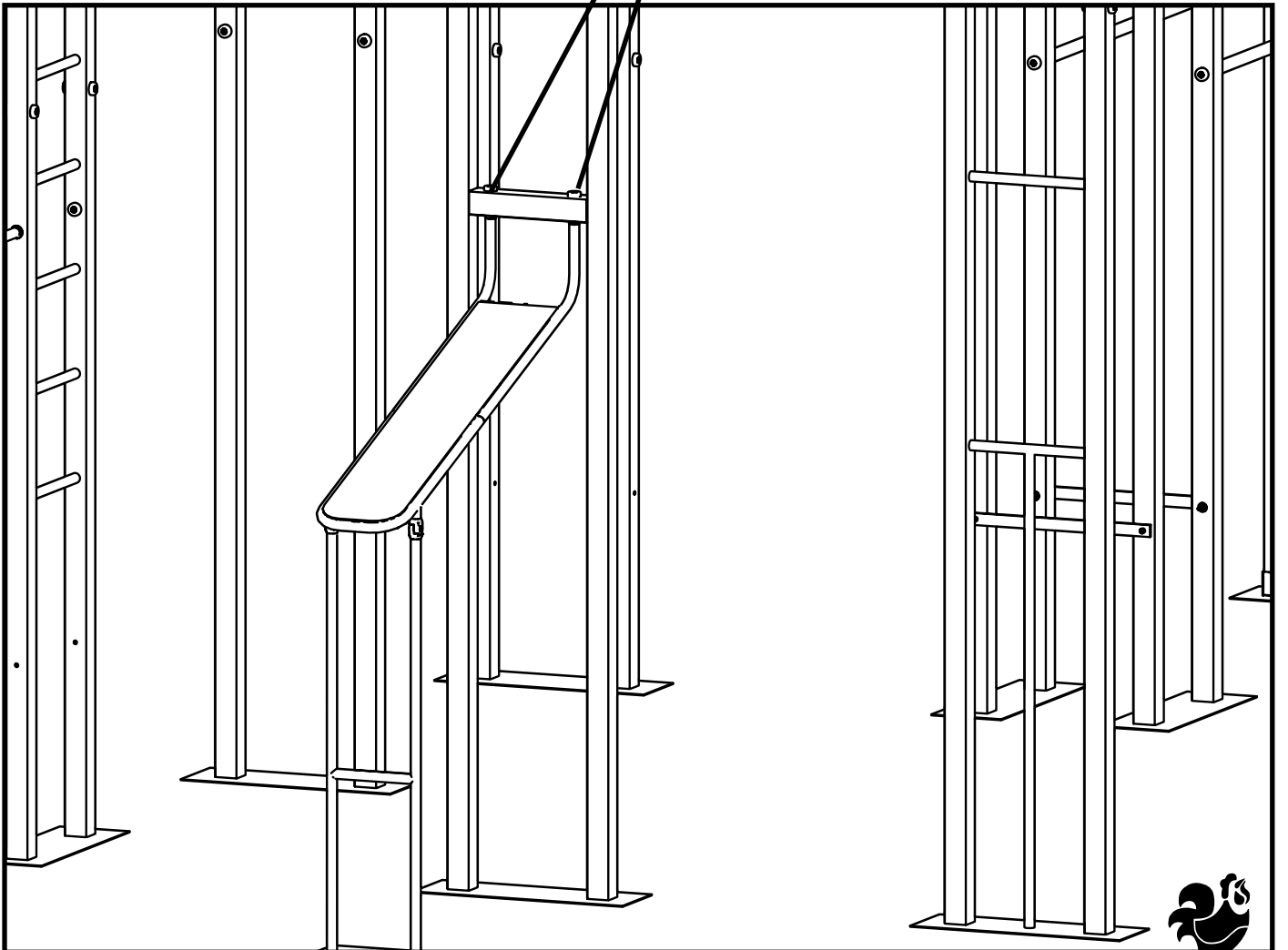
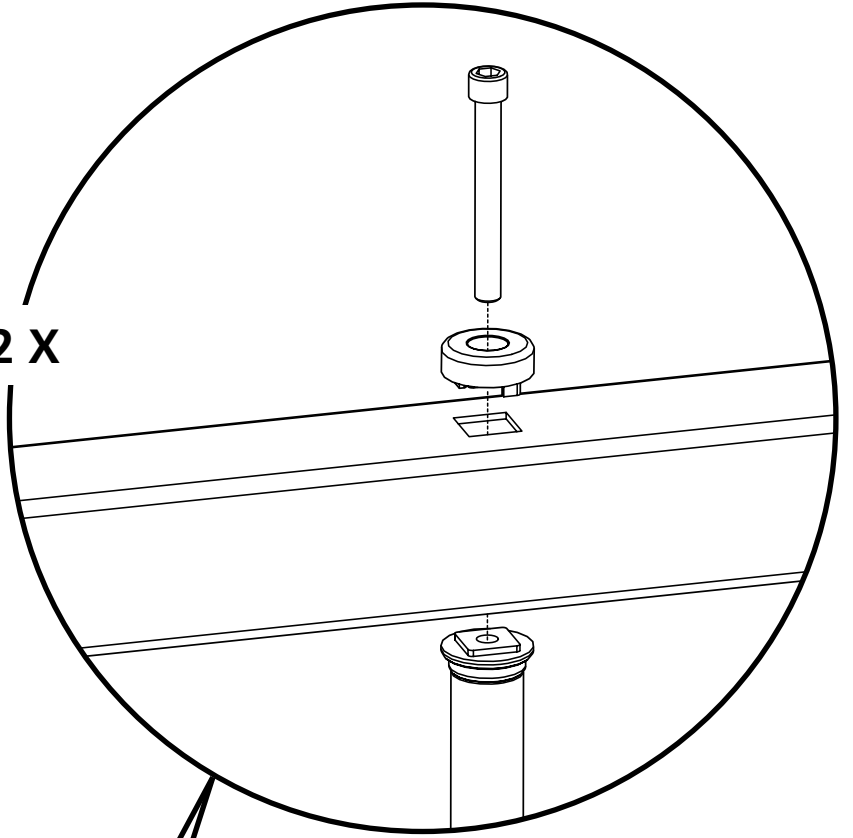


