

Spartan Rig

The O-Spare rig configuration includes four training stations joint together by a monkey bar ladder. This cross roads style design makes this rig the perfect solution for maximising limited gym space. The Spartan Functional Training Rig provides challenging and diverse strength / functional workout options for exercisers of all abilities, during both individual and group training.



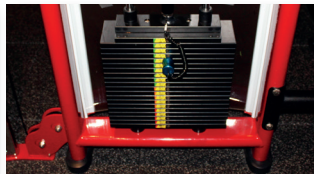
Accessory Storage Trays



4ft Punchbag



Medicine Ball Rebounder



Weight Stack



Technical Specifications

Rating	Commercial
Reccomended Operating Space	8m x 8m
Weight Stacks	2 x 100 kg 2 x 220 lbs
Dimensions	L 480 x W 438 x H 254 cm L 189 x W 173 x H 100 inches

Accessories Included

2 x Suspension Trainers	•
1 x Short Handle Attachments	•
1 x Long Handle Attachments	•
1 x DAP Training Belt	•
9 x Integrated Accessory Storage Trays (for Medicine Balls, Kettlebells etc)	•
6 x U Link adjustment columns (for attaching Suspension Trainers / Power Bands etc)	•
1 x Battle Rope Attachment	•
1 x Adjustable Step / Plyometric Platform	•
1 x Adjustable Dipping Attachment	•
2 x Chin Up Bars	•
1 x Set of Gym Gear Kettlebells (4, 6, 8, 10, 16, 20 & 24kg rubber coated / chrome handled Kettlebells)	•
1 x Medicine BallSet (1, 2, 3, 4 & 5kg)	•
1 xDouble Grip Medicine Ball Set (6, 8 & 10kg)	•
1 x Medicine Ball Rebounder	•
1 x 4ft Punchbag & Bag Mitts	•