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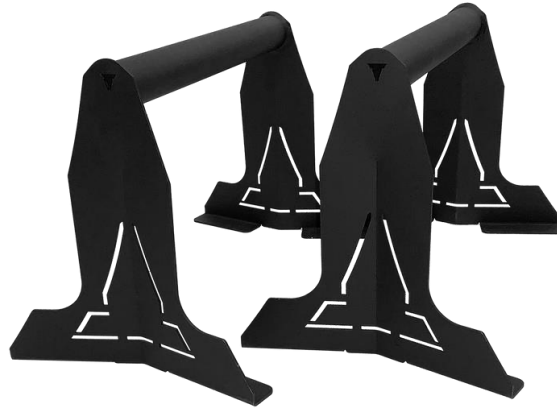
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www.throwdown.nt-rt.ru | | tw@nt-rt.ru

Технические характеристики на принадлежности для силовых тренировок (сумки, стационарные мины, настенные якоря/крючки для боевой веревки, параллеты) компании **THROWDOWN**

Parallettes



Take your bodyweight exercises to the next level

- **A SINGLE PIECE OF EQUIPMENT TO HELP DELIVER RESULTS:** Reinforced metal parallettes provide a strong foundation for upper body and core stabilization exercises. One single piece of equipment that can simultaneously make bodyweight exercise accessible to anyone of any fitness level and challenge every athlete to level up!
- **SECURE LARGE GRIP:** Textured, powder-coated handles create a sure grip
- **MAXIMIZE YOUR WORKOUTS:** Enhance push-ups and core, parallettes are the ultimate fitness tool to build strength and posture
- **READY OUT OF THE BOX:** Fully welded construction, no bolts or assembly required
- **LIGHTWEIGHT and EXCEPTIONALLY STABLE:** Constructed to be balanced and stable.

Technical Specs:

Sold in pairs, 13.7" tall.

Portable Legend Landmine



Weight Gym Grade now for home gyms

- Designed with bronze bearing for smooth reliable movement
- Oversize hardware and nylon bearing to minimize wear to your plates
- Provides multiple ground-based exercises
- Includes handle for easy transport
- Portable for use in or out of a home gym

Full 360 degree swivel with smooth movements

Stationary Legend Landmine



Train in multiple planes-a home gym must

- Excellent variations of rotational exercise possibilities
- True functional fitness equipment
- Great for improvement in strength and power while working your stabilizing muscles of the core, hips and shoulders
- Made to be anchored in place in a commercial gym but can be used in a corner or along a wall
- The base features anchor points what can be used to anchor various bands when the base is anchored in place.

Super Sand Bag



Adjustable sand bag for exactly what you need

Perfect sandbag for increasing functional strength and conditioning

The adjustable weight allows you to add or reduce sand to fit desired resistance and create more of a challenge

This bag is great for beginner to advanced level.

Battle Rope



Reach your goals with this battle rope

- Activate various muscles while building up endurance. Our battle rope is constructed of 3 strand poly Dacron for a good balance of durability and fluid movement.
- Each rope has wrapped handles that are secured with a metal collar.
- Battle ropes are normally anchored around a post or dedicated anchor point.

Standing Battle Rope Anchor



- **EASILY MOUNTS TO THE WALL:** Attaching the Rope Anchor is a quick and easy task for one person. It comes with all the necessary fittings.
 - **PERFECT BATTLE ROPE STORAGE:** Once done with your workout, simply coil the battle rope on the storage hook to keep it out of the way and perfectly stored for use again.
 - **BUILT STURDILY:** The incredibly sturdy steel build of the wall storage hook allows you to develop your core strength to the max without worrying whether it can fully support your weight.
 - (battle rope sold separately) .
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