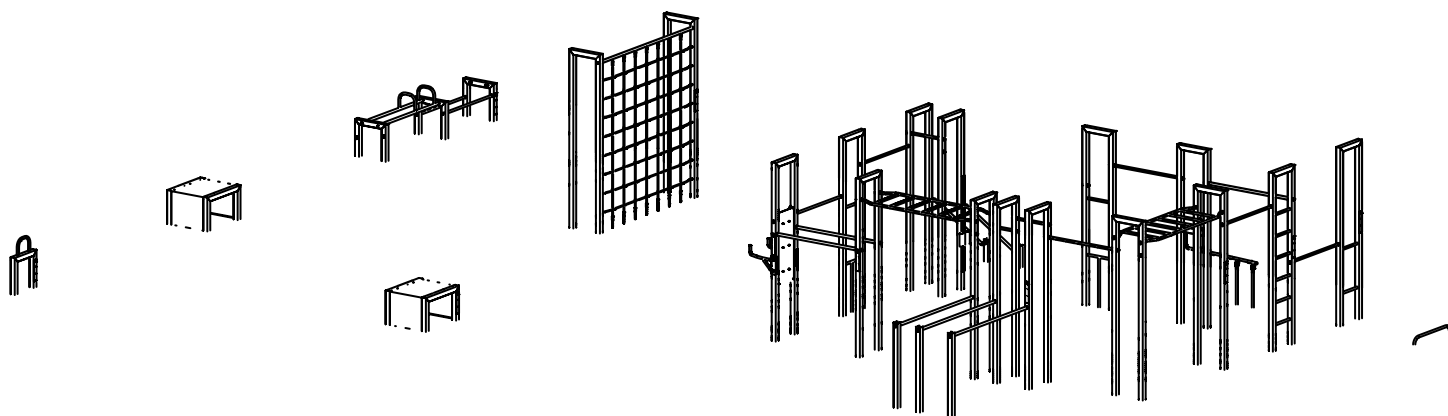


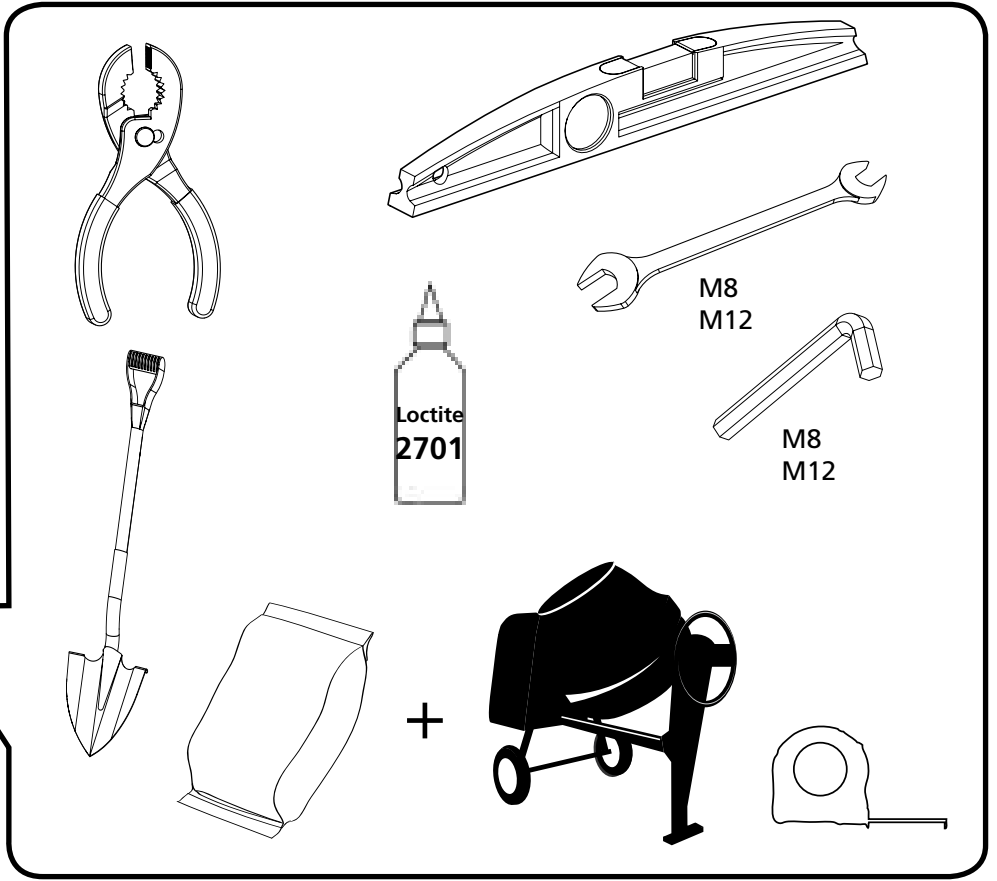
# 1605



IJSLANDER

06 - 07 - 2015

IJslander BV  
Oude Dijk 10  
8096 RK Oldebroek



# Requirements

Order Number	Description	Number
100320	Torx met pin M8x16BH ISO 7380 RVS A2	10
100337	Carosseriering M10 DIN 9021 RVS A2	12
100343	Borgmoer M10 DIN 985 RVS A2	12
100360	Sluitring M8 DIN125 RVS A2	10
102063	Torx met pin M6x20BH ISO 7380 RVS A2	13
103353	Imbusbout M12x110 DIN 912 RVS A2	58
103772	Gietdeel tbv Bar Forz	58
103807	Zeskantbout M10x120 DIN 931 RVS A2	12
105362	Plaat ab trainer tbv Bar Forz	1
103890	Koppelstrip 650mm tbv Bar Forz	4
103891	Koppelstrip 470mm tbv Bar Forz	3
220000	Sluitring M6 DIN 125 RVS A2	13
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
103950	Bordje tbv BarForz Low push-up bar internationaal	1
103951	Bordje tbv BarForz Incline push-up internationaal	1
103953	Bordje tbv BarForz Flair internationaal	1
103952	Bordje tbv BarForz Wall squat internationaal	1
103101	Imbusbout M10x20 RVS A2	2
100349	Dopmoer M10 DIN 1587 RVS A2	2
101016	Blindklinknagel alum. ø3x8.0	120
102703	Sticker met QR-code en logo	1
102400	typeplaat IJslander EN1176:2008	1
943202	Bar 1200mm tbv Bar Forz	8
1609	BarForz Jumping Box H=54cm	2
1615	BarForz Flair	1
943198	Gietdeel samenstelling loze gaten Bar Forz	20
943190	Staander F tbv Bar Forz	3
943252	Support Dip Bar tbv Bar Forz	1
943245	Bar 1960mm Dip Bar tbv Bar Forz	3
943248	Bar 520mm Dip Bar tbv Bar Forz	2
943191	Staander G tbv Bar Forz	1
943192	Staander E tbv Bar Forz	2
943199	Enterrek Monkeybar tbv Bar Forz	2
943204	Staander B tbv Bar Forz	1
943253	Bar Decline Push Up tbv Bar Forz	1
943210	Staander A tbv Bar Forz	1
943203	Bar 1500mm tbv Bar Forz	3
943225	Bank Dragon Flag tbv Bar Forz	1
943207	Staander D tbv Bar Forz	2

943247	Support Add Trippe Dip Bar tbv Bar Forz	1
943246	Bar 340mm Dip Bar tbv Bar Forz	1
943209	Staander I 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
943244	Climbing net Climbing Wall tbv Bar Forz	1
943193	Staander H tbv Bar Forz	1
943256	Ass. Backrest Wall Squat tbv Bar Forz	1
943249	Support Incline Push Up tbv Bar Forz	1
943250	Bar 1470mm Incline Push Up tbv Bar Forz	2
943195	Staander Low Push Up tbv Bar Forz	3
943217	Low Push Up Bars tbv Bar Forz	1
943211	Staander C tbv Bar Forz	1
943300	Support Bank Dragon Flag tbv Bar Forz	1
943358	Staander J tbv Bar Forz	1

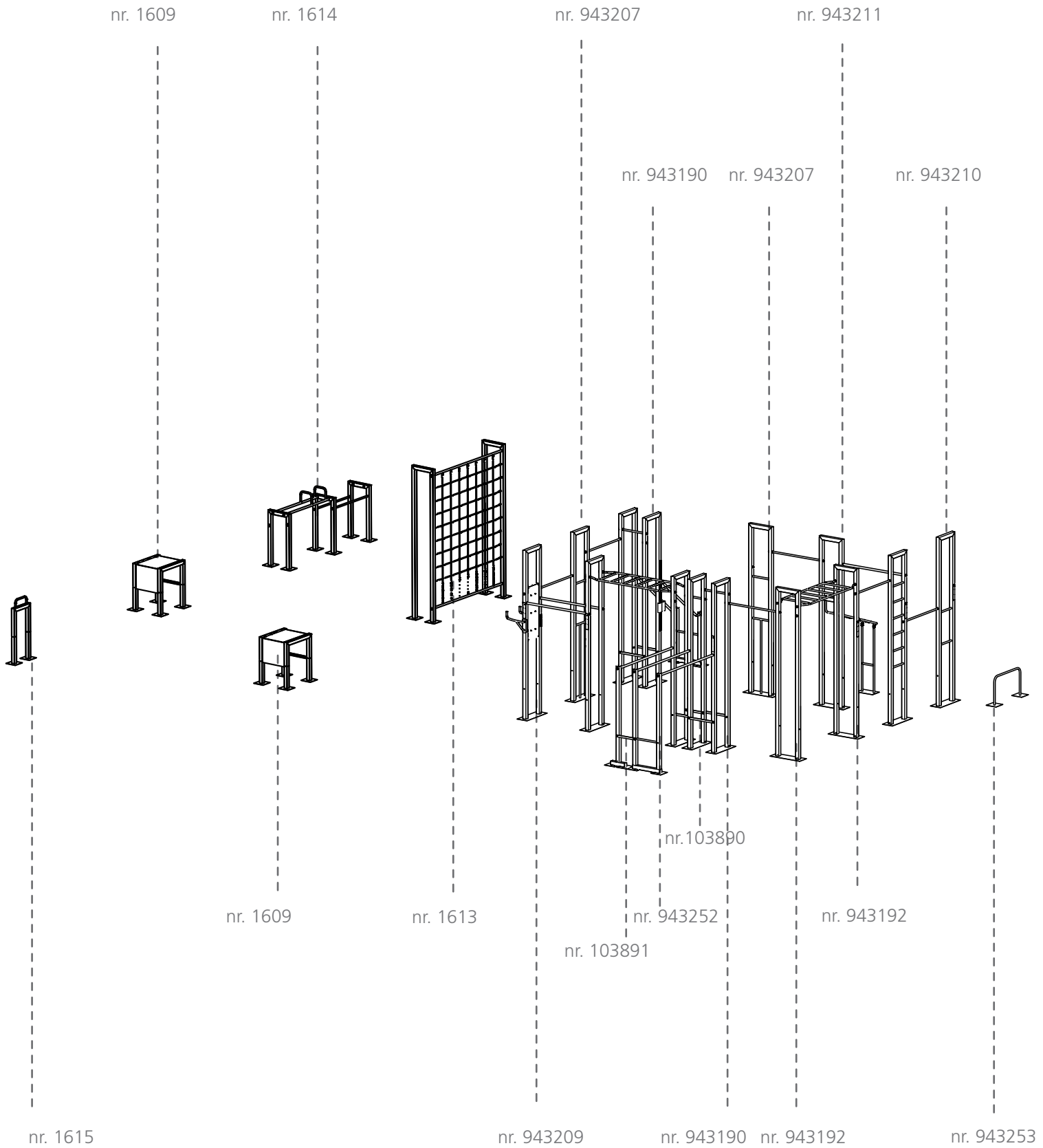


Order Number	Description	Number
100320	Torx with pin M8x16BH ISO 7380 Stainless steel A2	10
100337	Body Washer M10 DIN 9021 Stainless steel A2	12
100343	Locking nut M10 DIN 985 Stainless steel A2	12
100360	Washer M8 DIN125 stainless steel A2	10
102063	Torx with pin M6x20BH ISO 7380 Stainless steel A2	13
103353	Allen screw M12x110 DIN 912 Stainless steel A2	58
103772	Pour Part behalf Bar Forz	58
103807	Hex Bolt M10x120 DIN 931 Stainless steel A2	12
105362	Ab trainer serving plate Bar orz	1
103890	Couple About 650mm BarForz	4
103891	Couple About 470mm BarForz	3
220000	Washer M6 DIN 125 Stainless steel A2	13
103940	Plate serving BarForz Monkeybar	1
103941	Plate serving BarForz Pull-up bar	1
103942	Sign BarForz Dip bar serving	1
103943	Plate serving BarForz Human flag	2
103944	Plate serving BarForz Declined push-up bar	1
103945	Plate serving BarForz Dragon flag	1
103946	Plate serving BarForz High dip ba	1
103947	Plate serving BarForz Abtrainer	1
103948	Plate serving BarForz Jumping box	1
103949	Plate serving BarForz Climbing wall	1
103950	Plate serving BarForz Low push-up bar	1
103951	Plate serving BarForz Incline push up	1
103953	Plate serving BarForz Flair	1
103952	Plate serving BarForz Wall squat	1
103101	Allen screw M10x20 Stainless steel A2	2
100349	Cap nut M10 DIN 1587 Stainless steel A2	2
101016	Blind Rivet alum. ø3x8.0	120
102703	Sticker with QR code and logo	1
102400	Iceland plate EN1176: 2008	1
943202	Bar Bar 1200mm behalf Forz	8
1609	BarForz Jumping Box H = 54cm	2
1615	BarForz Flair	1
943198	Pour Part composition empty holes Bar Forz	20
943190	Stand F Bar serving Forz	3
943252	Support Dip Bar Bar serving Forz	1
943245	1960mm Dip Bar Bar Bar serving Forz	3
943248	520mm Dip Bar Bar Bar serving Forz	2
943191	Stand G Bar serving Forz	1
943192	Stand E Bar serving Forz	2
943199	Enterrek Monkeybar behalf Bar Forz	2
943204	Stand B Bar serving Forz	1
943253	Bar Decline Push Up BarForz	1
943210	Stand A Bar serving Forz	1
943203	Bar Bar 1500mm behalf Forz	3
943225	Bank Dragon Flag BarForz	1
943207	Stand D BarForz	2

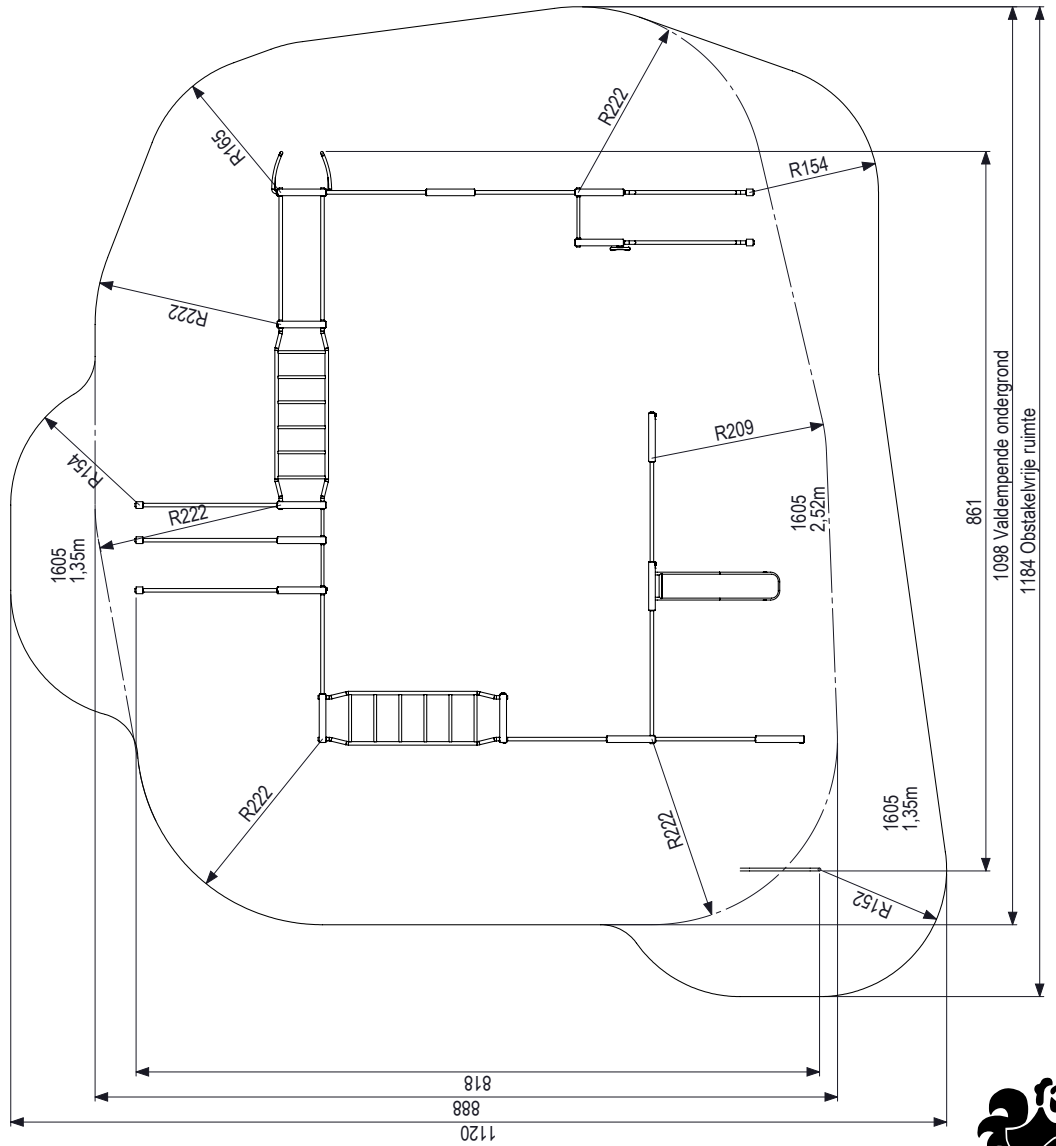
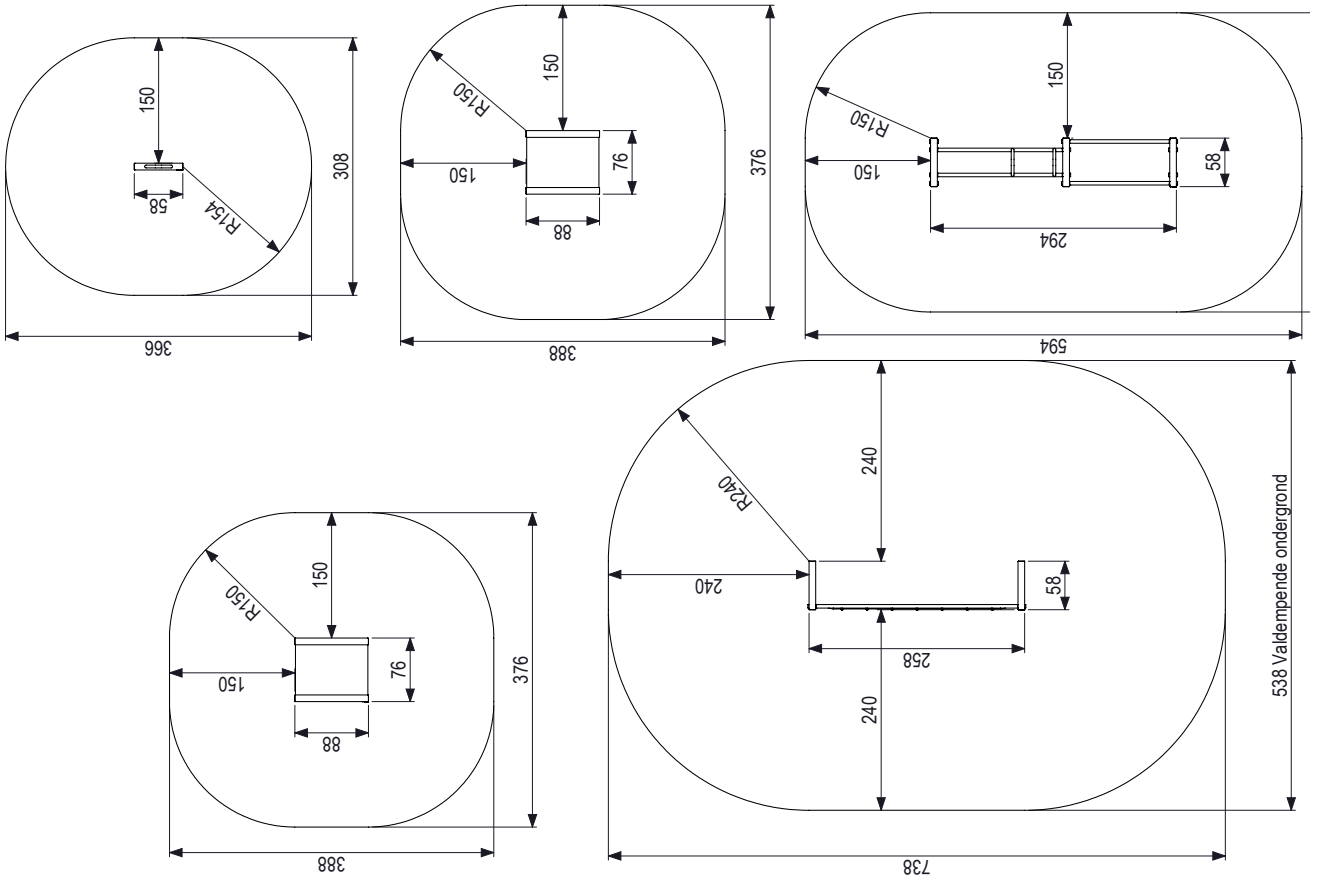
943247	Support Add Tripple Dip Bar BarForz	1
943246	340mm Dip Bar Bar BarForz	1
943209	l stand BarForz	1
943257	Support left arm serving Bar Forz	1
943258	Arm support right behalf Bar Forz	1
943194	Stand K BarForz	1
943251	Stand L BarForz	1
943244	Climbing net Climbing Wall behalf Bar Forz	1
943193	Stand H BarForz	1
943256	Ass. Back Rest Wall Squat BarForz	1
943249	Support Incline Push Up BarForz	1
943250	Bar 1470mm Incline Push Up BarForz	2
943195	Stand Low Push Up BarForz	3
943217	Low Push Up Bar BarsForz	1
943211	Stand C BarForz	1
943300	Support Bank Dragon Flag BarForz	1
943358	Stand J BarForz	1