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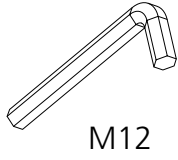
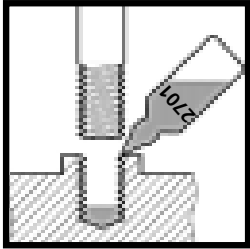


M12

2 X

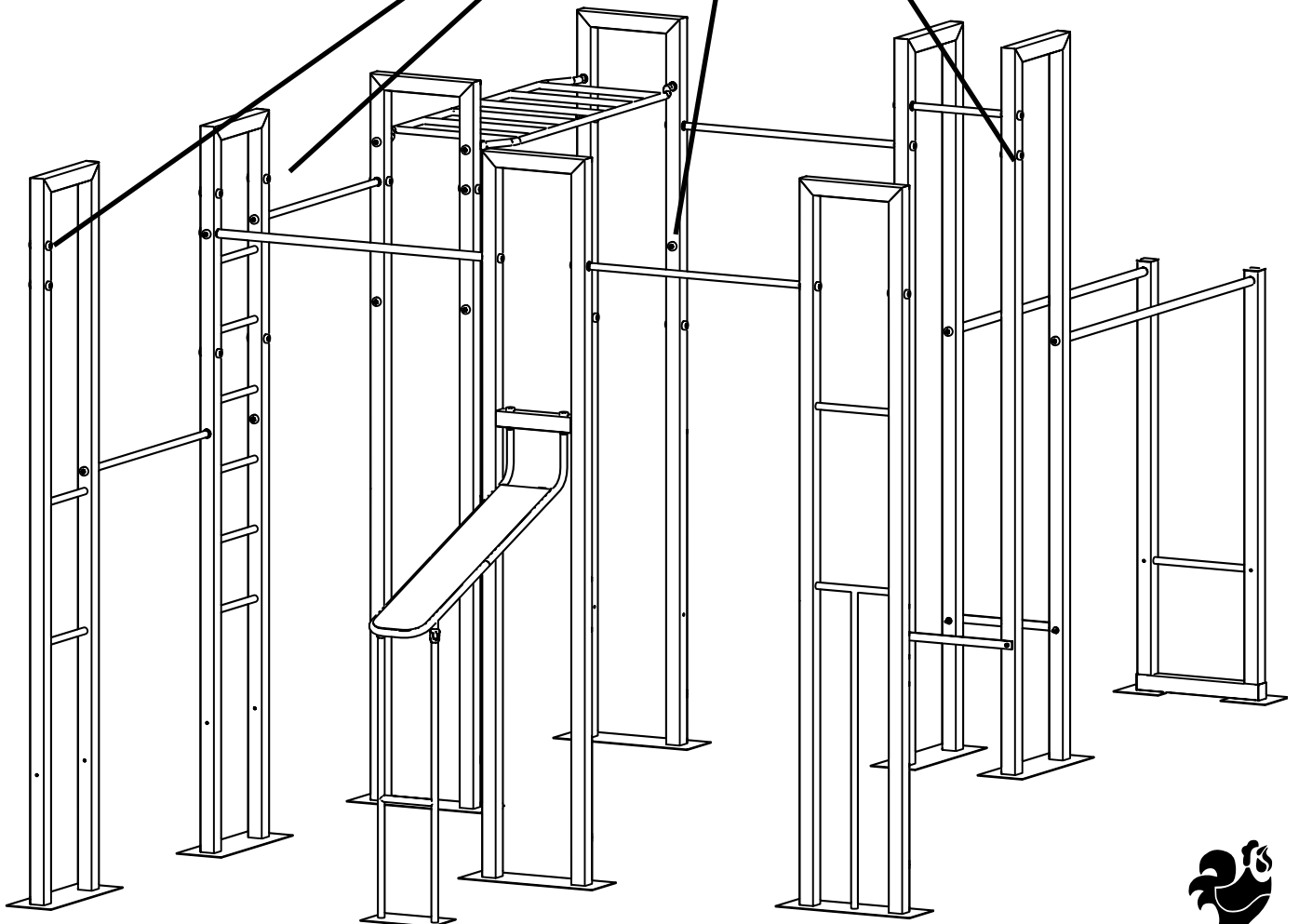
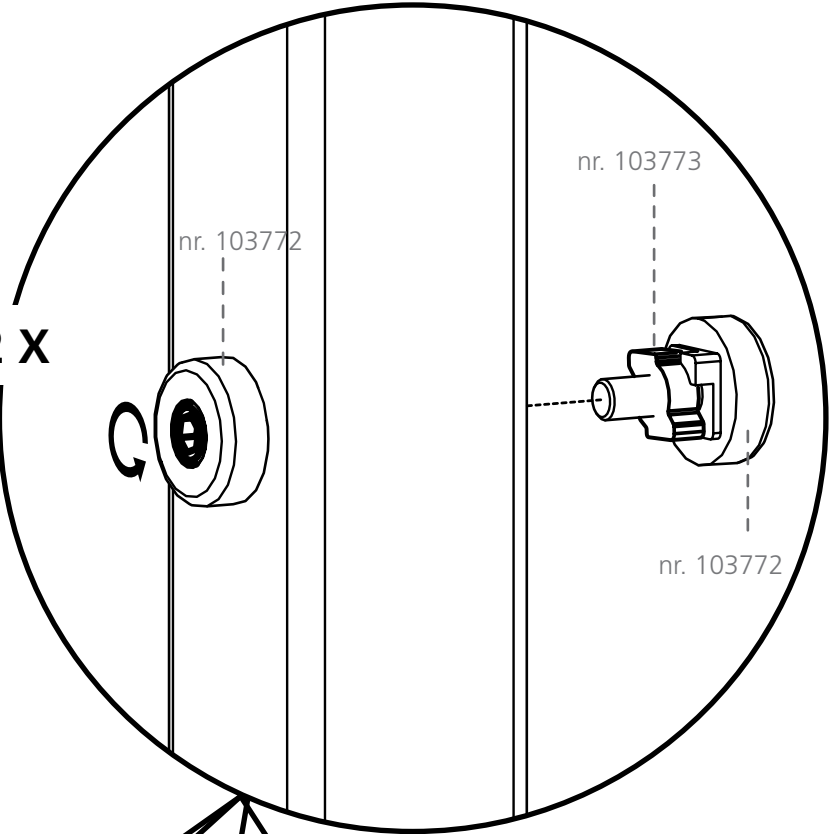


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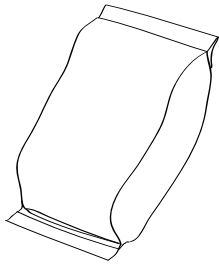


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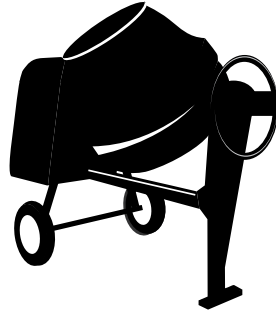
22 X



