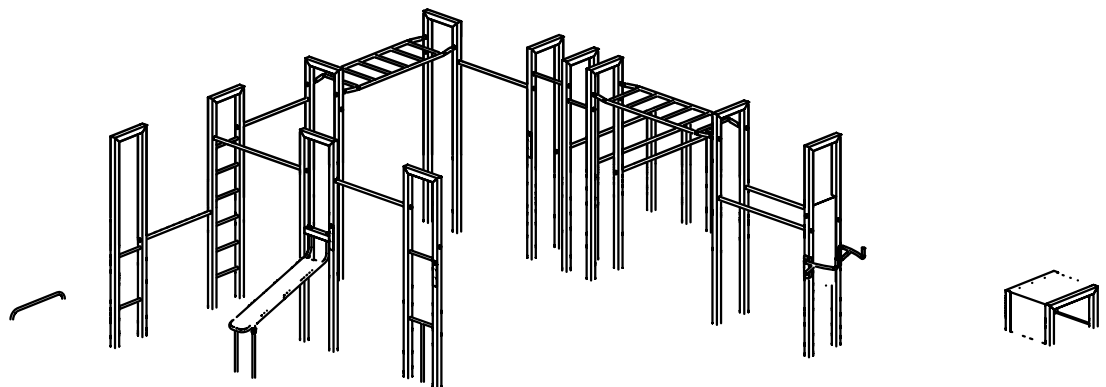
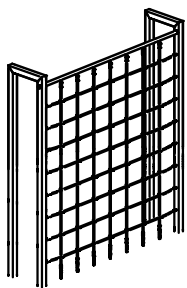


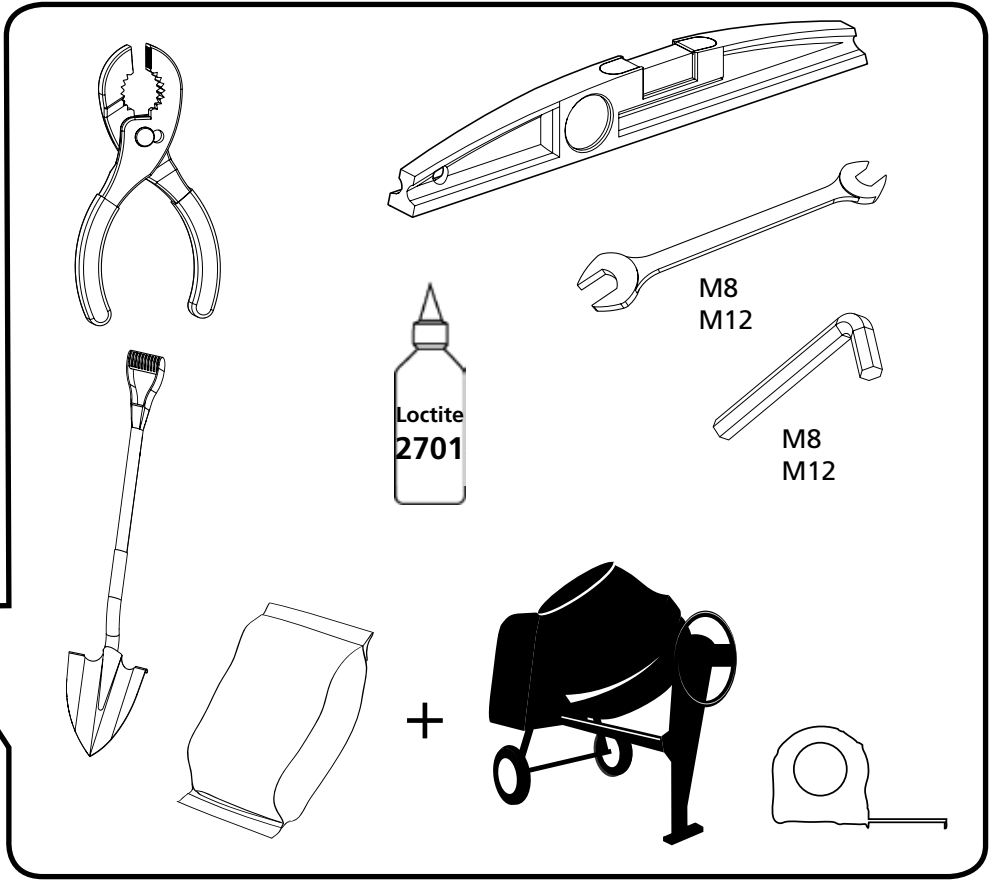
1603



IJSLANDER

27 - 11 - 2015

IJslander BV
Oude Dijk 10
8096 RK Oldebroek



Onderdelen

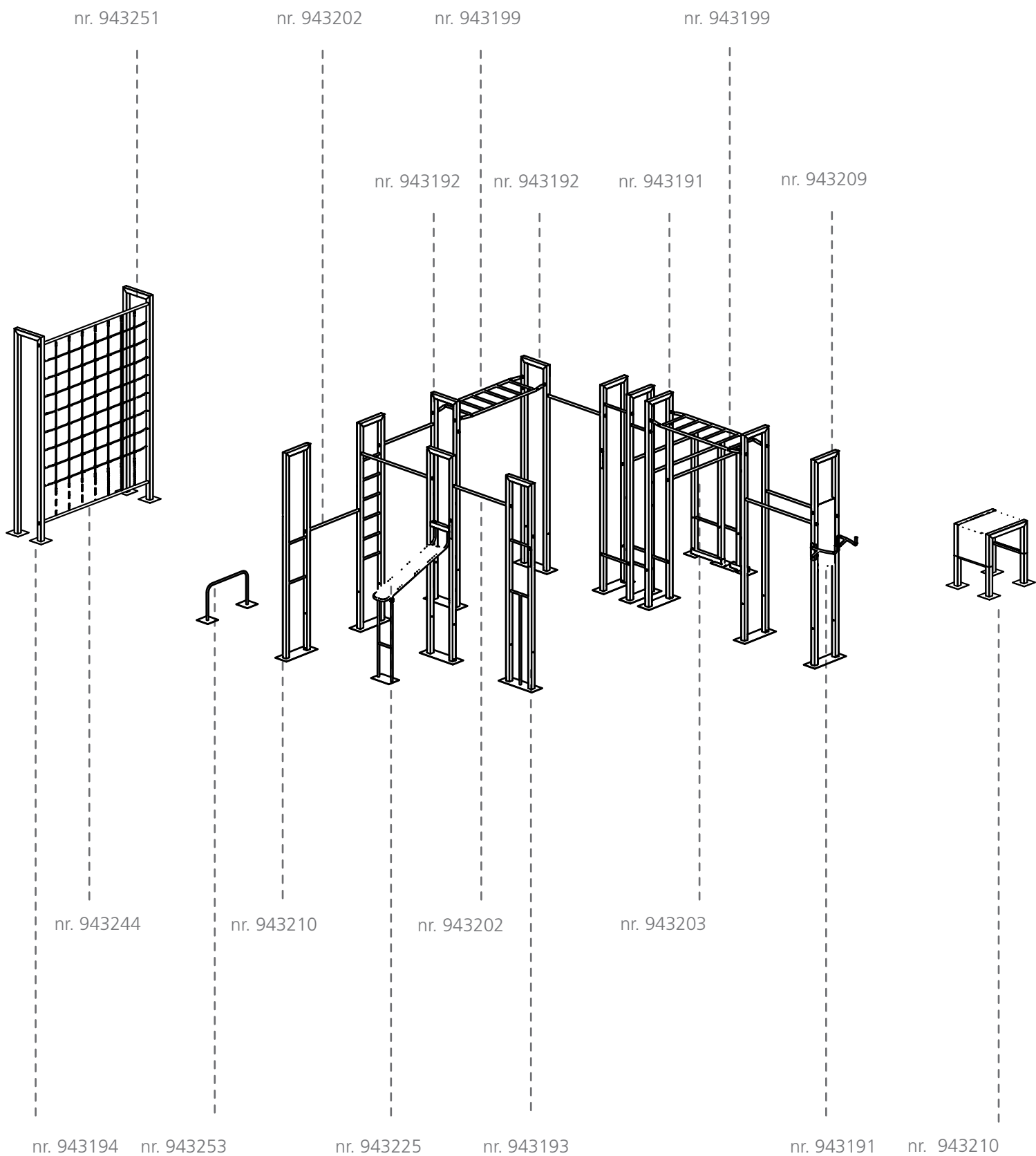
Code	Omschrijving	Number
100320	Torx met pin M8x16BH ISO 7380 RVS A2	10
100337	Carrosseriering M10 DIN 9021 RVS A2	8
100343	Borgmoer M10 DIN 985 RVS A2	8
100360	Sluitring M8 DIN125 RVS A2	10
103353	Imbusbout M12x110 DIN 912 RVS A2	40
103772	Gietdeel tbv Bar Forz	40
103807	Zeskantbout M10x120 DIN 931 RVS A2	8
105362	Plaat ab trainer tbv Bar Forz	1
103890	Koppelstrip 650mm tbv Bar Forz	2
103891	Koppelstrip 470mm tbv Bar Forz	3
103940	Bordje tbv BarForz Monkeybar internationaal	1
103941	Bordje tbv BarForz Pull-up bar internationaal	1
103942	Bordje tbv BarForz Dip bar internationaal	1
103943	Bordje tbv BarForz Human flag internationaal	2
103944	Bordje tbv BarForz Declined push-up bar internatio	1
103945	Bordje tbv BarForz Dragon flag internationaal	1
103946	Bordje tbv BarForz High dip bar internationaal	1
103947	Bordje tbv BarForz Abtrainer internationaal	1
103948	Bordje tbv BarForz Jumping box internationaal	1
103949	Bordje tbv BarForz Climbing wall internationaal	1
100349	Dopmoer M10 DIN 1587 RVS A2	2
103101	Imbusbout M10x20 RVS A2	2
101016	Blindklinknagel alum. ø3x8.0	88
943244	Climbing net Climbing Wall tbv Bar Forz	1
102703	Sticker met QR-code en logo	1
943211	Staander C tbv Bar Forz	1
943203	Bar 1500mm tbv Bar Forz	3
943191	Staander G tbv Bar Forz	1
943209	Staander I tbv Bar Forz	1
1609	BarForz Jumping Box H=54cm	1
943198	Gietdeel samenstelling loze gaten Bar Forz	12
943190	Staander F tbv Bar Forz	2
943252	Support Dip Bar tbv Bar Forz	1
943245	Bar 1960mm Dip Bar tbv BarForz	3
943248	Bar 520mm Dip Bar tbv Bar Forz	1
943192	Staander E tbv Bar Forz	2
943202	Bar 1200mm tbv BarForz	4
943204	Staander B tbv Bar Forz	1
943253	Bar Decline Push Up tbv Bar Forz	1
943210	Staander A tbv Bar Forz	1
943225	Bank Dragon Flag tbv Bar Forz	1
943207	Staander D tbv Bar Forz	1
943247	Support Add Tripple Dip Bar tbv Bar Forz	1
943246	Bar 340mm Dip Bar tbv Bar Forz	1
943257	Arm support left tbv Bar Forz	1
943258	Arm support right tbv Bar Forz	1
943194	Staander K tbv Bar Forz	1
943251	Staander L tbv Bar Forz	1
943193	Staander H tbv Bar Forz	1
943300	Support Bank Dragon Flag tbv Bar Forz	1
943199	Enterrek Monkeybar tbv BarForz	2

Parts

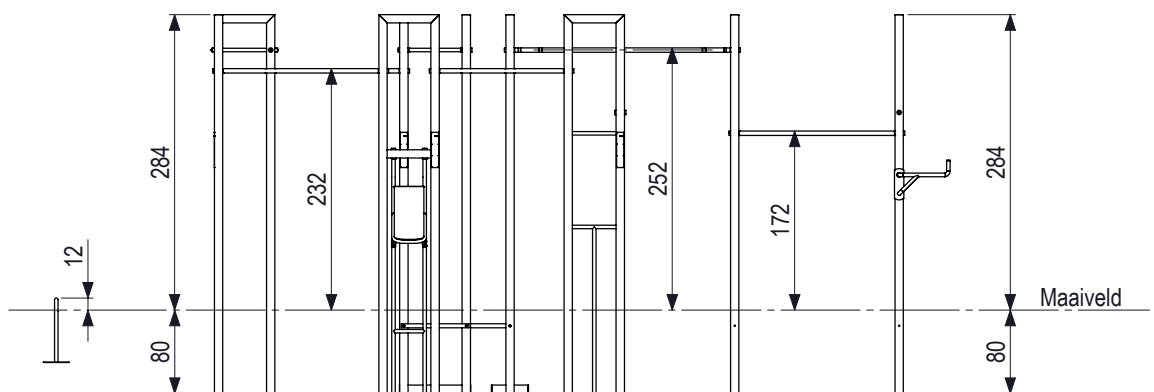
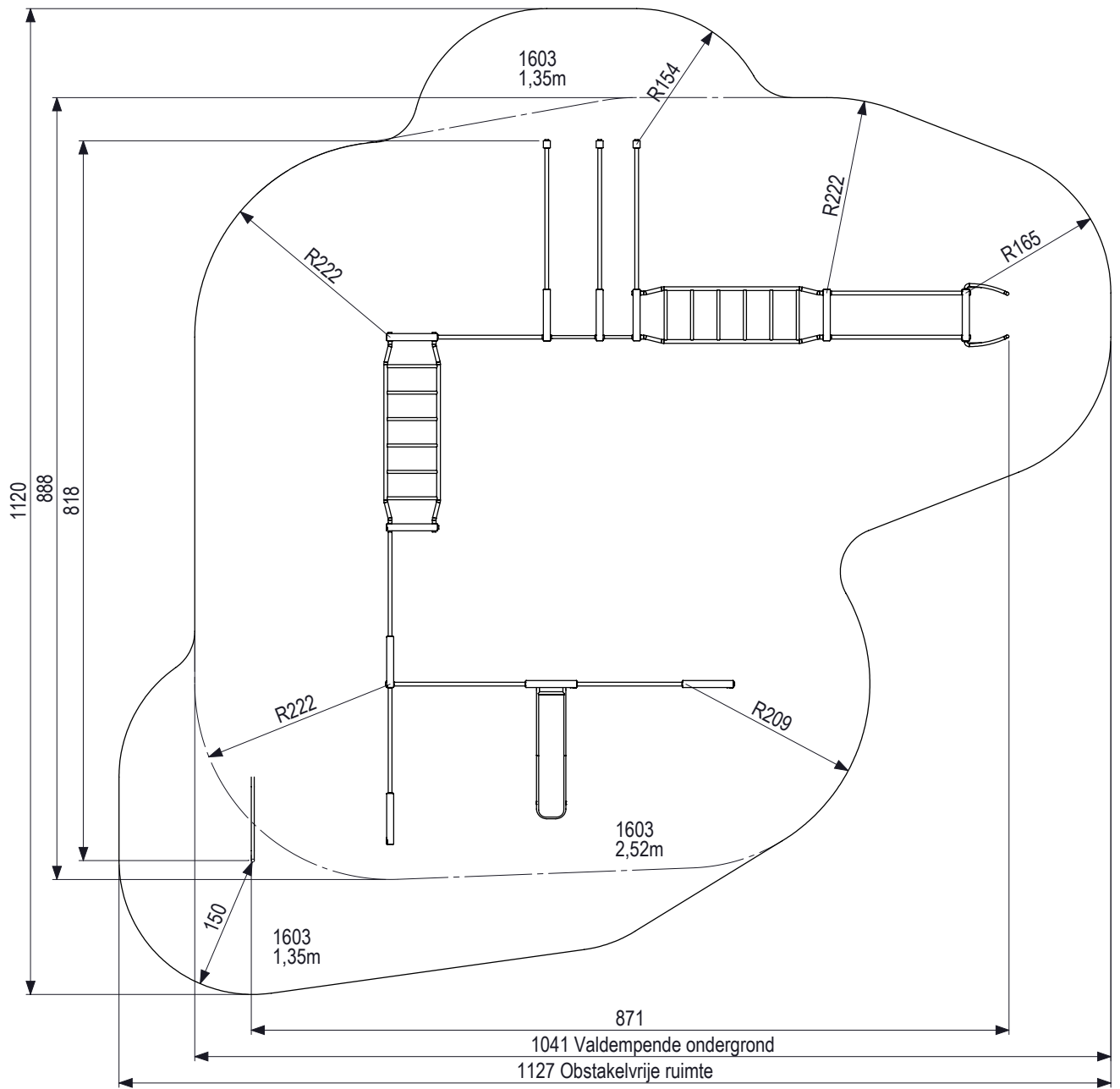
Order Number	Description	Number
100320	Torx with pin M8x16BH ISO 7380 Stainless steel A2	10
100337	Body Washer M10 DIN 9021 Stainless steel A2	8
100343	Locking nut M10 DIN 985 Stainless steel A2	8
100360	Washer M8 DIN125, A2 stainless steel	10
103353	Allen screw M12x110 DIN 912 Stainless steel A2	40
103772	Pour Part for Bar Forz	40
103807	Hex Bolt M10x120 DIN 931 Stainless steel A2	8
105362	Ab trainer plate Bar Forz	1
103890	Couple About 650mm Bar Forz	2
103891	Couple About 470mm Bar Forz	3
103940	Plate BarForz Monkeybar internationally	1
103941	Plate BarForz Pull-up bar international	1
103942	Sign BarForz Dip bar international	1
103943	Plate BarForz Human flag internationally	2
103944	Plate BarForz Declined push-up bar internationales	1
103945	Plate BarForz Dragon flag internationally	1
103946	Plate BarForz High dip bar internationally	1
103947	Plate BarForz Abtrainer internationally	1
103948	Plate BarForz Jumping international box	1
103949	Plate BarForz Climbing wall internationally	1
100349	Cap nut M10 DIN 1587 Stainless steel A2	2
103101	Allen screw M10x20 Stainless steel A2	2
101016	Blind Rivet alum. ø3x8.0	88
943244	Climbing net Climbing Wall for BarForz	1
102703	Sticker with QR code and logo	1
943211	Stand C BarForz	1
943203	1500mm barForz	3
943191	Stand G BarForz	1
943209	I stand for Bar Forz	1
1609	BarForz Jumping Box H = 54cm	1
943198	Pour Part composition empty holes Bar Forz	12
943190	Stand F Bar Forz	2
943252	Support Dip Bar BarForz	1
943245	Bar 1960mm Dip Bar BarForz	3
943248	Bar 520mm Dip Bar barforz	1
943192	Stand E BarForz	2
943202	Bar 1200mm for BarForz	4
943204	Stand B BarForz	1
943253	Decline Push Up BarForz	1
943210	Stand A BarForz	1
943225	Bank Dragon Flag for BarForz	1
943207	Stand D BarForz	1
943247	Support Add Tripple Dip Bar BarForz	1
943246	Bar 340mm Dip BarForz	1
943257	Arm support left BarForz	1
943258	Arm support right for BarForz	1
943194	Stand K BarForz	1
943251	Stand L BarForz	1
943193	Stand H BarForz	1
943300	Support Bank Dragon Flag for BarForz	1
943199	Enterrek Monkeybar for BarForz	2