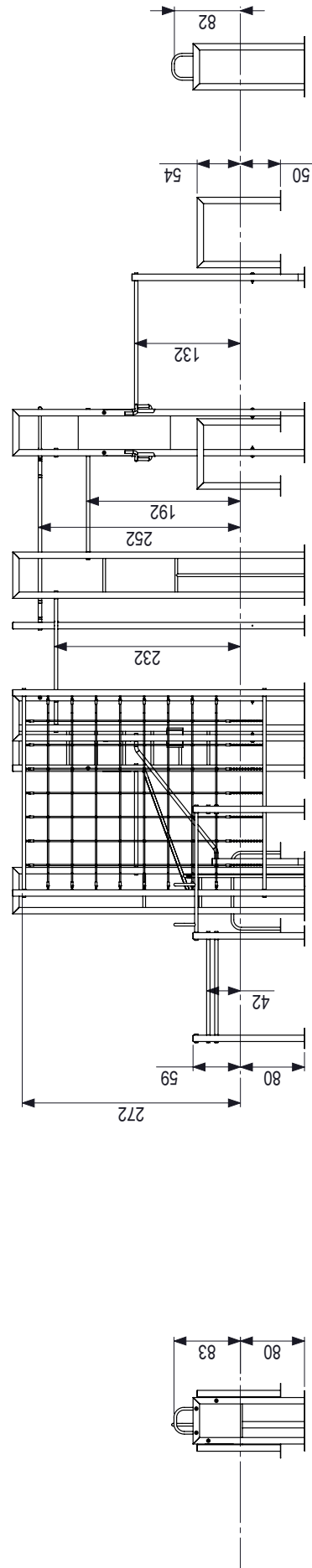
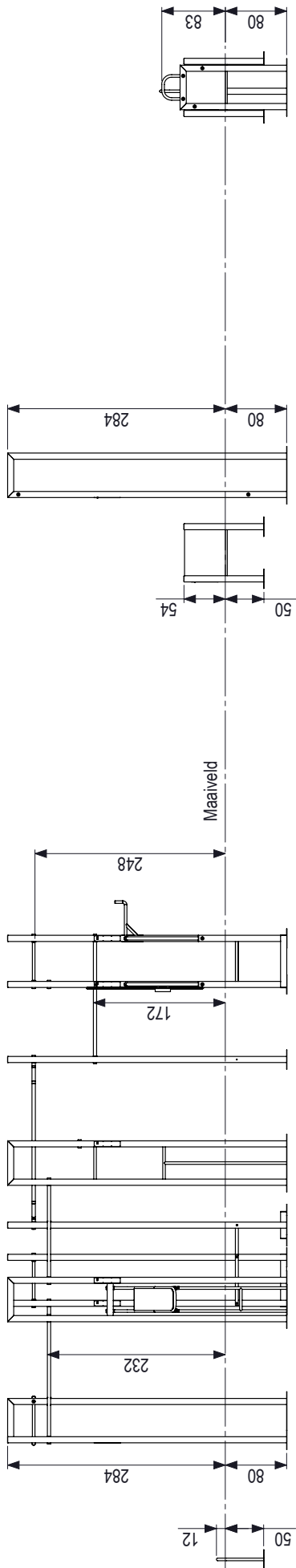
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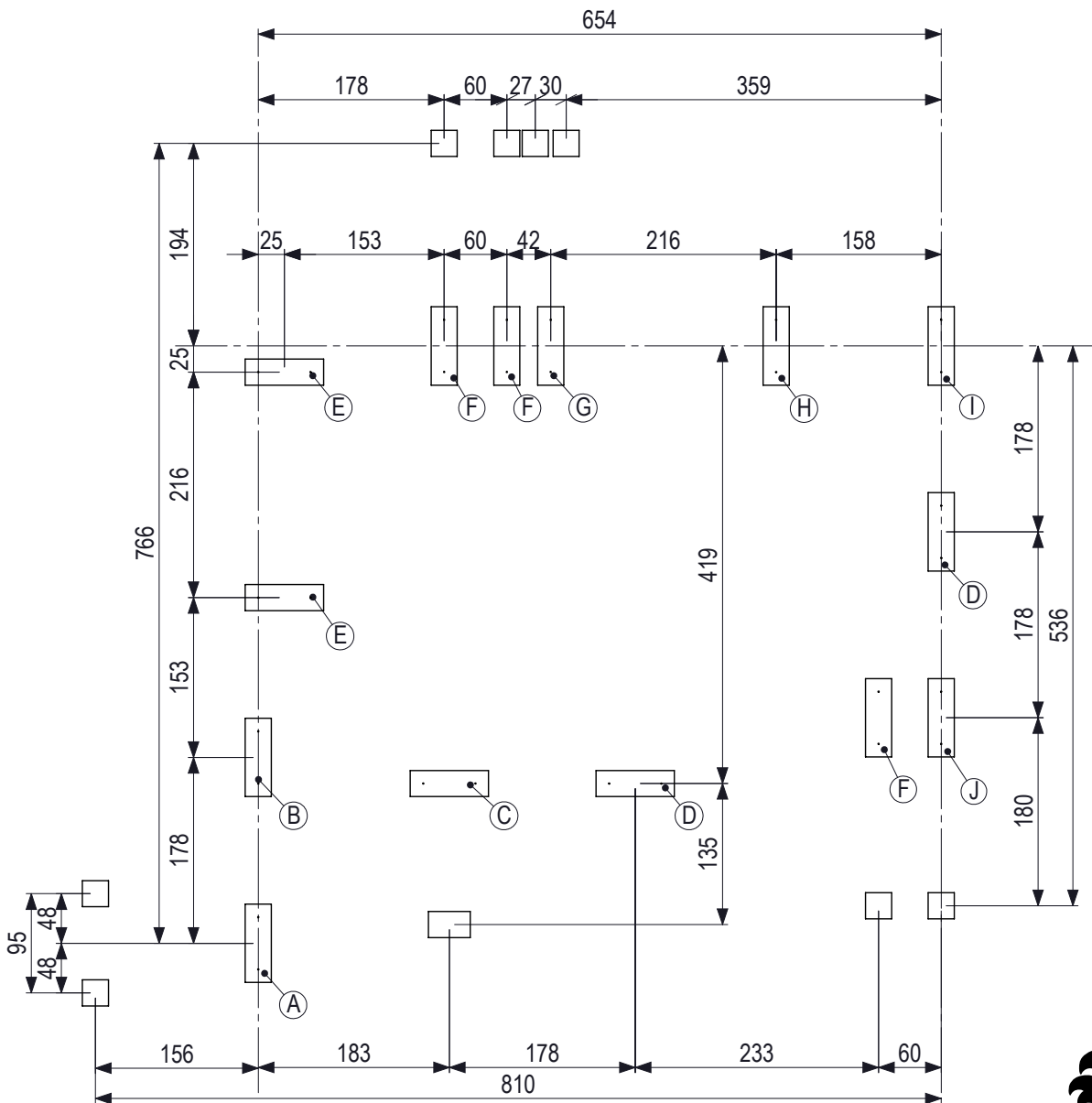
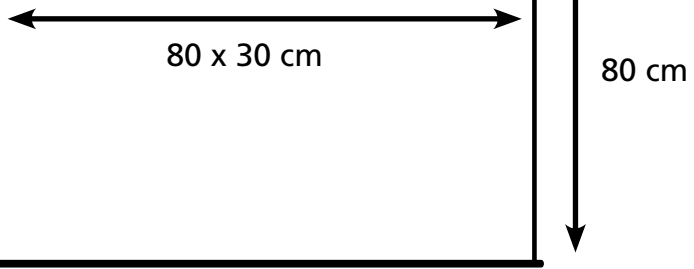
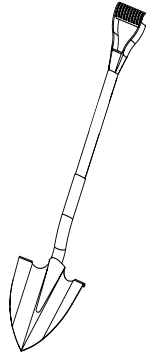
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2D

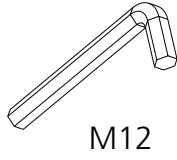
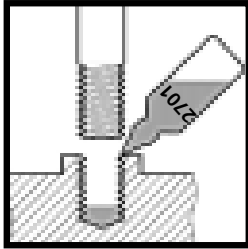


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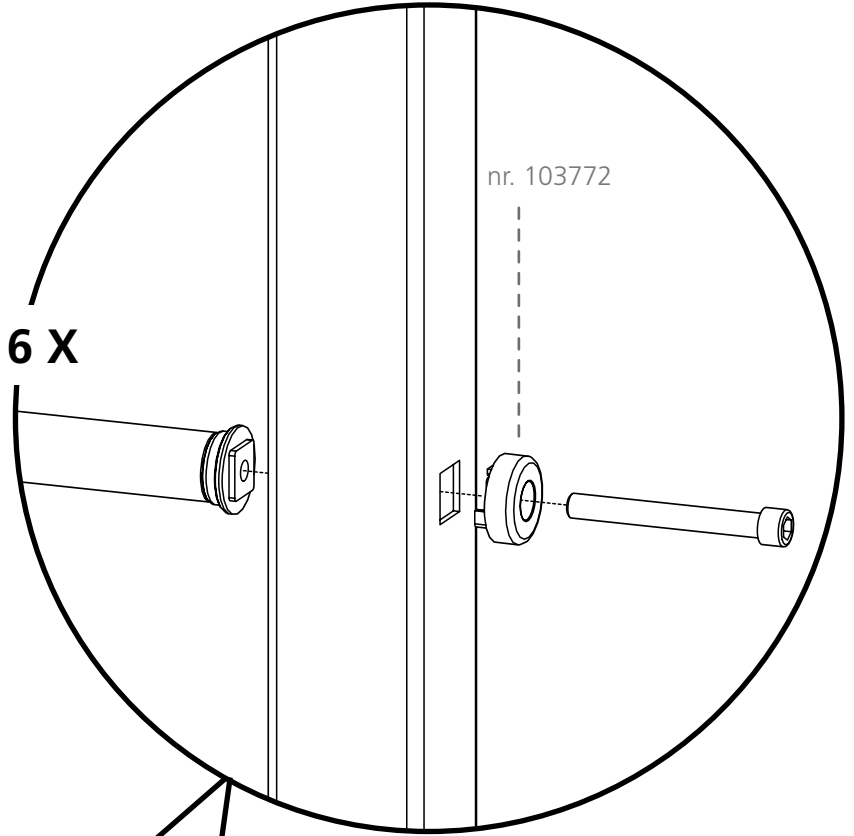


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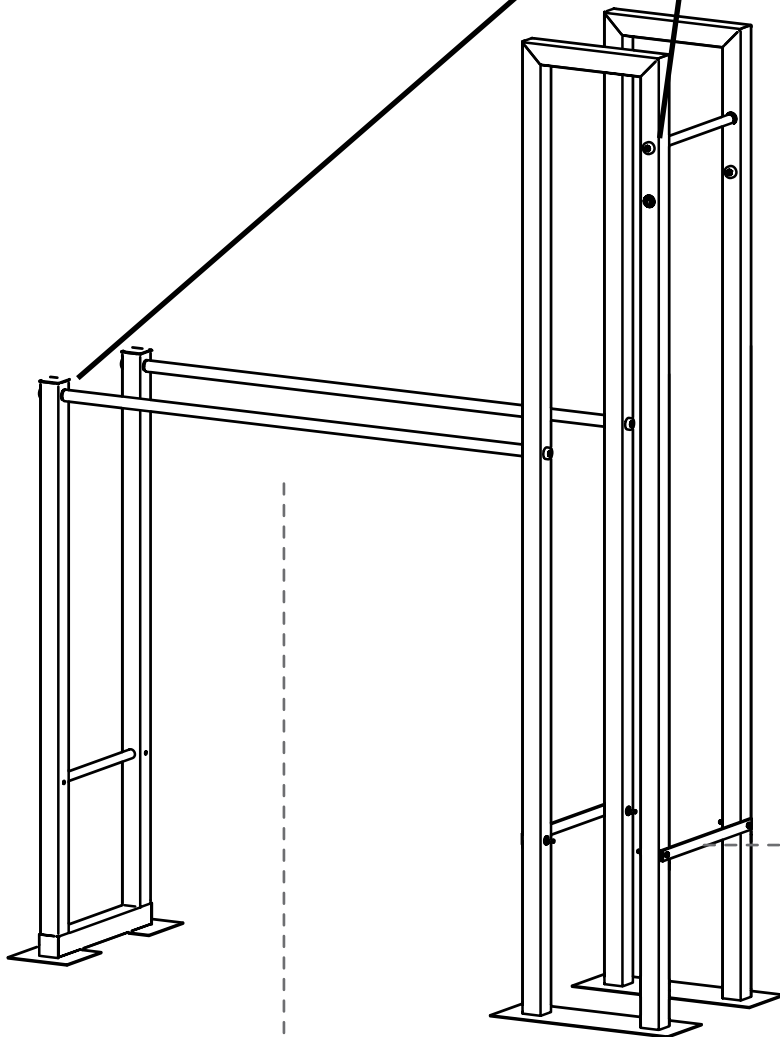


M12

6 X



nr. 103772



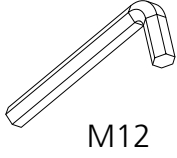
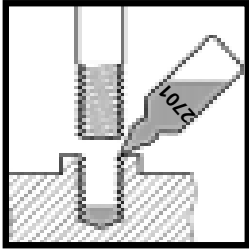
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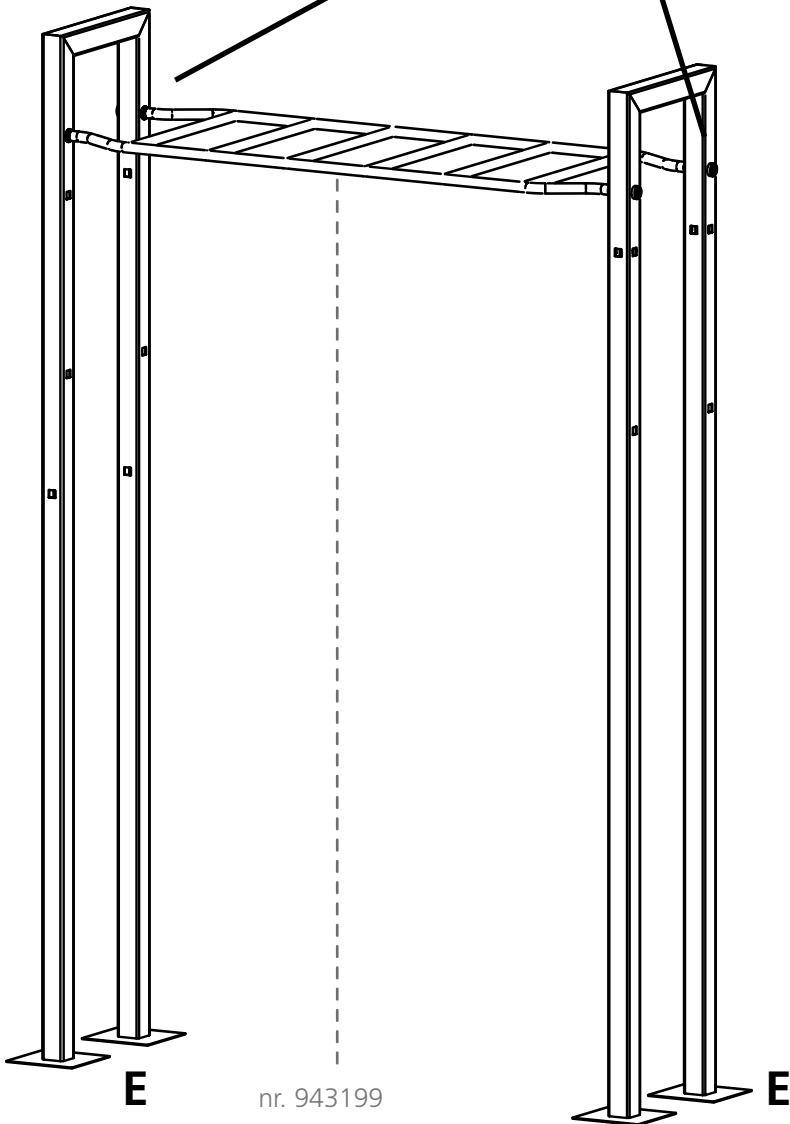
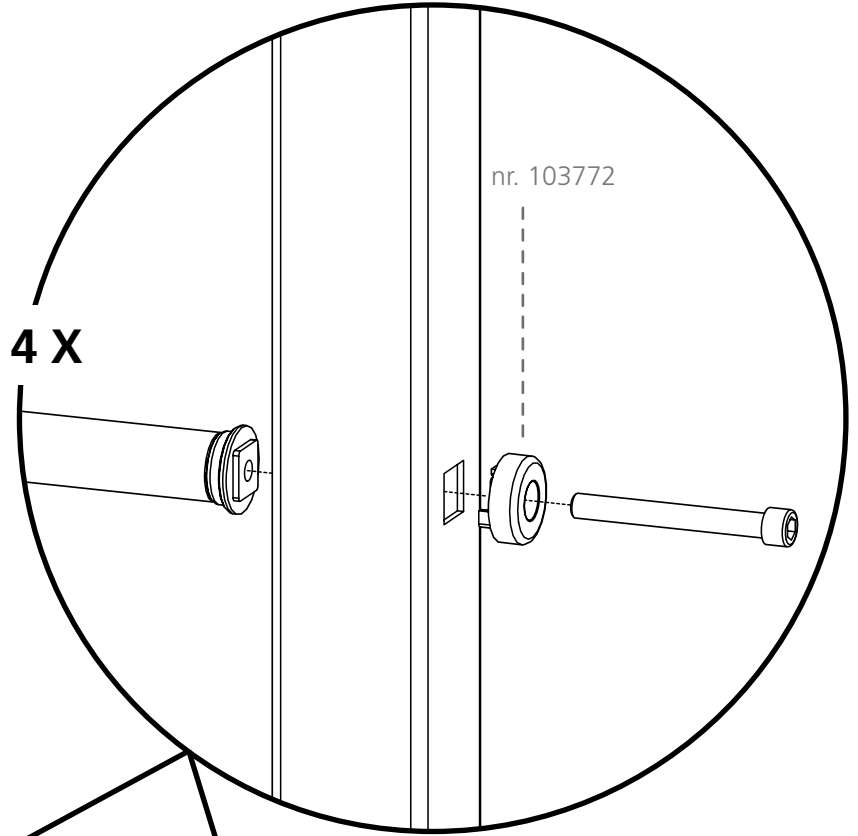
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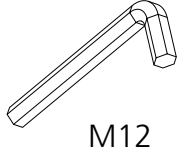
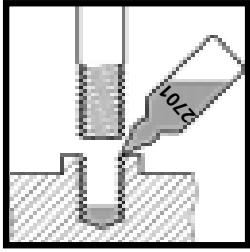
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4 X

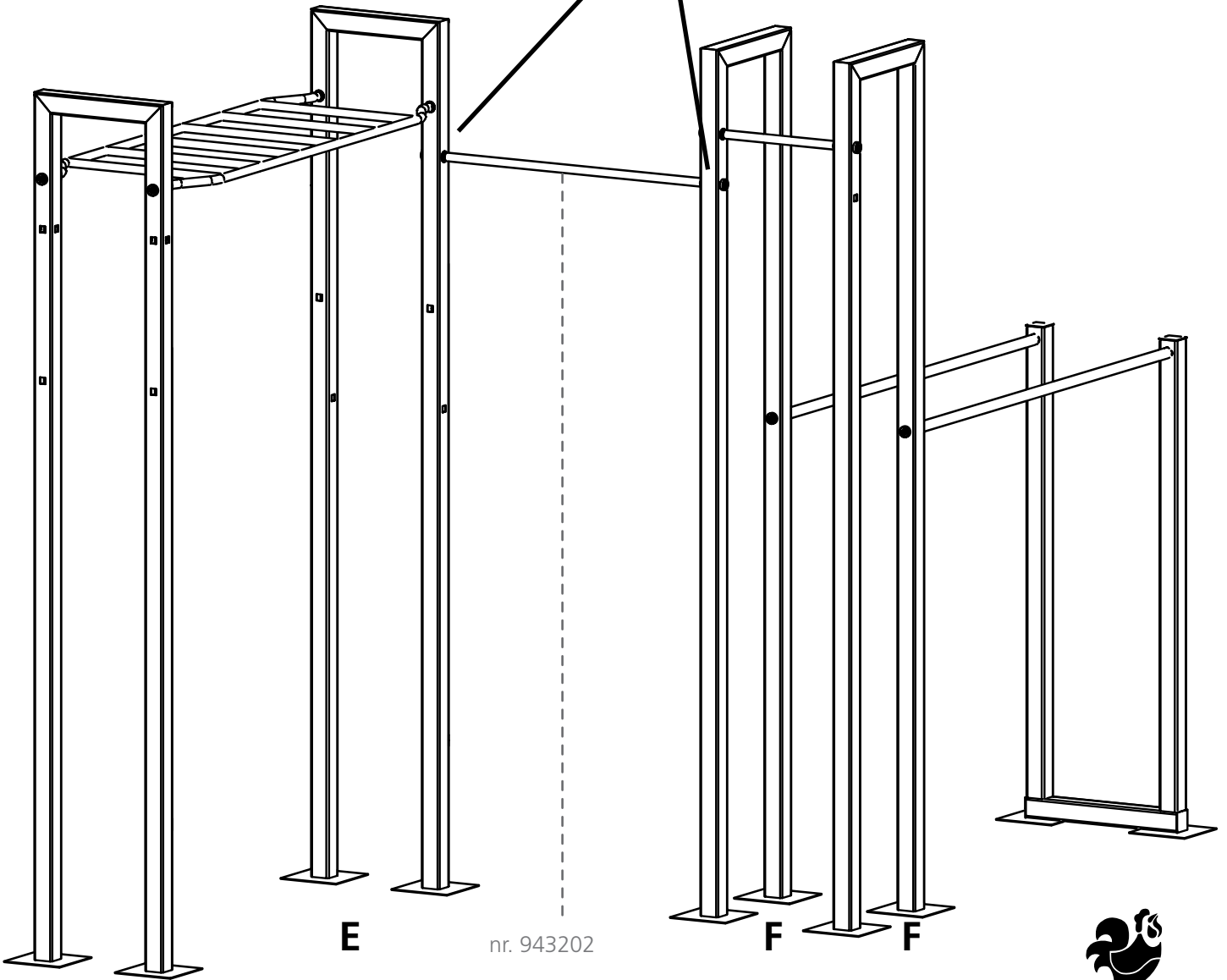
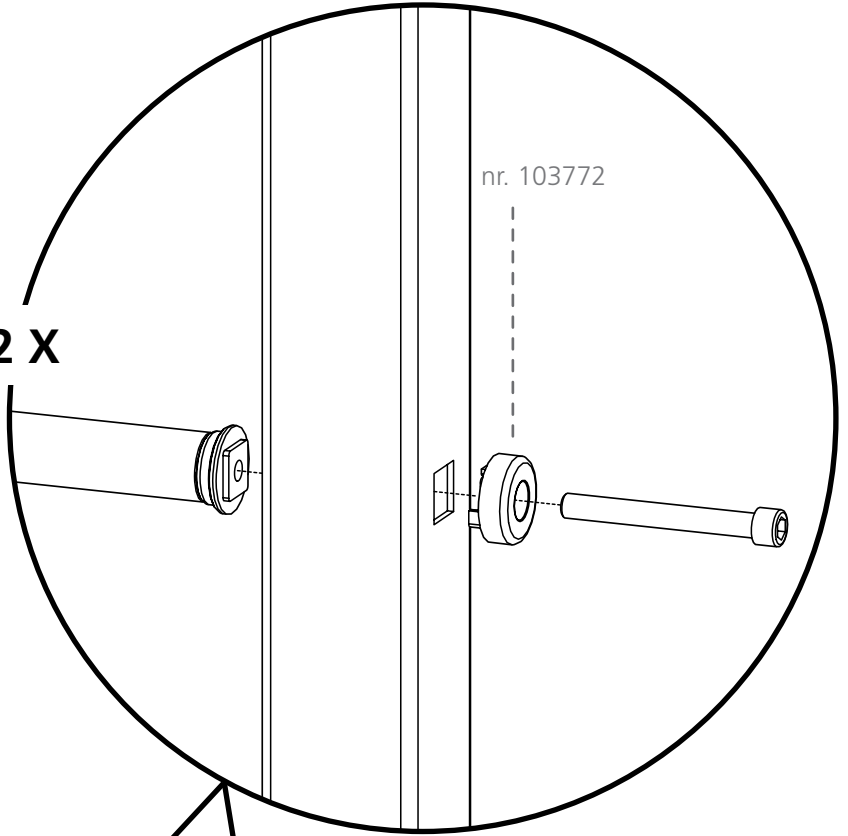