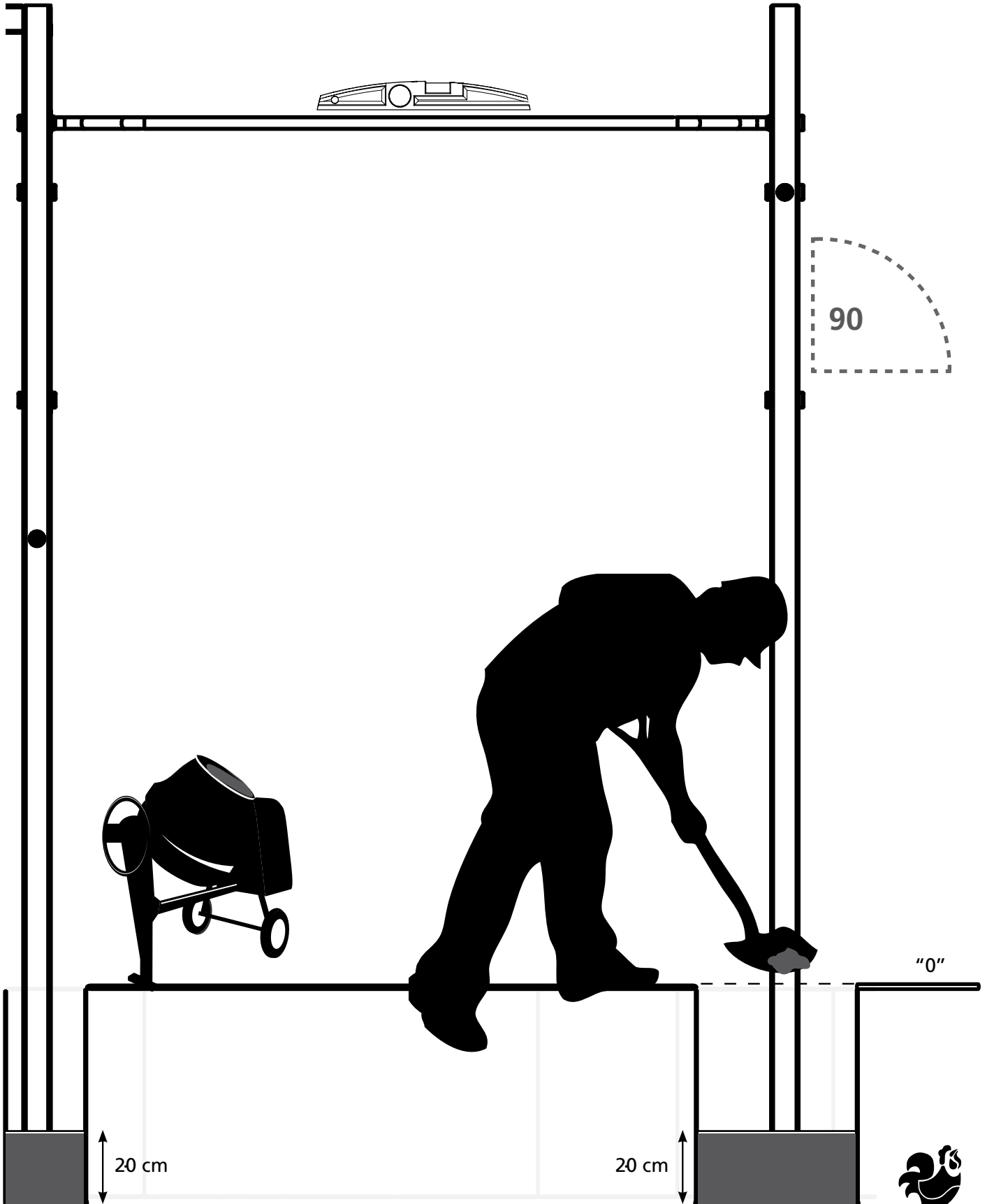
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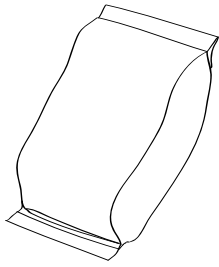
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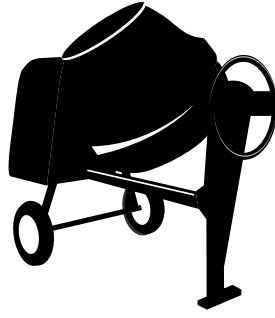
24 H