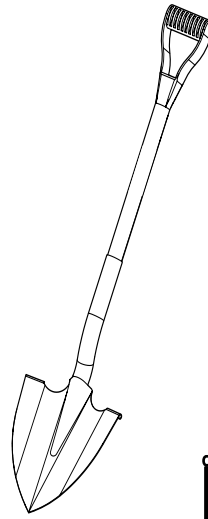
3D



2D

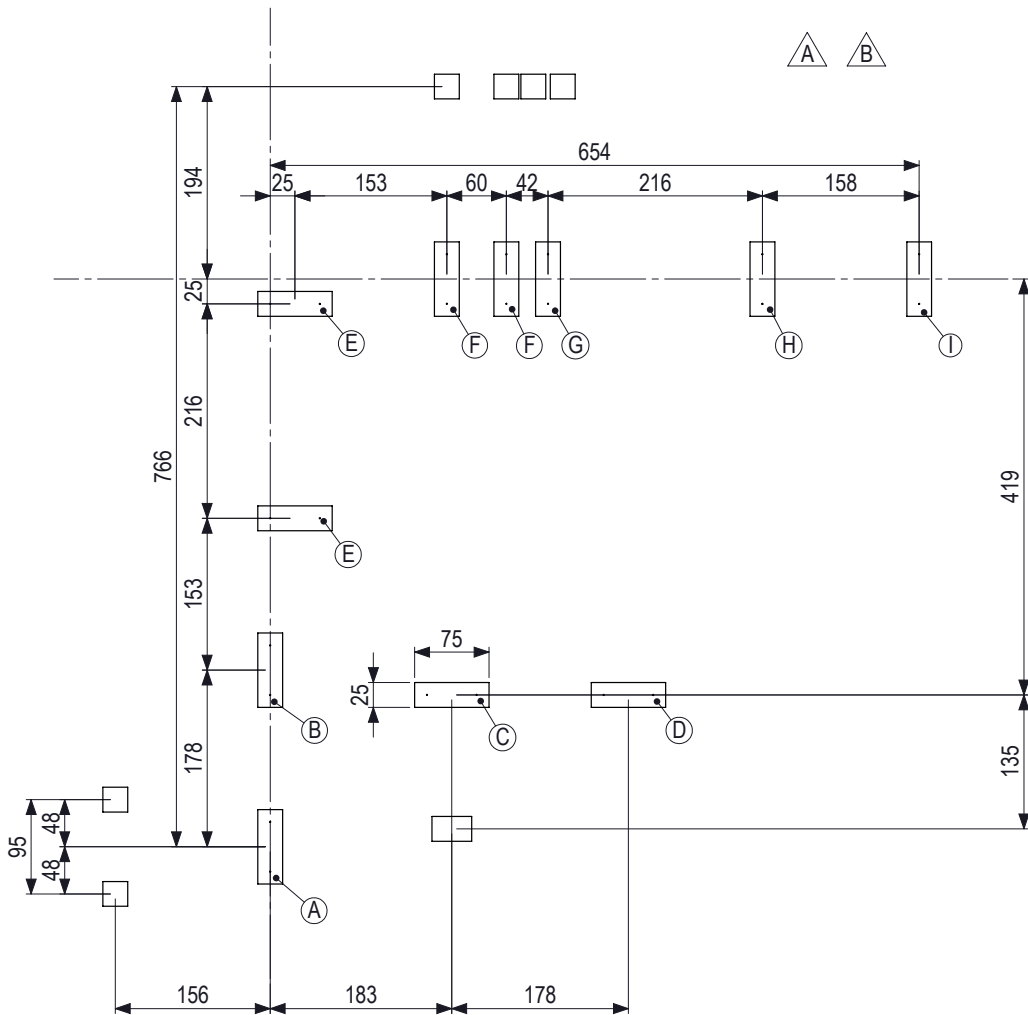


1

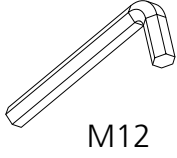
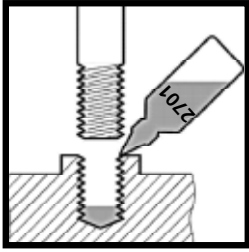


80 x 30 cm

80 cm

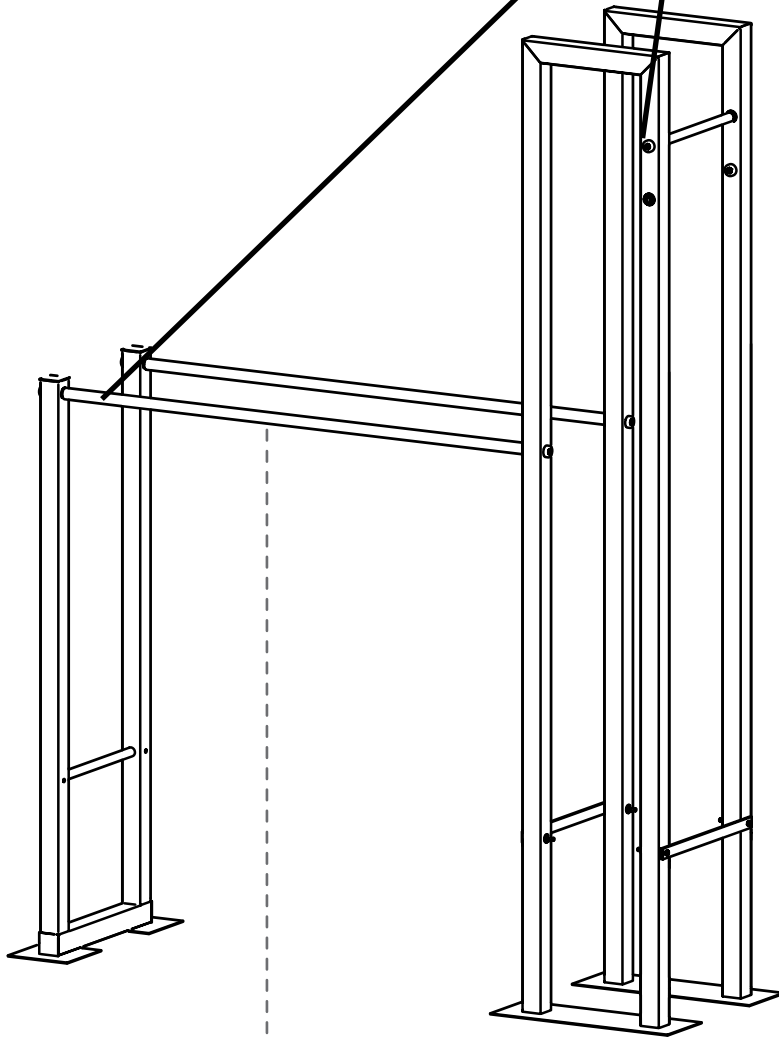
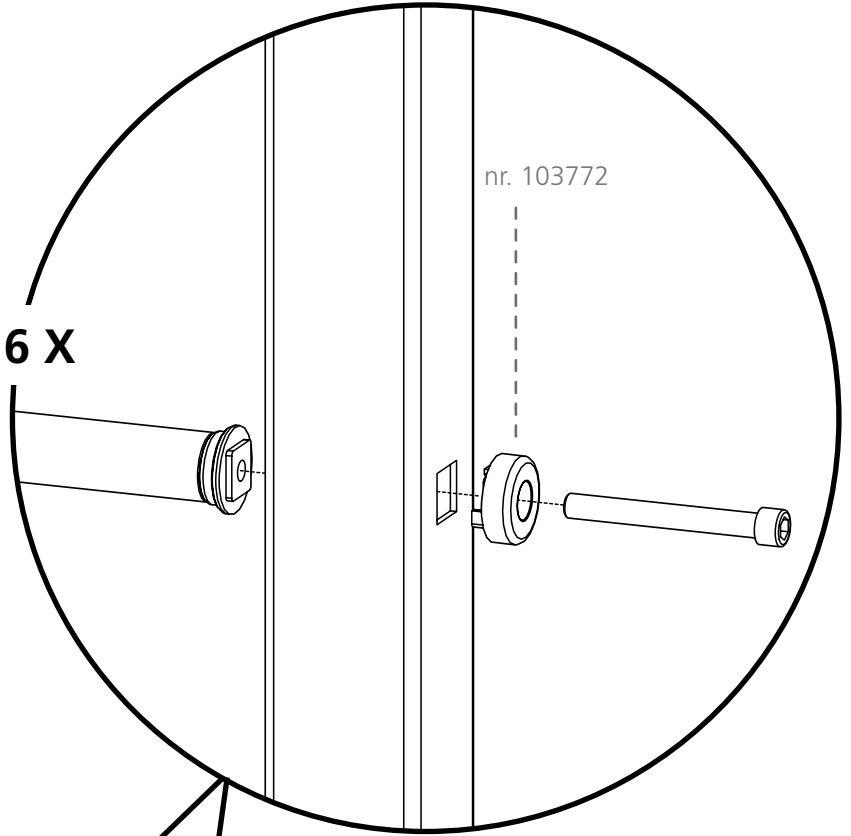


2



M12

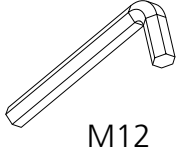
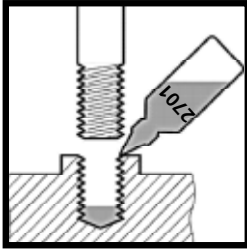
6 X



nr. 943245

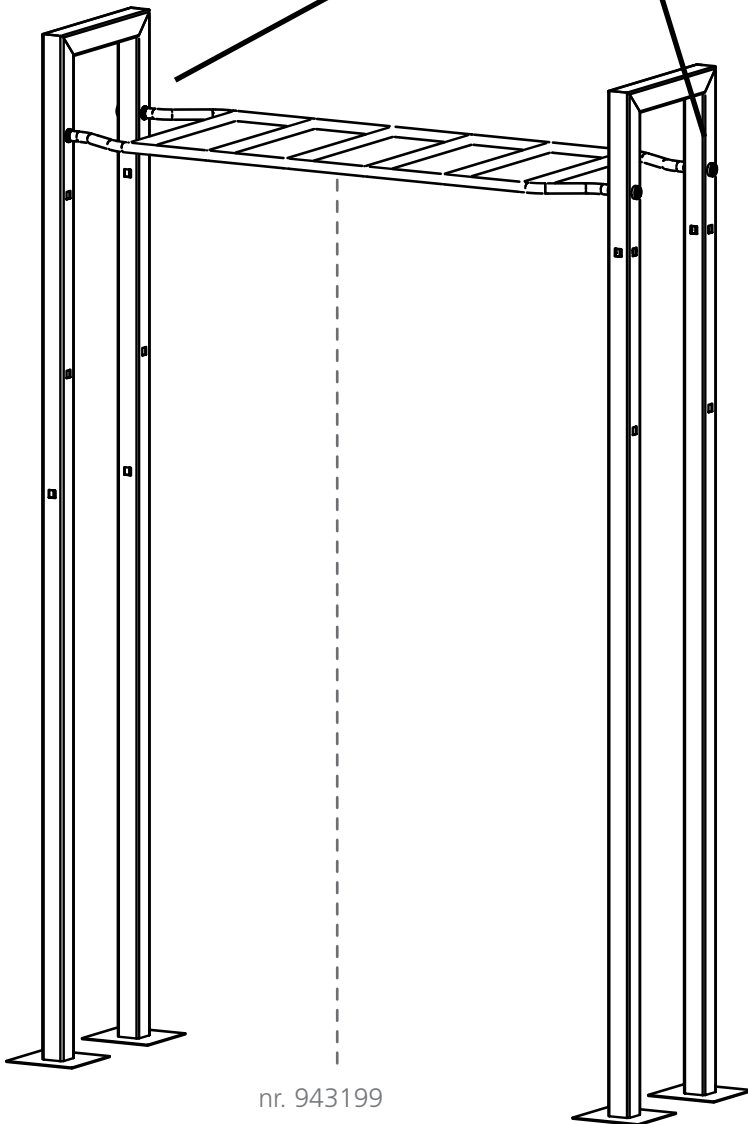
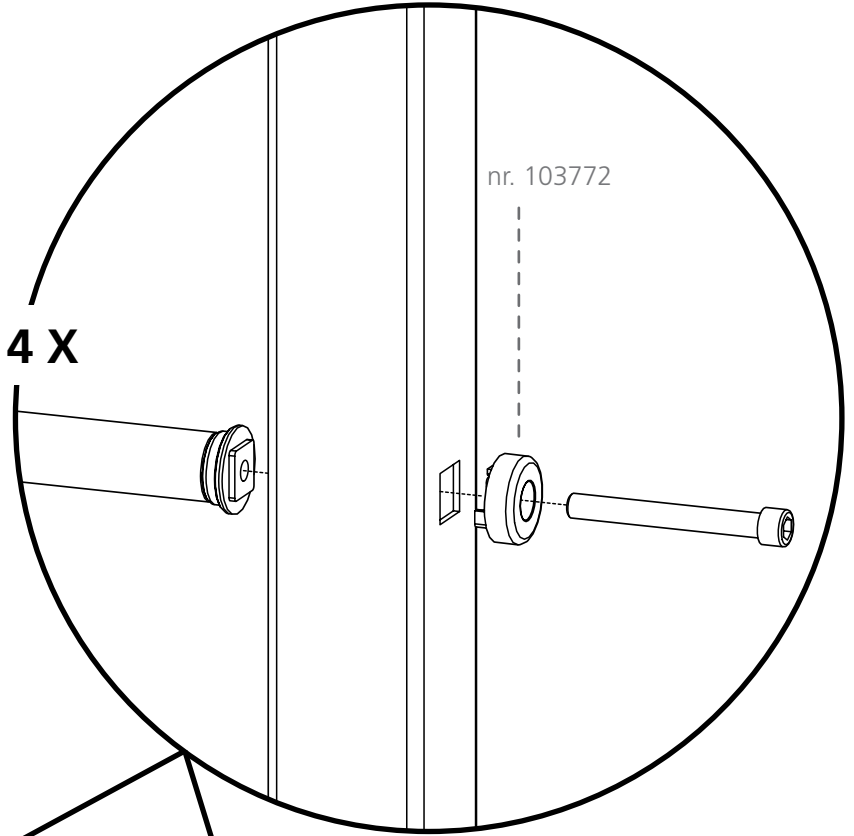