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M12

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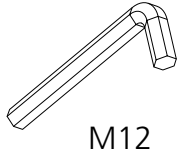
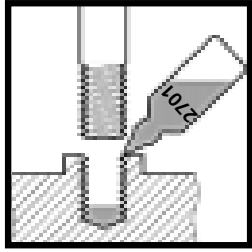
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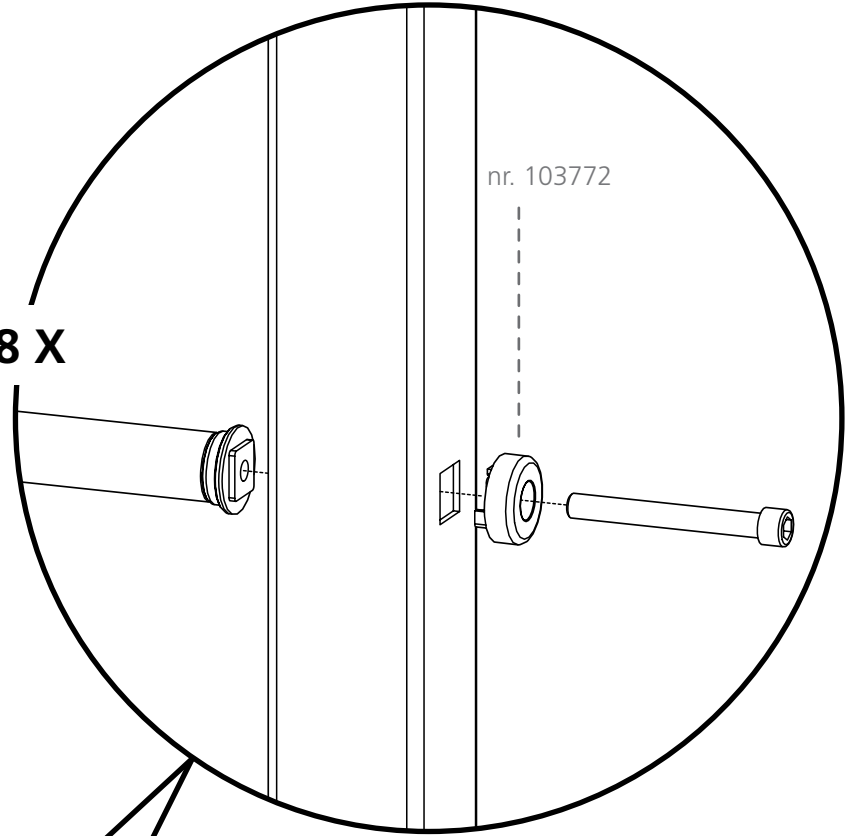


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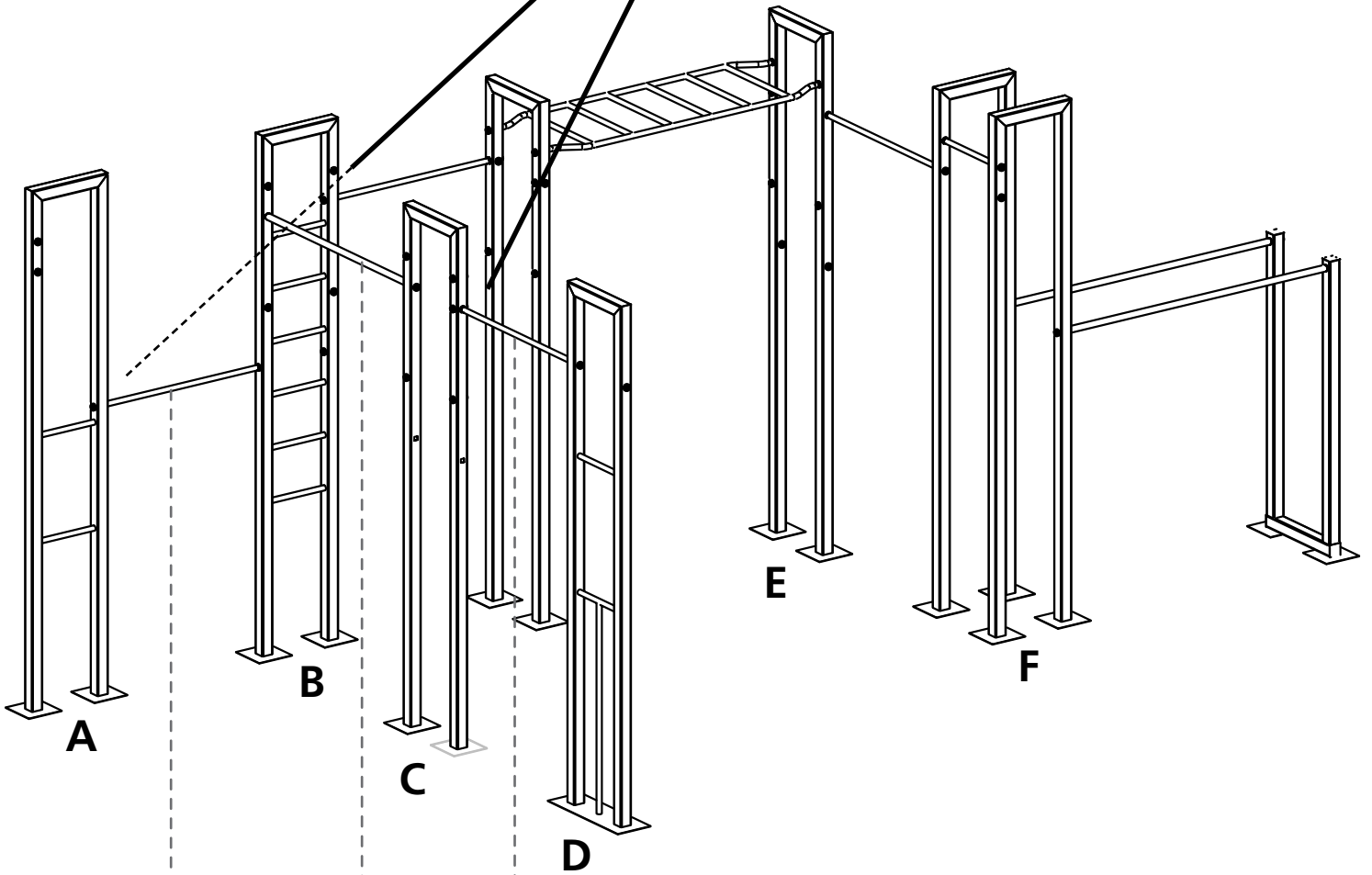


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8 X



nr. 103772



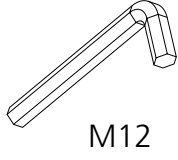
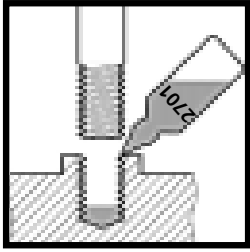
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nr. 943203

nr. 943202

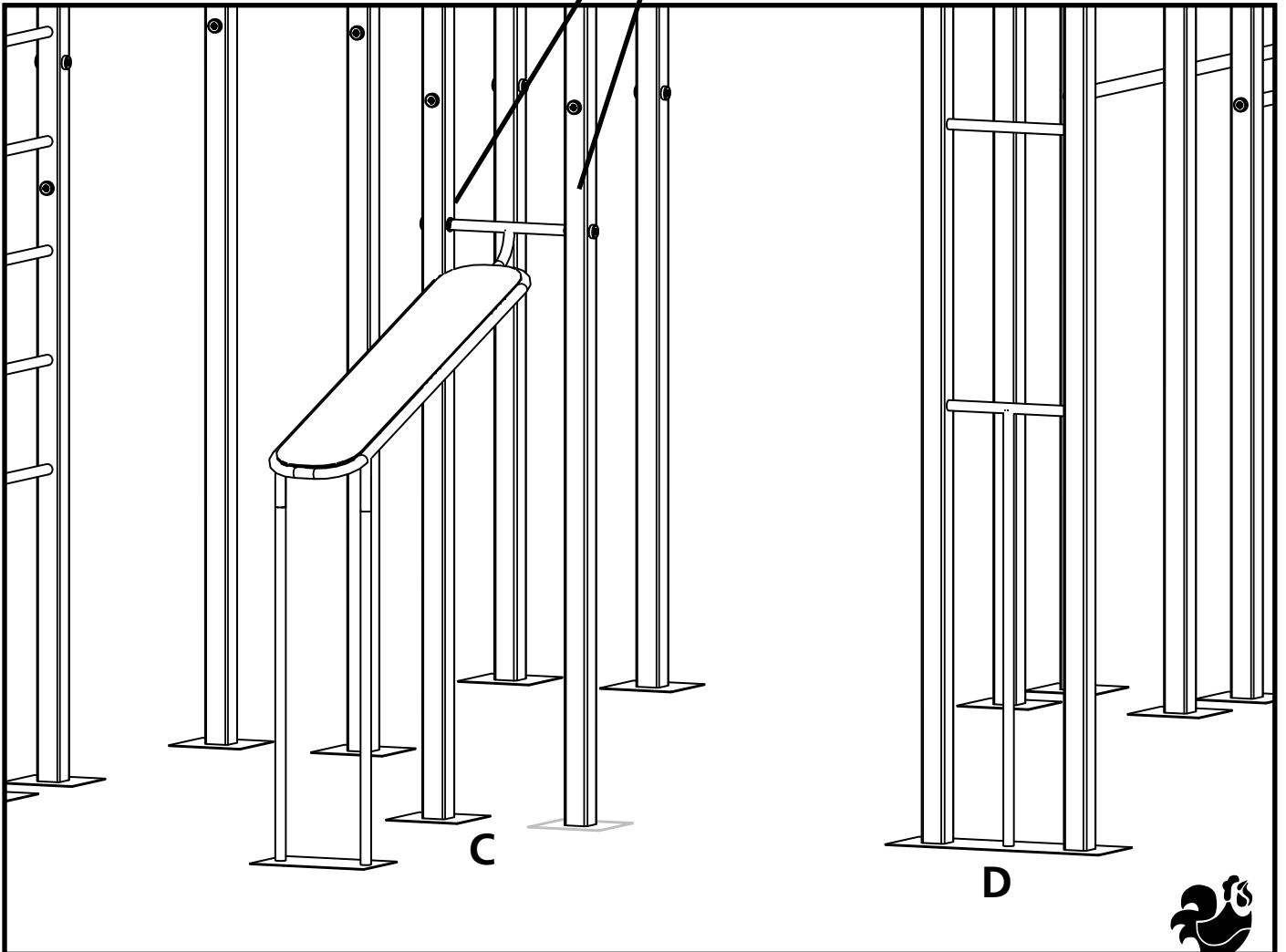
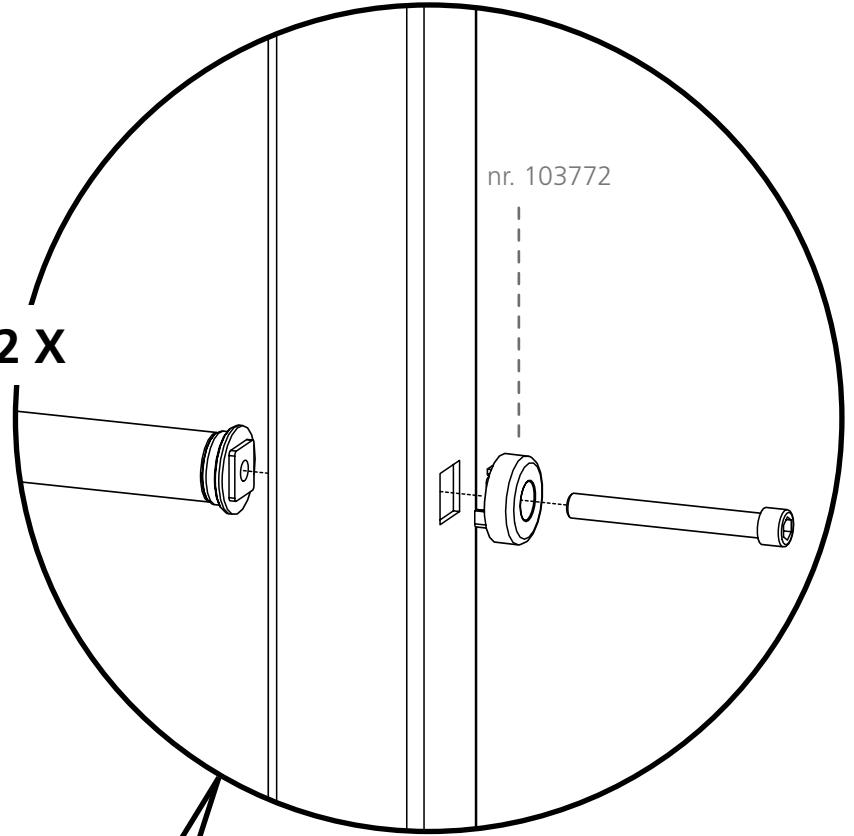


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M12

2 X

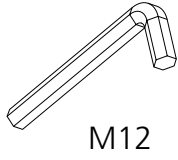
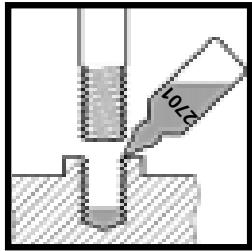


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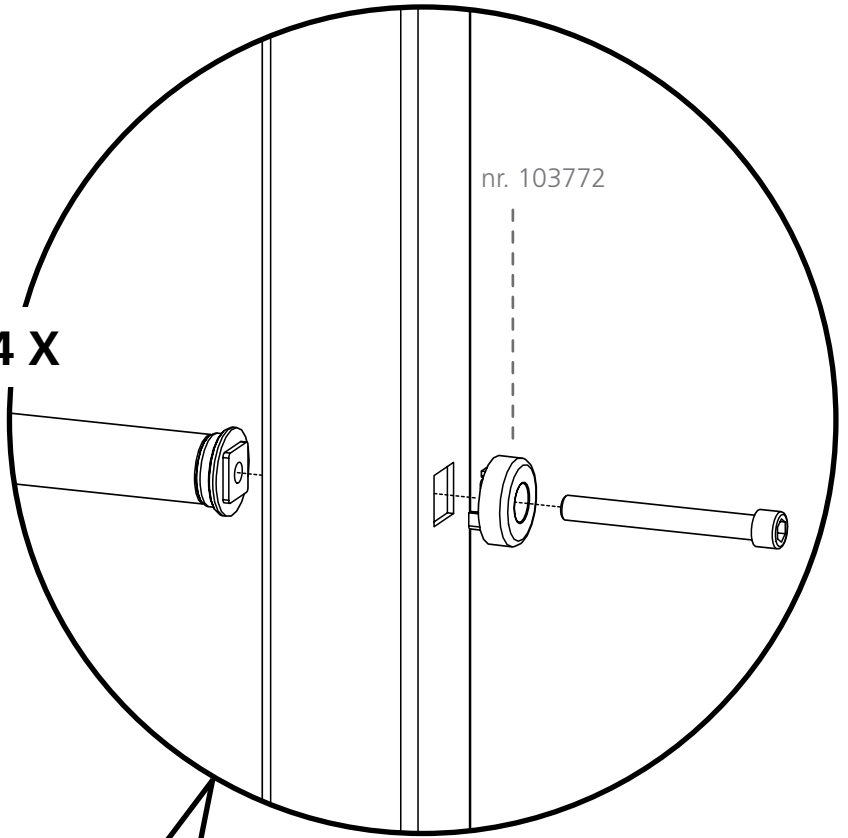


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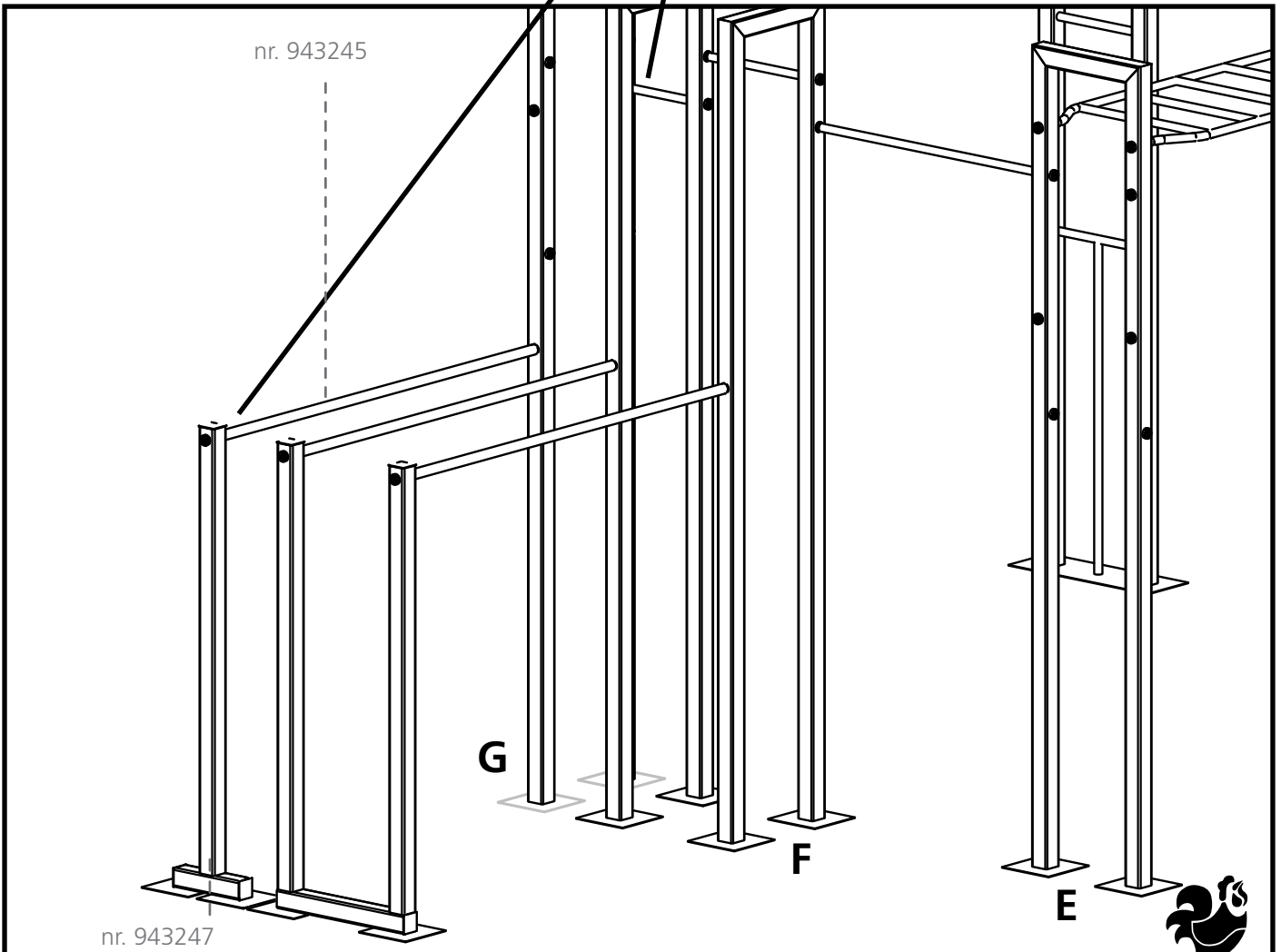


M12

4 X



nr. 103772



nr. 943245

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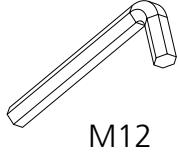
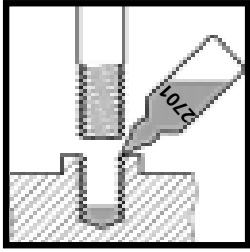
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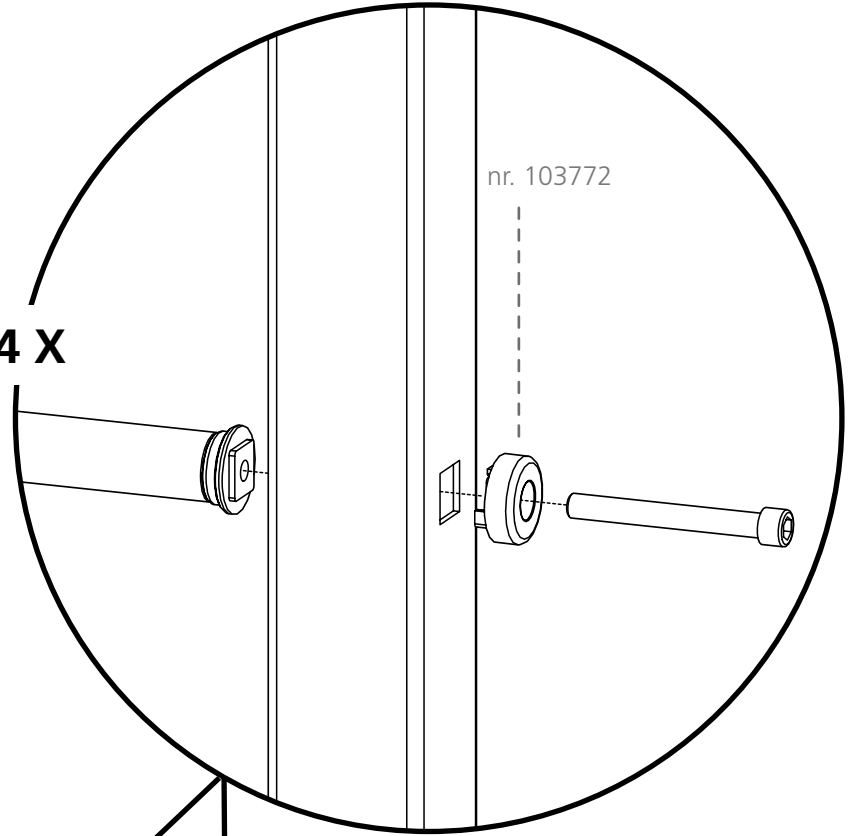


