

Please Contact Elena at [elena@hey-rus-sa.com](mailto:elena@hey-rus-sa.com) for details.

# MB BARBELL™

## SET #1

### MB 7.30 Chest press in standing position with variable loading weight

The equipment is designed to develop pectoral muscles.

Technical characteristics:

Size: (Length x Width x Height), millimeters:

1330x1950x2100.

The equipment's total weight is: 335 kg.

Discs:

- 14 pieces for 10 kg (140 kg).
- 6 pieces for 2,5 kg (15 kg).

Description:

- The bearing carcass is made of P-shaped design 120x80 mm and 3 mm wall thickness.
- A frame painting is done in 2 paint layers what provides a high resistance to blows. The article is not afraid of moisture, temperature changes and atmospheric precipitation.

Zinc primer.

Powder paint layer.

- Standard color: blue with black. Possible variations with green color use.
- Recycling plastic handles (polyvinylchloride material) are on the holder.
- Loading weight is easily changeable by moving discs along the rails.
- Set includes steel, all-metal and rubber discs
- Set includes "Standard" discs with 50 mm diameter.
- In order to avoid any muscle injury P-shaped rectangular design endings are welded.
- For convenience, there is a cover plate from peeled veneer on a back (a birch sliced plywood).
- Bearings are placed on rotation joints.
- Equipment should be mounted on a special prepared concrete platform with twelve M16x125 anchor bolts which are included.
- Rubber cover plates block the exposed anchor bolts elements and for safety are placed on the equipment feet foundation.

Equipment design is patented (reg. № 2515434).



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# MB BARBELL™

## **MB 7.31 Butterfly in standing position with variable loading weight**

The equipment is designed to develop large and small pectoral muscles.

The exercise: Butterfly in standing position.

**Technical characteristics:** Size: (Length x Width x Height), millimeters: 1330x1760x2100.

Equipment's total weight is: 285 kg.

Discs:

8 pieces for 10 kg (80 kg).

6 pieces for 2,5 kg (15 kg).

### **Description:**

- The bearing carcass is made of P-shaped design 120x80 mm and 3 mm wall thickness.
- A frame painting is done in 2 paint layers what provides a high resistance to blows. The article is not afraid of moisture, temperature changes and atmospheric precipitation.

Zinc primer.

Powder paint layer:

- Standard color: blue with black. Possible variations with green color use.
- Recycling plastic handles (polyvinylchloride material) are on the holder.
- Loading weight is easily changeable by moving the discs along the rails.
- Set includes steel, all-metal and rubber discs
- Set includes "Standard" discs with 50 mm diameter.
- In order to avoid any muscle injury P-shaped rectangular design endings are welded.
- For convenience, there is a cover plate from peeled veneer on a back (a birch sliced plywood).
- Bearings are placed on rotation joints.
- Equipment should be mounted on a special prepared concrete platform with twelve M16x125 anchor bolts which are included.
- Rubber cover plates block the exposed anchor bolts elements and for safety are placed on the equipment feet foundation.

**Equipment design is patented (reg. № 2515434).**



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# MB BARBELL™

## MB 7.37 Lat pull in standing position with variable load

The equipment is designed to develop latissimus dorsi muscles.

### Technical characteristics:

Size (LengthxWidthxHeight), mm: 1300x2000x1940.

The equipment's total weight is: 315 kg.

### Discs:

- 14 pieces for 10 kg (140 kg).
- 6 pieces for 2,5 kg (15 kg).

### Description:

- The bearing carcass is made of P-shaped design 120x80 mm and 3 mm wall thickness.
- A frame painting is done in 2 paint layers what provides a high resistance to blows and it is not afraid of moisture, temperature changes and atmospheric precipitation.

Zinc primer.

Powder paint layer.

- Standard color: blue with black. Possible variations with green color use.
- Recycling plastic handles (polyvinylchloride material) are on the holder.
- Loading weight is easily changeable by moving the discs along the rails.
- Set includes steel, all-metal and rubber discs
- Set includes "Standard" discs with 50 mm diameter.
- In order to avoid any muscle injury P-shaped rectangular design endings are welded.
- For convenience, there is a cover plate from peeled veneer on a back (a birch sliced plywood).
- Bearings are placed on rotation joints.
- Equipment set includes twelve M16x125 anchor bolts to be mounted on a concrete platform.
- Rubber cover plate blocks the exposed anchor bolts elements and for safety is placed on the equipment feet foundation.

Equipment design is patented (reg. № 2515434).



