

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## CATALOG 2021



**PATENTED VARIABLE LOADING  
WEIGHT SYSTEM**

**MORE THAN 20 UNIQUE MACHINES  
FOR TRAINING OF ALL GROUPS OF  
MUSCLES**

**CROSSFIT READY**

**SAFE TRAINING FOR  
PROFESSIONALS & BEGINNERS**

**VANDAL-RESISTANT &  
THEFTPROTECTION**

**HIGH RESISTANT TO WEATHER AND  
CLIMATIC INFLUENCES**

**HIGH QUALITY GUARANTEED**





UNDERWEAR



STREET BARBELL  
СИЛОВЫЕ УПЯТЫЕ ПРАКТИЧЕСКИ СОН

www.mbbbarbell.com  
www.streetbarbell.com  
www.sportmb.com

ARBELL™  
www.sportmb.com

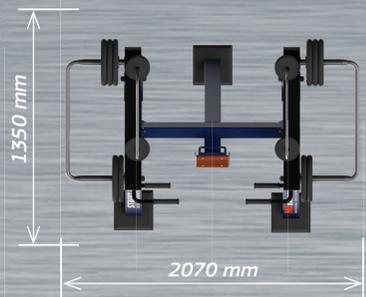
# **STREET BARBELL**

OUTDOOR STRENGTH EQUIPMENT *line*

**StreetBarbell** — is a unique strength outdoor trainers of professional level for training of all groups of muscles. Using of the patented system of load change allows effectively build up the strength and mass of muscles. StreetBarbell line contains of 24 items, including dumbbell sets with different weights and advanced trainers with convergent and divergent biomechanics. In 2016, StreetBarbell trainers were nominated for the FIBO INNOVATION AWARD and included in the list of EUROPEAN TOP 10 fitness trends of the year. The trainers comply with the European safety standards for both indoor and outdoor usage. In addition, a number of distinctive features makes them even more different from others:

- ▶ All equipment has **THE UNIQUE PATENTED VARIABLE LOADING SYSTEM.**
- ▶ All exercises of **StreetBarbell** series equipment are performed in a standing position.
- ▶ Bending the knees, the athlete can take the best starting position to perform the exercises.
- ▶ The ability to perform exercises with both hands and alternately with each hand separately increases the movements depth and the exercises variations.
- ▶ Each lever has a dual load weight system (large and small weights), which allows to change the load with a step of 2.5 kg (protected by patent).
- ▶ The handles are made of durable polymer.
- ▶ The equipment may be supplemented by a special roof made of ABS plastic, which protects athlete and the trainer from rain and direct sunlight. The lighting built into the roof makes the training process comfortable during the dark time.
- ▶ The athlete-equipment contact spots are covered for convenience with a multi-layered water-resistant plywood, which has less thermal conductivity than metal.
- ▶ The trainer has special slots for towels.
- ▶ Each lever has a load change movement pointers.
- ▶ Safe for children. The high location of weights provides equipment inaccessibility to young children.
- ▶ Special seals protect bearings and rotating components.
- ▶ The equipment is painted with special zinc primer and powder paint that protect from the rust and allows its usage in any weather conditions.
- ▶ Fasteners to the ground are protected with rubber pads.

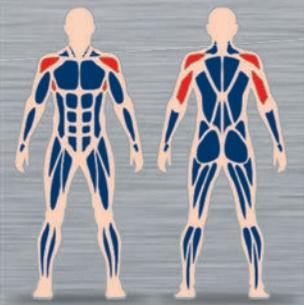
# MB 7.29 BENCH PRESS IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

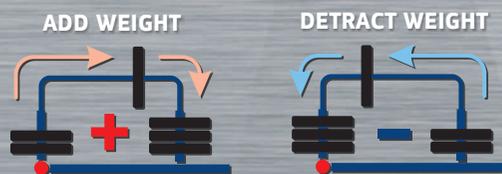


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.29 "Bench Press in Standing position" is designed to develop middle portions of the deltoid muscles, as well as the upper parts of the trapezius muscles, serratus anterior muscles and triceps.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND  
**57,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**265 kg**

# STREET BARBELL

## OUTDOOR STRENGTH EQUIPMENT *line*



**START**



**FINISH**

### PULL-UPS

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the closest handles.
4. Straighten your knees and push your back against the support, thus taking the starting position.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.

### ANGLE PULL-UPS

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the farthest handles.
4. Straighten your knees and push back against the support, thus taking the starting position.
5. Smoothly straighten your arms at the angle.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.