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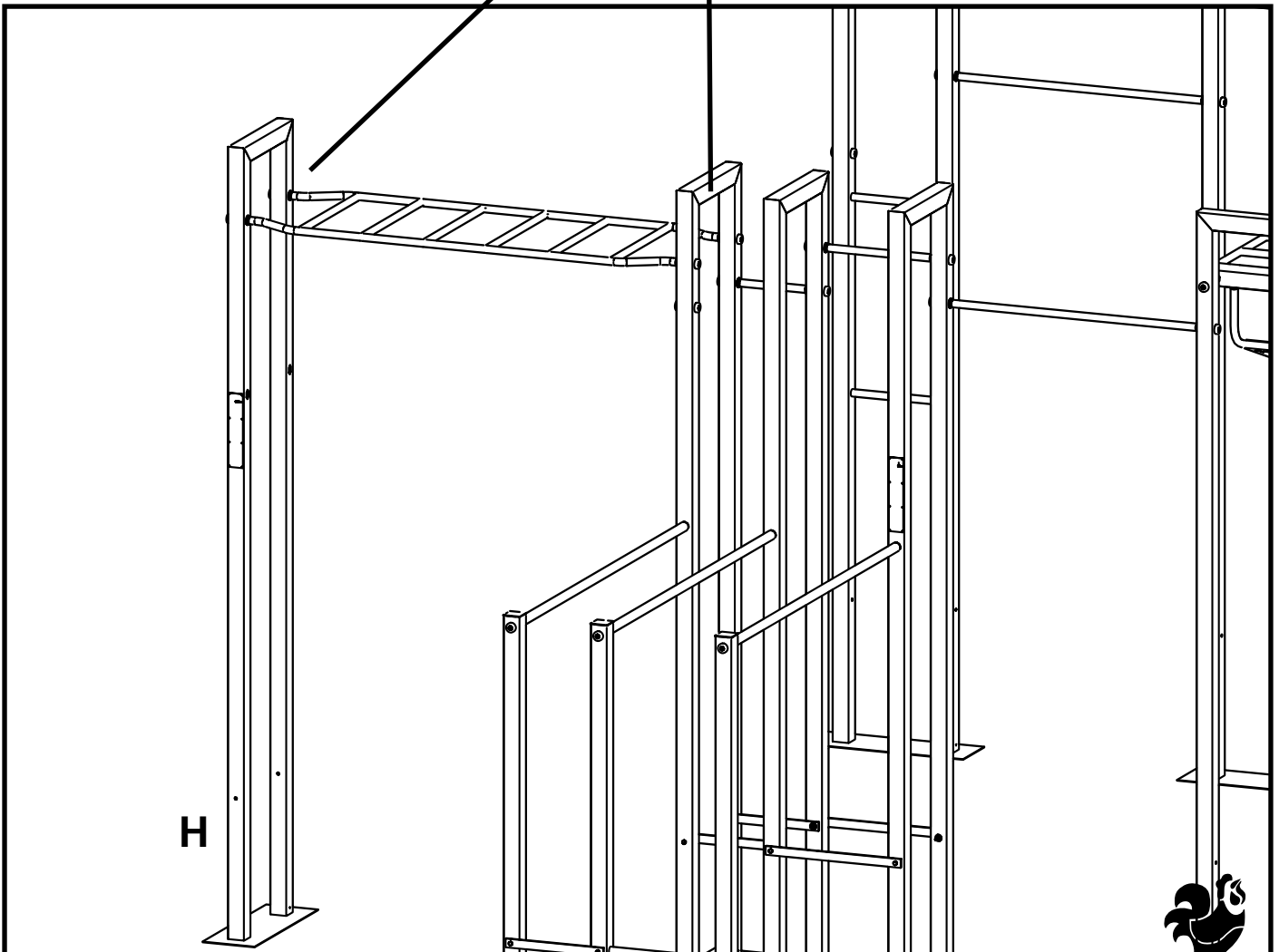


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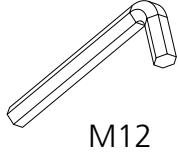
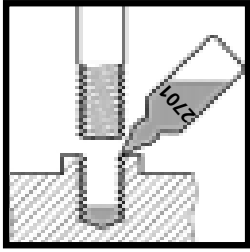
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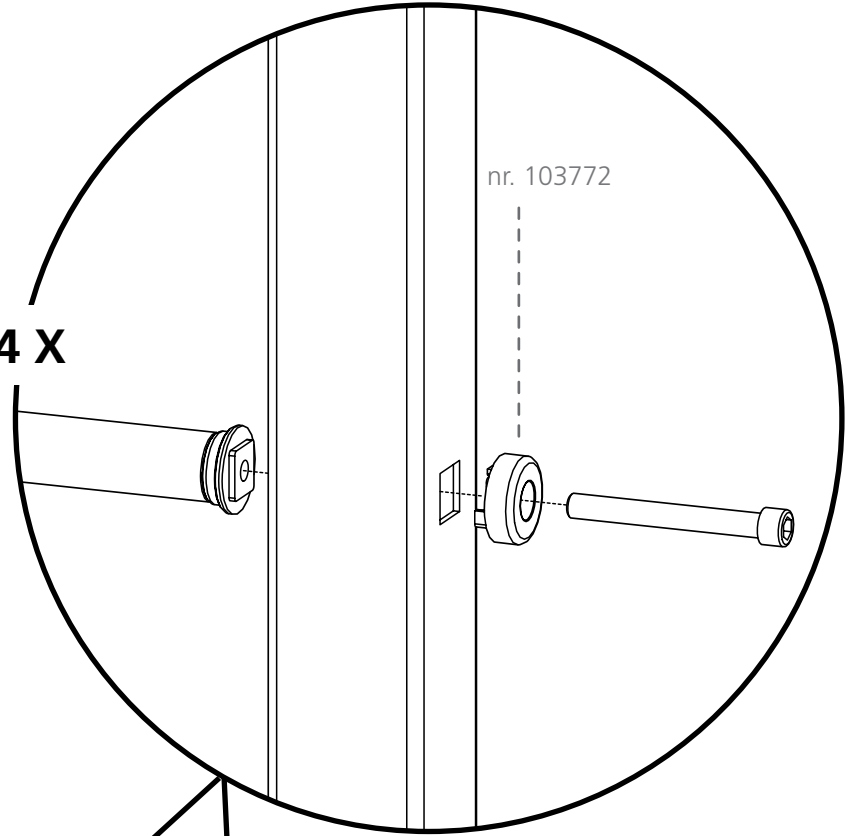


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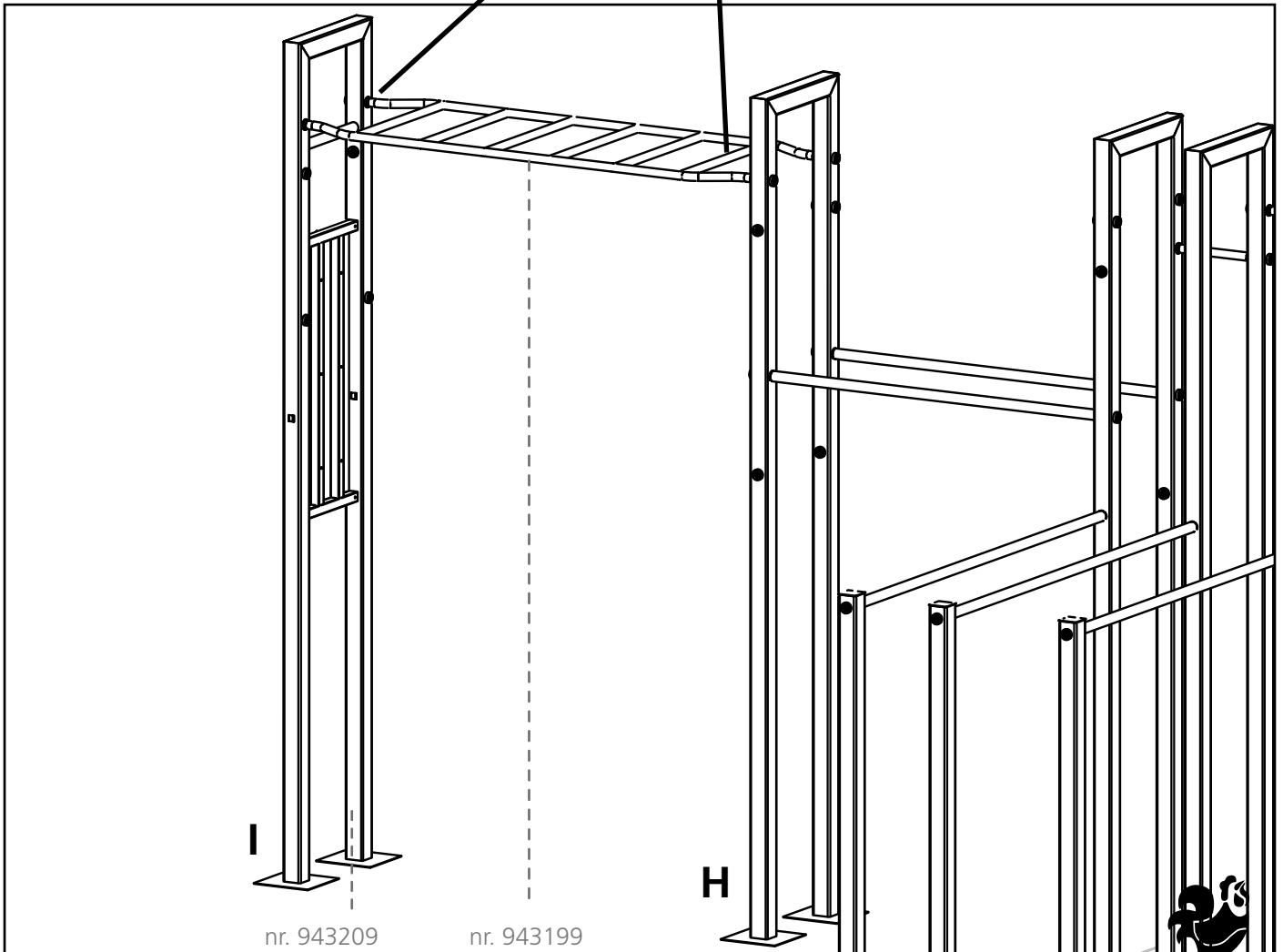


M12

4 X



nr. 103772



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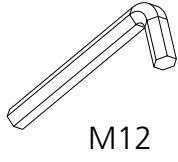
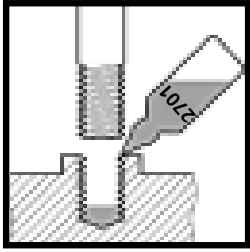
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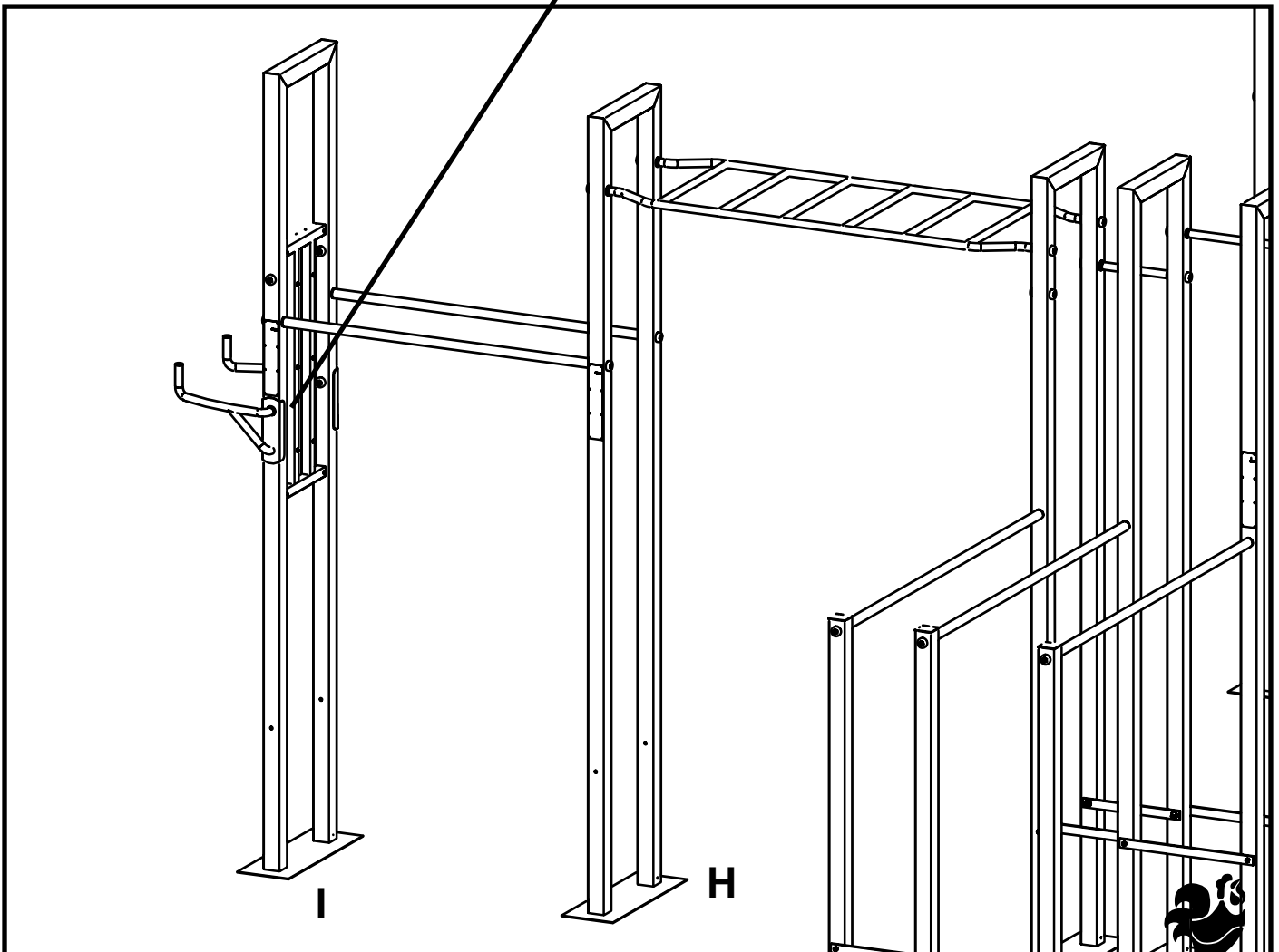
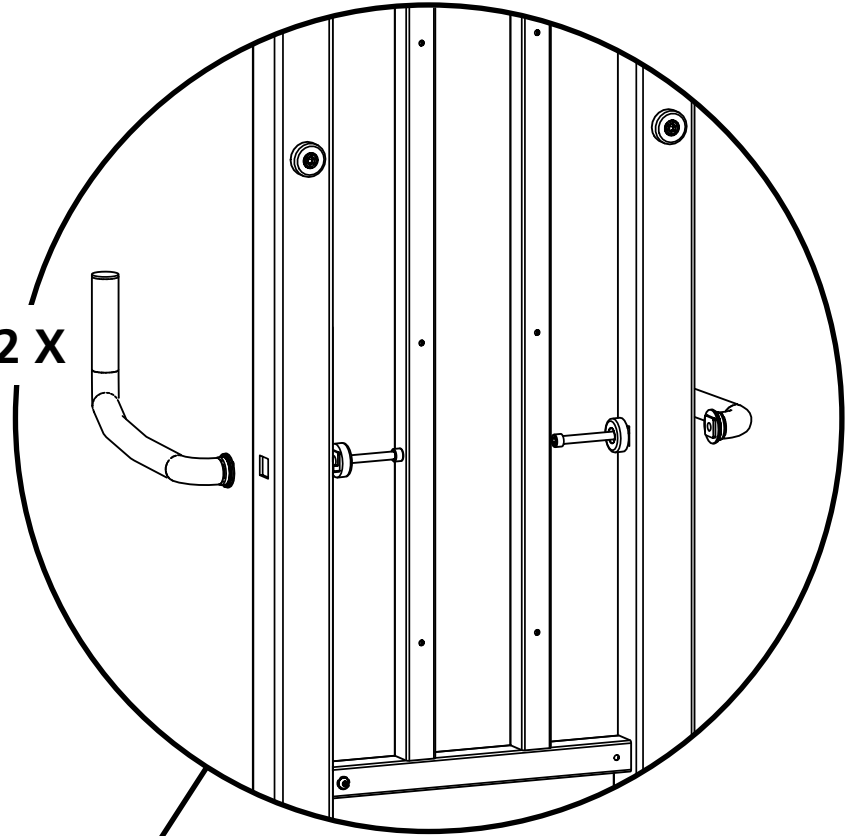




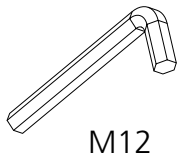
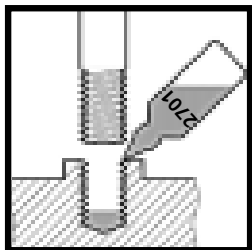
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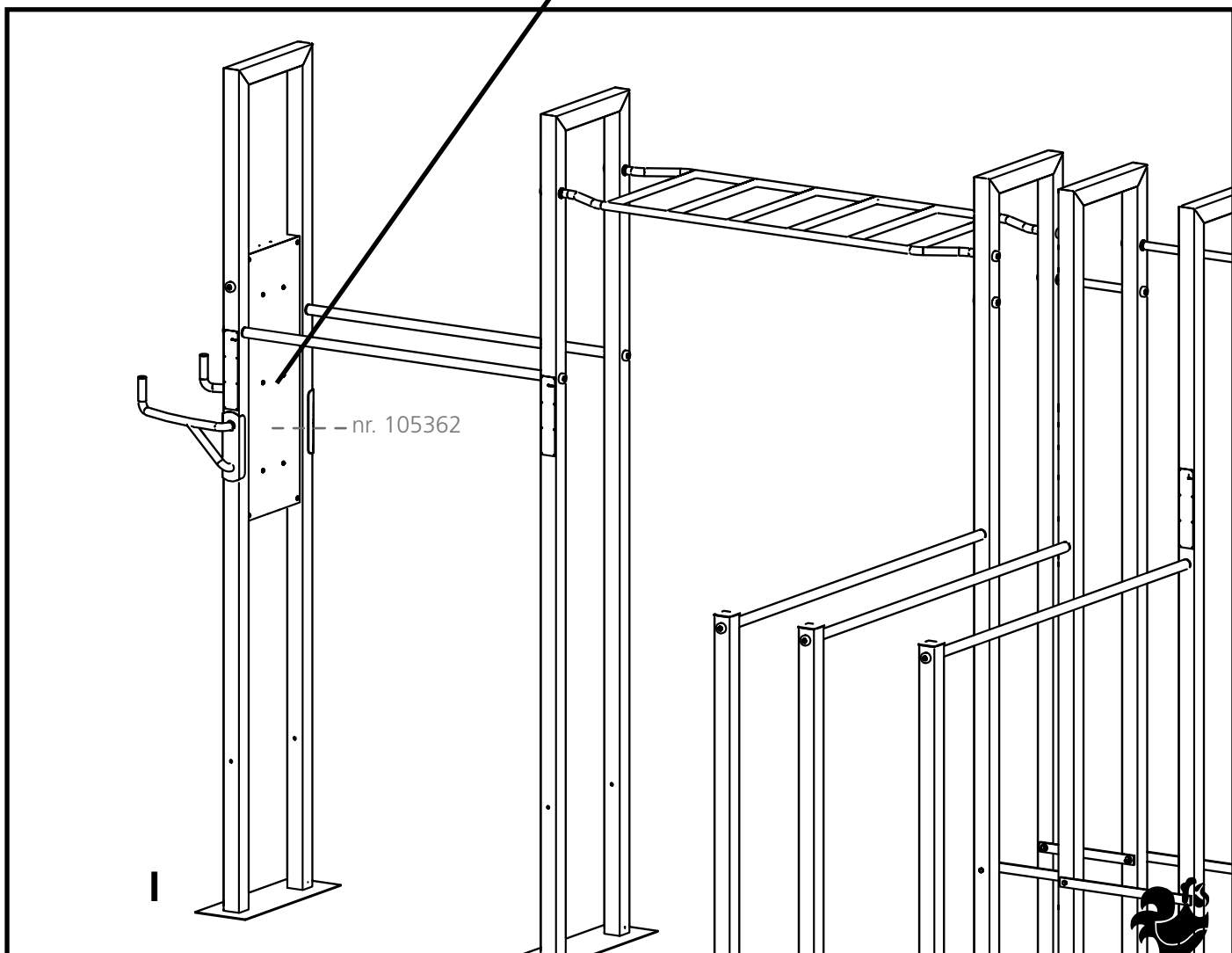
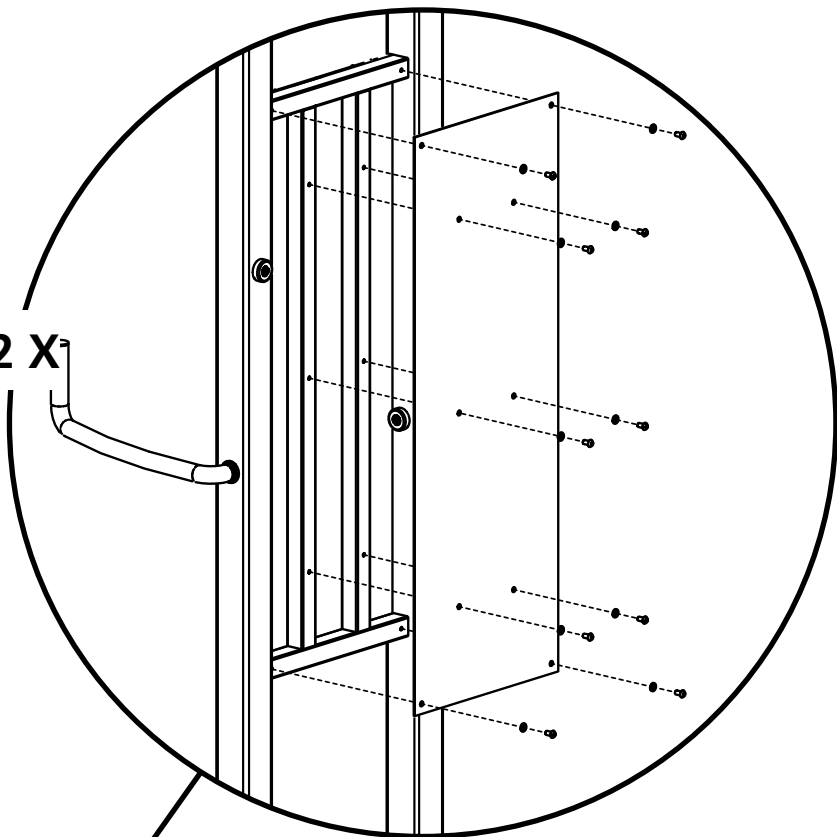
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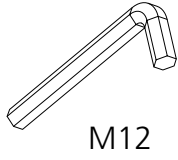
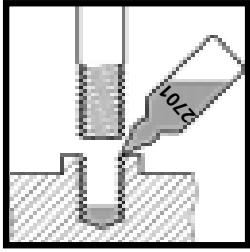
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2 X