3



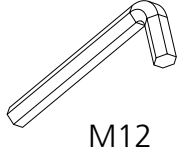
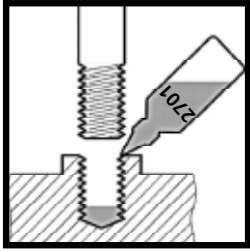
M12

4 X



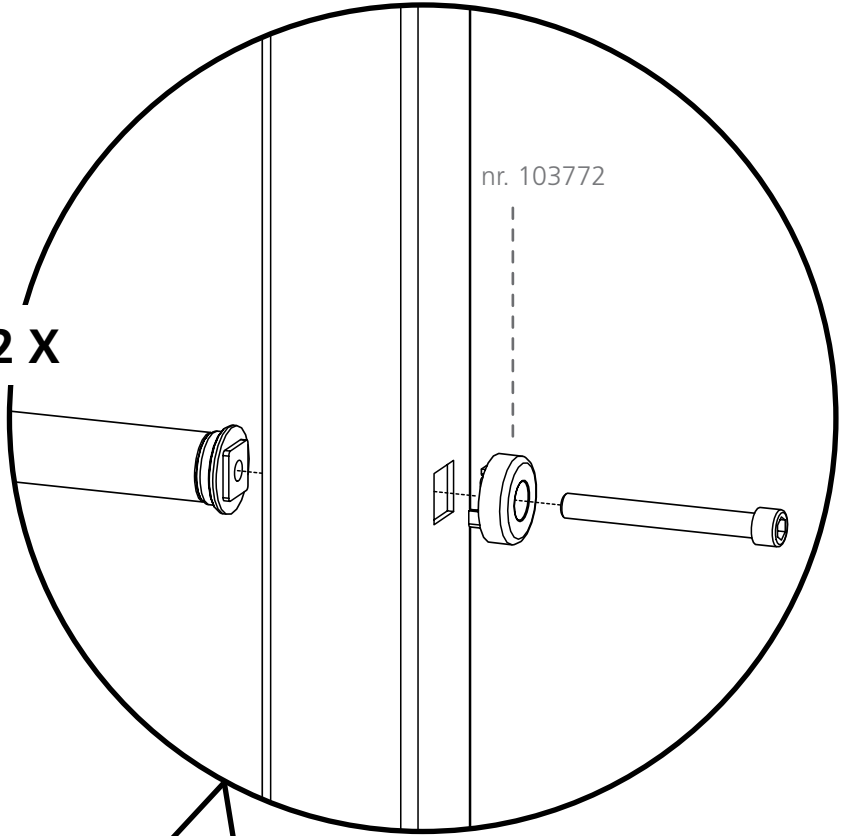
nr. 943199

4

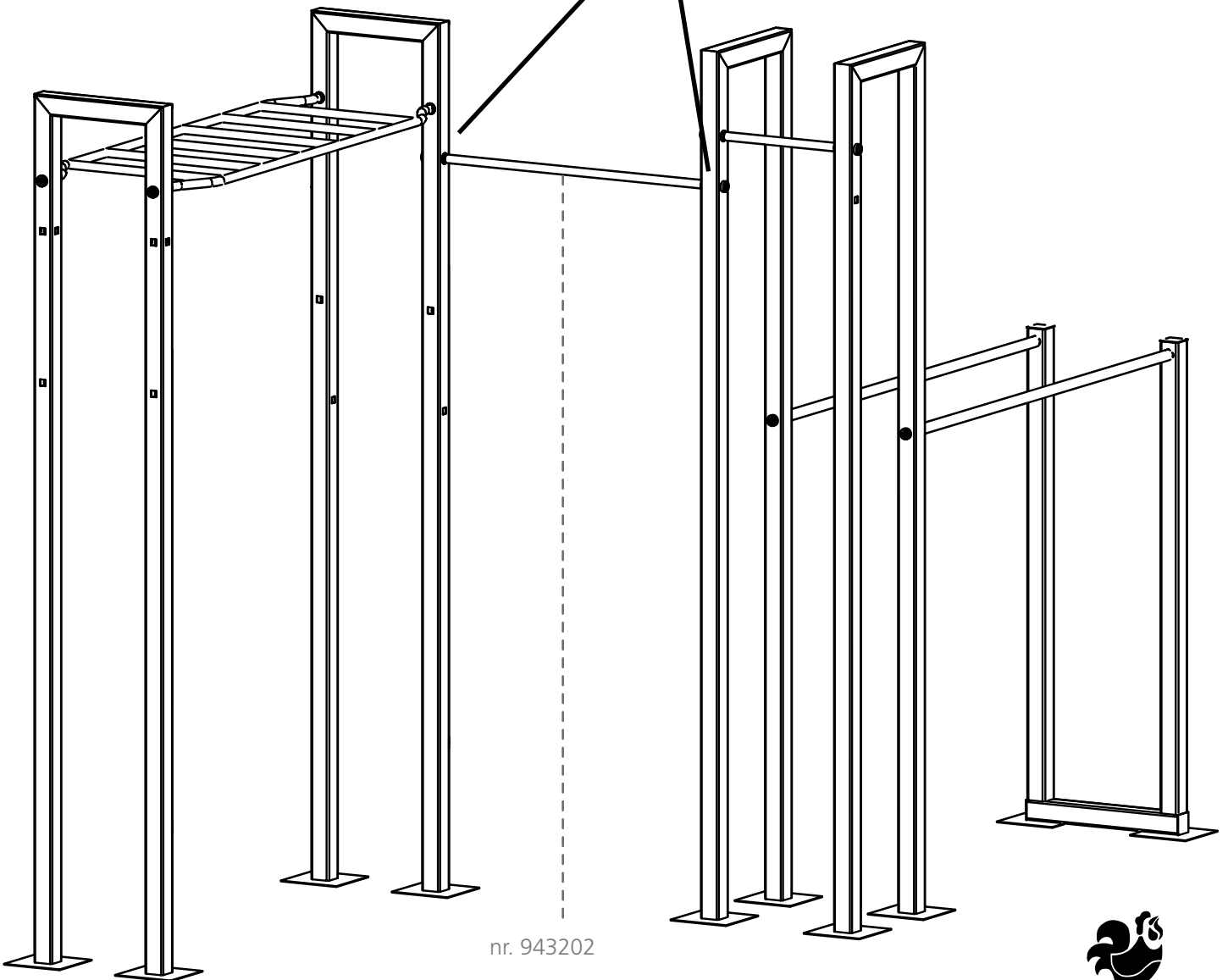


M12

2 X



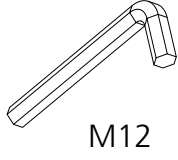
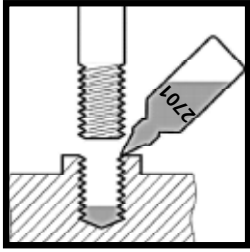
nr. 103772



nr. 943202

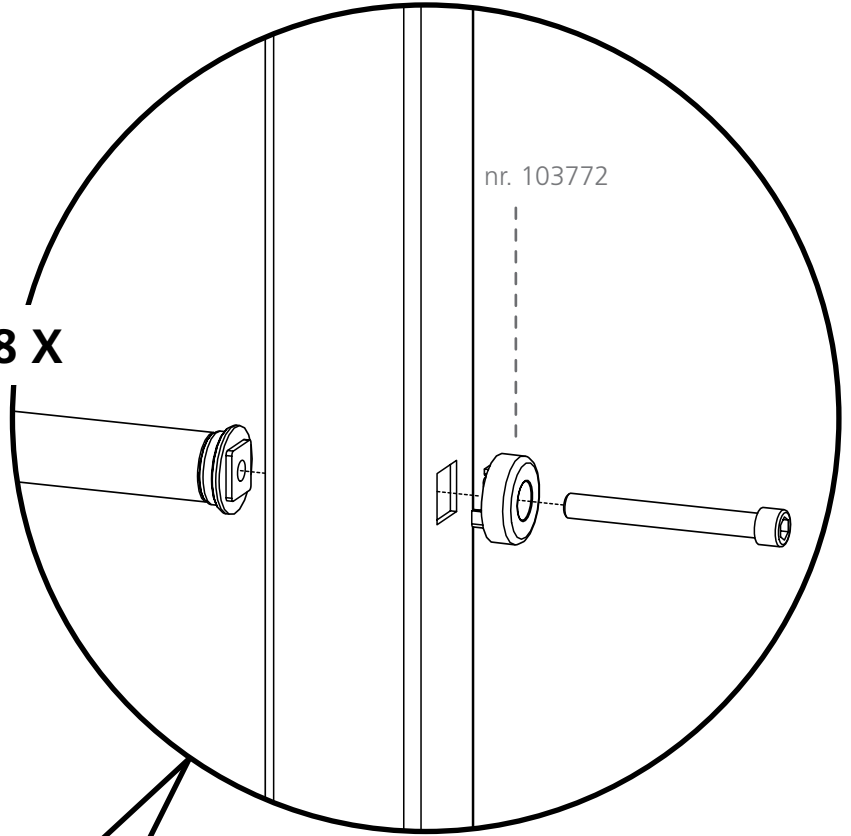


5

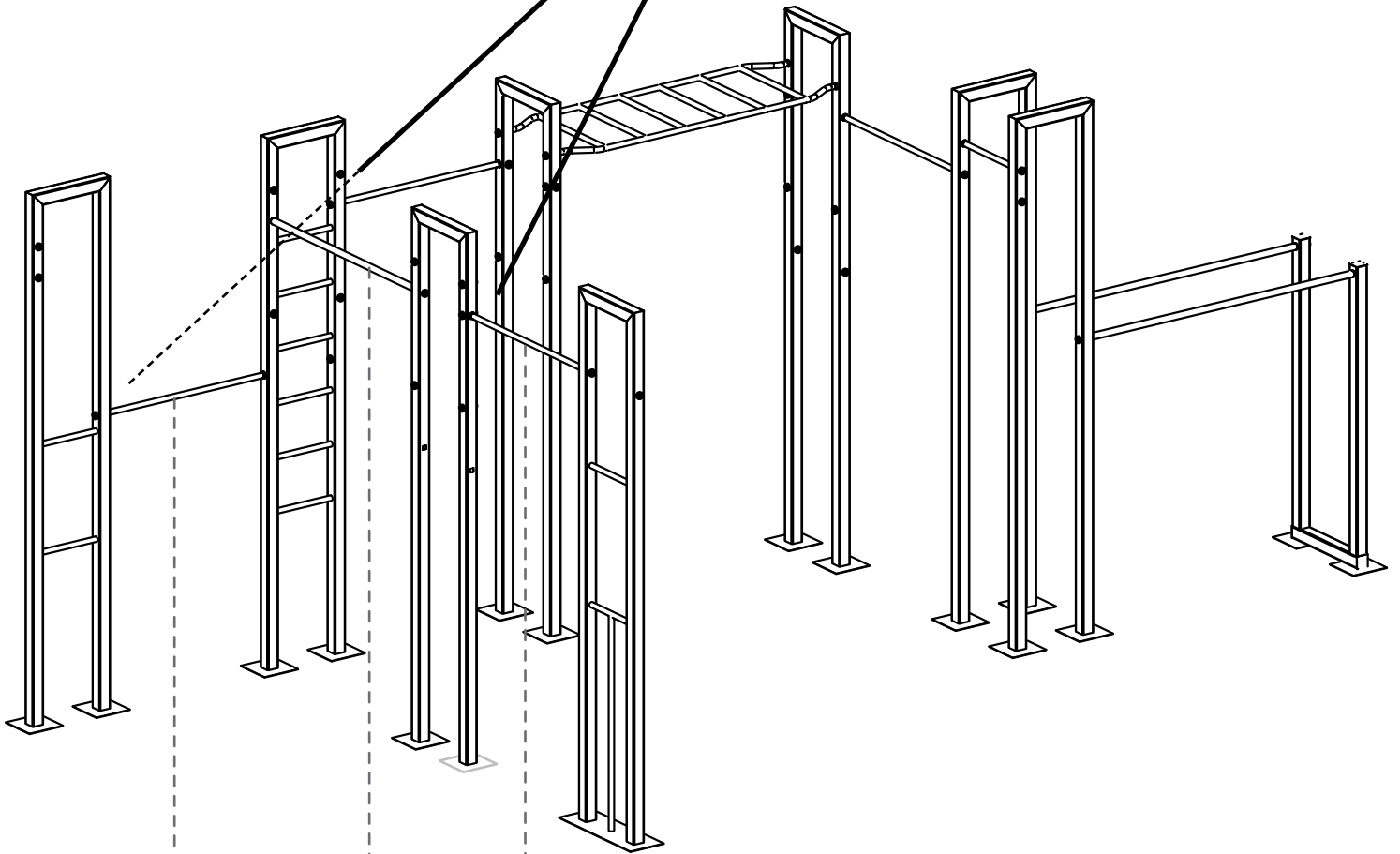


M12

8 X



nr. 103772



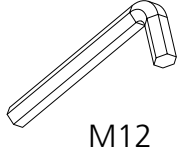
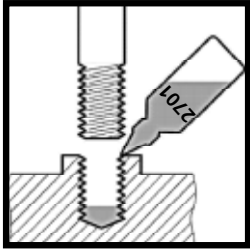
nr. 943202

