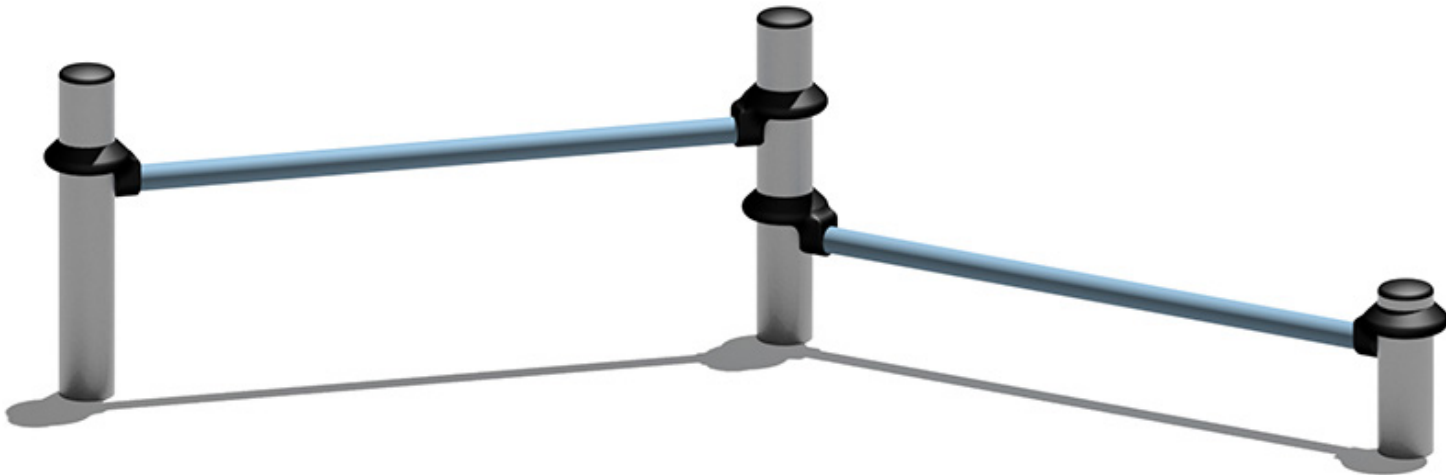


# Push Ups

Push-Ups are beneficial for developing the triceps, pectoral muscles, and shoulders. When done with proper form, they can also strengthen the lower back and core by engaging the abdominal muscles.



## Specifications

Minimum Area of Movement: 13m<sup>2</sup>

Equipment size: 1500mm x 150mm

Max fall height: 200-600mm

## Fitness Types



## Materials

### Colours

Standard powder coat range

### Material specs

Uprights: Anodised Aluminium or HDG Steel

Frames, Arms, Rail, Plates & Supports: Electro Polished or Powder Coated Passivated Stainless Steel, Grade 316

Joints: N/A

Bearings: N/A

Fasteners: Security, Stainless Steel, Grade 304

Clamps: 30% Glass Filled Nylon

Caps: Stainless Steel, Grade 316, Polyethylene

Seats, Back & Arm Support: N/A

Sign Plaques: Anodised Aluminium

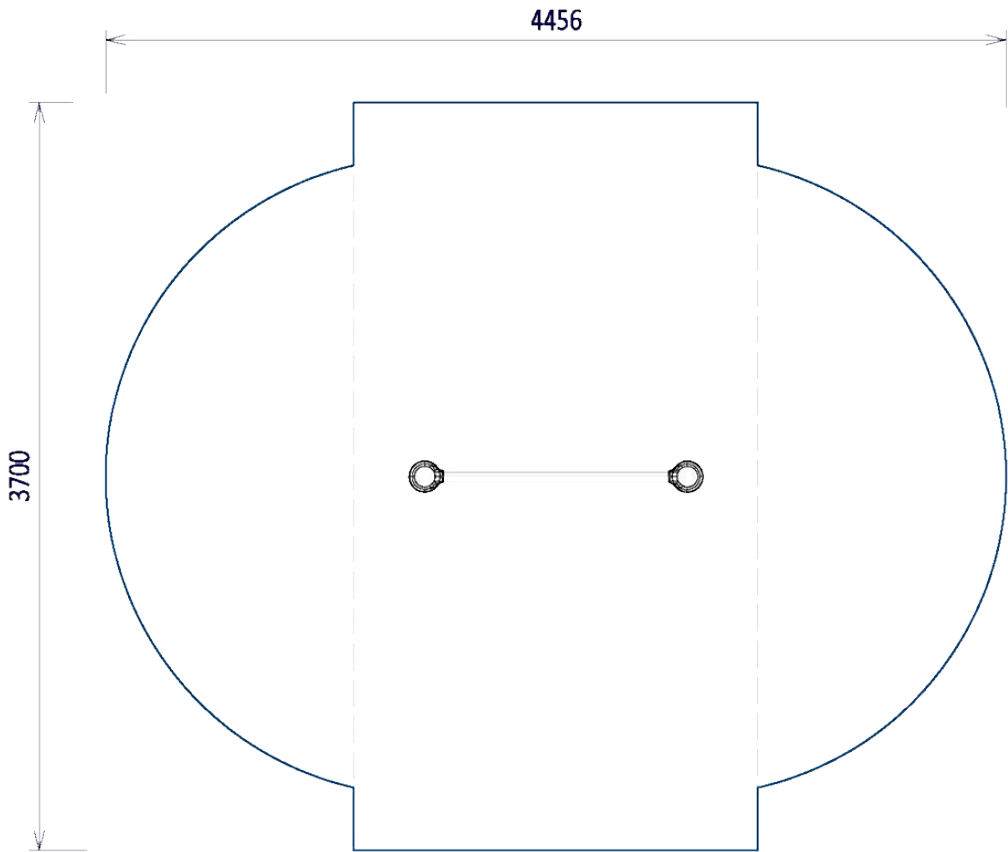
### Standards

Complies with Australian Standards AS 16630:2021 – Permanently Installed Outdoor Fitness Equipment – Safety Requirements & Test Methods (EN 16630:2015, MOD).

\*All information is commercial in confidence and is the property of Forpark Australia. All information is correct as at June 2022  
For details regarding Australian standards, warranties, insurances, QA and installation, please contact your local office.

# Push Ups

Plan View



To learn more about our warranty, compliance, materials, or colour palette and customisation options, contact PlayCo:

1800 655 041 | [hello@playco.com.au](mailto:hello@playco.com.au) | [playco.com.au](http://playco.com.au)