**START**



**FINISH**

### MILITARY PRESS

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the farthest handles from the equipment.
4. Straighten your knees holding the handles on your shoulders, thus taking the starting position.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.



**START**



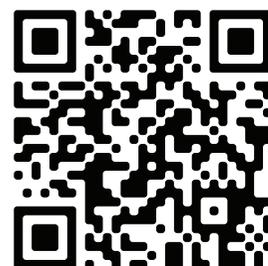
**FINISH**



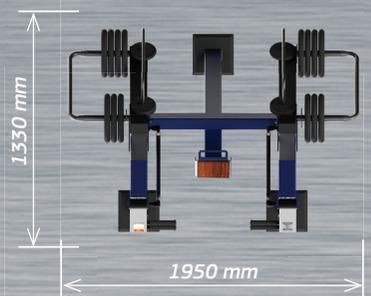
The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.



TO SEE  
**THE TUTORIAL**  
**FOR THIS TRAINER**  
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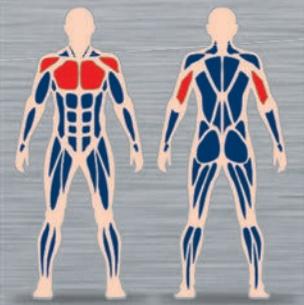
# MB 7.30 CHEST PRESS IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

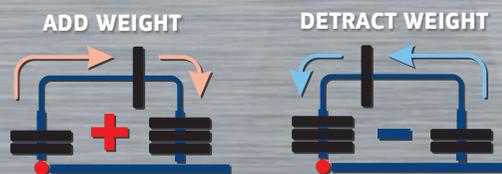


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.30 "Chest Press in Standing position" is similar to standing bench press, except that it is characterized by a greater movements depth, which contributes to a better stretch of a large pectoral muscles. There are also involved triceps and front part of the deltoid muscles



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND  
**77,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**335 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “CHEST PRESS IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push your back against the support, straighten your knees and adjust the body position so the handles are at the chest level.
4. Smoothly straighten your arms.
5. Slowly return your arms to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START

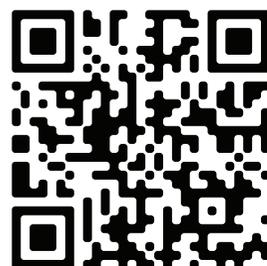


FINISH

 The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.



TO SEE  
[ THE TUTORIAL ]  
FOR THIS TRAINER  
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MB 7.29

MB 7.30

MB 7.31

MB 7.32

MB 7.33/7.34

MB 7.37

MB 7.38

MB 7.39

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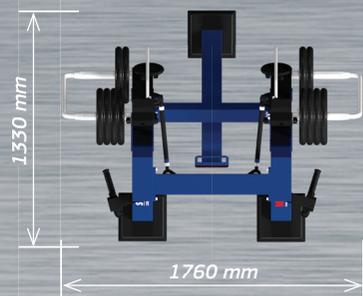
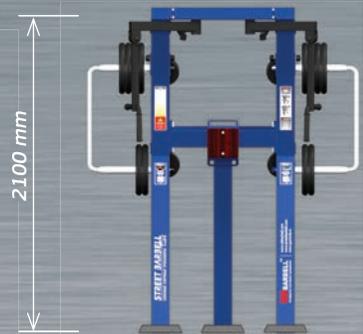
MB 7.52

MB 7.53

MB 7.54

MB 7.55

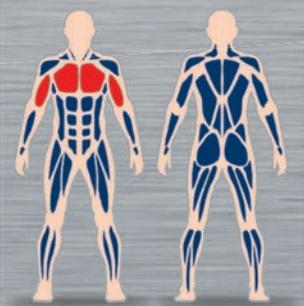
# MB 7.31 BUTTERFLY IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

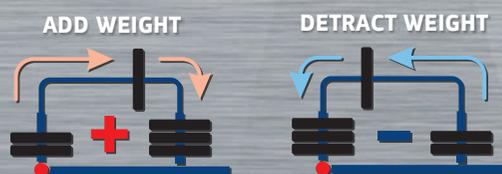


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.31 "Butterfly in Standing position" is designed to develop large pectoral muscles. During the reduction it localizes the effort on the chest muscles level and also is developing the coracobrachialis muscles and the short head of the biceps.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS



THE SET INCLUDES RUBBERISED WEIGHTS

MAXIMUM LOAD ON EACH HAND  
**47,5 kg**

THE EQUIPMENTS TOTAL WEIGHT  
**285 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “BUTTERFLY IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push your back against the support, straighten your knees and adjust the body position so the handles are at the chest level.
4. Grip the handles, arms slightly bent, strictly parallel to the ground.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



START

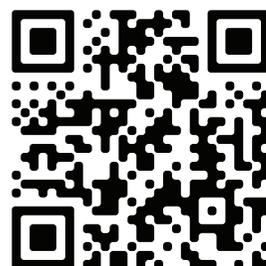


FINISH

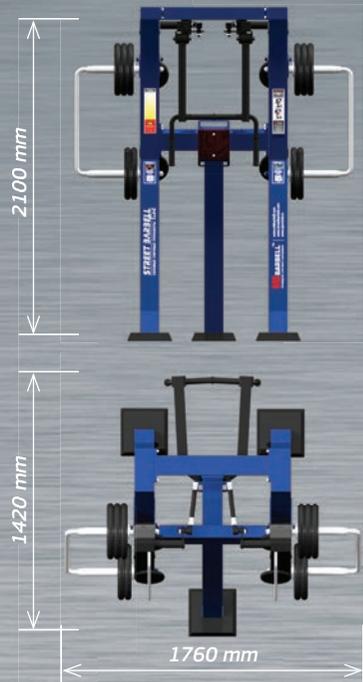
 The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.



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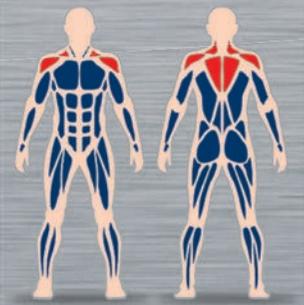
# MB 7.32 BUTTERFLY REVERS IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

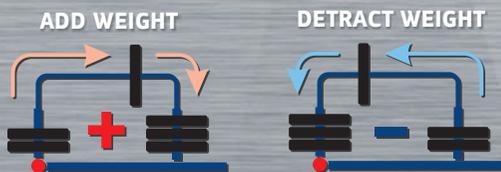


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



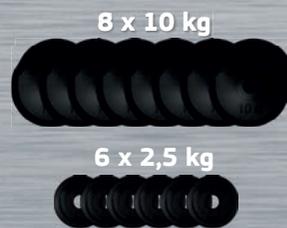
ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.32 "Butterfly revers in Standing position" is designed to develop deltoid muscles, especially the back part, infraspinatus muscle, teres minor muscle.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND  
**47,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**285 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “BUTTERFLY REVERS IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push your back against the support, straighten your knees and adjust the body position so the handles are at the chest level.
4. Grip the handles, arms slightly bent, strictly parallel to the ground.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



START

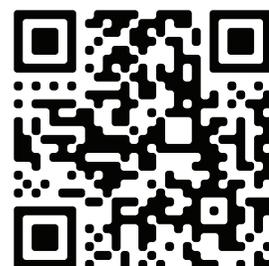


FINISH

 The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.

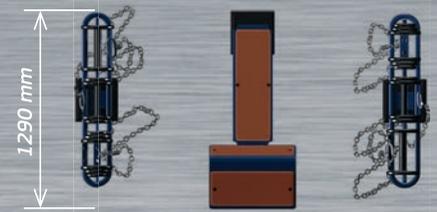


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# MB 7.33 & MB 7.34 DUMBBELL SET

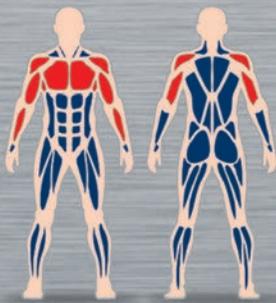
WITH VARIABLE LOAD



**DIMENSIONS**



THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



**ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT**

The equipment MB 7.33/7.34 "Dumbbell set" are designed to develop arm muscles, deltoid and pectoralis major muscles.  
 Note: possibility to do more exercises on almost all muscle groups.



MB 7.33 Dumbbell set

**MAXIMUM LOAD ON EACH HAND**  
**18,5/31 kg**



MB 7.34 Dumbbell set

**THE EQUIPMENTS TOTAL WEIGHT**  
**171/236 kg**

# STREET BARBELL

## OUTDOOR STRENGTH EQUIPMENT *line*

### DUMBBELL LATERAL RAISE LYING

1. Choose suitable dumbbell weight.
2. Lying on a bench, stretch your arms to the front.
3. Slightly bent at the elbows, arms to the side so that elbows are on the shoulders level horizontally.
4. Slowly return to starting position.
5. Perform the exercises in 4 sets of 10 repetitions.