nr. 943203

nr. 943202

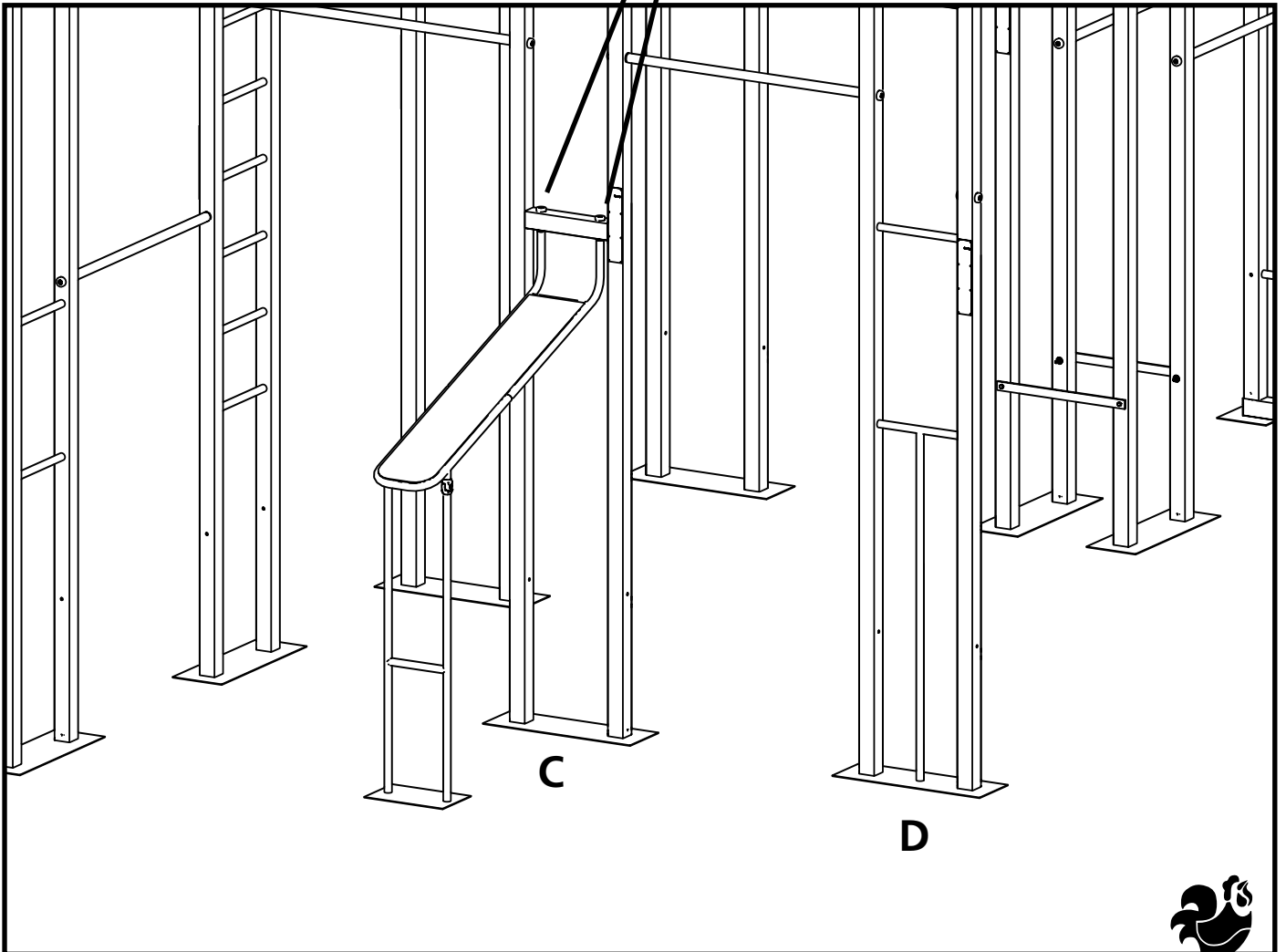
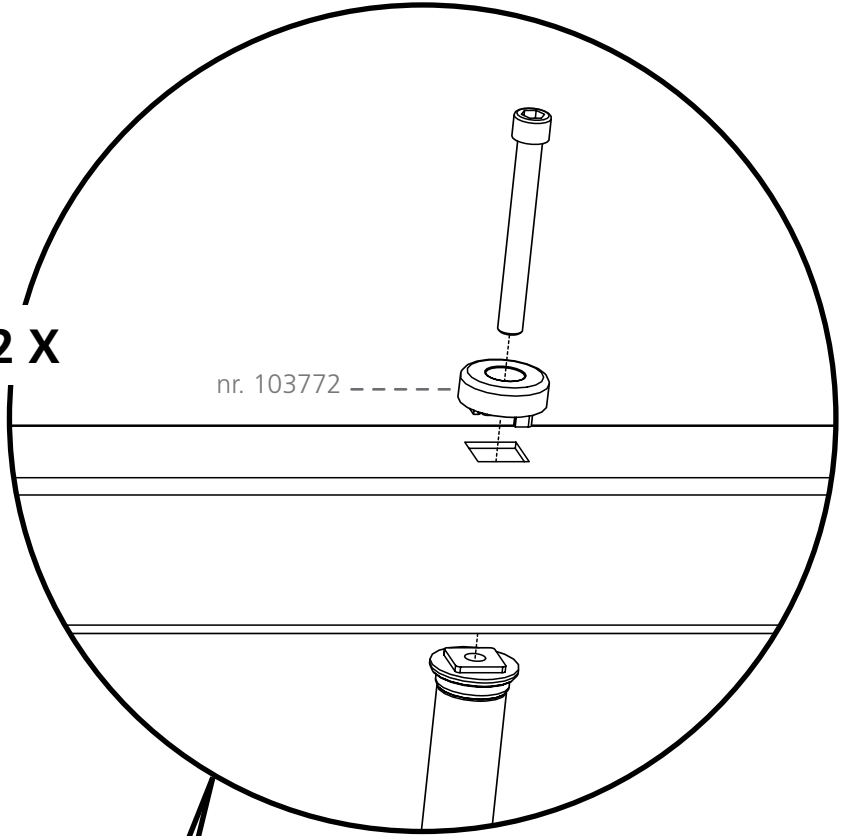


6

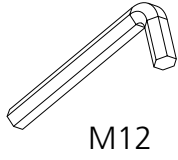
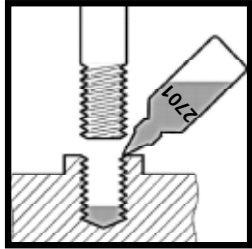


M12

2 X

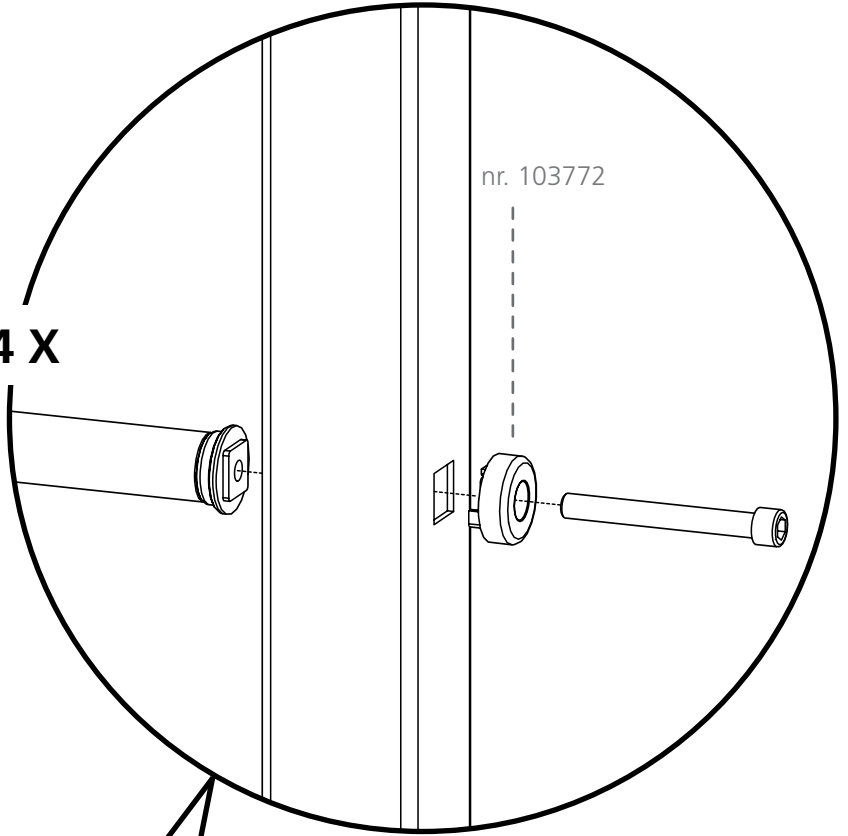


7

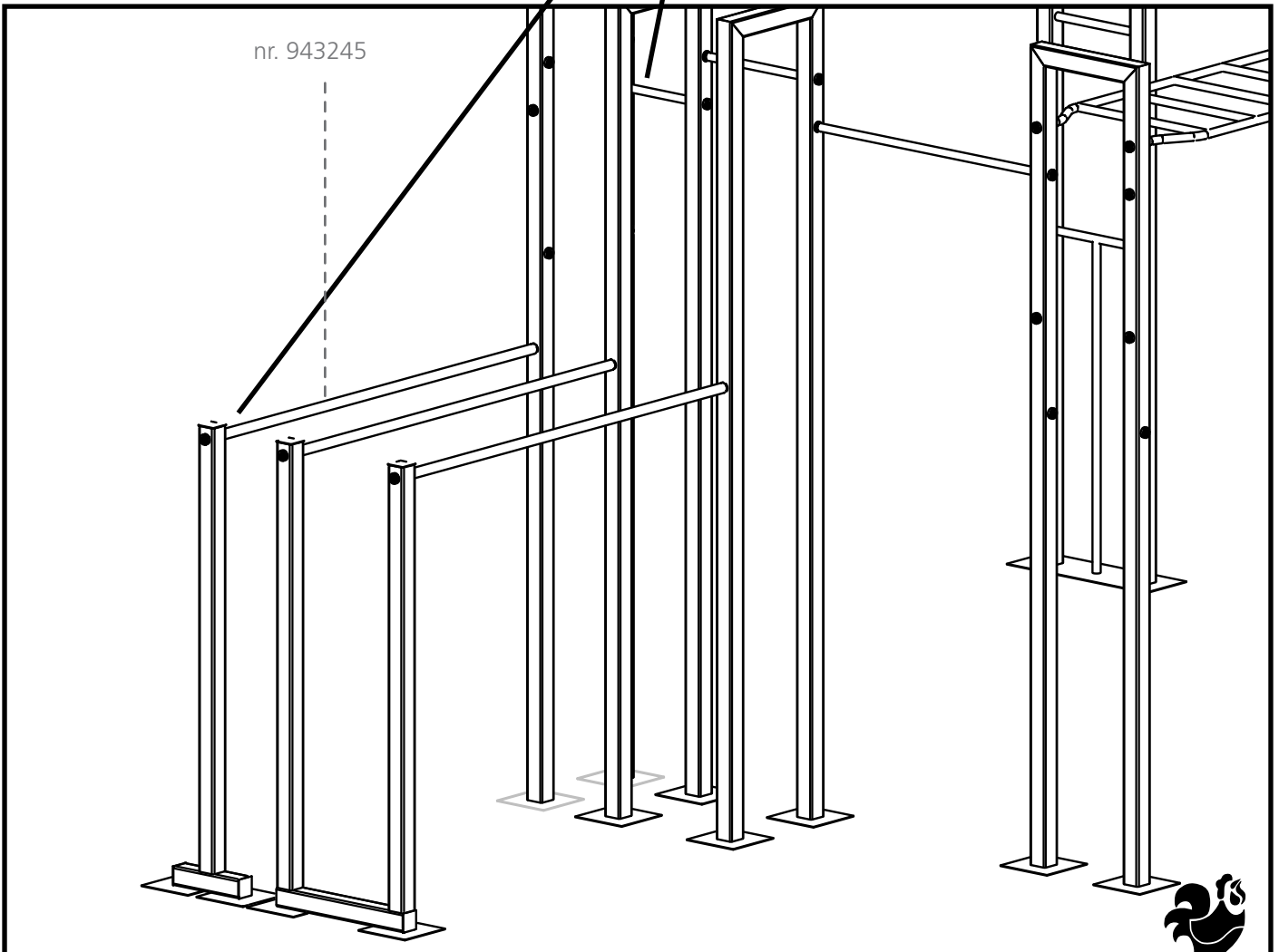


M12

4 X



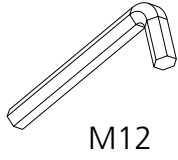
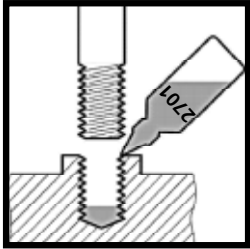
nr. 103772



nr. 943245

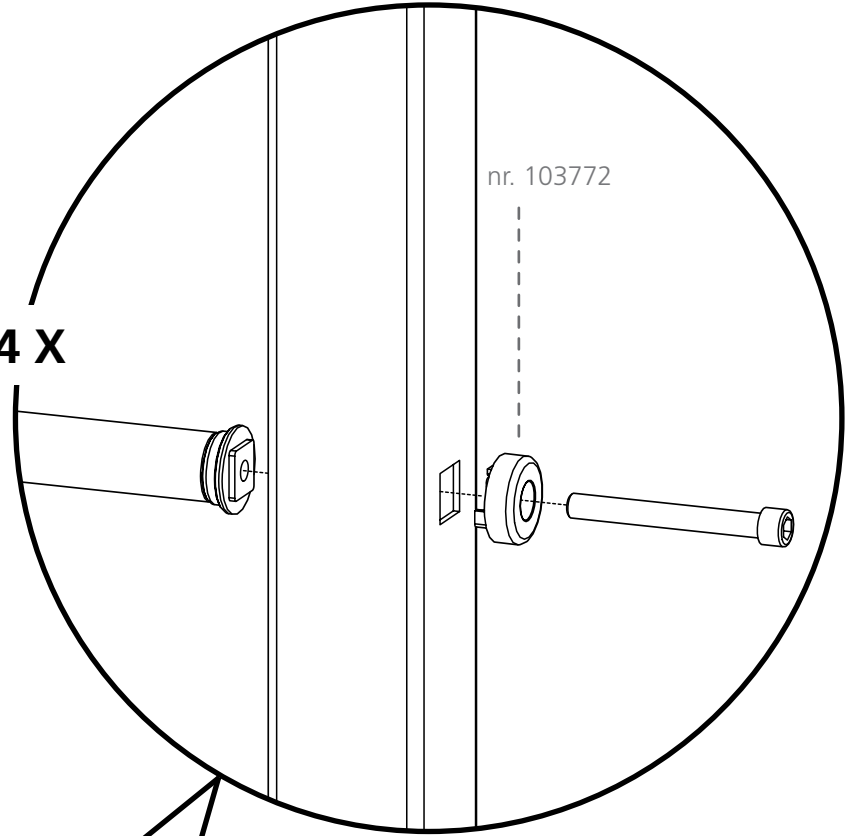


8

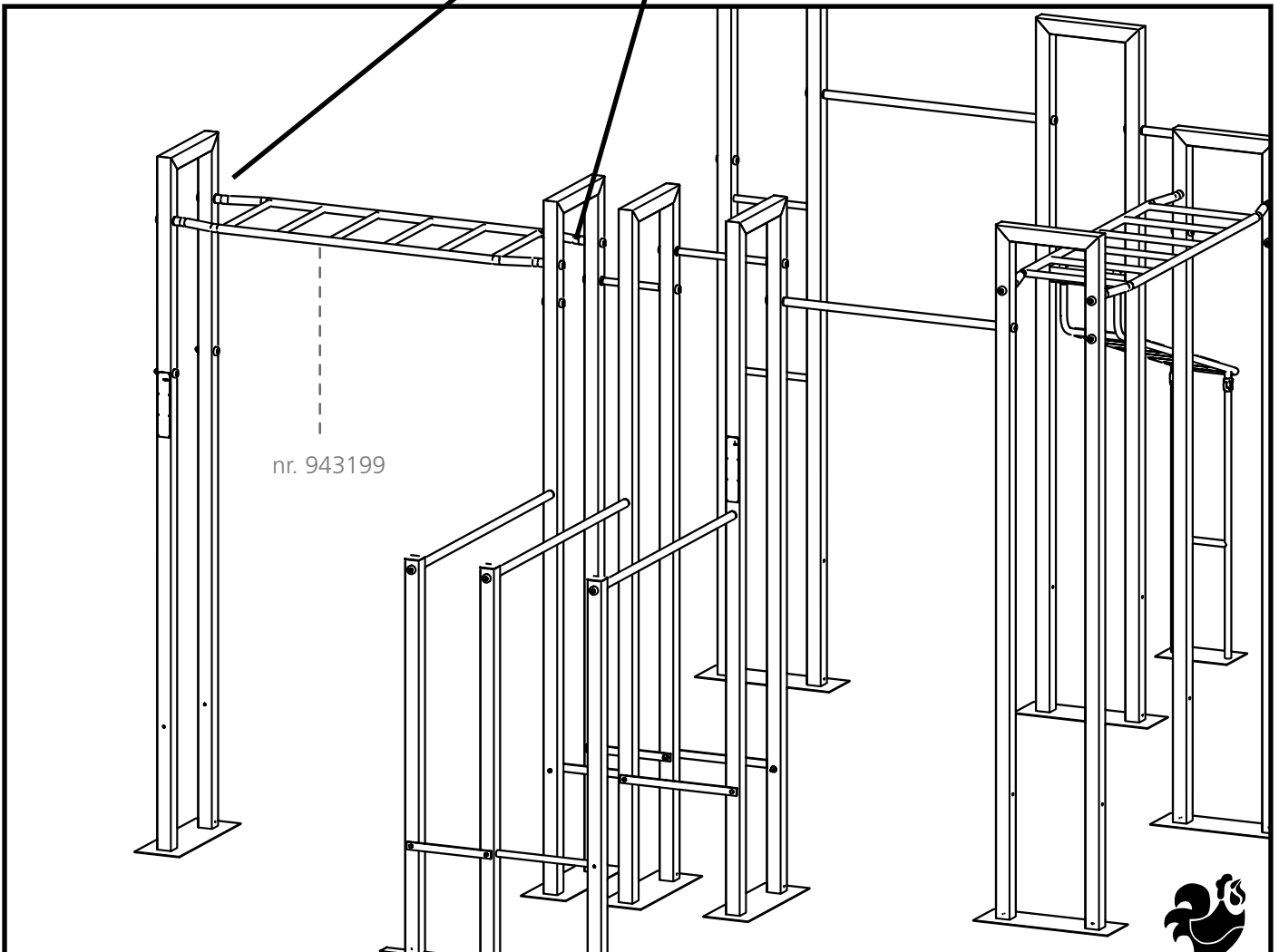


M12

4 X



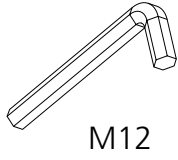
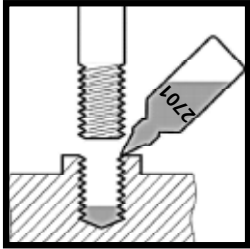
nr. 103772



