



**DESIGNED FOR**

Creating XF Rigs and functional fitness training rig solutions

**QUALITY CONSTRUCTION**

Strong sturdy steel tubing and durable powder coat finish

**CUSTOMISED CREATIONS**

Use the rig pieces, components and attachments to create rig solutions to meet all your facility needs

# MUSCLE UPS

## CREATES STABILITY AND A FUNCTIONING MUSCLE UP SPACE

The muscle-up bar is a rugged rod with a grip that is gentle on the skin but still firm enough for maximum performance. There are no sharp edges on the reinforcements, and it is easily mounted between two legs at the top of a Monkey Bar set-up, or as a stabilizer between the two legs. The bars are constructed from a robust 4 mm steel tubing that is welded to the attachment plate.

**ARTICLE CODE**

3003112-01

**LENGTH**

1100 mm / 43.31 in.

**WIDTH**

80 mm / 3.15 in.

**HEIGHT**

245 mm / 9.65 in.

**WEIGHT**

6,25 kg / 13.78 lbs

**WARRANTY**

10 years\*

**COLOUR**

Galvanized - For Outdoor Use  
Only

\* Normal wear and tear does not fall under warranty.