START

FINISH

### DUMBBELL BENCH PRESS SEATED

1. Choose suitable dumbbell weight.
2. Sitting on a bench, hold dumbbells grip on top shoulder level, palms facing forward.
3. Squeeze the dumbbell up to the straight hands.
4. Slowly return to starting position.
5. Perform the exercises in 4 sets of 10 repetitions.



START

FINISH

### CULTS ON THE SCOTT BENCH

1. Choose suitable dumbbell weight.
2. Bending your knees, adjust the body position.
3. Hands are arranged in parallel on the Scott bench, the chest against the support.
4. Smoothly bend your arms at the elbows.
5. Slowly return to starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



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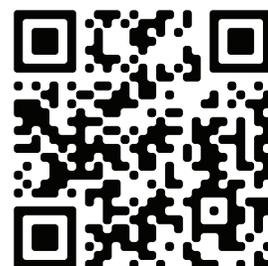
FINISH



- When performing exercise "Scott Reverse Curl" do not spread the arms entirely at the lowest point! This can lead to injury.
- In order to avoid any muscle injury when using heavier weights it is required to take extra caution.



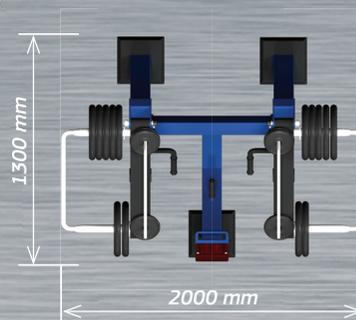
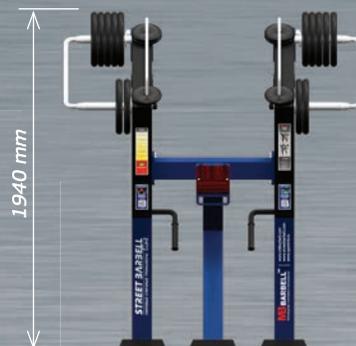
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# MB 7.37 LAT PULL

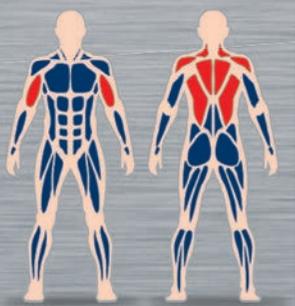
WITH VARIABLE LOAD



DIMENSIONS

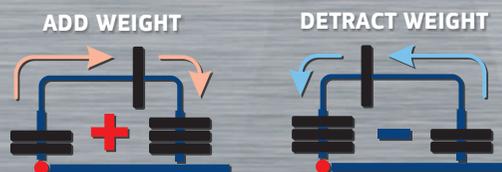


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.37 "Lat Pull" is designed to develop latissimus dorsi muscles, teres major muscles, deltoid muscles, infraspinatus muscle, also while scapulas reduction - rhomboid muscles, trapezius muscle (its middle part) and forearm flexor.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND

**77,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT

**315 kg**

# STREET BARBELL

## OUTDOOR STRENGTH EQUIPMENT *line*

START



FINISH



### TWO HAND EXERCISE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Push your chest or stomach against the support. The back straight.
4. Alternately grip the equipments handles.
5. Smoothly bend your elbows, redact scapulas.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.

START



FINISH



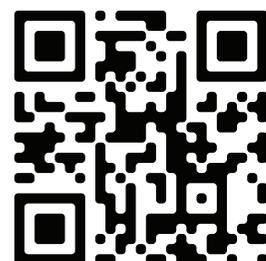
### ONE HAND EXERCISE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, pull your leg forward, grip the handle.
3. Push your chest or stomach against the support, grip the other handle on it with your other hand.
4. Smoothly pull the handle as high as possible, moving elbow back as much as possible, ensure that the hand does not significantly deviate from the body. Do not turn your body relatively to the equipment.
5. Slowly return your arms to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.

 The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.

