



## Fitwood wall bars AARNI black wood



For 200 years, Swedish wall bars have proven to be one of the best pieces of equipment for gymnastics exercises and training with your own body weight. The AARNI wall bars from Fitwood show that this is still the case today. FitWood wall bars are designed in Finland and manufactured in the EU. They have been developed to support an active lifestyle without compromising on design or sustainable values.

**CHF 949.00**

- Tradition that doesn't have to hide in the new design
- Baltic wood from sustainable cultivation and ethical Finnish production
- Almost endless options to develop agility and strength
- Ideal for children - a perfect combination of sport and play

If you are considering making a fitness machine the central piece of furniture in your home, then your search has come to an end: the AARNI wall bars from Fitwood offer ideal training options for everyone - whether beginner, heavyweight lifter or gymnast:

- Pull-ups comfortably with the extended FitWood top rings
- Stretching and flexibility for back, legs and arms
- Abdominal exercises and sit-ups while hanging
- Push-ups with and without support
- Supported squats
- Calf raises
- For advanced users: muscle-ups (if the ceiling height allows), human flag
- By attaching resistance bands: various pulling and pushing movements for hands and legs, rehabilitation, support for pull-upshellip:
- Attaching children's or Olympic gymnastics rings: Bodyweight rowing and chest movements, dips, various strength and balance exercises for the legs

If the park is not an option, spend your time on the wall bars rather than on the couch. This also applies to the little ones. There's never been a better way to develop your children's coordination and physical strength through play - in the comfort of your own home.



The AARNI wall bars address two main problems with traditional wall bars. Firstly, the positioning and shape of the pull-up bar has been improved: the horizontal distance of the rack has been extended to provide more comfort and play space. Secondly: A single horizontal crossbar has to be very wide and oval-shaped to avoid breaking - uncomfortable to use. The solution is two U-shaped loops that enable circular handles. All this in the dimensions of a standard powerlifting bar and with the warmth of natural wood.

We develop these functionalities without losing sight of our vision of Scandinavian design. The combination of CNC machining and traditional craftsmanship sets our products apart from traditional wall bars. The AARNI wall bars from Fitwood are compact, clear and provide the world's best workout a wall bar can offer.

**Weight limit:** 150kg (330lbs) total or 100kg (220lbs) per side

Finish:

Wooden frame black wood

Wooden beam black wood

Dimensions: W78 x D54 (deepest point) x H220cm

Spacing between the rungs 17cm

Weight 21.5kg

Warranty:

2 years for home use

1 year for light institutional to commercial use

Installation: Through the upper and lower support list on concrete wall or light wall supports. Screws and anchors are included in the packages. You will also need your own tools. Attach the wall bars only to a solid wall such as stone, concrete, solid wood (not suitable for lightweight walls made of wood or plaster).