

# FAZ30100

## Step, 20 cm



The step is one of the most simple yet highly versatile training tools, so many exercises can be done with it, from simple step ups to plyometric jumps. Regular sessions will provide both cardiovascular and muscular endurance. Incorporating upper and lower body movements will improve balance and agility, and the constant push up onto the step will increase leg strength.

<b>Product Line</b>	Outdoor Fitness
<b>Category</b>	Cross Training
<b>Age group</b>	13+
<b>Max. fall height (CM)</b>	20
<b>Total height (CM)</b>	20
<b>Safety Zone</b>	10.4 m <sup>2</sup>

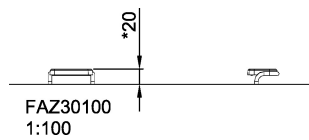
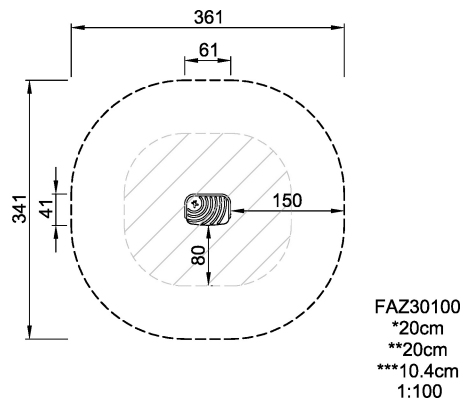


**SUR-  
FACE**

**IN-  
GROU.**



**ASTM**



\* = Highest designated play surface.  
\*\* = Total height of product.

<b>Weight/heaviest parts</b>	kg.	<b>Installation (Manpower)</b>	1 Persons
<b>Concrete required</b>	NaN m3	<b>Installation (Hours)</b>	1 Hours
<b>Foundation amount/footing</b>	NaN	<b>Excavation</b>	NaN m3