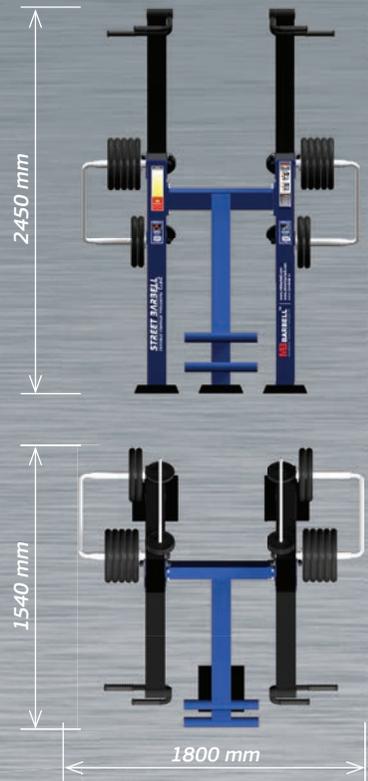


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# MB 7.38 PULL DOWN

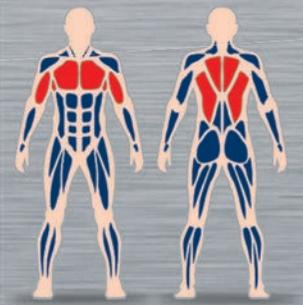
WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

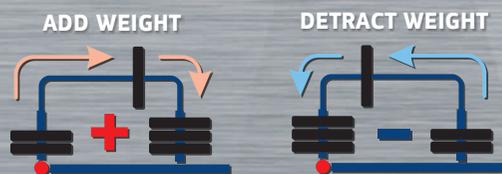


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.38 "Pull down" accents the load on middle part of latissimus dorsi muscles, affecting trapezoidal, rhomboid muscles, biceps, shoulders, while chest deadlift - pectoralis major muscles. "Chest deadlift" exercise increases the thickness of the back, and "shoulder deadlift" - width.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND

**77,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT

**325 kg**

# STREET BARBELL

## OUTDOOR STRENGTH EQUIPMENT *line*

START



FINISH



### CHEST

1. Adjust weight on both leavers.
2. Stand with your front to the equipment and grip the handles. To reach them use stoop.
3. Feet shoulder width apart. Feet on the lowest part of the stoop. Body leaned back.
4. Smoothly pull the handles to the upper part of the chest, retract scapulas as much as possible.
5. Slowly return your arms to the starting position.
6. After doing the exercise move up the stoop and release the handles.
7. Perform the exercises in 4 sets of 10 repetitions.

START



FINISH



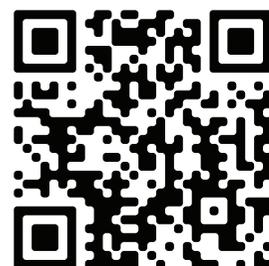
### SHOULDERS

1. Adjust weight on both leavers.
2. Stand with your front to the equipment and grip the handles. To reach them use stoop.
3. Feet shoulder width apart. Feet on the lowest part of the stoop. Back straight.
4. Smoothly pull the handles to the shoulders, moving elbows to your body.
5. Slowly return your arms to the starting position.
6. After doing the exercise move up the stoop and release the handles.
7. Perform the exercises in 4 sets of 10 repetitions.

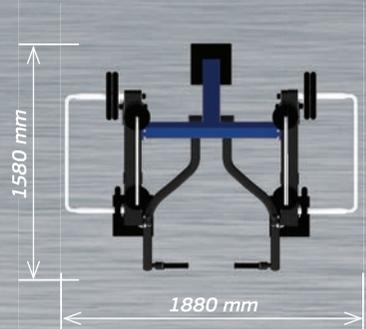
 The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.



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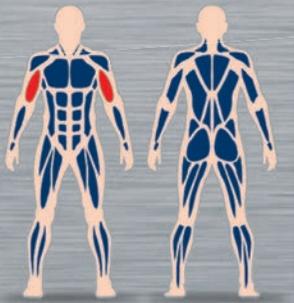
# MB 7.39 BICEPS CURL IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

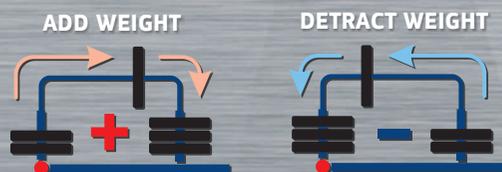


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



## ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.39 "Biceps curl in Standing position" is designed to develop biceps. The secondary load is distributed on brachioradialis and front part of deltoid muscles.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND  
**37,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**245 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

START



FINISH



## TWO HAND EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Grip the handles.
4. Slightly bend your knees and pull the body forward for greater stability.
5. Smoothly bend your elbows.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.