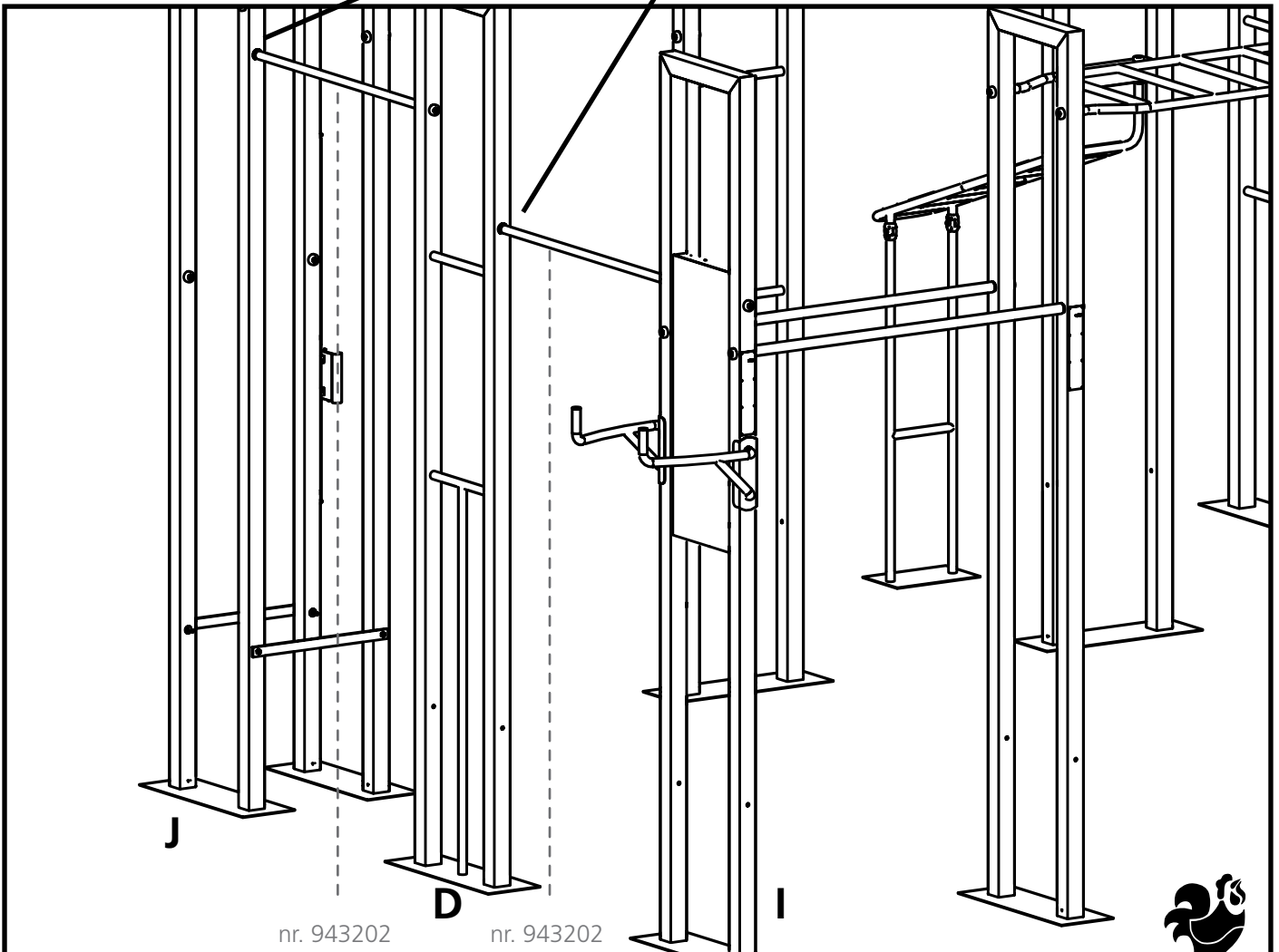
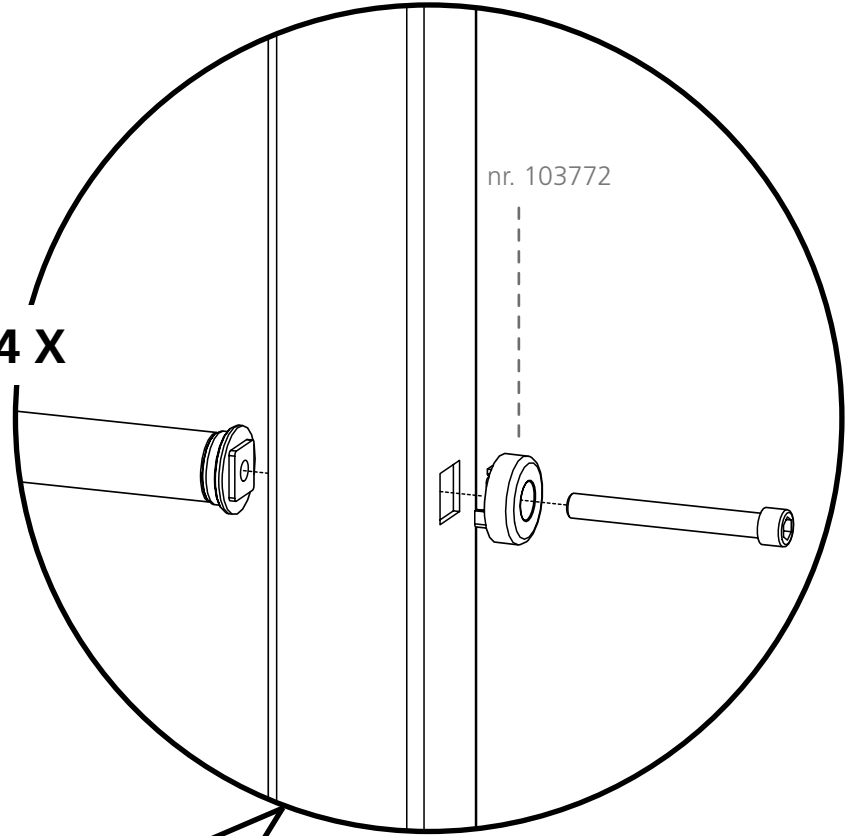


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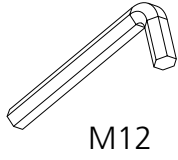
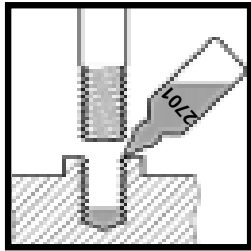


M12

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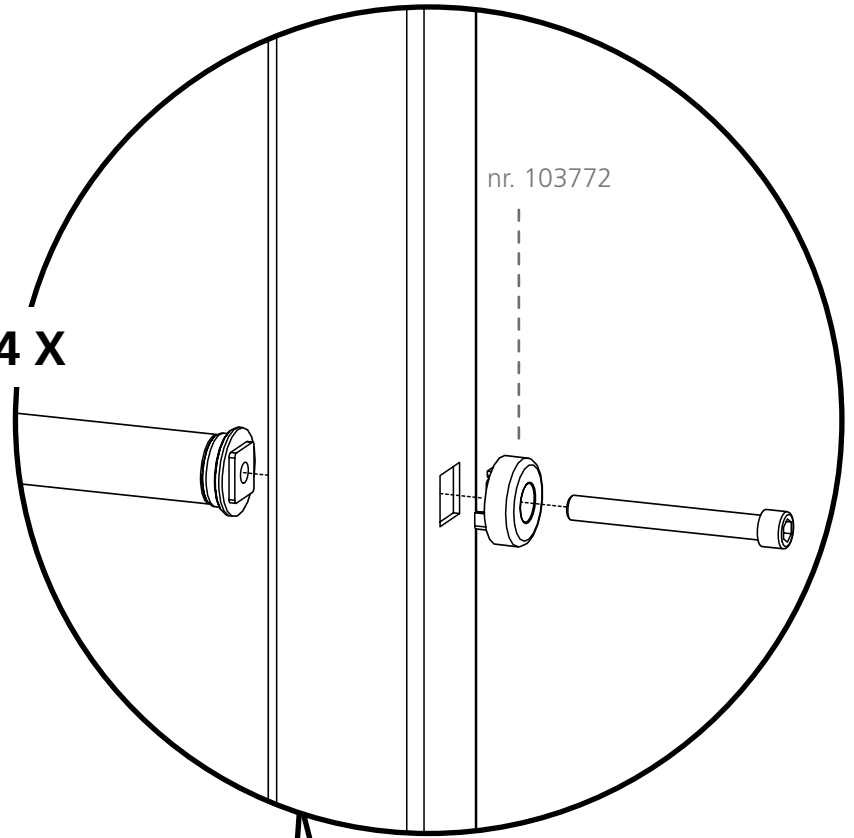


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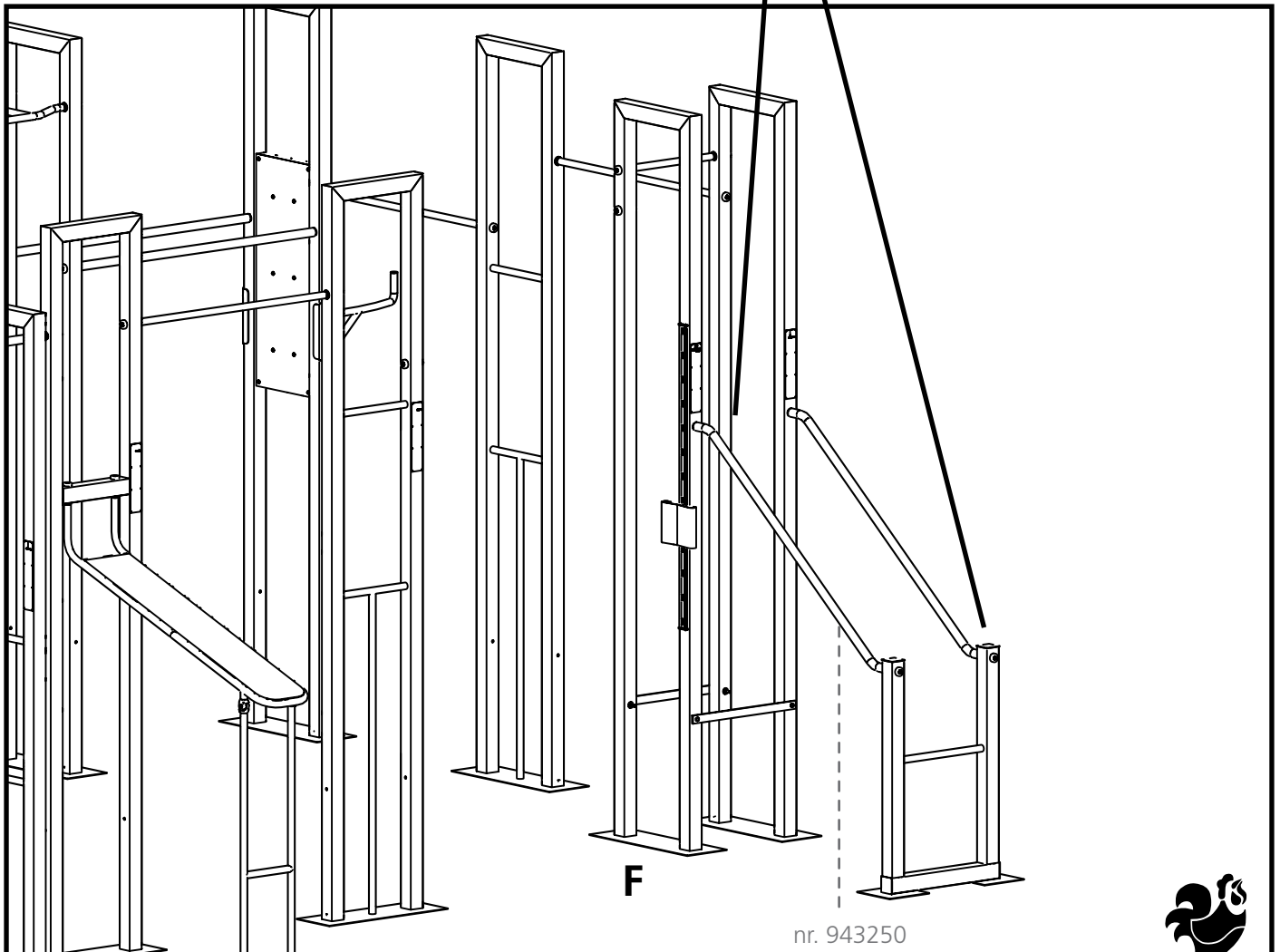


M12

4 X



nr. 103772

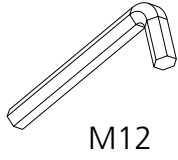
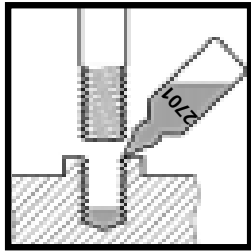


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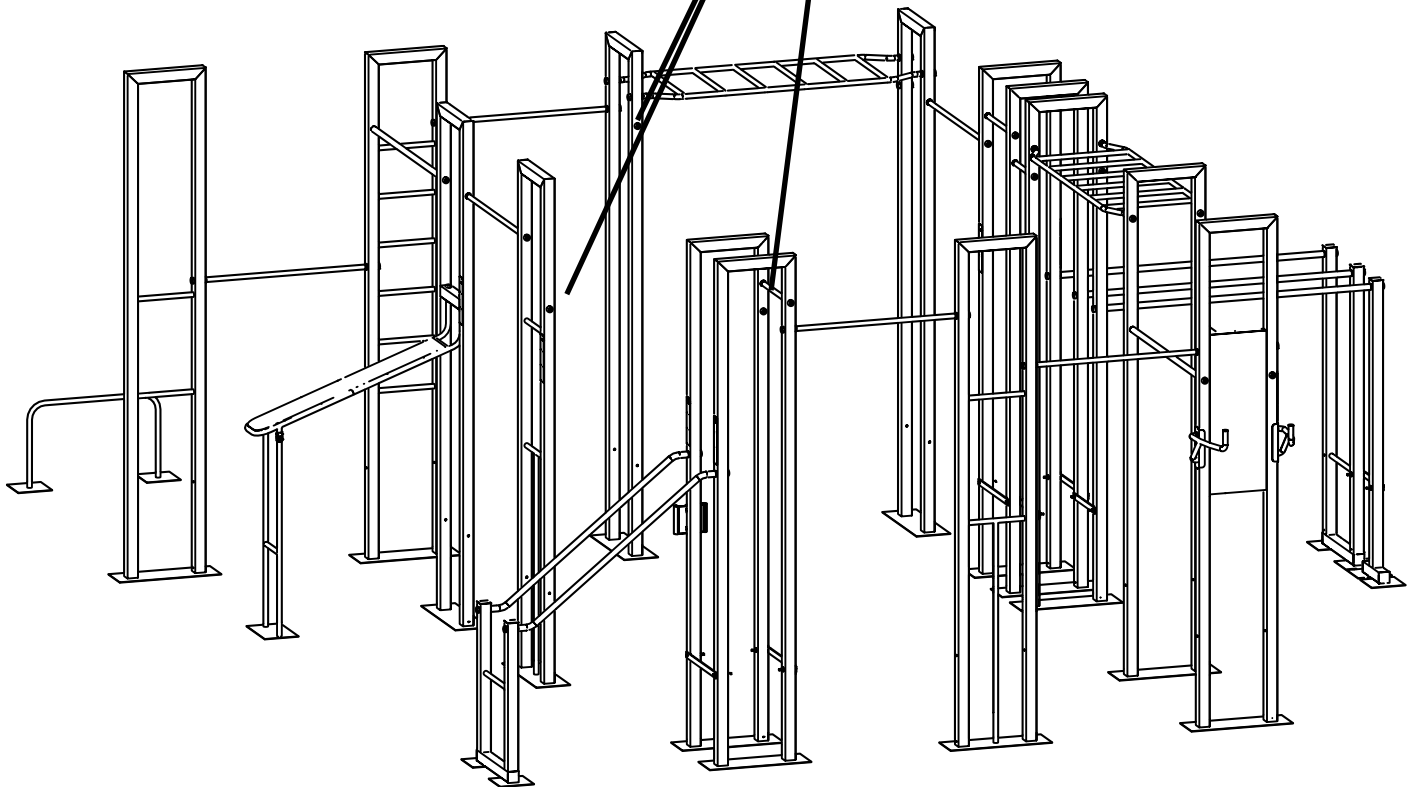
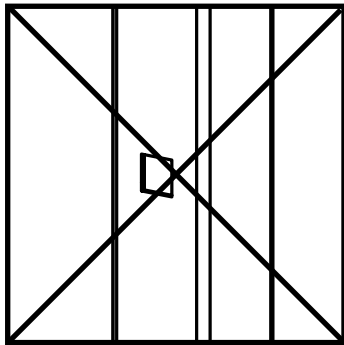
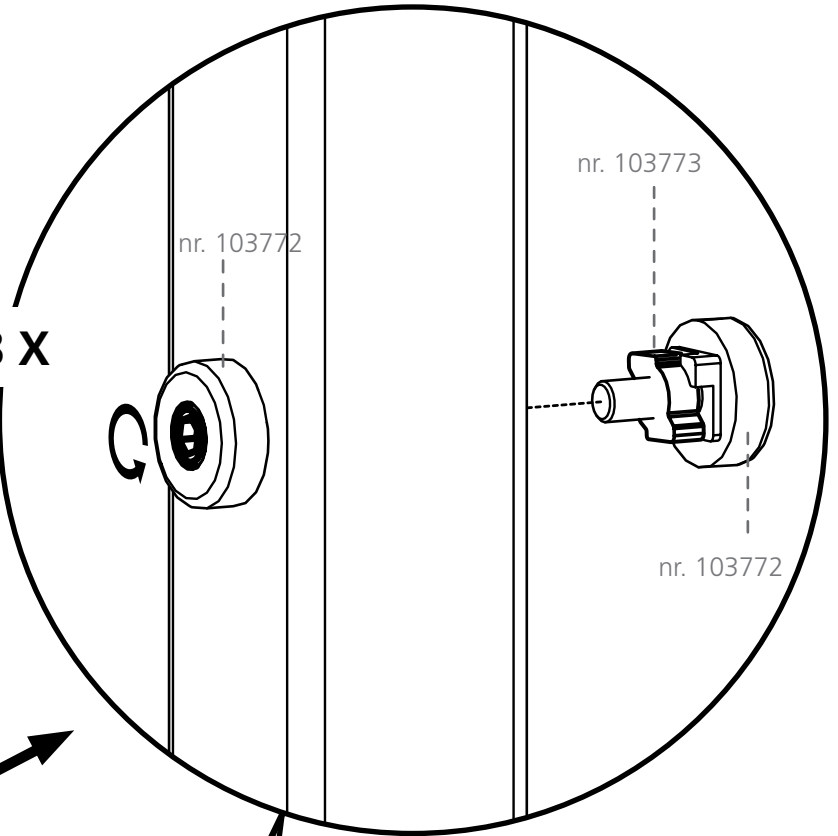


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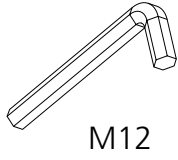
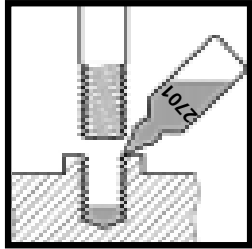