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# MB BARBELL™

**MB 7.38 Pull down in standing position with variable load**  
Equipment is designed to develop latissimus dorsi muscles.  
The exercise: Pull down

**Technical characteristics:**

Size (Length x Width x Height), mm: 1540x1800x2450.

Equipment's total weight is: 325 kg.

Discs:

- 14 pieces for 10 kg (140 kg).
- 6 pieces for 2,5 kg (15 kg).

**Description:**

- The bearing carcass is made of P-shaped design 120x80 mm and 3 mm wall thickness.
- A frame painting is done in 2 paint layers what provides a high resistance to blows and it is not afraid of moisture, temperature changes and atmospheric precipitation.

Zinc primer.

Powder paint layer.

- Standard color: blue with black. Possible variations with green color use.
- Recycling plastic handles (polyvinylchloride material) are on the holder.
- Loading weight is easily changeable by moving the discs along the rails.
- Set includes steel, all-metal and rubber discs
- Set includes "Standard" discs with 50 mm diameter.
- In order to avoid any muscle injury P-shaped rectangular design endings are welded.
- Bearings are placed on rotation joints.
- Equipment set includes twelve M16x125 anchor bolts to be mounted on a concrete platform.
- Rubber cover plate blocks the exposed anchor bolts elements and for safety is placed on the equipment feet foundation.

**The equipment design is patented.**



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# MB BARBELL™

## **MB 7.40 Squat in standing position with variable load**

The equipment is designed to develop quadriceps femoris muscle, gluteus medius muscle, gluteus maximus muscle. The exercise: squat down, socks foot stand on the platform, lift the heels as high as possible.

### **Technical characteristics:**

Size (Length x Width x Height), mm: 1580x1860x1940.

Equipment's total weight is: 345 kg.

Discs:

- 14 pieces for 10 kg (140 kg).
- 6 pieces for 2,5 kg (15 kg).

### **Description:**

- The bearing carcass is made of P-shaped design 120x80 mm and 3 mm wall thickness.
- A frame painting is done in 2 paint layers what provides a high resistance to blows and it is not afraid of moisture, temperature changes and atmospheric precipitation.

Zinc primer.

Powder paint layer.

- Standard color: blue with black. Possible variations with green color use.
- The loading weight is easily changeable by moving the discs along the rails.
- The set includes steel, all-metal and rubber discs
- The set includes "Standard" discs with 50 mm diameter.
- In order to avoid any muscle injury P-shaped rectangular design endings are welded.
- The bearings are placed on rotation joints.
- For convenience, the article is equipped with "easy start operation" lever.
- The equipment set includes twelve M16x125 anchor bolts to be mounted on a concrete platform.
- To squat down use thin heels detent.
- To lift socks foot use 60x60mm platform.
- For safety anti-slip tape is glued to the platform.
- Rubber cover plate blocks the exposed anchor bolts elements and for safety is placed on the equipment feet foundation.

**Equipment design is patented. (reg. № 2515434).**



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# MB BARBELL™

**MB 7.41 Deadlift in standing position with variable load** The equipment is designed to develop latissimus dorsi muscles, posterior deltoids, infraspinatus muscles.

The exercise: deadlift, lean your body forward, about 45° lift in bending position, lift the shoulders.

**Technical characteristics:**

Size (Length x Width x Height), mm: 1670x1800x1840.

The equipment's total weight is: 345 kg.

Discs:

- 14 pieces for 10 kg (140 kg).
- 6 pieces for 2,5 kg (15 kg).

**Description:**

- The bearing carcass is made of P-shaped design 120x80 mm and 3 mm wall thickness.
- A frame painting is done in 2 paint layers what provides a high resistance to blows and it is not afraid of moisture, temperature changes and atmospheric precipitation.
  - 1) Zinc primer.
  - 2) Powder paint layer.
- Standard color: blue with black. Possible variations with green color use.
- The loading weight is easily changeable by moving the discs along the rails.
- Set includes steel, all-metal and rubber discs
- Set includes "Standard" discs with 50 mm diameter.
- In order to avoid any muscle injury P-shaped rectangular design endings are welded.
- Recycling plastic handles (polyvinylchloride material) are on the holder.
- Bearings are placed on rotation joints.
- Equipment set includes twelve M16x125 anchor bolts to be mounted on a concrete platform.
- Rubber cover plate blocks the exposed anchor bolts elements and for safety is placed on the equipment feet foundation.

**The equipment design is patented (reg. № 2515434).**

