

# Vulcan Multigym



# **TECHNICAL SPECIFCATIONS**

Height: 85" (216 cm) Width: 80" (204 cm) Length: 65" (166 cm) Fall Height: 84" (213 cm) Use Zone: 13" x 12" (33 cm x 31 cm) Weight: 450 lbs. (204 kg)

# Instructional Placards: None

**Shipping Dimensions:** 44" (112 cm) W x 45" (122 cm) L x 85" (216 cm) H **Shipping Weight:** 585 lbs. (265 kg)

**Frame:** Constructed of 3/16" and 1/4" thick heavy-duty steel. All fasteners are tamperproof stainless steel carriage bolts with a smooth, rounded head and square neck. The locking nuts are shielded behind a padlocked access hatch.

# Finish:

- All parts have surfaces prepped and cleaned of all mill scale, rust, oils, and dirt using shot blast and/or chemical wash
- Primer coat is applied with epoxy zinc-rich primer (3-4 mil thickness) and cured in oven
  Primer designed for superior rust protection. Tested for 3000 hours of salt spray resistance
- Top finish coat is applied with TGIC-FREE weather-resistant polyester powder (3-4 mil thickness) and cured in oven
  Tested for 1500 hours of salt spray resistance
- All parts inspected to be free of paint defects prior to shipping

**Accessibility**: It is the manufacturers' opinion that the Vulcan Multigym conforms to the A.D.A. accessibility standard, assuming an accessible protective surfacing is provided or within the entire use zone.



#### 16" Plyo Platform

- Steel non-slip diamond treadplate
- Exercises available:
  - Plyo Step Ups
  - Elevated Knee Touches
  - Seated Crunches
  - Box Jumps
  - Bulgarian Squat
  - Incline Push-ups
  - + More

# Vertical Abdominal Knee Raise

- Back pad is angled properly and ergonomically
- Steel forearm pads
- Exercises available:
  - Straight Leg Raise
  - Bent Leg Raise
  - + More

# Adjustable Back Extension Bench

- Adjusts at four different points for people of different heights
- Exercises available:
  - Lower Back Extension

# **Calf Raise**

- Square steel non-slip treadplate
- Exercises available:
  - Single-leg calf raises
  - Double-leg calf raises

#### Chin-up Bar & Dip Bars

- Solid steel assist lip to provide assistance
- Exercises available:
  - Wide Grip Chin-up
  - Narrow Grip Chin-up
  - Hammer Grip Chin-up
  - Dips
  - + More

End of comprehensive technical specifications.