



Climbing boards made of laminated wood used as part of crosstraining workouts.

Description

Working out with the Peg Board can result in great strength and endurance benefits for the back, biceps and the scapular muscles. Different board sizes available. Board thickness: 3,8 cm. Includes 2 pegs. Screws included too. It can be mounted vertically or horizontally.

Technical characteristics

- Reference for diferents measurements:
- 550 800 - Peg board 2 x 4 holes. Size: 245 x 270 mm. Thinckness: 38 mm.
- 550 801 - Peg board 2 x 5 holes. Size: 245 x 720 mm. Thinckness: 38 mm.
- 550 802 - Peg board 2 x 6 holes. Size: 245 x 870 mm. Thinckness: 38 mm.
- 550 803 - Peg board 2 x 7 holes. Size: 245 x 710 mm. Thinckness: 38 mm.
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