M12

38 X

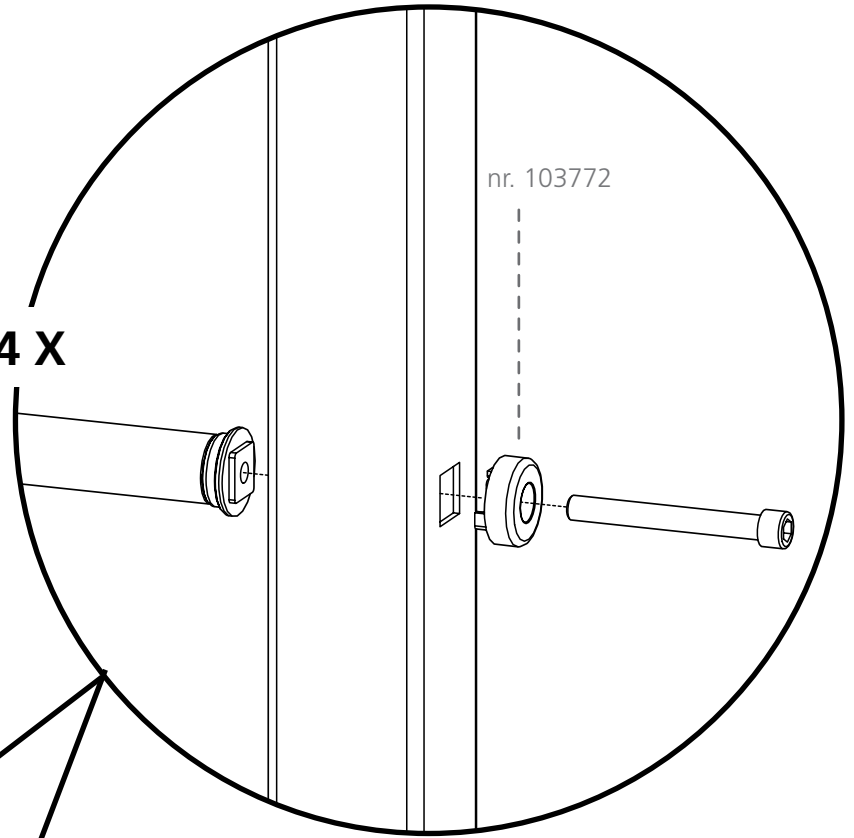


15



M12

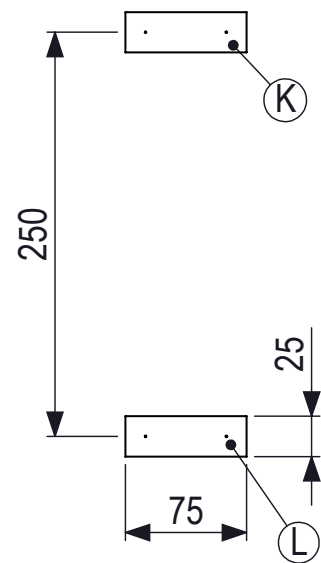
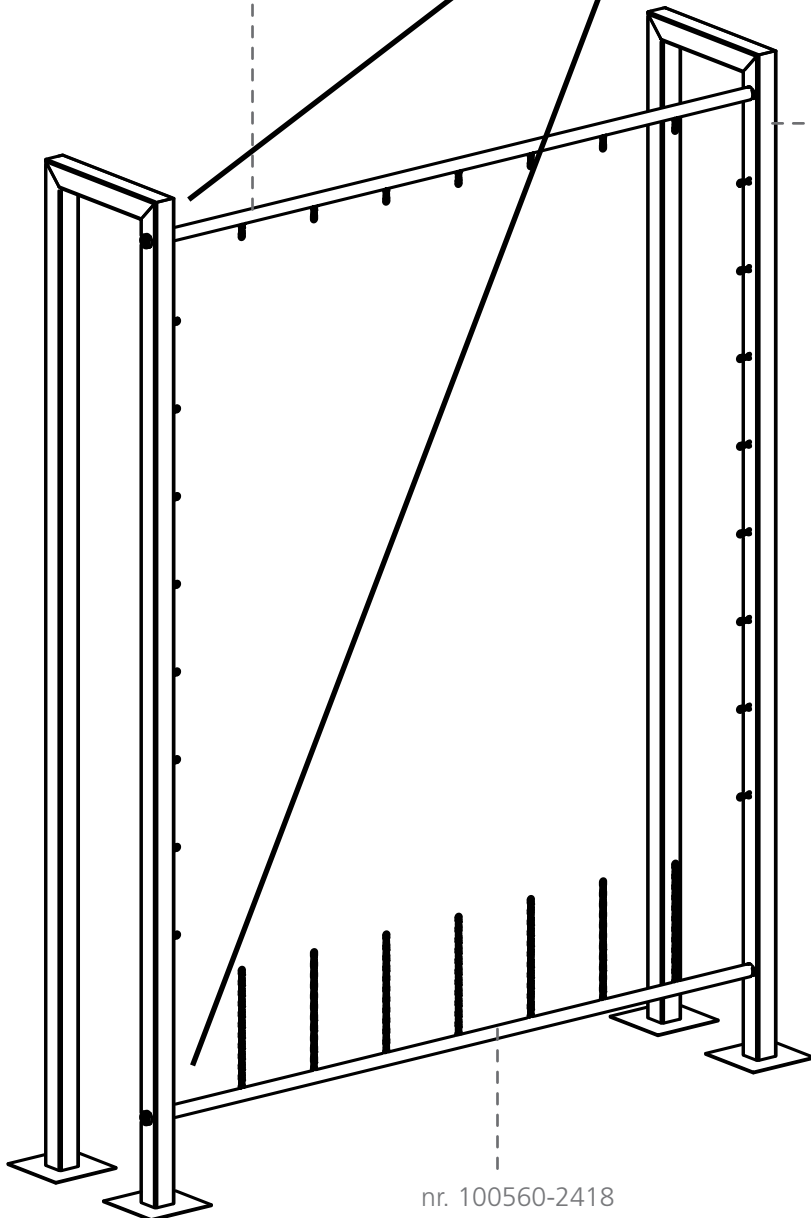
4 X



nr. 103772

nr. 100560-2418

nr. 943194



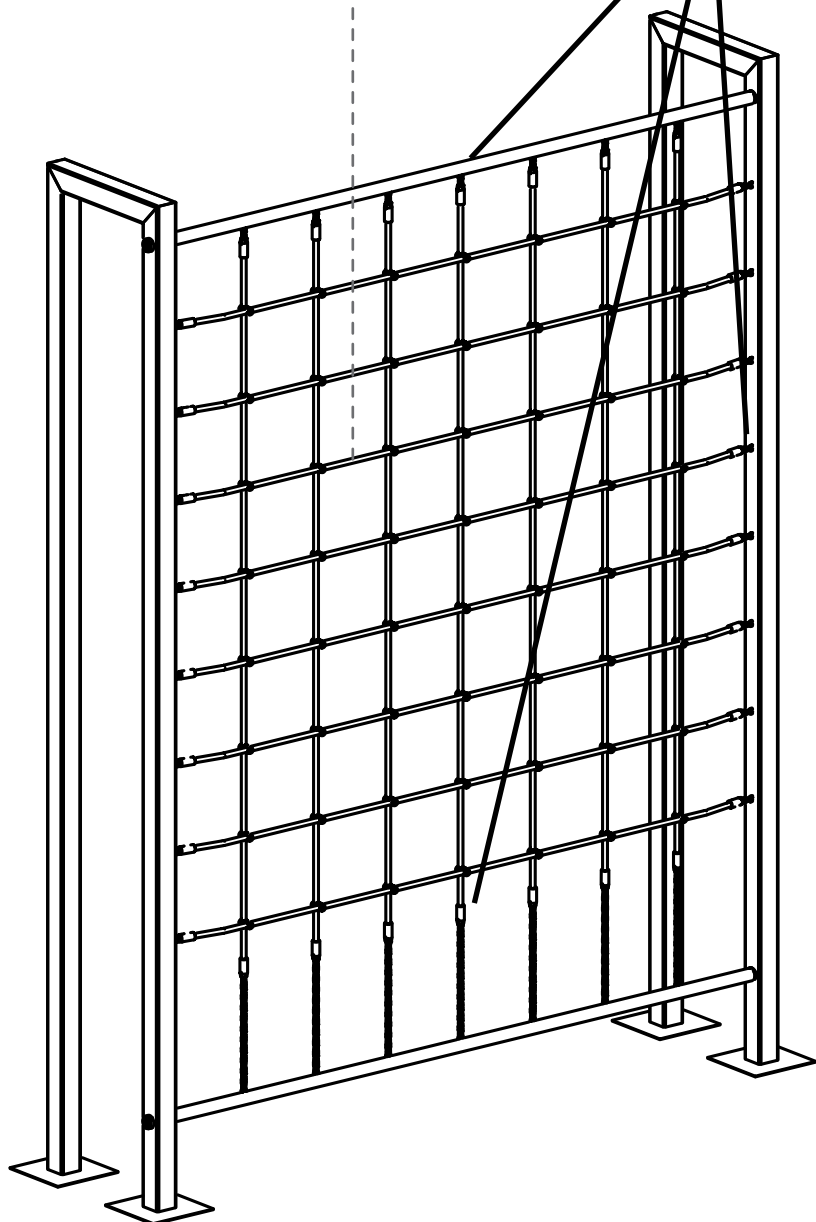
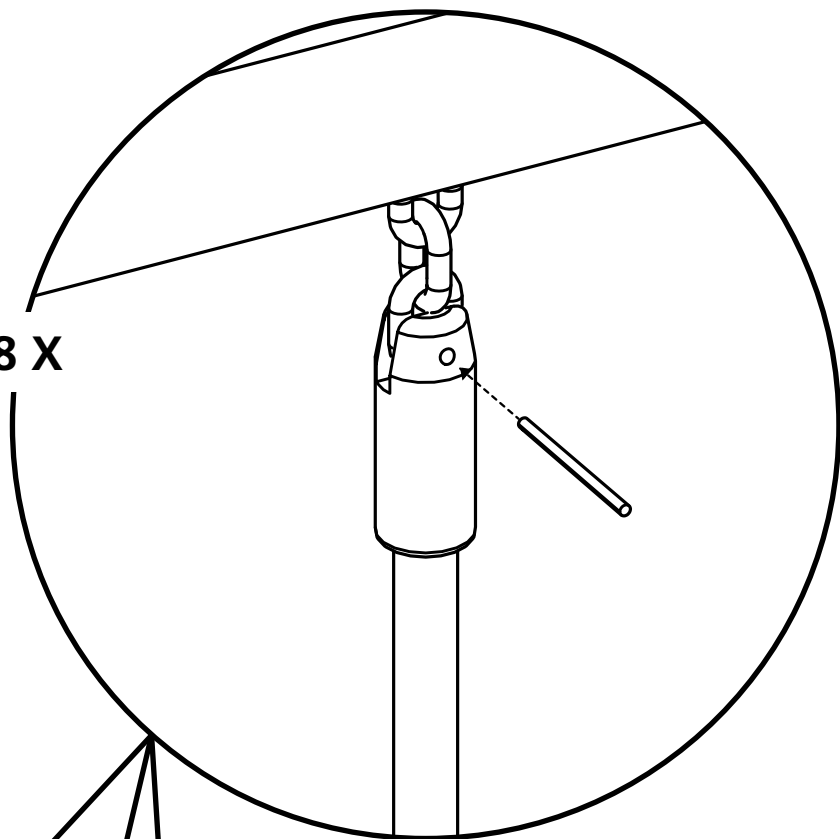
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16

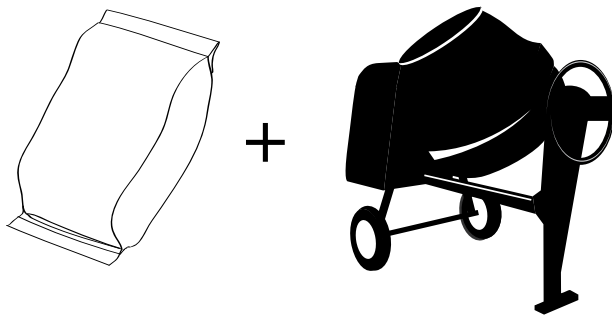
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28 X

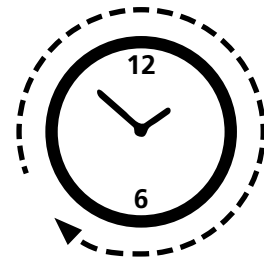
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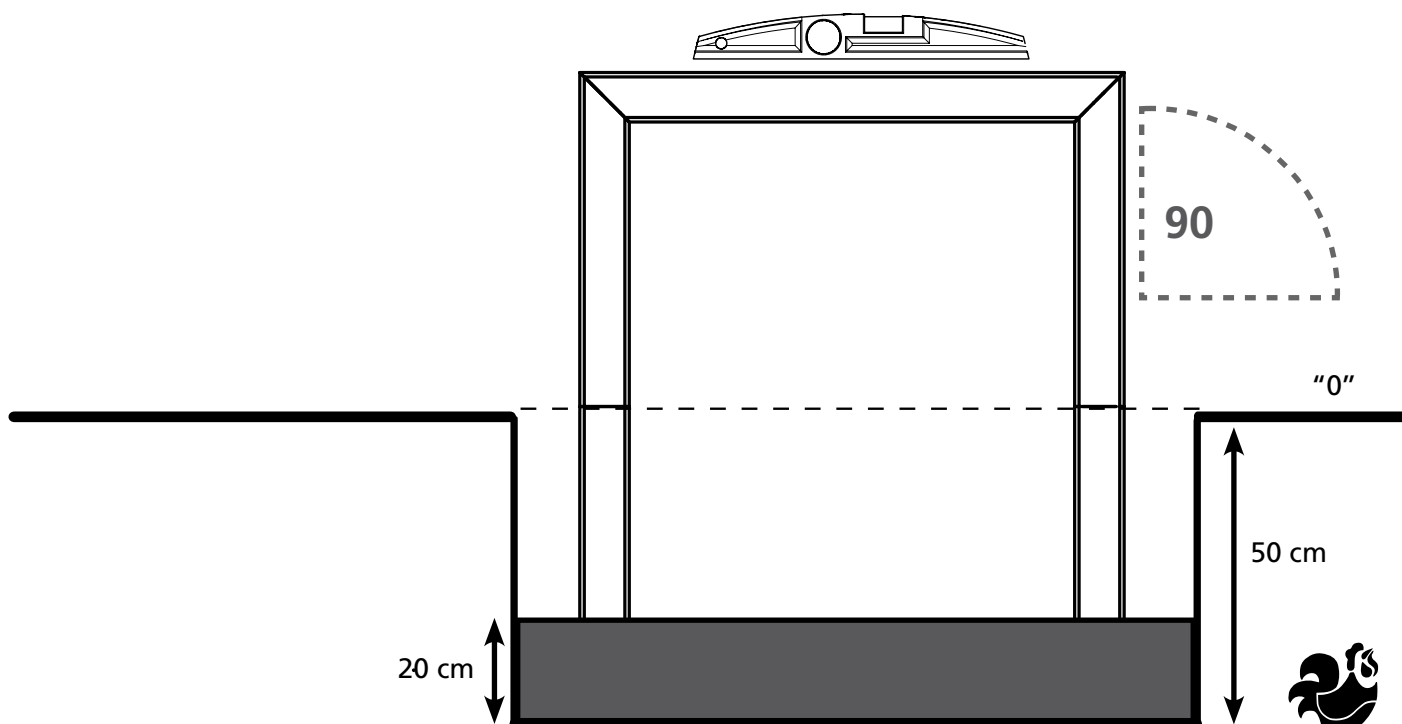
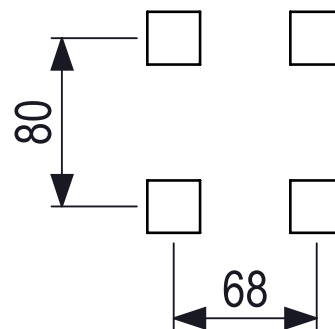
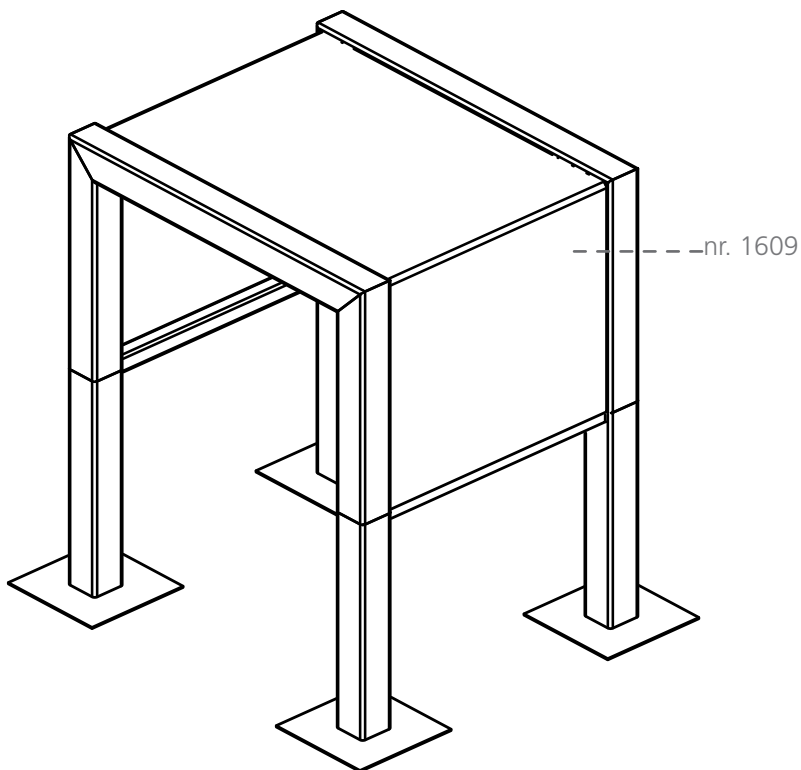
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24 H

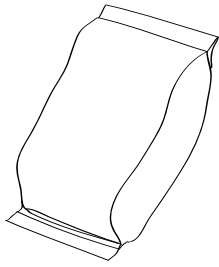


2 X

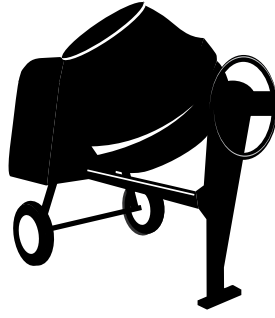




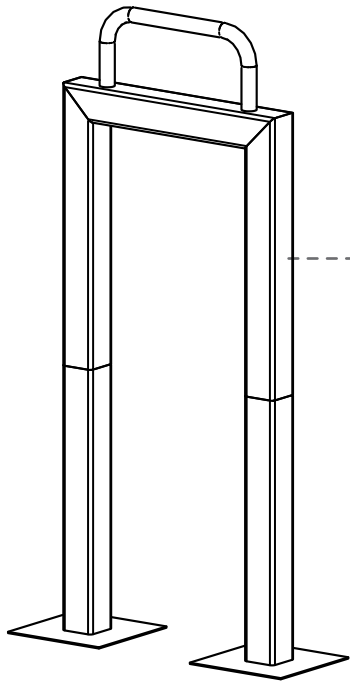
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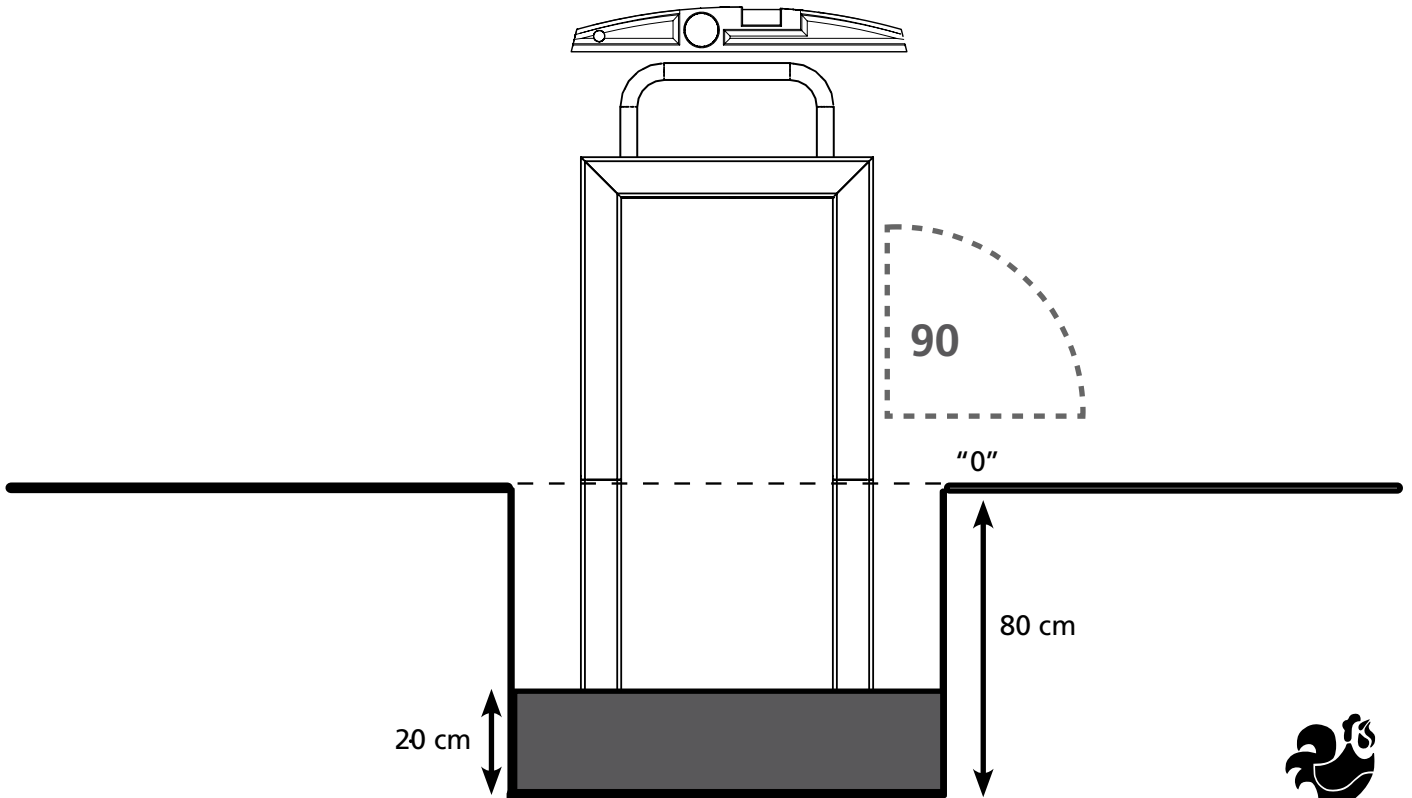
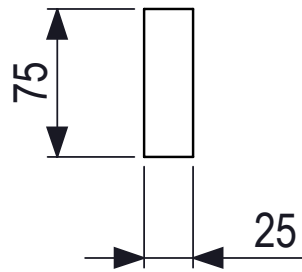
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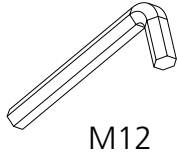
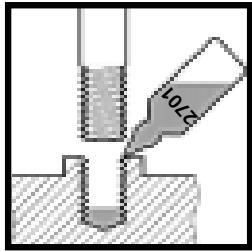
24 H



nr. 1615

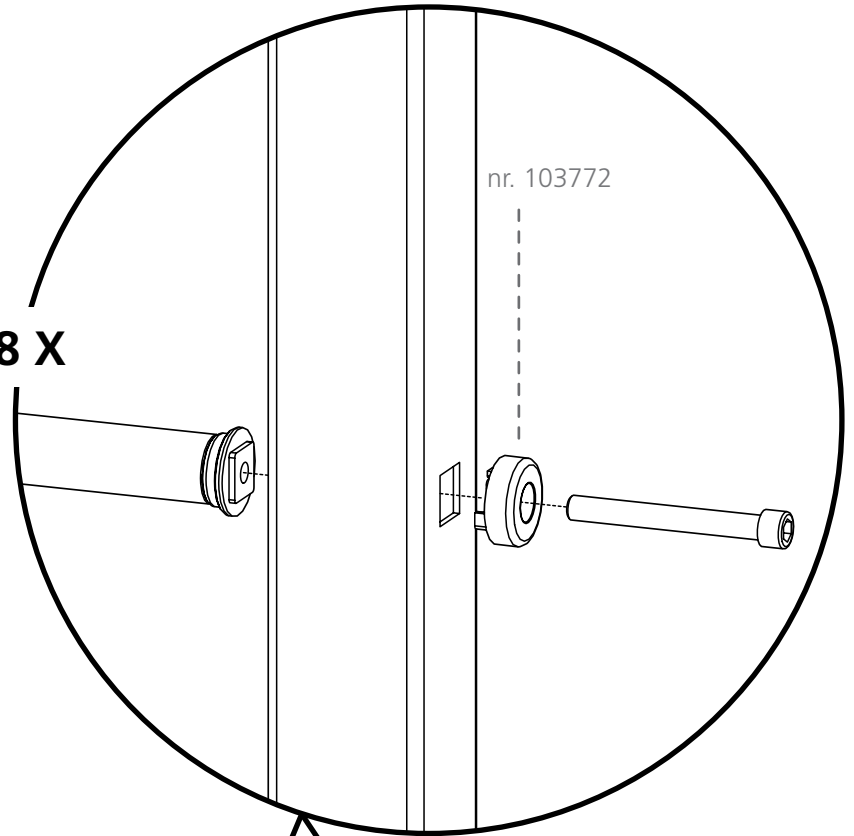


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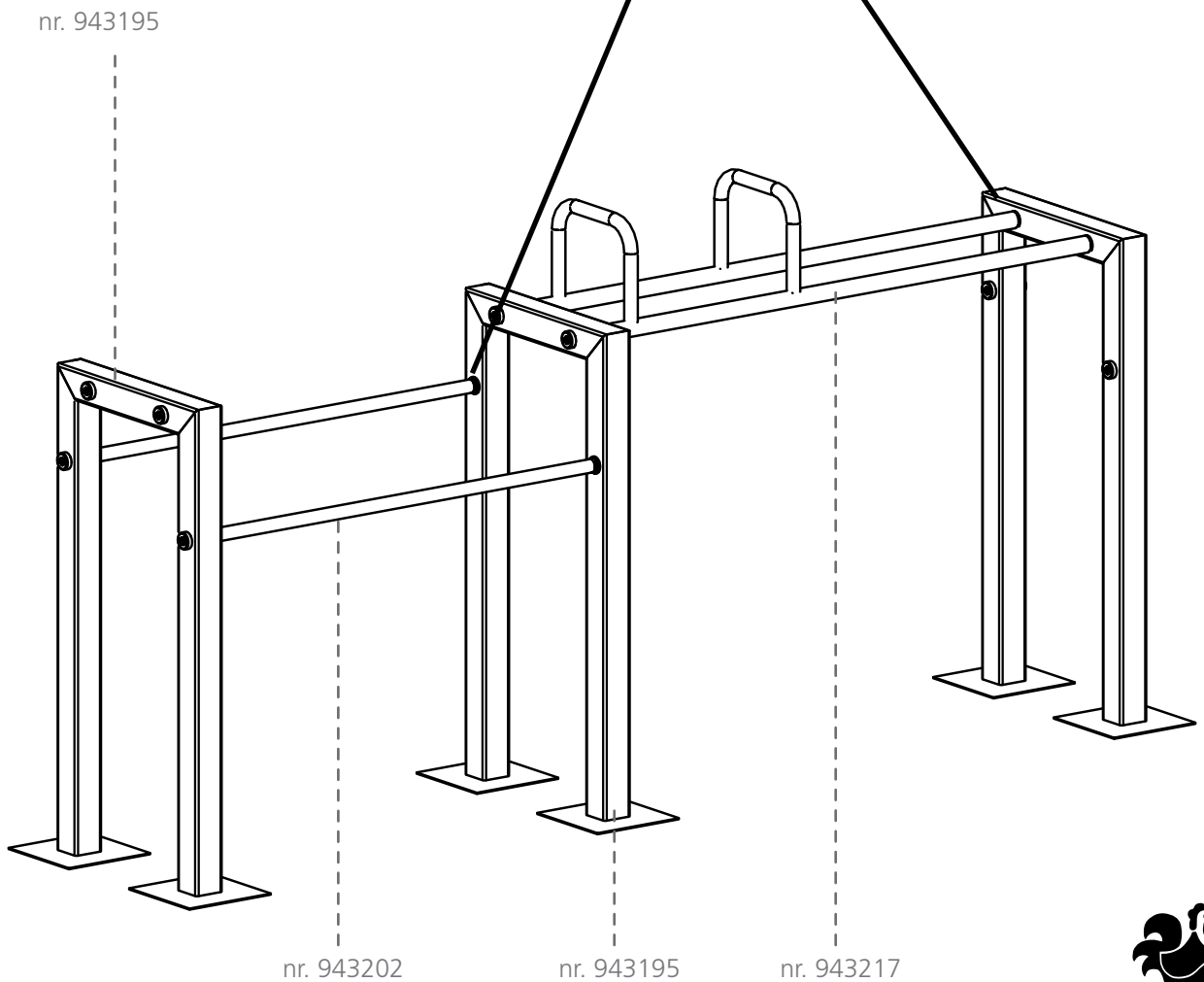