## ONE HAND EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, pull your leg forward, grip the handle. Turn your body on 30 degrees in the direction of working hand.
3. Grip the handles.
4. Slightly bend your knees and pull the body forward for greater stability.
5. 5. Smoothly bend your elbow.
6. Slowly return your arm to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.

START



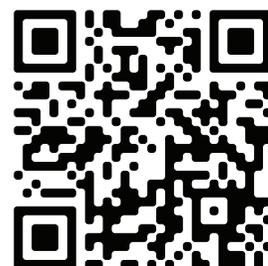
FINISH



- The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of grips increases the movements depth and the exercises options for more effective trainings.
- Curved handles reduce the load on the wrist when exercising.

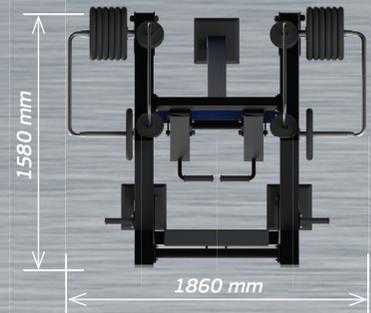
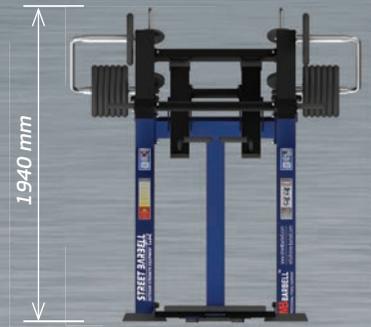


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# MB 7.40 SQUAT

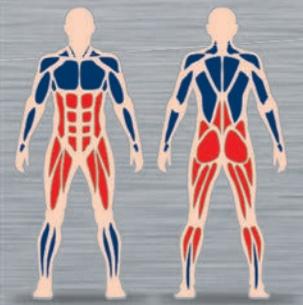
WITH VARIABLE LOAD



DIMENSIONS

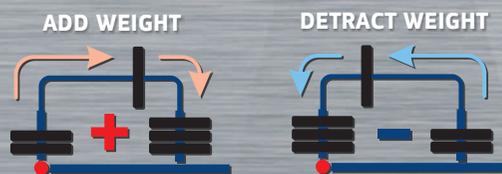


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.40 "Squat" is designed to develop quadriceps femoris muscle, gluteus medius muscle, gluteus maximus muscle.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD  
**150 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**345 kg**

# STREET BARBELL

## OUTDOOR STRENGTH EQUIPMENT *line*



START



FINISH



START



FINISH

### SQUAT

1. Adjust weight on both levers.
2. Set the lower platform.
3. Stand with your front to the equipment, heels on the platform, feet width apart.
4. Grip the handles and squat under the bar, placing it on the trapezius muscle.
5. Slightly bend back and move the pelvis forward, straighten your legs. The equipment comes off the safety.
6. Slowly bend your knees and squat down, locking position back.
7. When the thighs reach the horizontal position, straighten your legs and torso.
8. After finishing the exercises, set the hand guard in the original position and gently lower the bar.
9. Perform the exercises in 4 sets of 10 repetitions.

### SHIN

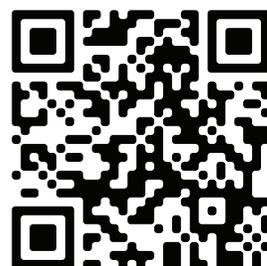
1. Adjust weight on both levers.
2. Set the higher platform.
3. Stand with your front to the equipment, socks foot on the platform, feet shoulder width apart, heels free to drop down.
4. Grip the handles and squat under the bar, placing it on the trapezius muscle.
5. Slightly bend back and move the pelvis forward, straighten your legs. The equipment comes off the safety.
6. Slowly lift the toe as high as possible.
7. Smoothly return to the starting position.
8. After finishing the exercises, set the hand guard in the original position and gently lower the bar.
9. Perform the exercises in 4 sets of 10 repetitions.



- Movable feet platform allows you to distribute the load between different muscles groups particularly to shift a load from a hip and buttock to shin muscles.
- In order to avoid injury while squatting do not slouch!