nr. 943199

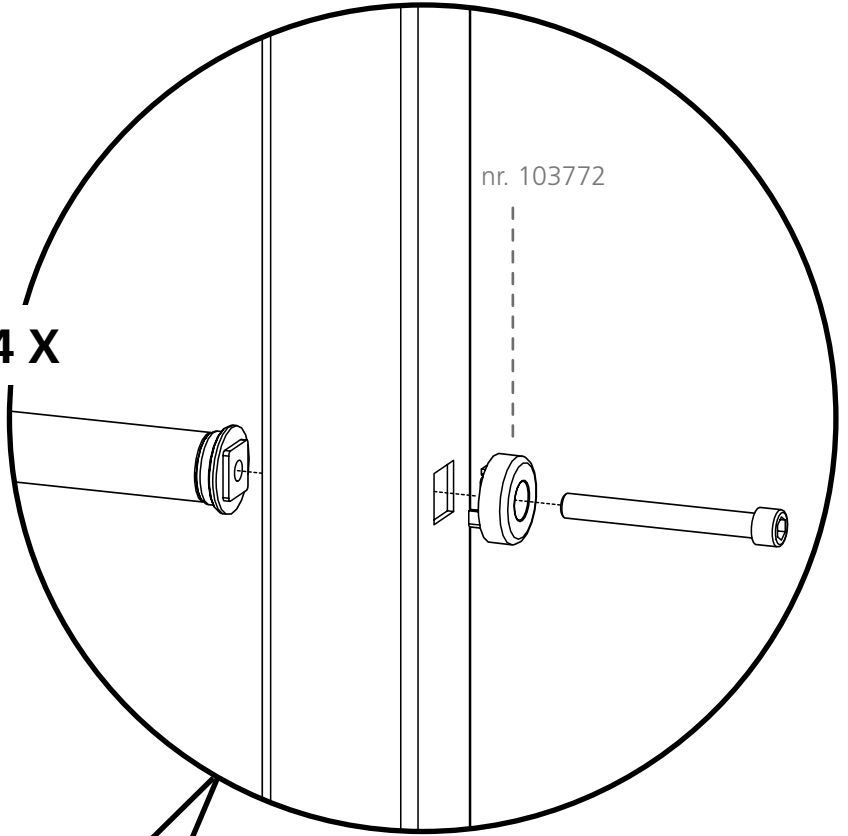


9

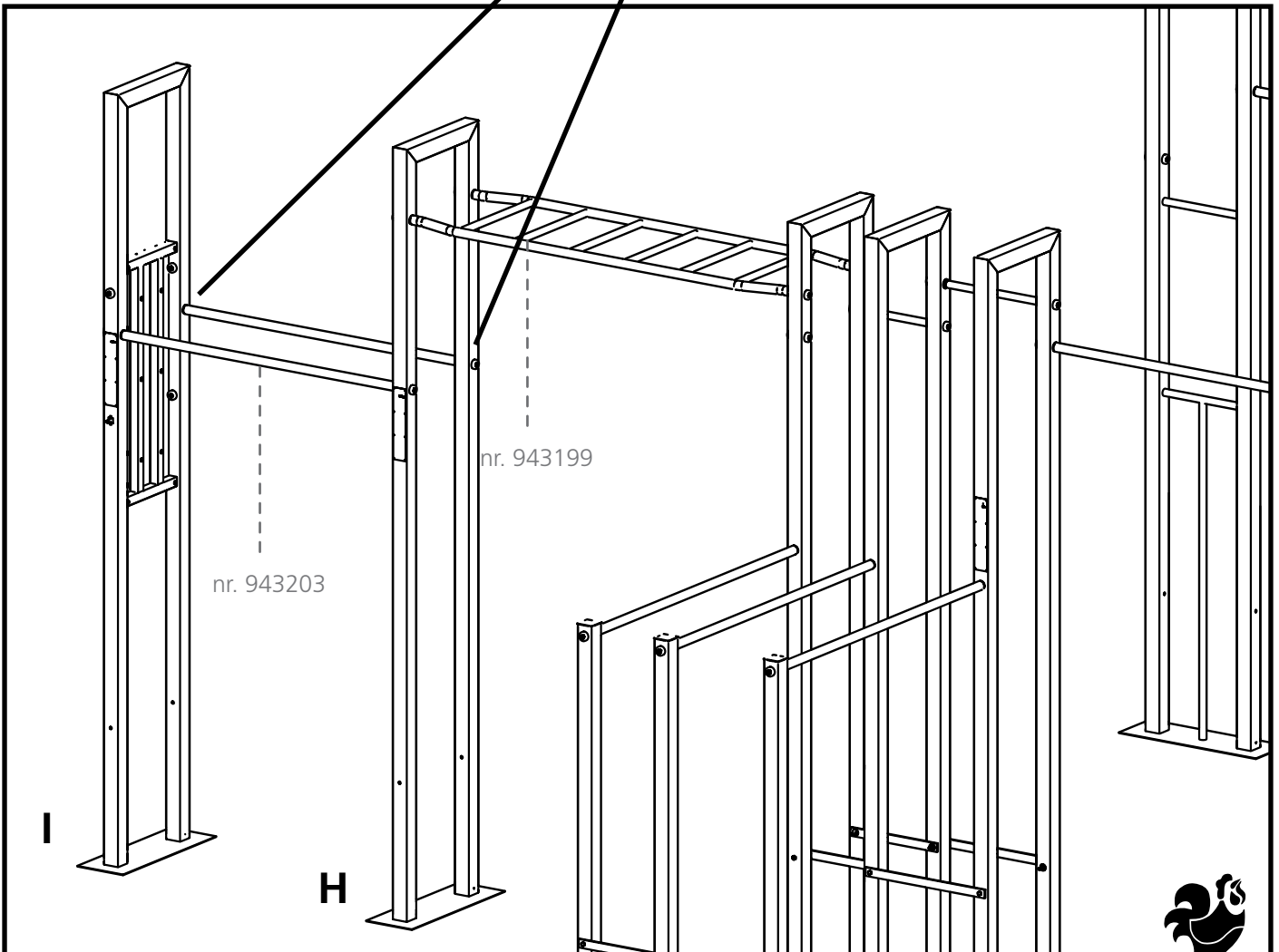


M12

4 X



nr. 103772

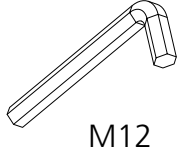
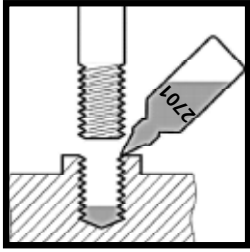


nr. 943203

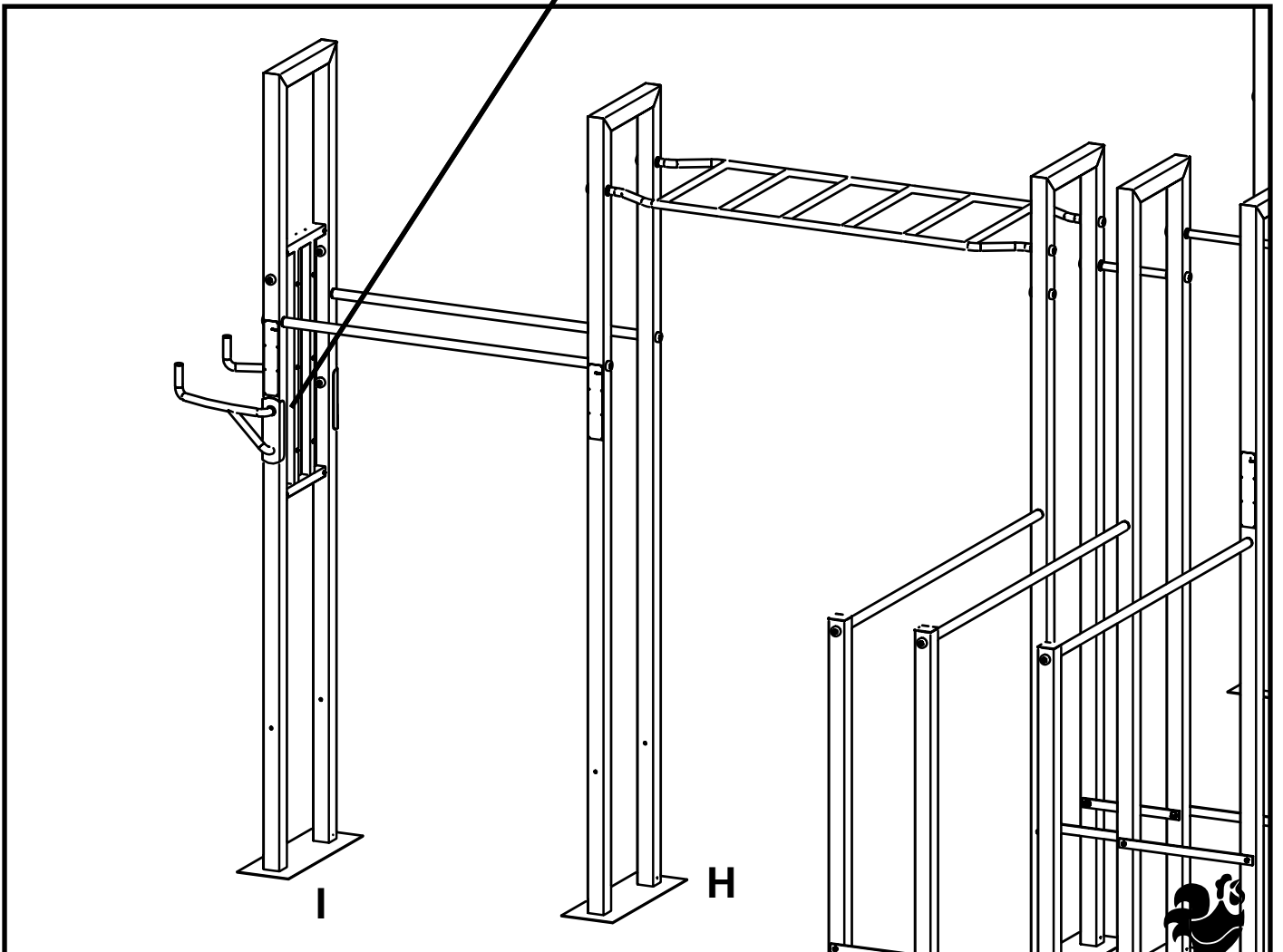
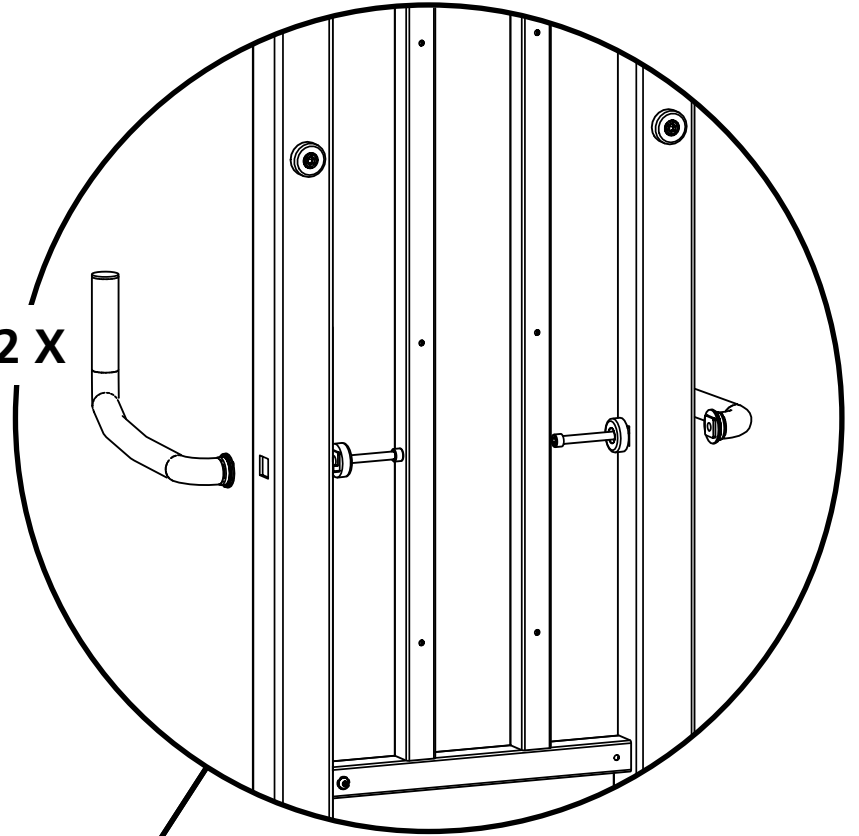
nr. 943199



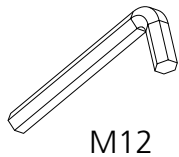
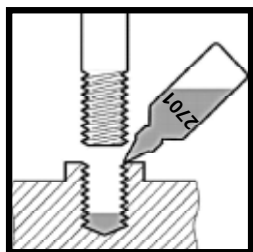
10