M12

8 X



nr. 103772



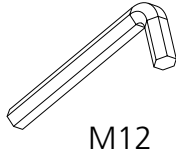
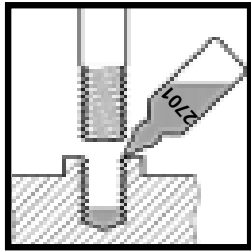
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nr. 943202

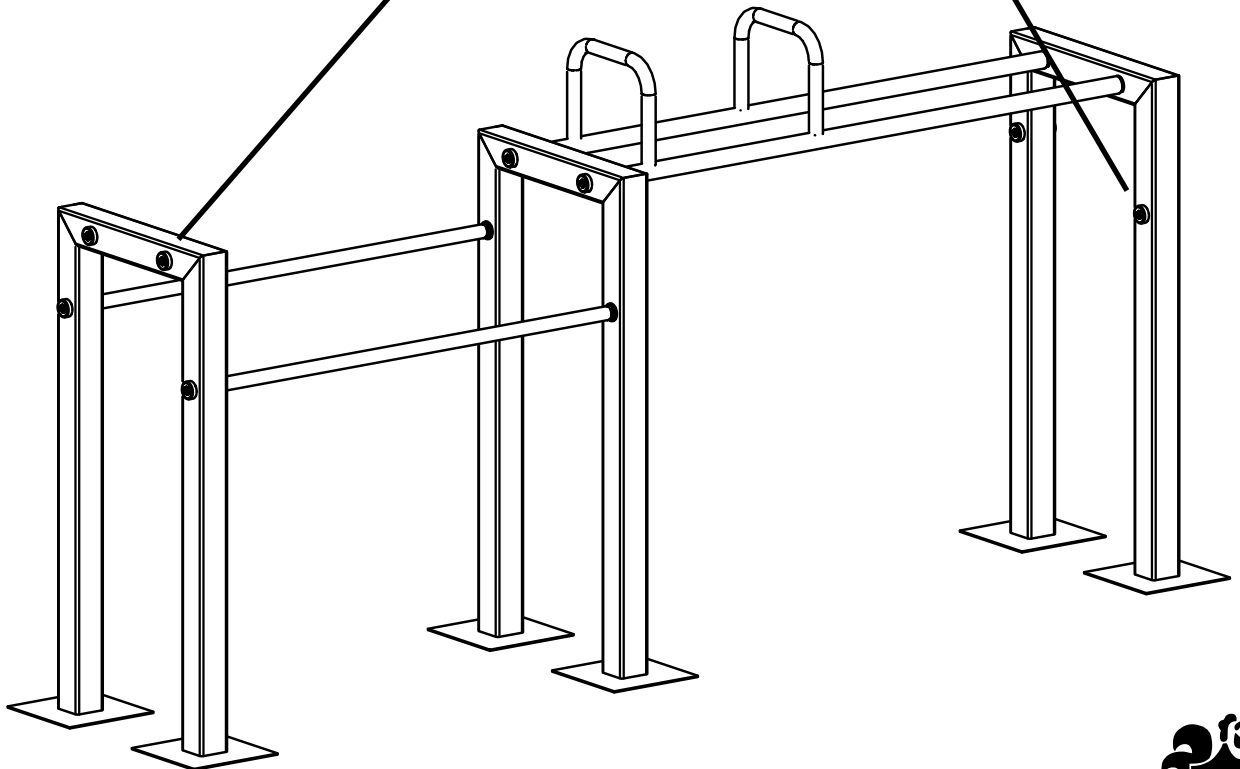
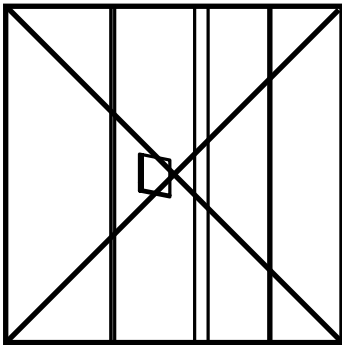
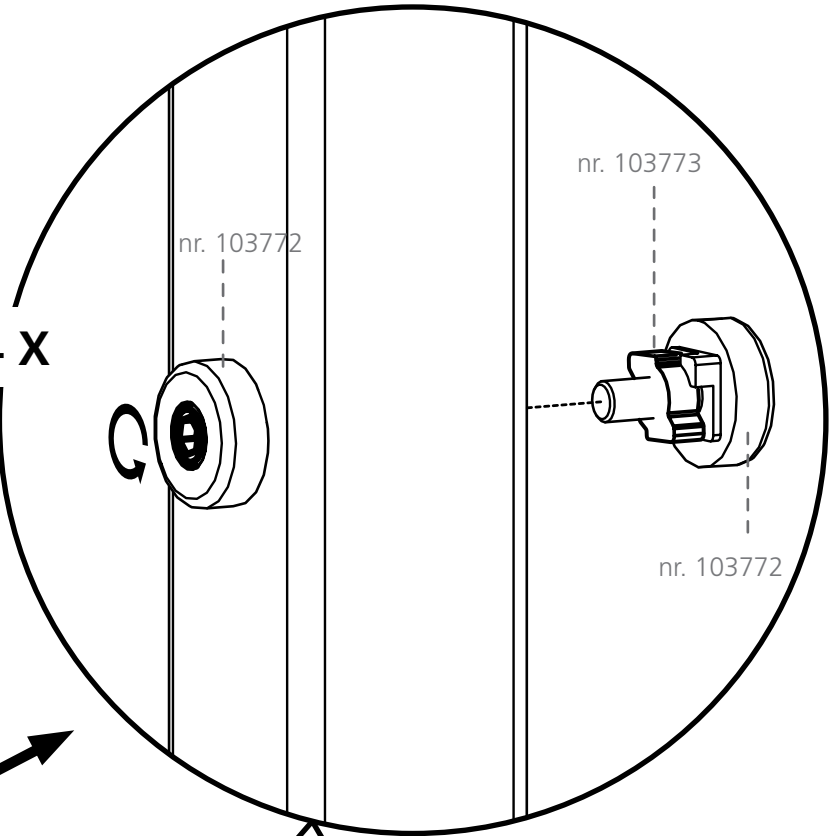
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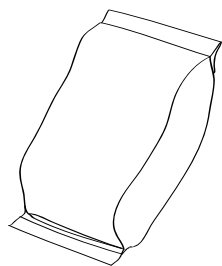
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4 X



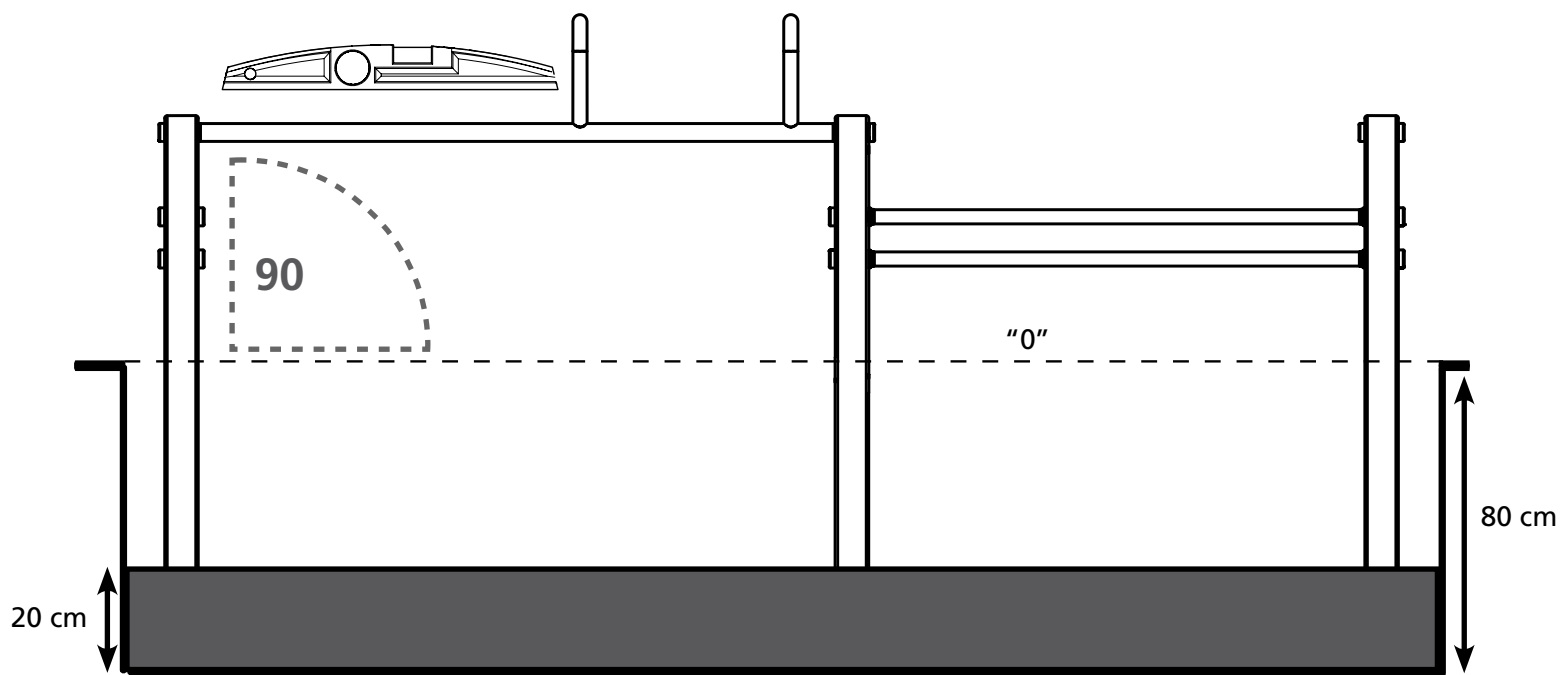
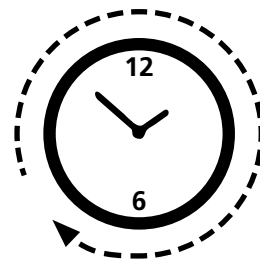
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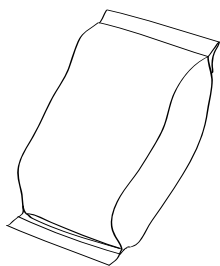
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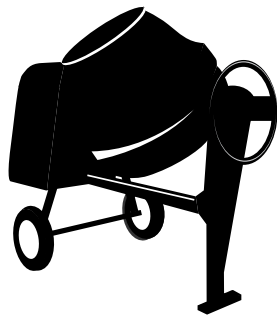
24 H



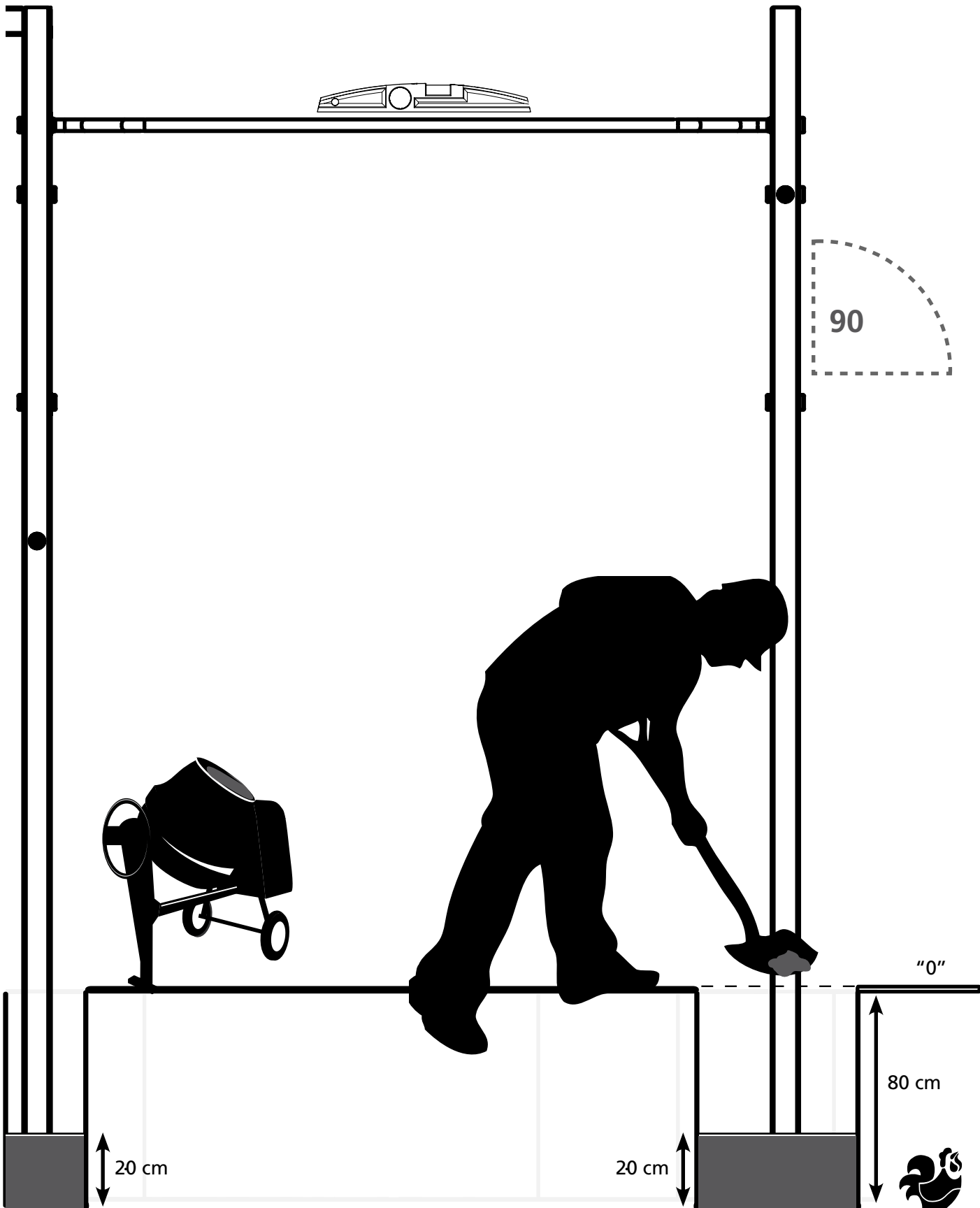
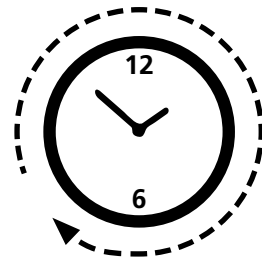
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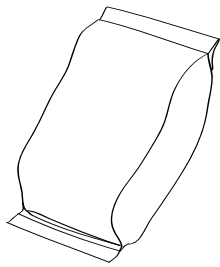
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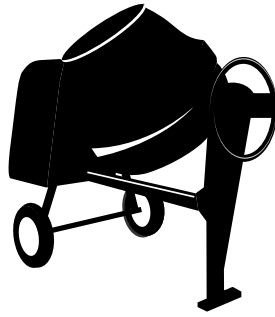
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23



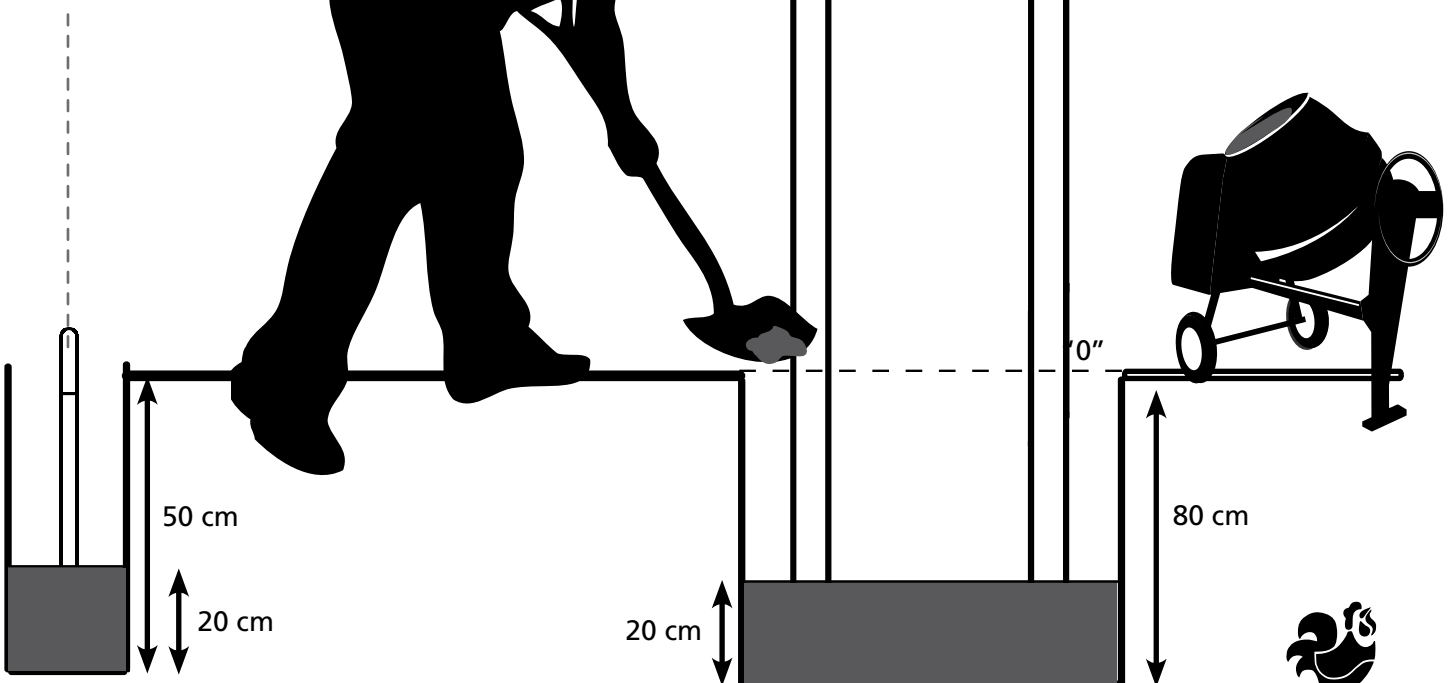
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24 H



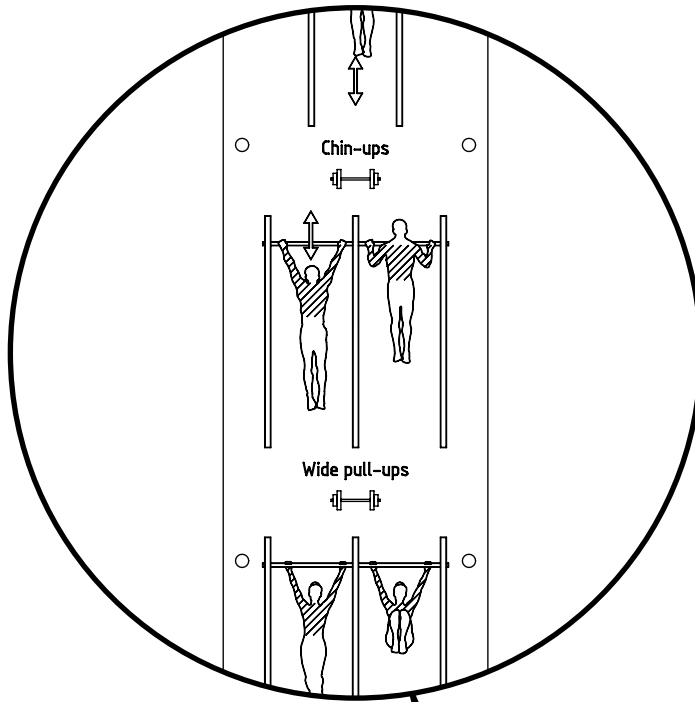
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30

