



Single Swedish wall bar for rehabilitation h948_01

Swedish wall bar in pine wood h948_01, ideal for gymnastics and rehabilitation. Dimensions: W 97 x D 12 x h 243 cm. Wall mounting.

The **Swedish wall bar h948_01** is an indispensable tool for those who want a complete and functional workout, suitable for both **general gymnastics** and **physical rehabilitation**. Made entirely of high-quality **pine wood**, this single wall bar is robust and durable, with a classic design that fits perfectly in **gyms, sports centers, and rehabilitation clinics**.

Its structure includes **vertical and transverse bars** that offer secure and stable support for performing a wide range of exercises. The transverse bars allow for **traction, stretching, muscle strengthening, and suspension** exercises, helping to improve **flexibility, strength, and balance**. It is a very versatile tool, used for both **functional training and rehabilitation** programs, thanks to the possibility of adjusting the intensity of the exercises according to the user's needs.

This wall bar is particularly suitable for those following **motor rehabilitation** paths, allowing them to gradually recover mobility and strength, thanks to customizable exercises that work on specific muscles or the entire body. Regular use of the wall bar can help improve **posture, coordination, and muscular endurance**.

With dimensions of **243 cm in height, 97 cm in width, and 12 cm in depth**, the **Swedish wall bar h948_01** offers a complete and accessible training space for users of all ages and skill levels. It is easy to install and guarantees perfect stability and safety during use. Once mounted, the wall bar occupies minimal space, making it ideal for small home environments or for gyms with limited space.

The **pine wood**, used for both the vertical and transverse bars, is not only aesthetically pleasing but is also highly resistant to wear, ensuring long-term durability of the equipment. Furthermore, the natural wood adds a touch of elegance and warmth to the environment, integrating perfectly into any space.

Thanks to its robust construction and quality materials, the Swedish wall bar **h948_01** is a perfect solution for those who want to improve their physical condition, working on **flexibility, muscle strength, and motor recovery**, in a safe and comfortable way.

Make your gym or rehabilitation center complete with the **Swedish wall bar h948_01!** Made of pine wood and perfect for every type of exercise. **Buy now** or **request a quote** for more details.

Technical features:

- **Material:** pine wood
- **Total dimensions:** W 97 cm x D 12 x h 243 cm
- **Bars:** vertical and transverse in pine wood, ensuring stability and support
- **Fixing:** wall-mounted for a stable and safe installation
- **Use:** ideal for gymnastics, training, and physical rehabilitation

User benefits:

- **Robustness and durability** thanks to the quality of the pine wood.
- **Versatile** for strengthening, stretching, and rehabilitation exercises.
- **Guaranteed safety** thanks to the stable wall mounting.
- **Easy to install** in any home or professional environment.
- **Suitable for every type of training**, both daily and rehabilitative.

FAQ:

1. **What exercises can I do with the Swedish wall bar h948_01?**
The wall bar is ideal for **stretching, traction, suspension, and muscle strengthening** exercises. It is also perfect for **physical rehabilitation** exercises, improving strength, flexibility, and posture.
2. **What benefits does regular use of the wall bar offer?**
Regular use of the wall bar helps improve **posture, muscle strength, flexibility, and coordination**. It is particularly useful in **physical rehabilitation** programs, allowing for a gradual recovery of mobility.
3. **Does it require much maintenance?**
No, pine wood is resistant and requires only minimal maintenance. Just clean it periodically to keep the wall bar in optimal condition.
4. **Is it suitable for professional gyms or rehabilitation centers?**
Yes, the wall bar is perfectly suited for use in **gyms and rehabilitation centers** thanks to its robustness, versatility, and ability to withstand frequent and intensive use.

Mini buying guide:

The **Swedish wall bar h948_01** is the perfect equipment for those looking for a versatile tool, ideal for **gymnastics, functional training, and physical rehabilitation**. Made of pine wood, a material known for its **robustness and durability**, this wall bar offers secure support for a wide range of exercises, from pull-ups to stretches, to suspension exercises. Thanks to its **compact dimensions and wall mounting**, it is suitable for both home spaces and gyms or rehabilitation centers. Its classic design makes it an elegant and functional addition to any environment.

Swedish wall bar for gymnastics, rehabilitation equipment, pine wood wall bar, wall-mounted Swedish ladder, wall bar for functional training, professional rehabilitation wall bar, indoor gymnastics wall bar, muscle rehabilitation tool, gym wall bar, wall bar for physical strengthening.

**Image purely indicative.*

INFORMATION

- **Tipologia Singola**
- **Width in millimeters** 970.000000

- Depth in millimeters 120.000000
- Height in millimeters 2430.000000



Single Swedish wall bar for rehabilitation h948_01



Single Swedish wall bar for rehabilitation h948_01

Tipologia: Singola
Width in millimeters: 401 mm
Depth in millimeters: 400 mm
Height in millimeters: 399 mm