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MB BARBELL™

SET #3

MB 7.29 Bench press in standing position with variable loading weight

The equipment is designed to develop middle portions of the deltoid muscles, as well as the upper parts of the trapezius muscle. The exercise: bench press in standing position

Technical characteristics:

Size: (Length x Width x Height) ,millimeters:1350x2070x2060.

The equipment's total weight is: 265 kg.

Discs:

- 10 pieces for 10 kg (100 kg).
- 6 pieces for 2,5 kg (15 kg).

Description:

- 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.
- 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.
- 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 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 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.

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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 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.

MB 7.39 Biceps curl in standing position with variable load

The equipment is designed to develop brachioradialis and front part of deltoid muscles. Exercise: biceps curl.

Technical characteristics:

Size (Length x Width x Height), mm: 1580x1880x2000.

The equipment's total weight is: 245 kg.

Discs:

- 6 pieces for 10 kg (60 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.



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- Standard color: blue with black. Possible variations with green color use.
- Recycling plastic handles (polyvinylchloride material) are on the holder.
- 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.
- 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.

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.



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- 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).

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.

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MB 7.45 Gluteus radial in standing position with variable load.

Equipment is designed to develop gluteus maximus.

Exercise: pull the leg back.

Technical characteristics:

Size (Length x Width x Height), mm: 1660x2070x1700.

The equipment's total weight is: 327 kg.

Discs:

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

Description:

- 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.
- 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.



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

MB 7.46 Vertical rope pull in standing position with variable load. Equipment is designed to develop triceps brachial muscle.

Exercise: Vertical rope pull.

Technical characteristics:

Size (Length x Width x Height), mm: 1340x1770x2560.

Equipment's total weight is: 250 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 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



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- green color use.
- Recycling plastic handles (polyvinylchloride material) are on the holder.
- The handles with a diameter of 15 mm are made of synthetic rope threads. That's why simplicity and durability are achieved.
- 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.

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MB 7.47 Street Workout

Equipment is designed to develop almost all muscle groups of the body, depending on the selected part of the article.

Exercise:

- Wide and narrow grip pull-ups
- Hyperextension
- Parallel bars press
- Climb up of torso
- Chest-to-Bar pull up
- Legs raising ("Corner")

Technical characteristics:

Size (Length x Width x Height), mm: 3150x1900x2900.

Weight: 496 kg.

Description:

- Bearing carcass is made from the pipe of 74 mm diameter and 6 mm 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.
- Equipment set includes discs, 3 pieces of 15 kg, 20 kg, 25 kg.
- Discs and exercise belt are fixed on a chain.
- For convenient using there is the discs storage.
- For convenience, there is a cover plate from peeled veneer on a back (a birch sliced plywood).
- To increase the load you can use "Euro classic discs with handles" with variable weight of 10 kg, 15 kg and 20 kg.
- A roof (an industrial visor) is made of ABS plastic 5 mm thick.



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- The equipment set includes sixteen M16x125 anchor bolts to be mounted.
- LED lamp (220 v) is built in a roof.

Rubber cover plate blocks the exposed anchor bolts elements and for safety is placed on the equipment feet foundation.

MB 7.48 The roof

Its purpose is to protect equipment and users from scorching sun and atmospheric precipitation.

Technical characteristics: Size (LengthxWidthxHeight), mm: 2670x1650x2900. Weight: 215 kg.

Description:

- Bearing carcass is made from the pipe of 74 mm diameter and 6 mm 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.
- A roof is made of ABS plastic 5 mm thick.
- The equipment set includes sixteen M16x125 anchor bolts to be mounted.
- LED lamp (220 v) is built in a roof.
- Rubber cover plate blocks the exposed anchor bolts elements and for safety is placed on the equipment feet foundation.

MB 7.49 Outer thigh in standing position with variable load.

Equipment is designed to develop medius gluteal muscles and minimus gluteal muscles. The exercise: outer thigh.

Technical characteristics: Size (LengthxWidthxHeight), mm: 1870x1770x2110. The equipment's total weight is: 390 kg.

Discs:

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

Description:

- 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.

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.
- Bearings are placed on rotation joints.
- The equipment set includes twelve M16x125 anchor



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The logo for MB BARBELL features the letters 'MB' in a large, bold, red font. To the right of 'MB', the word 'BARBELL' is written in a white, 3D-style font with a grey shadow effect. A small 'TM' trademark symbol is positioned at the top right of the 'LL'.

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).