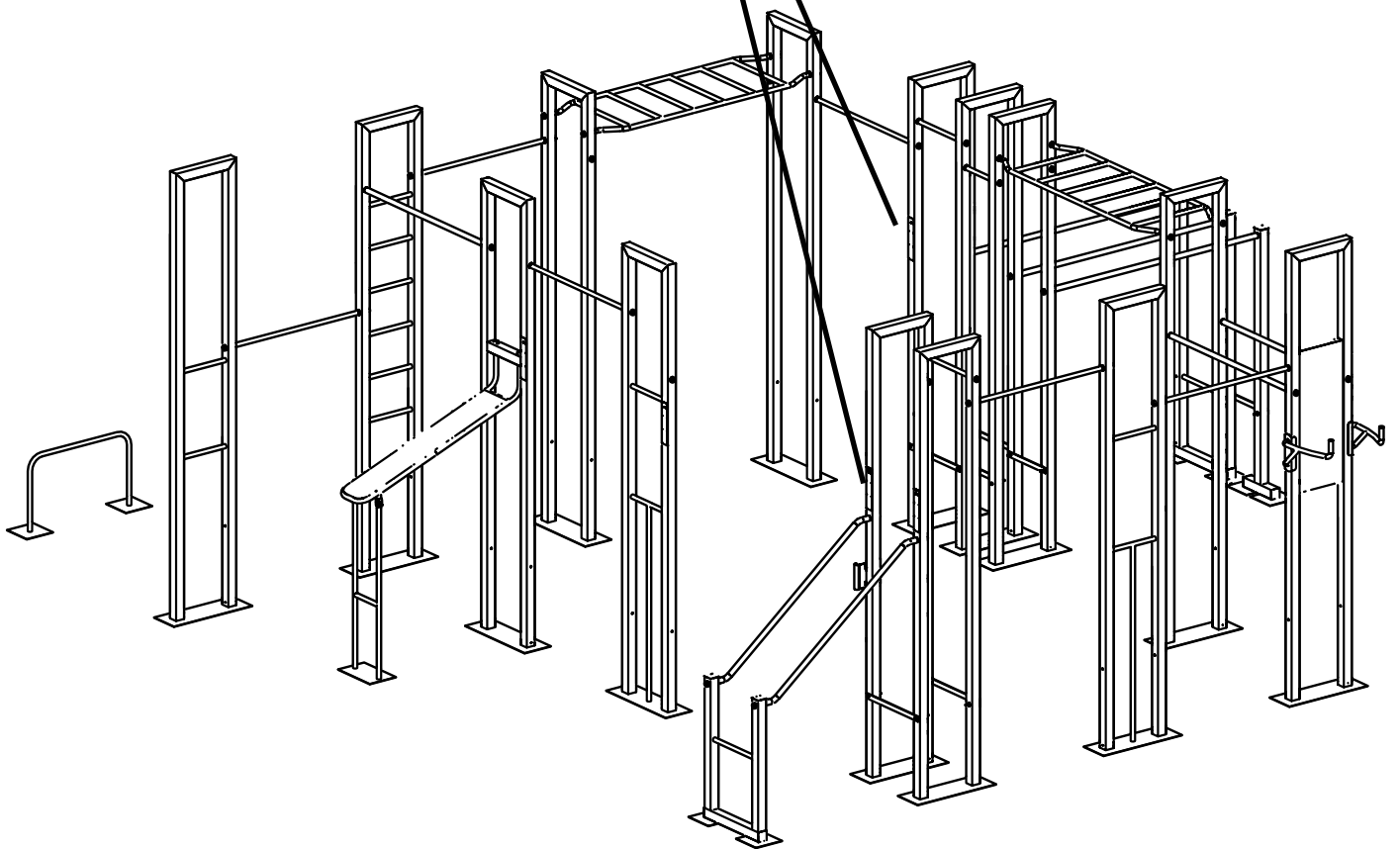
# GEBRUIK

# USE



Zie Instructies  
pg.33

Check Instructions  
pg.33





# 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 =

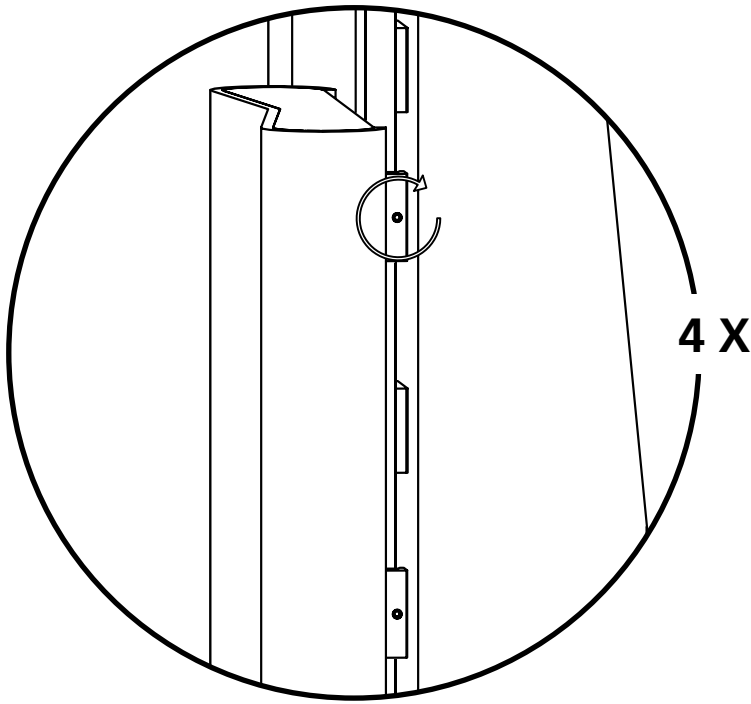
2015		
	X	
	X	

1X =

2015		
	X	

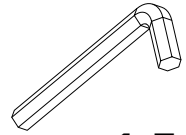
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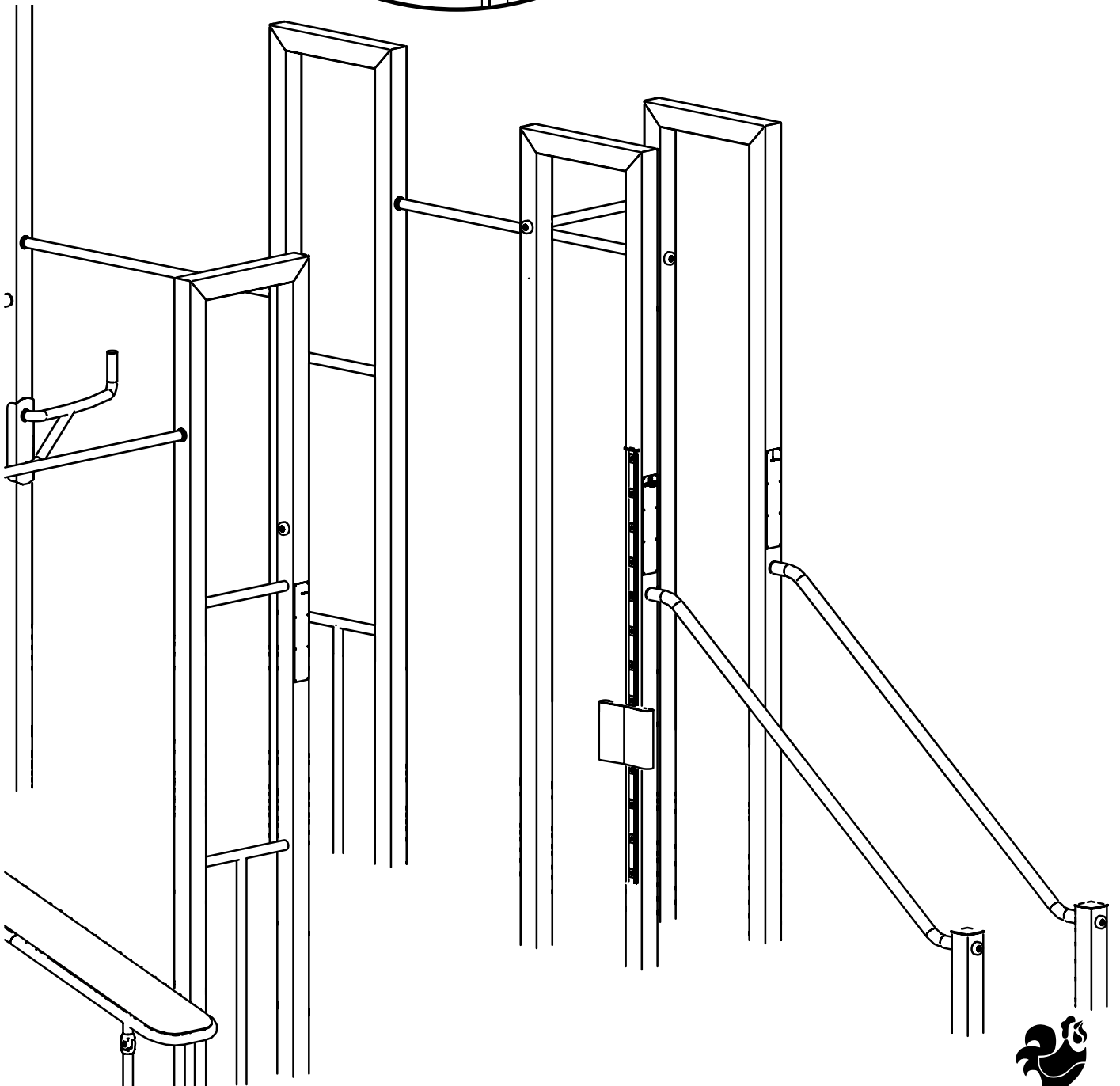


12x =

2015		
x	x	x
x	x	x
x	x	x
x	x	x



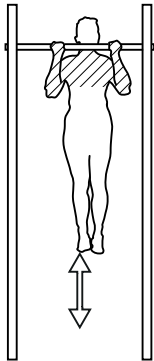
1,5



# 1605 BARFORZ XL INSTRUCTIONSS

## BARFORZ

Pull-up Bar

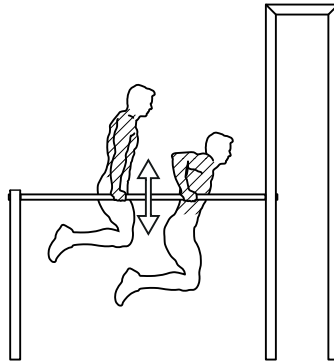


Chin-ups



## BARFORZ

Dip Bar

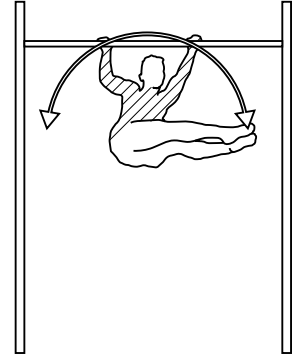


Dips

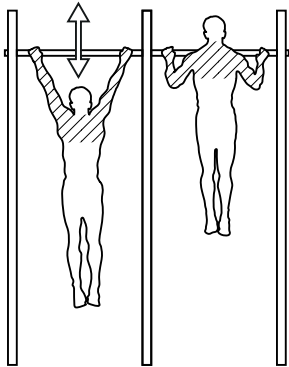


## BARFORZ

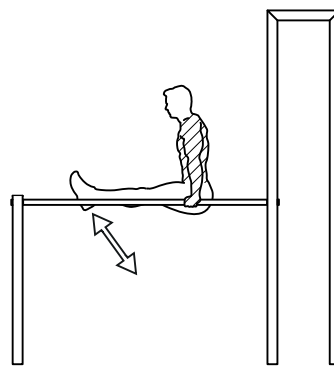
Monkey Bar



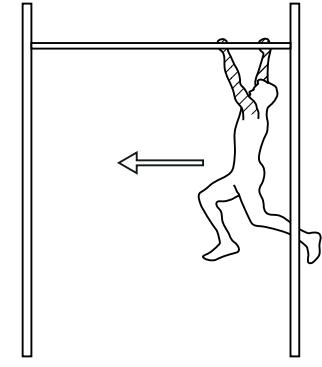
Windshield wipers



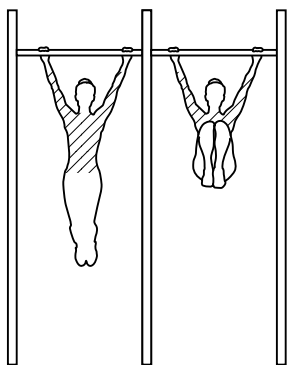
Wide pull ups



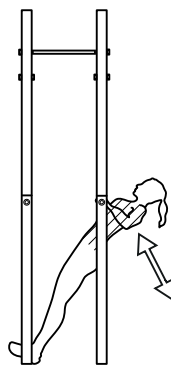
Leg raises



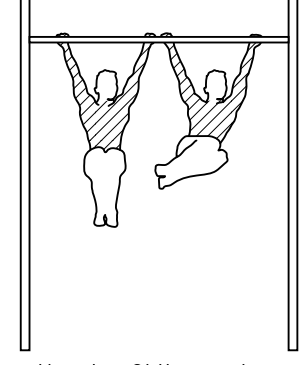
Monkey Bar run



Hanging knee raises



Australian Pull-up



Hanging Oblique raises

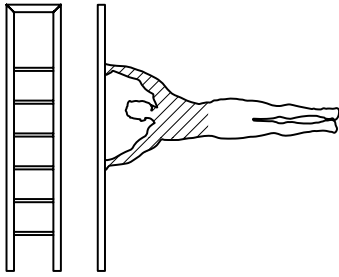


Use of these devices is to own risk. To prevent injury or excessive physical exhaustion: train responsibility. You should check with your doctor. Use of these devices: from 16 years and older.

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

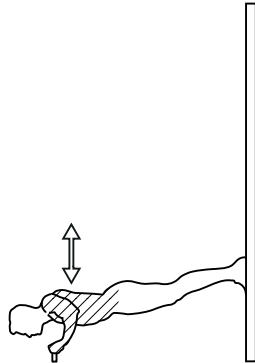
Human Flag



Human Flag  
[Dumbbell icon]

# BARFORZ

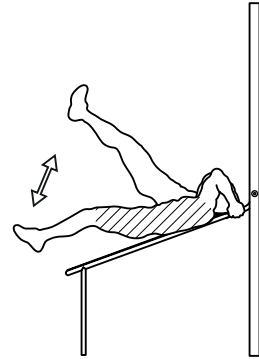
Decline Push up



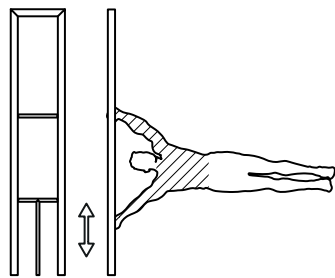
Decline Push-ups  
[Dumbbell icon]

# BARFORZ

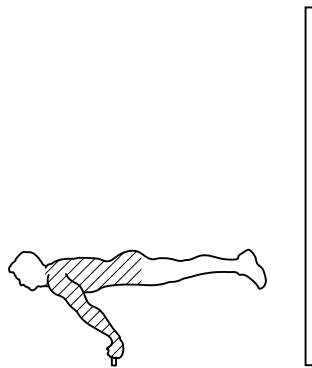
Dragon Flag



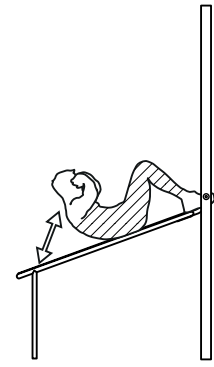
Dragon Flag  
[Dumbbell icon]



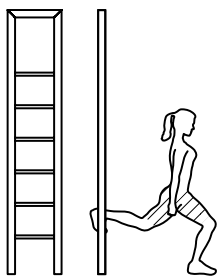
Human Flag Wide Grip  
[Dumbbell icon]



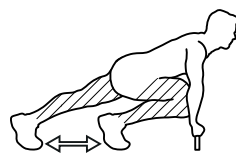
Pseudo planche Push-ups  
[Dumbbell icon]



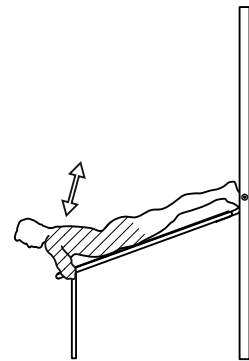
Decline Sit-ups  
[Dumbbell icon]



Decline Lunges  
[Dumbbell icon]



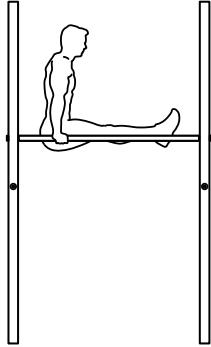
Half Burpees  
[Dumbbell icon]



Hyper Extensions  
[Dumbbell icon]

# BARFORZ

## High Dipbar

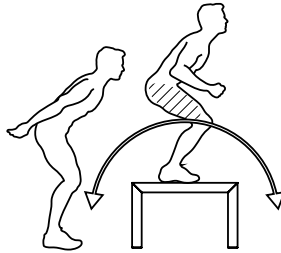


L-sit Hold



# BARFORZ

## Jumping Box



Jump on Box

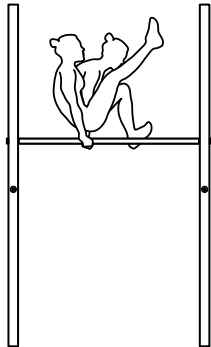


# BARFORZ

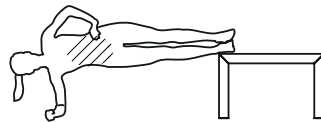
## Abtrainer



Oblique Leg Raises



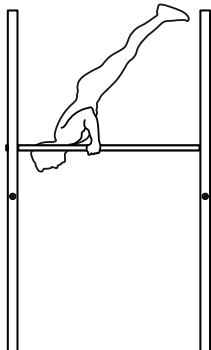
V-ups



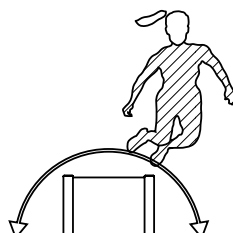
Decline Side Lift



Leg Raises



Bend Arm Handstand



Side Jump



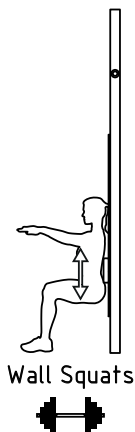
Straight Leg Raises



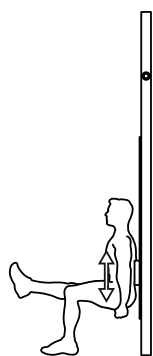
# 1605 BARFORZ XL INSTRUCTIONSS

## BARFORZ

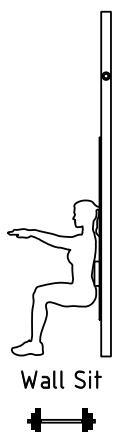
Wall Squat



Wall Squats



Single-Legged Wall Squats

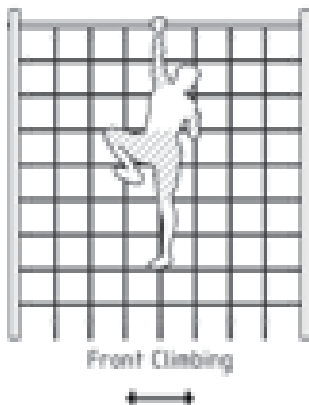


Wall Sit

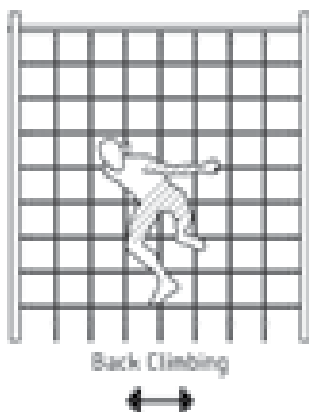


## BARFORZ

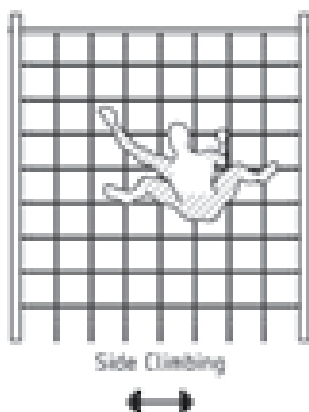
Climbing Wall



Front Climbing



Back Climbing

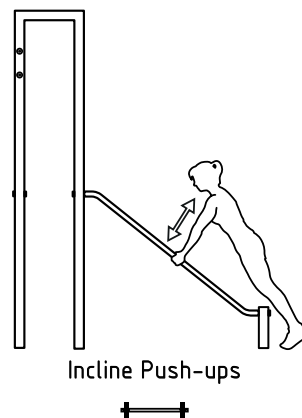


Side Climbing

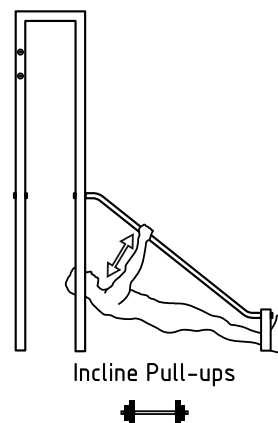


## BARFORZ

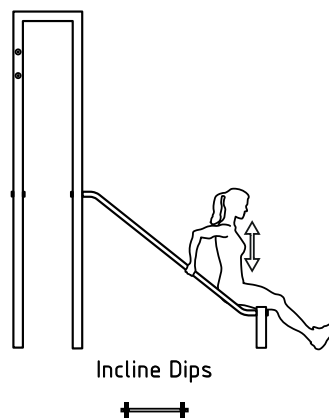
Incline Push up



Incline Push-ups



Incline Pull-ups



Incline Dips



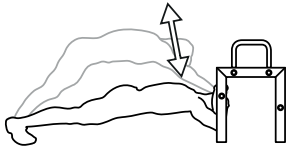
Use of these devices is to own risk. To prevent injury or excessive physical exhaustion: train responsibility. You should check with your doctor. Use of these devices: from 16 years and older.

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

Low Push-up

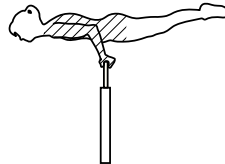


Reverse Bar Dips

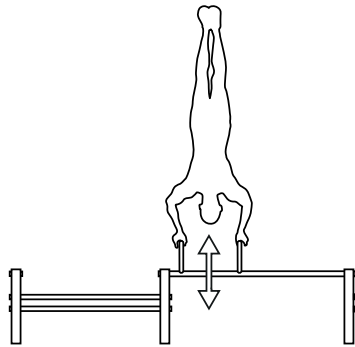


# BARFORZ

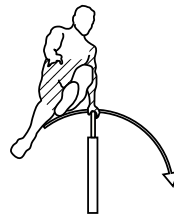
Flair



Elbow Lever



Handstand Push-up



Lazy Vault

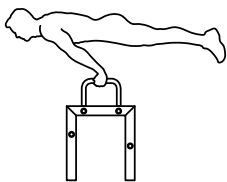
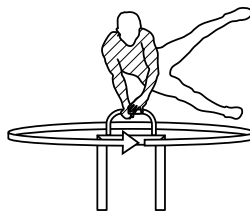


Planche (hold)



Flair



Gebruik van deze toestellen is op eigen

Use of these devices is to own risk. To prevent injury or excessive physical exhaustion: train responsibly. 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.