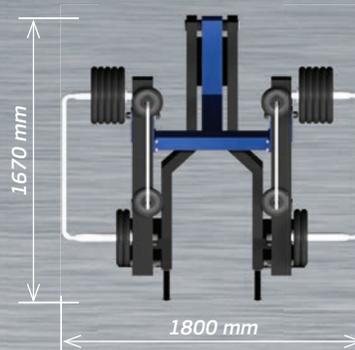


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**FOR THIS TRAINER**  
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# MB 7.41 COMBOLIFT

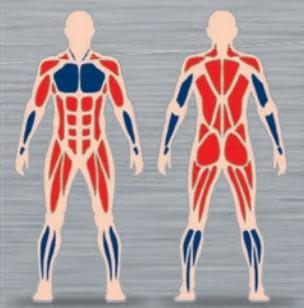
WITH VARIABLE LOAD



DIMENSIONS



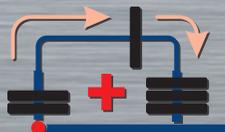
THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



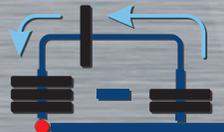
## ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.41 "Combolift" is designed to develop gluteal muscles, quadriceps femoris muscles, sacrum muscles, trapezius muscles, latissimus dorsi muscles, teres major muscle, posterior deltoids, infraspinatus muscles.

ADD WEIGHT



DETRACT WEIGHT



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND

**77,5 kg**

14 x 10 kg



6 x 2,5 kg



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT

**345 kg**

# STREET BARBELL

## OUTDOOR STRENGTH EQUIPMENT *line*



**START**



**FINISH**

### LIFTING

1. Adjust weight on both levers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Squat, leaning forward, grip the handles, back straight, slightly bended at the waist.
4. Straighten your legs and back, lifting the handles along the front of the shin to the vertical body position.
5. At the end of the movement stay in vertical position for few seconds.
6. Slowly return to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



**START**



**FINISH**

### SHOULDER SHRUG

1. Adjust weight on both levers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Squat, leaning forward, grip the handles, back straight, slightly bended at the waist.
4. Straighten your legs and back, lifting the handles along the front of the shin to the vertical body position, thus taking starting position.
5. Without bending your arms, lift the shoulders as high as possible.
6. Slowly lower arms to starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



**START**



**FINISH**

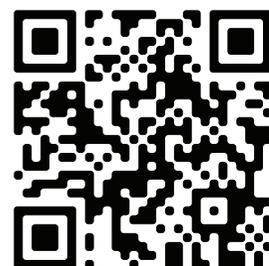
### LAT PULL

1. Adjust weight on both levers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Lean your body forward, about 45°, back straight, grip the handles.
4. Smoothly bend your elbows, retract scapulas as much as possible.
5. Slowly return your hands to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.

 *The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of grips increases the movements depth and the exercises options for more effective trainings.*

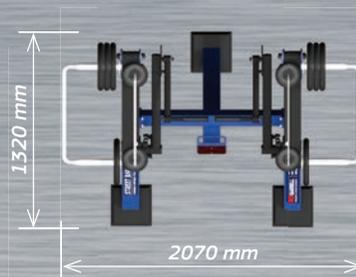


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**FOR THIS TRAINER**  
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# MB 7.42 TRICEPS IN STANDING POSITION

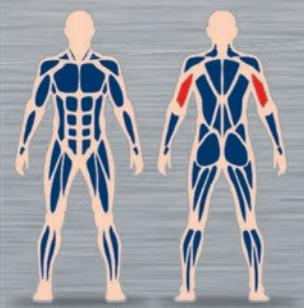
WITH VARIABLE LOAD



DIMENSIONS

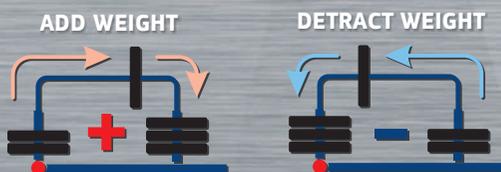


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



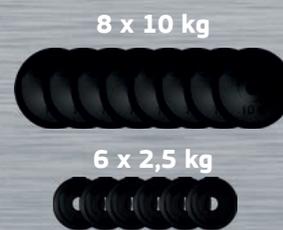
ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.42 "Triceps in Standing position" is designed to develop shoulder triceps. Vertical hand position helps the long triceps parts reduction and to include it into the work.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND  
**47,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**260 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “TRICEPS” EXERCISE

1. Adjust weight on both leavers (look load change layout).
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push back against the support, bending your knees and adjust the body position so with max. bended arms you can grip the handles
4. Keep elbows were deployed forward.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



START



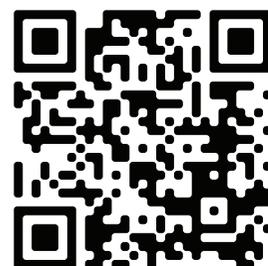
FINISH



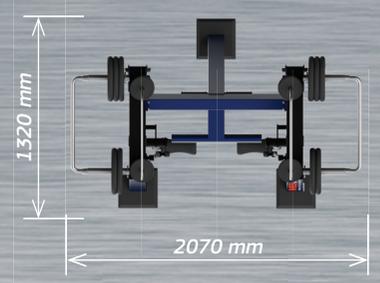
- The ability to perform exercises with both hands and alternately with each hand separately increases the movements depth and the exercises variations.
- Rotating handles reduce the load on the wrist while exercising.



