

## HALF BENDING BAR



- ❑ Highly modular thanks to its shape and dual-position attachment system
- ❑ Helps gymnasts strengthen their muscles and warm up
- ❑ Can be used as a foam springboard
- ❑ Quick and easy to set-up
- ❑ Can be incorporated into an educative circuit
- ❑ Various applications:
  - Technical (muscle strengthening): abdominal and back exercises
  - Floor use: warm-up exercises, flexibility exercises (work on side splits)
  - Dual purpose on wall bars thanks to its asymmetric shape
  - Educative aid: motor-skill circuits in mini-gym sessions (rolls, etc.)

## TECHNICAL FEATURES

- Dim. = 90 x 50 x 42 cm (L×w×h)
- Foam density: 21 kg/m<sup>3</sup>
- Leather-look cover
- Removable and anti-slip cover
- Four 40mm-wide straps and four quick-release buckles
- Plastic buckles may be replaced (supplied with a kit)

