

# Parallettes Calisthenics Crossfit Push Up Bars Gymnastics Bodyweight Yellow Fitness



Location **East Midlands, Nottinghamshire**  
<https://www.freeadsz.co.uk/x-417248-z>

1 PAIR - YELLOW Powdercoated steel Parallettes, Rubberised feet, foam handles.

Ideal for:

Crossfit

Calisthenics

Street Training

Body Weight Exercises

Gymnastics

Dimensions: 62cm W x 95cm H x 42cm D cm

Heavy Duty Construction

Double Allen Bolt fixings

45mm Diameter Handles

28 Stone Max User Weight

Parallettes are essential for building huge pressing strength using a vast variety of excersises  
 Push Ups, including one handed push ups, Hand Stand push ups, Dips, Tricep extentions, L Sits,  
 Planche, V Sits Hardly used, selling as I am moving abroad! Please message me with any questions or  
 interest. £60, may consider offers. Thanks



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