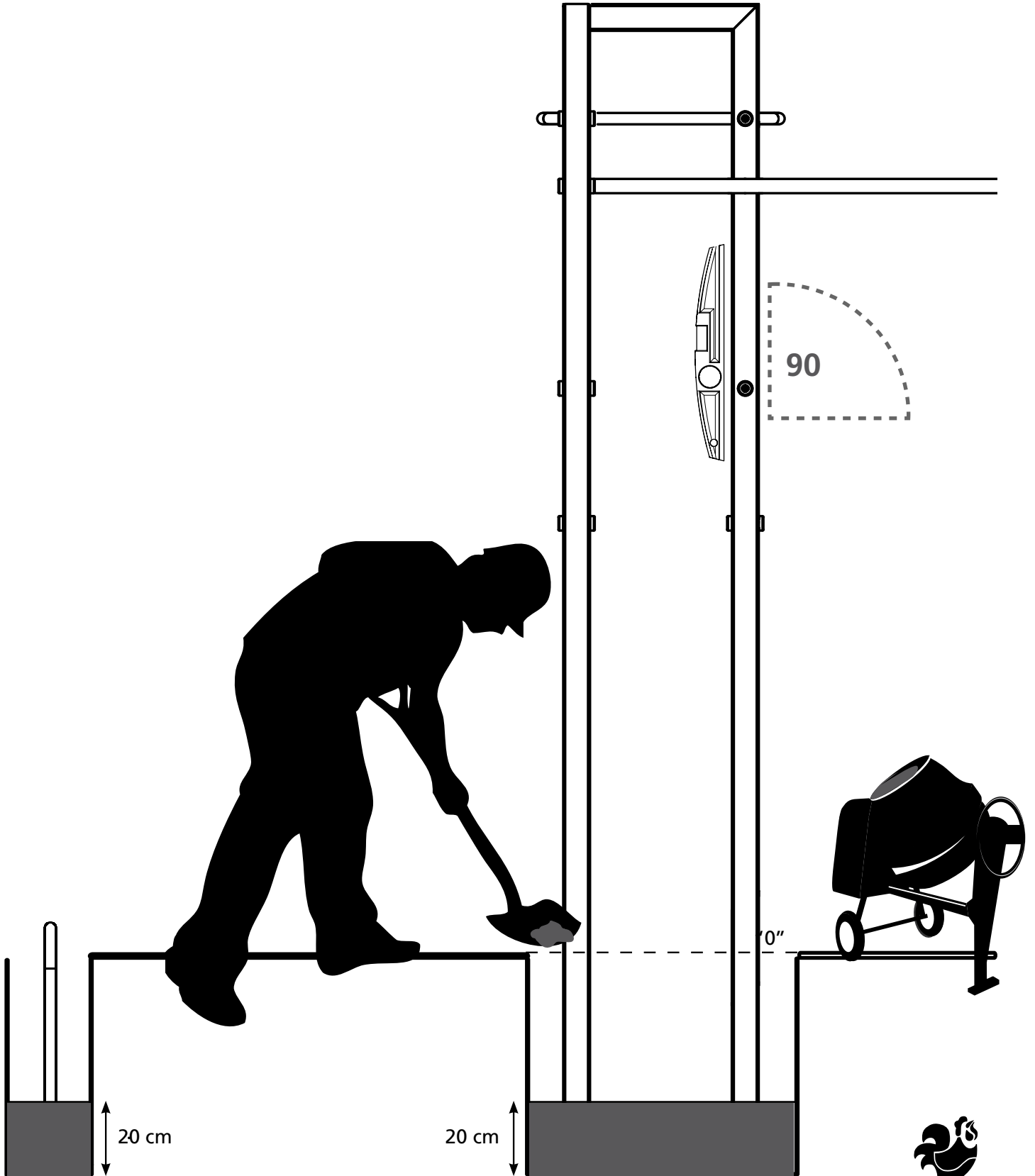
9



+



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	

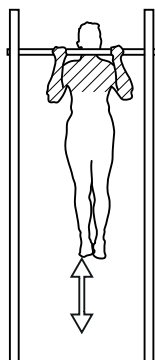
1X =

2015		
	X	

1602 BARFORZ S INSTRUCTIONS

BARFORZ

Pull-up Bar

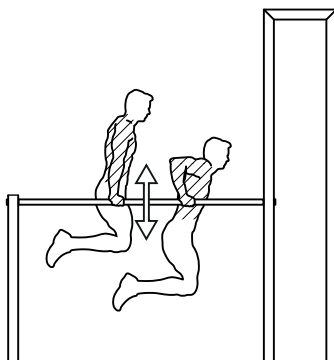


Chin-ups



BARFORZ

Dip Bar

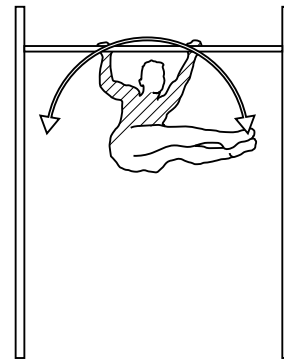


Dips

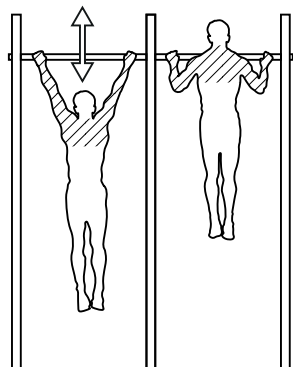


BARFORZ

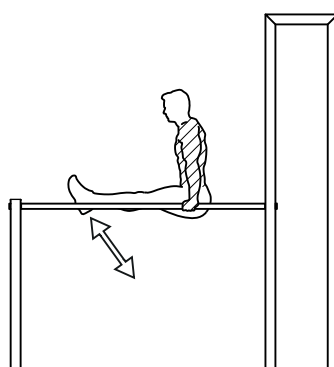
Monkey Bar



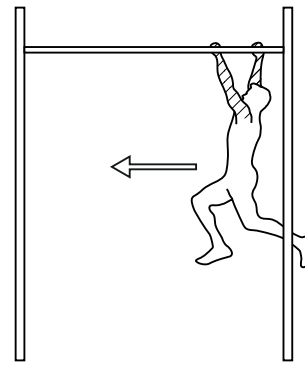
Windshield wipers



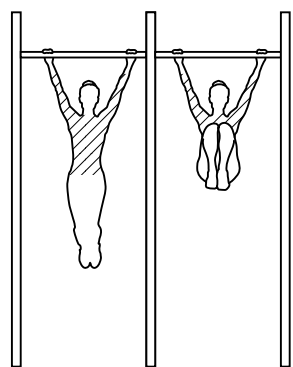
Wide pull ups