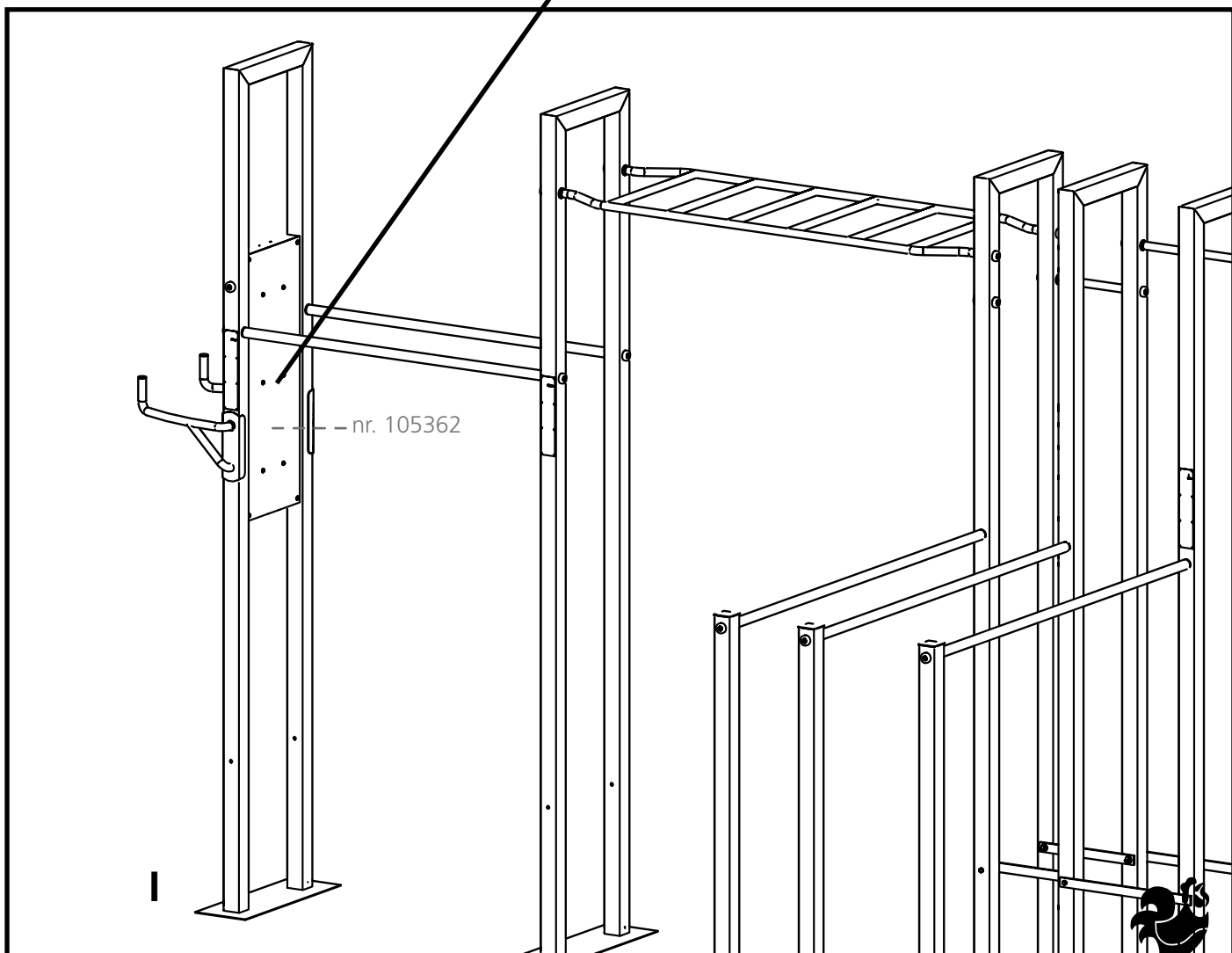
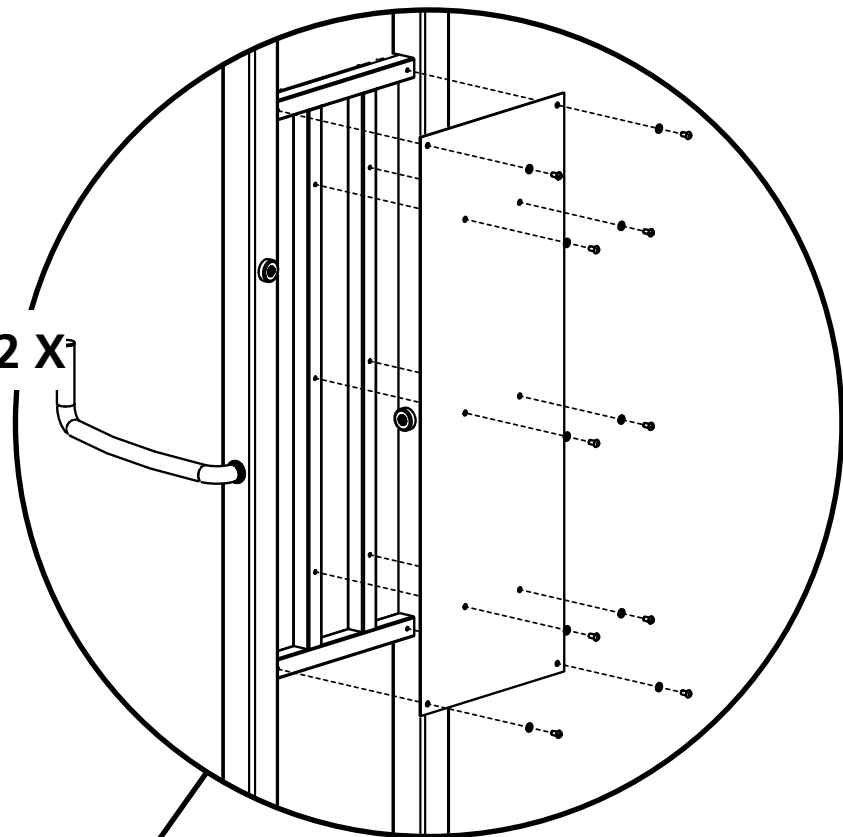
2 X



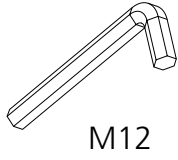
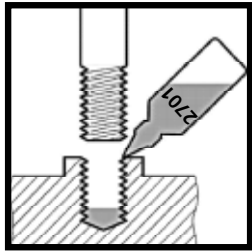
11



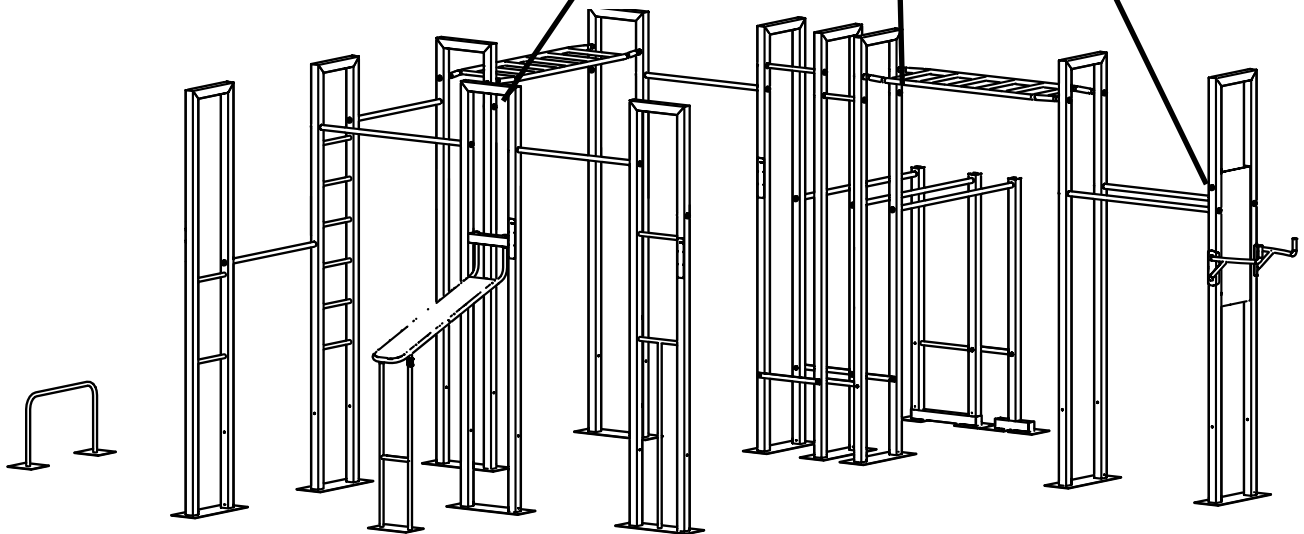
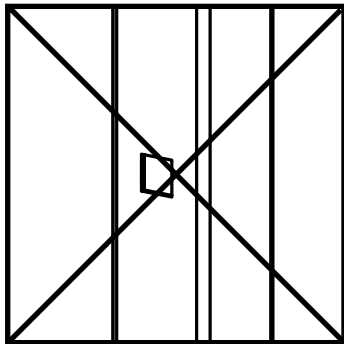
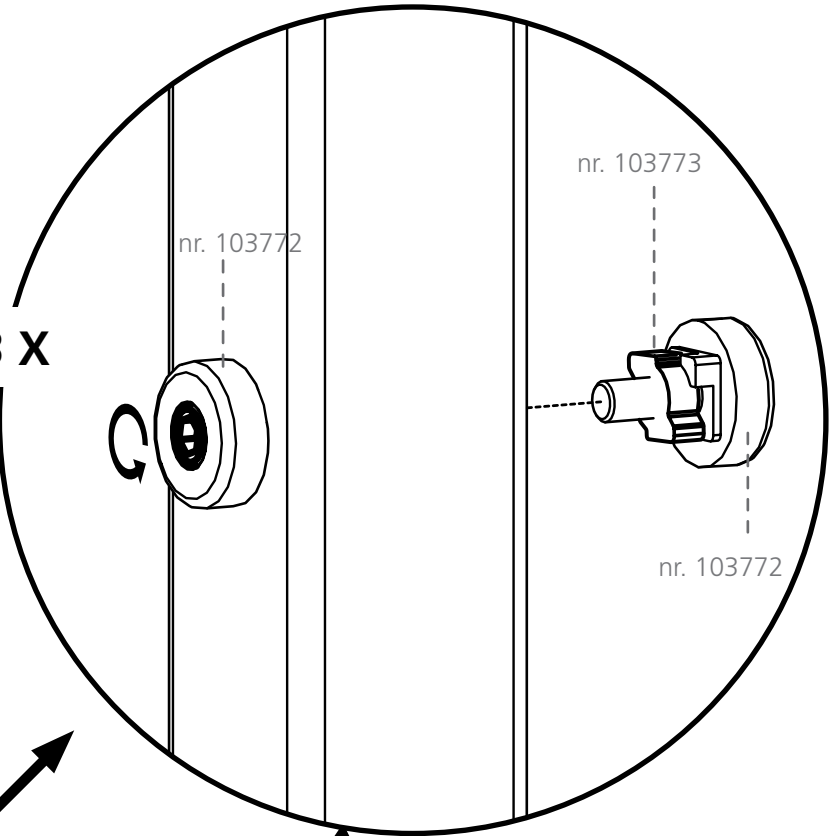
2 X



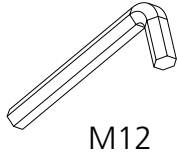
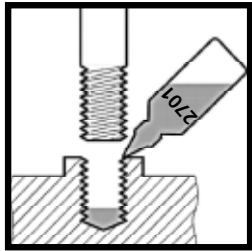
12



