# Technical File WOODEN JERK BLOCK





#### DIMENSIONS

900 x 500 x 60-150-300-380 mm Maximum height: 890 mm

#### WEIGHT

Height - 60mm – 12,4 kg - at par 24,8 kg Height - 150mm – 16,8 kg - at par 33,6 kg Height - 300mm – 24,4 kg - ao par 48,8 kg Height - 380mm - 28 kg - at par 56 kg Total weight: 163,2 kg

### FEATURES

**Composition:** Laser cut birch plywood boards. **Color:** Natural birch.

Maximum Capacity: 500 kg

- 4 coupled and conjugated boxes with different heights.
- Top of boxes with disc-locking latches 60mm.
- Block 150mm;
- Block 300mm;
- Block 380mm;

With handles on the sides for easy transport.

All edges of the blocks are rounded for maximum security. Sold at par.

### FINALITY

For technique training in weightlifting and / or powerlifting movements. It helps to adjust the starting height of the desired movement.

## MAINTENANCE

The cleaning of magnesium and dirt must be carried out periodically, preferably every 3 months, focusing especially on the application of a protective wood liquid.

## GARANTIA

For end consumers: 2 years.

For business consumers: 1 year.

Disclaimer of Warranty: When misuse is verified. When proper cleaning and maintenance is not carried out as described in the maintenance point.