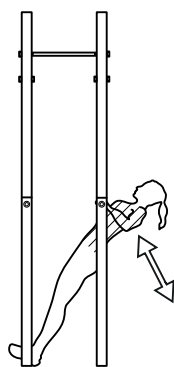
Leg raises



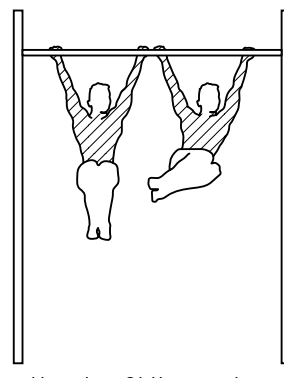
Monkey Bar run



Hanging knee raises



Australian Pull-up



Hanging Oblique raises



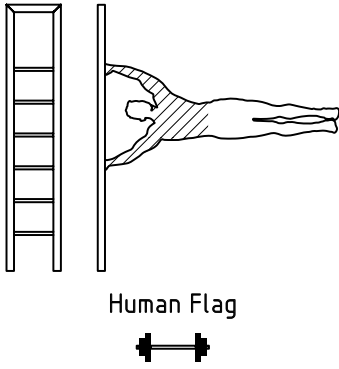
Use of these devices is to own risk. To prevent injury or excessive physical exhaustion: train responsibility. You should check with your doctor. Use of these devices: from 16 years and older.

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.



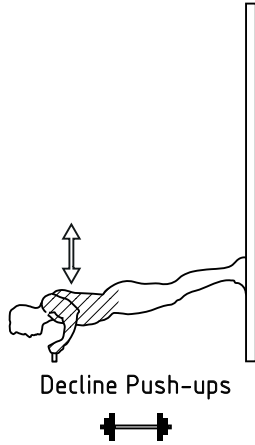
BARFORZ

Human Flag



BARFORZ

Decline Push up



BARFORZ

Dragon Flag