33 X

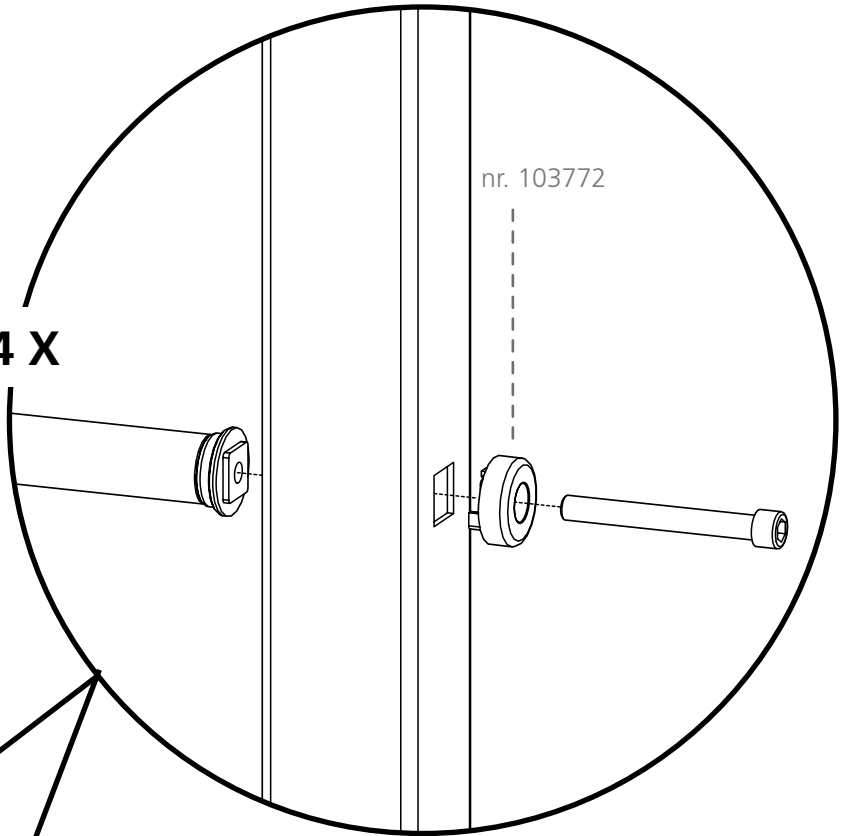


13



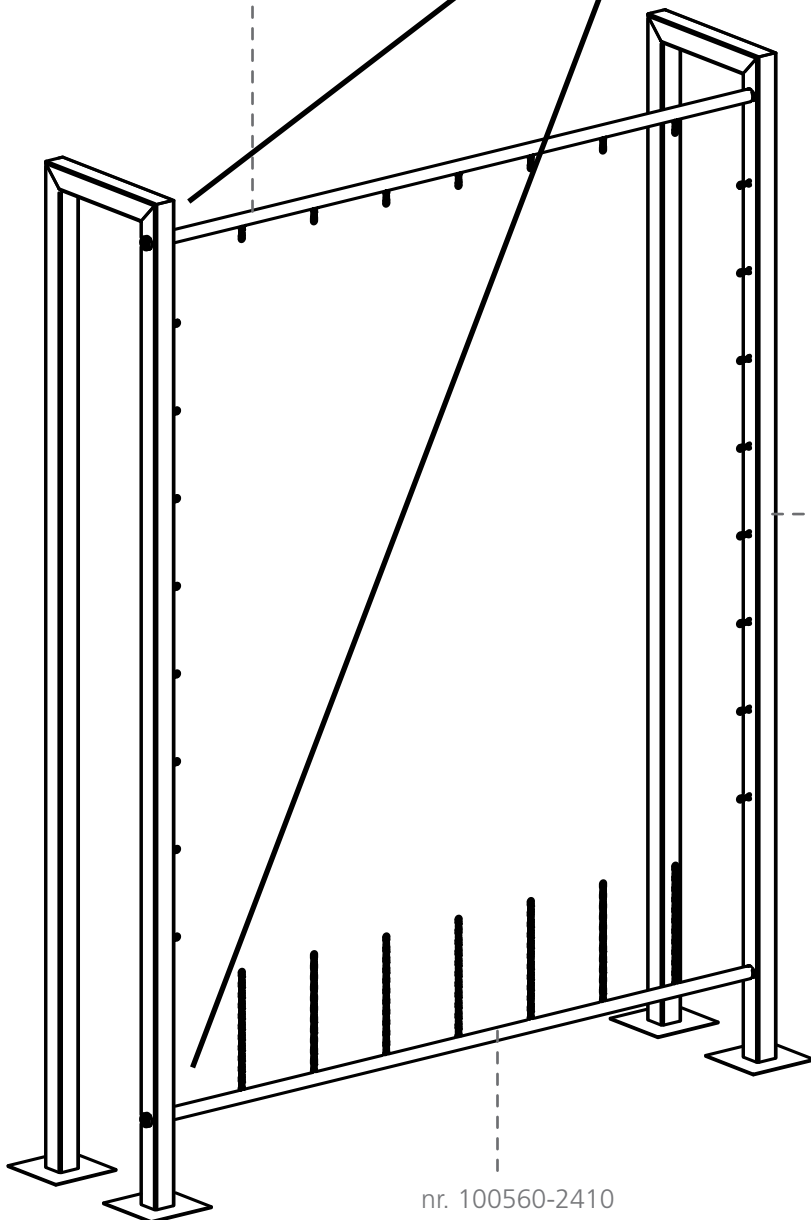
M12

4 X



nr. 103772

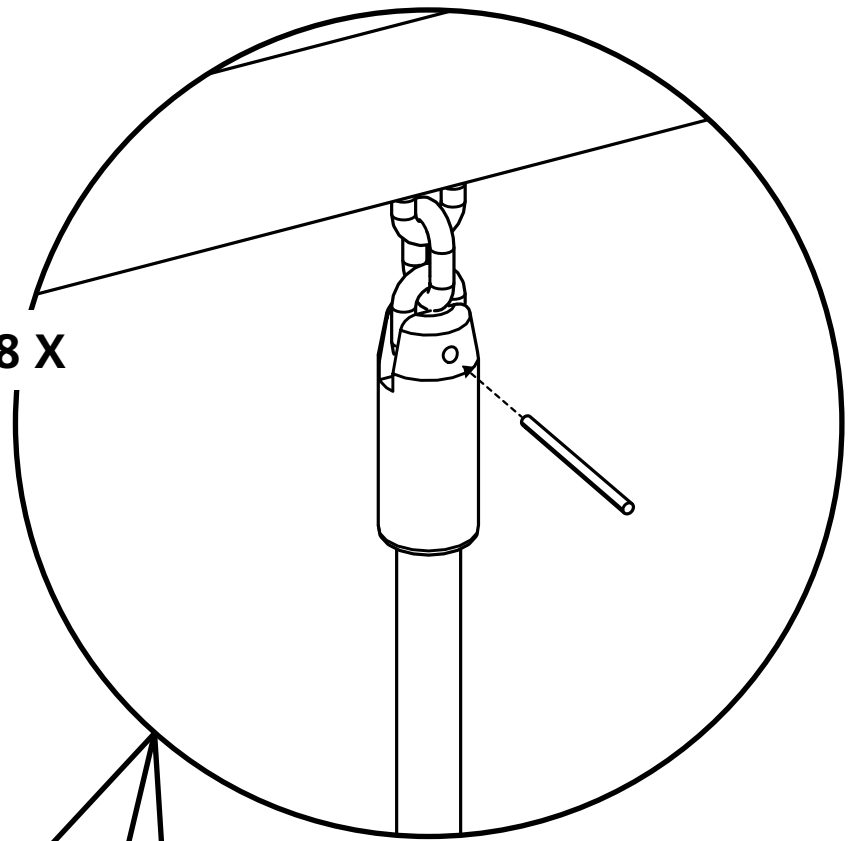
nr. 100560-2410



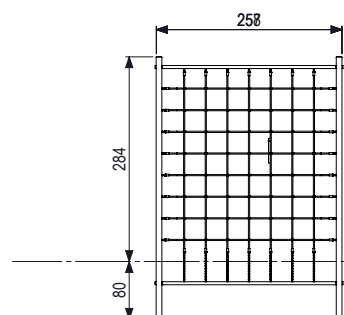
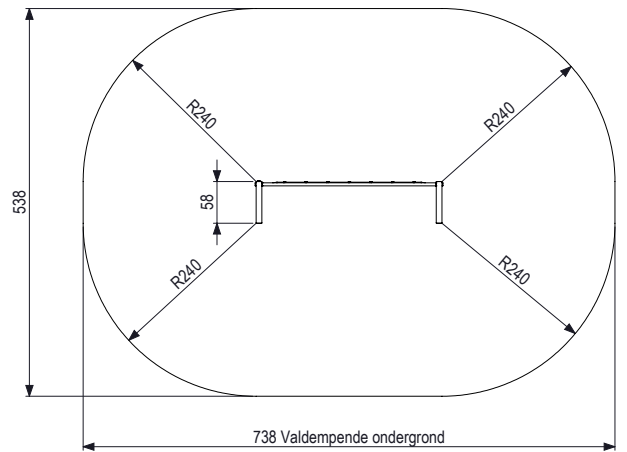
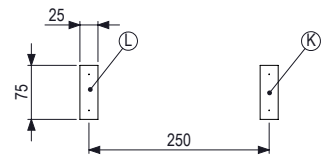
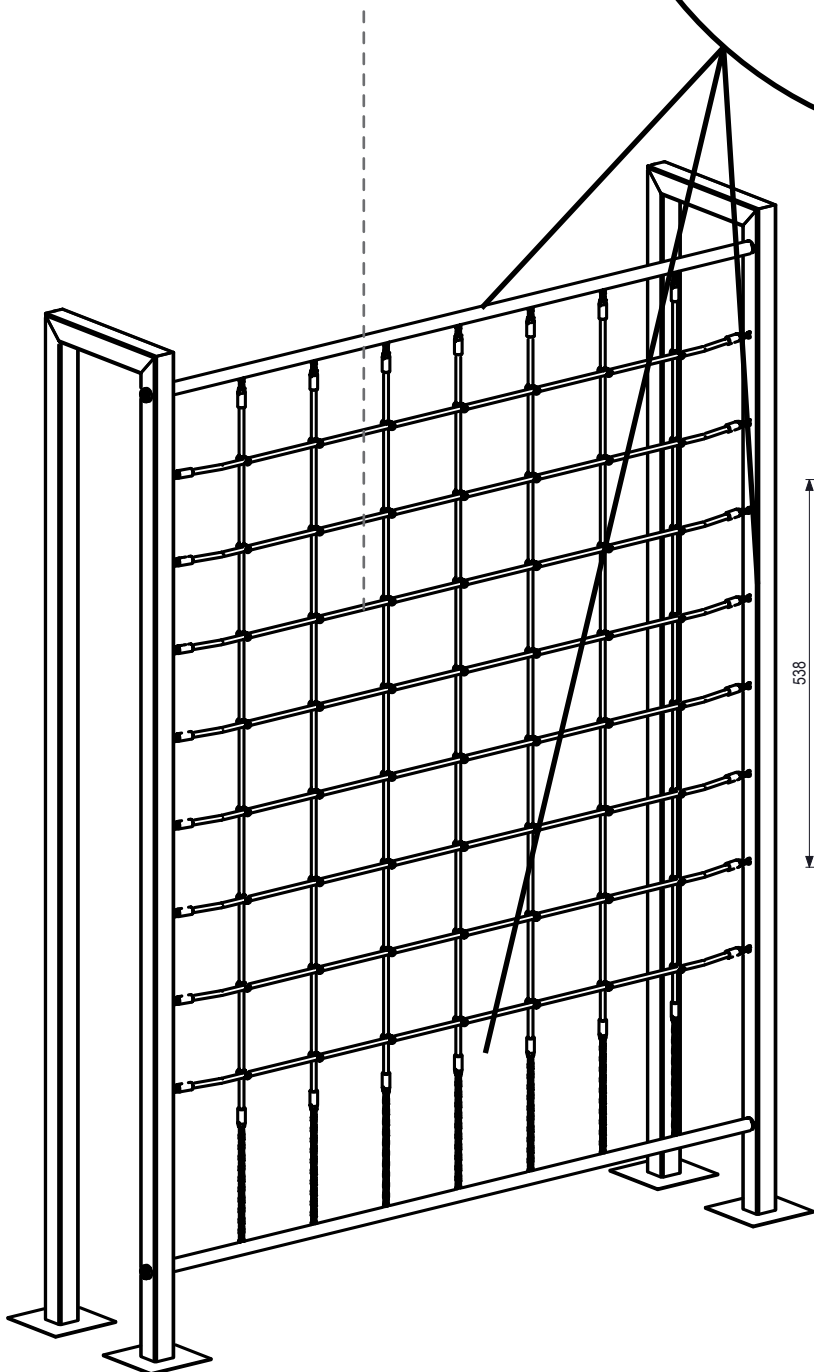
nr. 943251

nr. 100560-2410





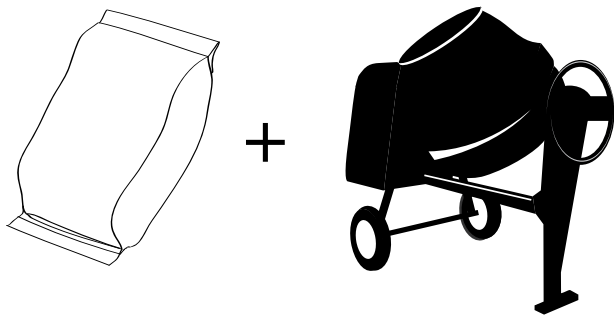
nr. 943244



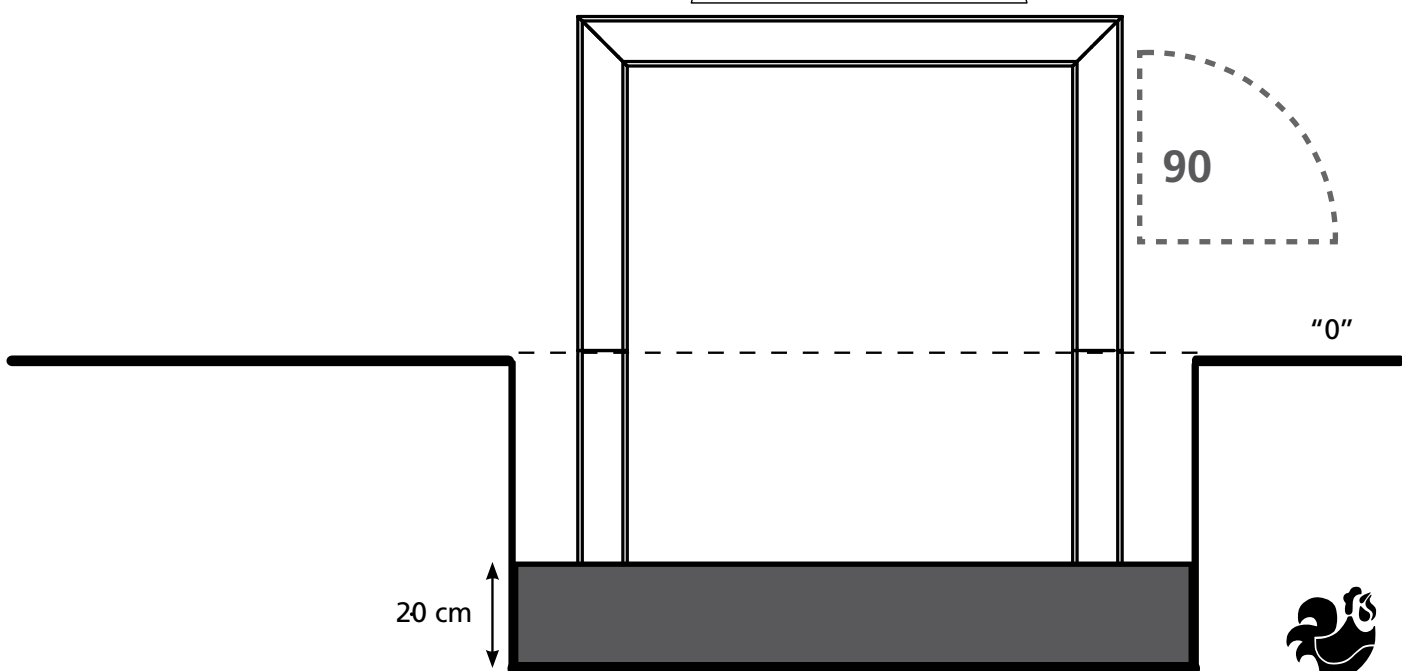
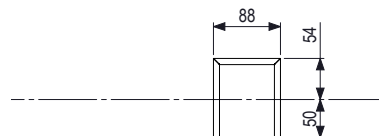
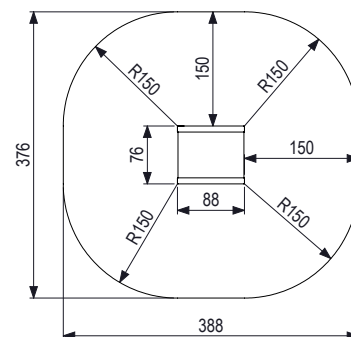
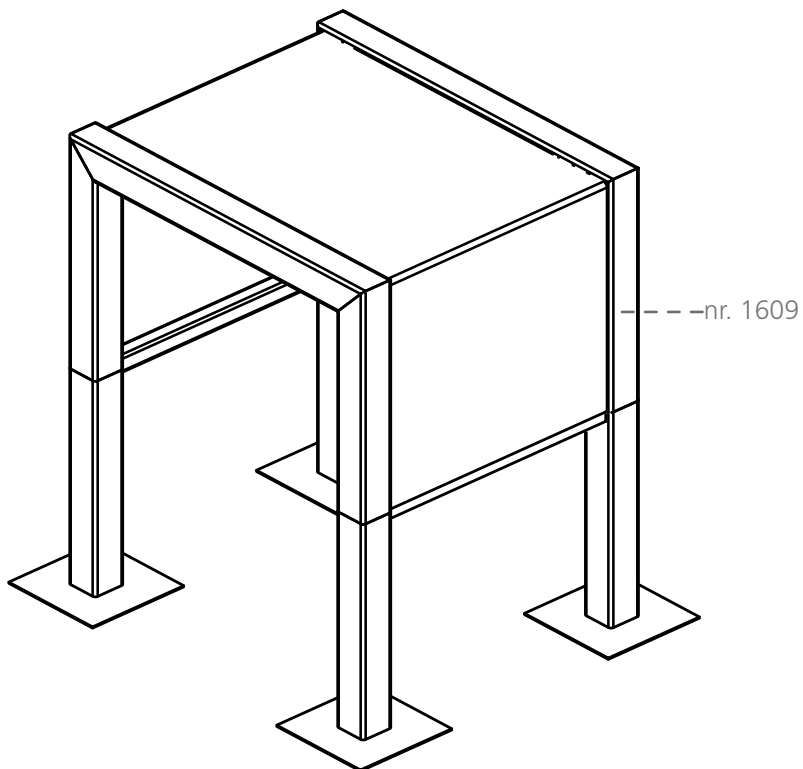
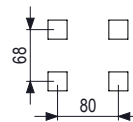
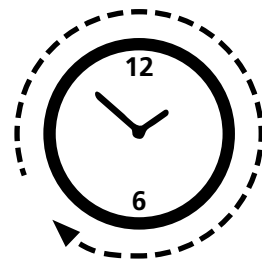
Maaiveld



