

PRODUCT SPECIFICATIONS

CC-360XL Crossfit

Code: 43110

MRP : 591800.00

360XL, 8 gates crossfit is designed with experienced imagination, best way of combination to variable exercise programs in limited space. You could workout in thousand different way on this machine. Size (LxWxH): 5559 x 4415 x 2578mm Net Weight : 1760 Kgs. Steel Tubing : 60 x 120mm Steel Thickness : 3.0mm

COSCO
SPORTS | FITNESS



DESCRIPTION

Net Weight :	1760 Kgs.
Gates :	8 Gates
Kettlebell :	4kg, 6kg, 8kg, 10kg
Medicinal Ball :	1kg, 2kg, 3kg, 4kg, 5kg
Olympic Bar :	1
Physical Training Rope :	Length 9m, diameter 38mm
Size (LxMxH) Max. :	5559 x 4415 x 2578mm
Steel Thickness :	3.0 mm
Steel Tubing :	120 x 60 mm
Trainig Rope :	4 pieces in set

ELECTRONICS

Functions :

Parallel bars: Wide grip, narrow grip, and support height adjustment. Complete all kinds of training action of parallel bar, with high degree of freedom. Chin-up: With high strength grinding treatment, stable, reliable and comfortable. Wide grip, narrow grip, horizontal, vertical, to meet all the needs of posture. Power Rope: It adopts different ways of shaking to make effective exercise. It is helpful to improve the speed, strength and explosive force. Functional Trainer: It can nearly exercise all parts of the muscle. Hanging Rope: Is Originally from U.S. Navy Seals. It can increase strength, balance force, flexibility and core stability. Sandbag: Punching a sandbag is a necessary method for exercising neck and back muscle. Boxing sport has an especial health care effect on such people working at their desks. Medicine Ball: Suitable for all ages of users, medicine ball can fully exercise the chest, abdomen, back muscles. It can improve the user's explosive force and coordination. Elastic rope: Aimed at the user's small muscle group. With a variety of using methods, effectively preventing muscle strain. Knee raise training: It can specially exercise the waist and abdomen. It can replace the parallel bars to exercise the arm muscle. Springboard trainer: It is for the leg training to improve the user's strength and coordination. It can adjust the height of springboard, for different training intensity.