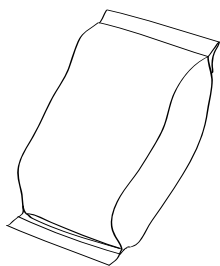
15



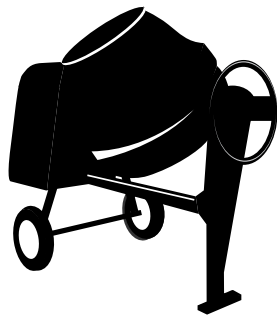
24 H



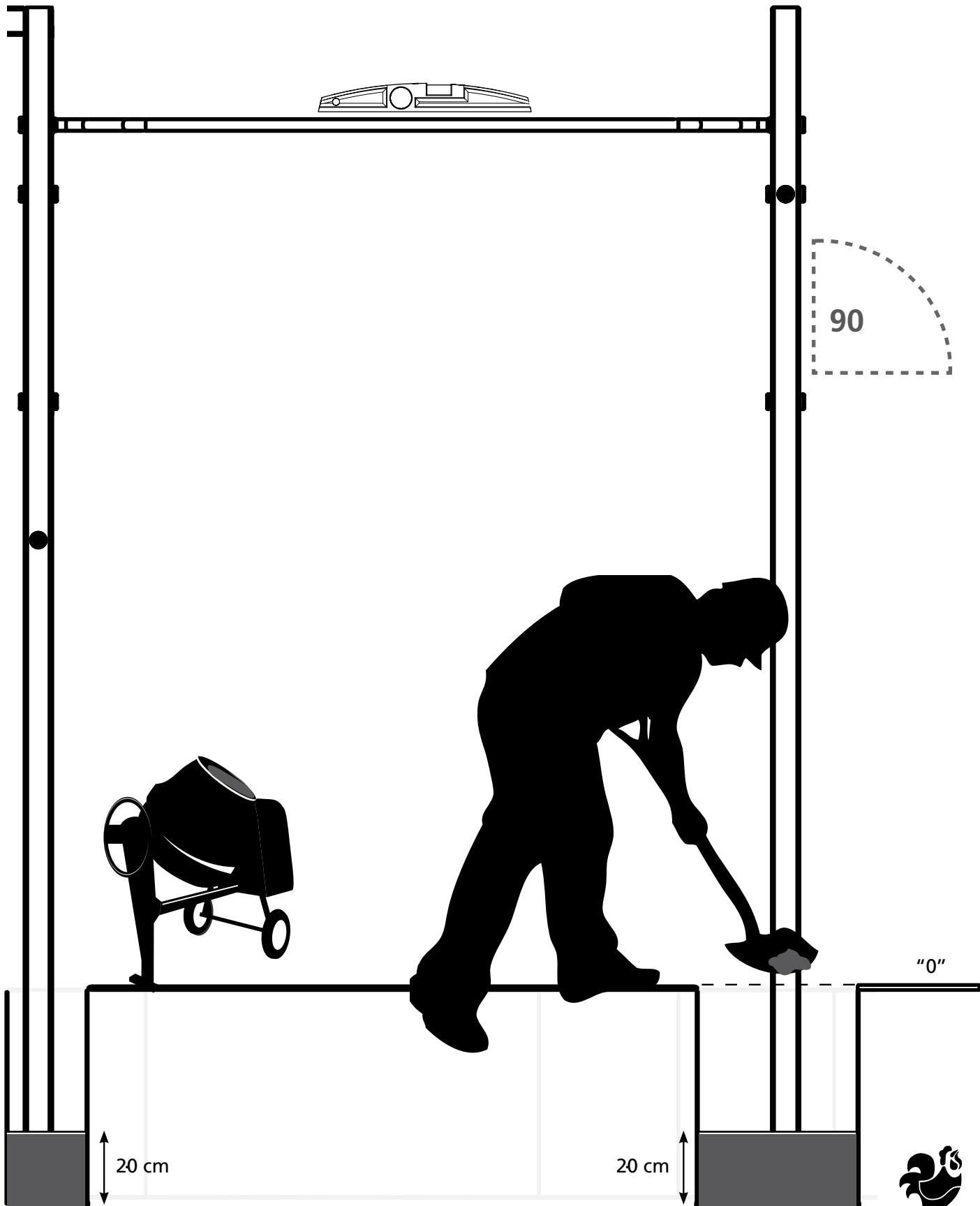
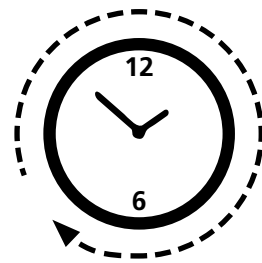
16



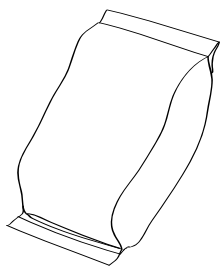
+



24 H



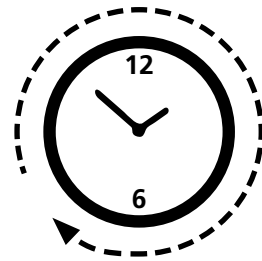
17



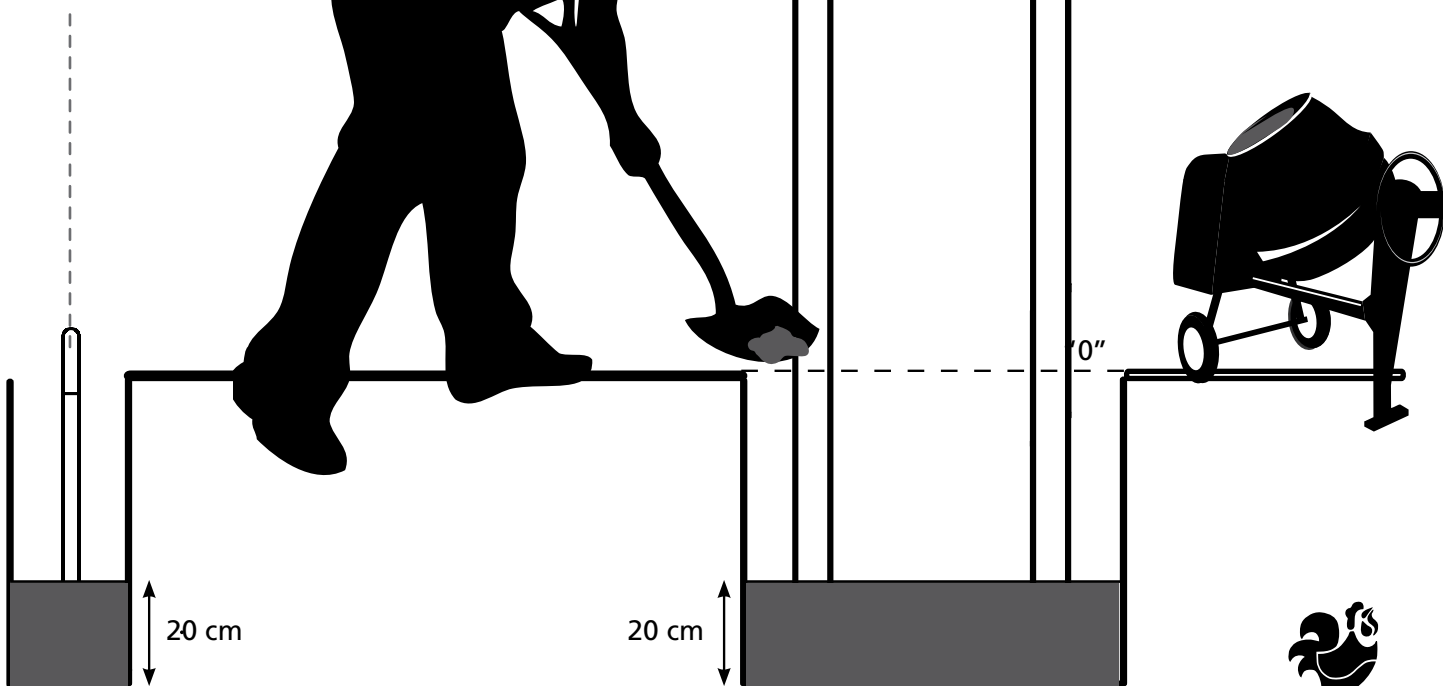
+



24 H



nr. 943253





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 =

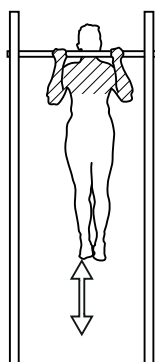
2015

	X	

1603 BARFORZ M INSTRUCTIONSS

BARFORZ

Pull-up Bar

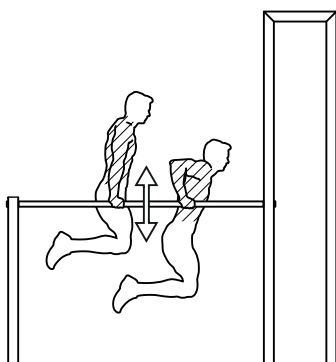


Chin-ups



BARFORZ

Dip Bar

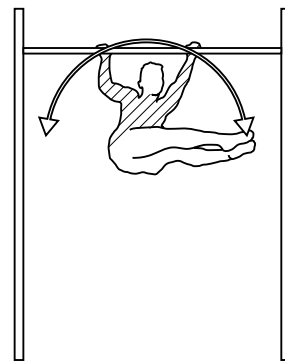


Dips

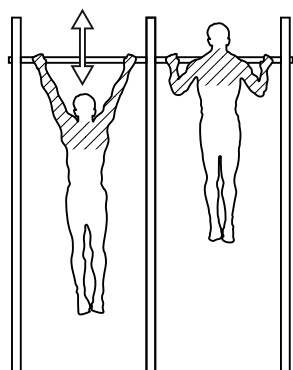


BARFORZ

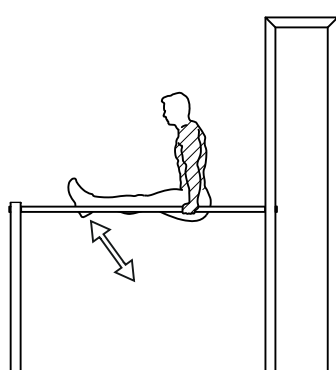
Monkey Bar



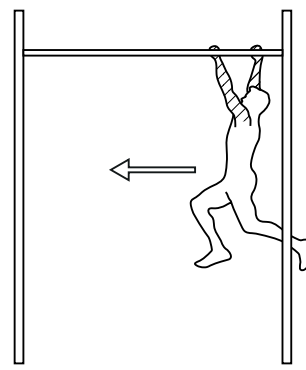
Windshield wipers



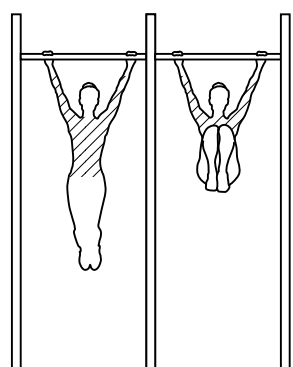
Wide pull ups



Leg raises



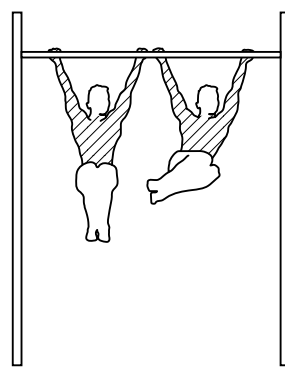
Monkey Bar run



Hanging knee raises



Australian Pull-up



Hanging Oblique raises

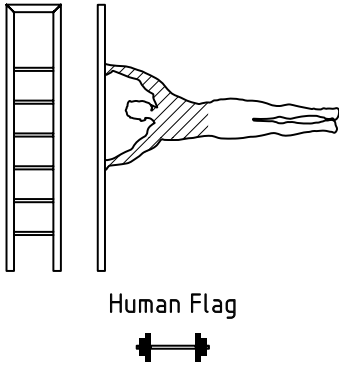


Use of these devices is to own risk. To prevent injury or excessive physical exhaustion: train responsibility. You should check with your doctor. Use of these devices: from 16 years and older.

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.

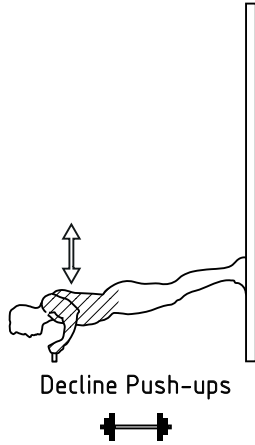
BARFORZ

Human Flag



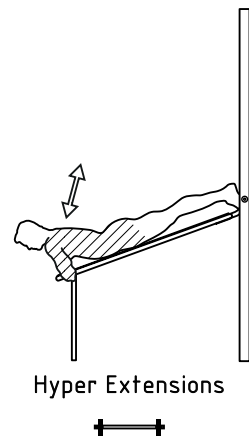
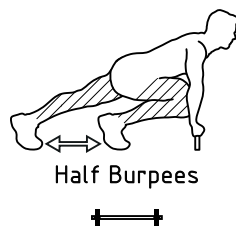
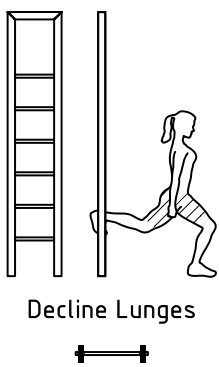
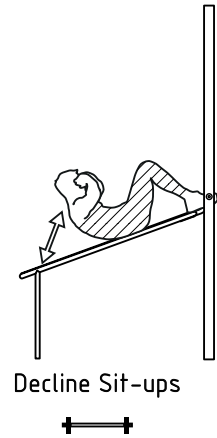
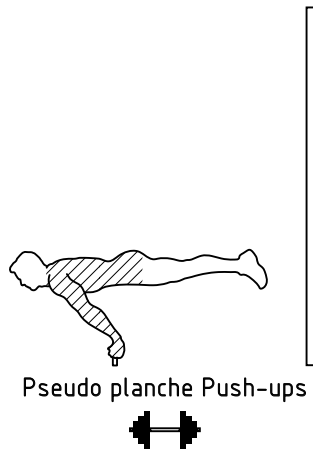
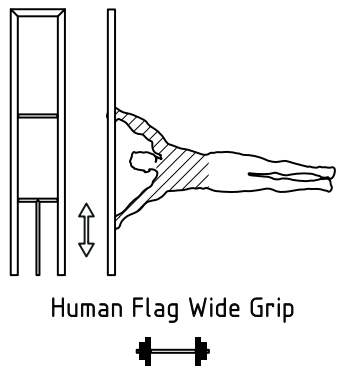
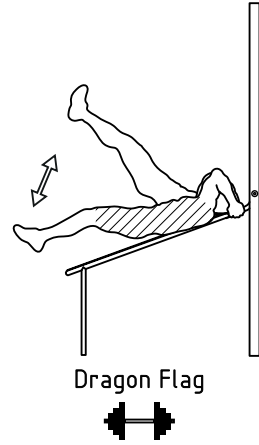
BARFORZ

Decline Push up



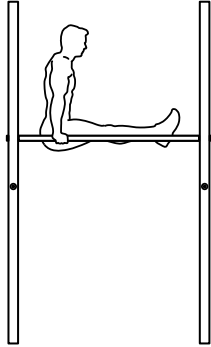
BARFORZ

Dragon Flag



BARFORZ

High Dipbar

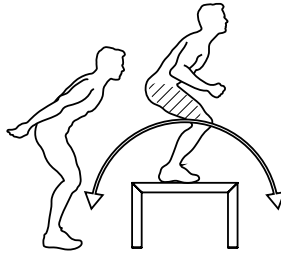


L-sit Hold



BARFORZ

Jumping Box



Jump on Box

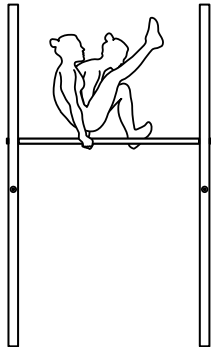


BARFORZ

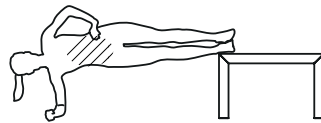
Abtrainer



Oblique Leg Raises



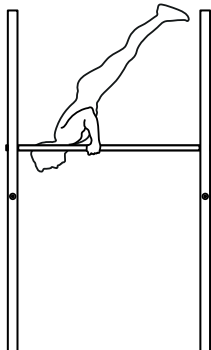
V-ups



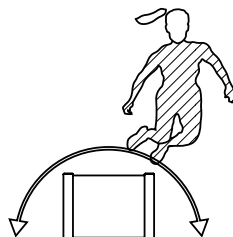
Decline Side Lift



Leg Raises



Bend Arm Handstand



Side Jump



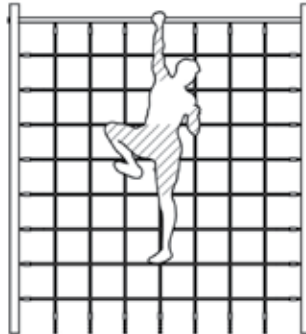
Straight Leg Raises



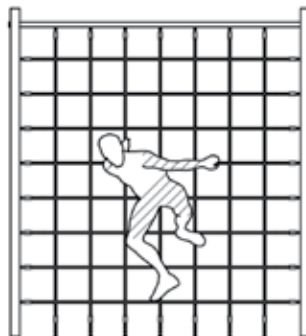
1603 BARFORZ M INSTRUCTIONS

BARFORZ

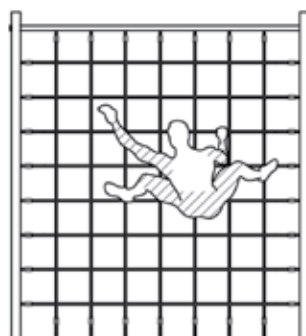
Climbing Wall



Front Climbing



Back Climbing



Side Climbing



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.