TO SEE  
[ THE TOUTORIAL ]  
FOR THIS TRAINER  
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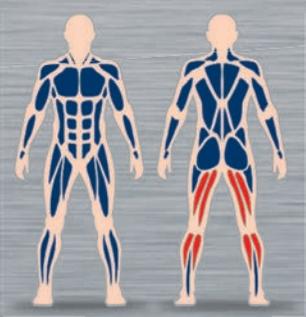
# MB 7.43 LEGS CURL IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

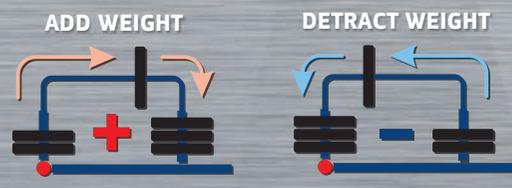


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



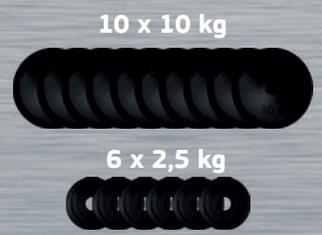
ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.43 "Legs curl in Standing position" is developing all sciatic- popliteal muscles to a lesser part the gastrocnemius muscle.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH LEG  
**57,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**280 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “LEGS CURL IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the handles.
4. Press working thigh to the upper support.
5. Shin reword for the lower roller.
6. Smoothly straighten your legs knee.
7. Slowly return your leg to the starting position.
8. Perform the exercises in 4 sets of 10 repetitions.



START



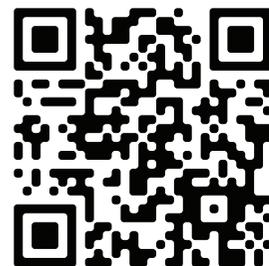
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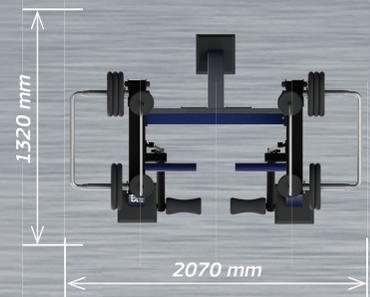
Two-tier system setup allows to adjust the weight of the load with 2,5 kg steps on each hand for better exercising.



TO SEE  
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FOR THIS TRAINER  
PLEASE SCAN  
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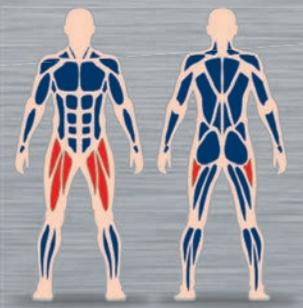
# MB 7.44 LEGS EXTENSION IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

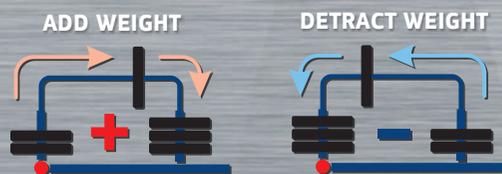


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.44 "Legs extension in Standing position" is developing quadriceps and perfectly suited for isolated load on a muscle. This exercise is useful to apply on the technically more complex exercises.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH LEG  
**57,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**280 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “LEGS EXTENSION IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the handles.
4. Shin rework for the lower roller.
5. Push the back of the thigh to the upper support.
6. Smoothly straighten your leg knee.
7. Slowly return your leg to the starting position.
8. Perform the exercises in 4 sets of 10 repetitions.



START



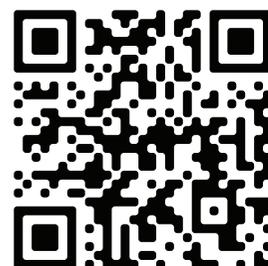
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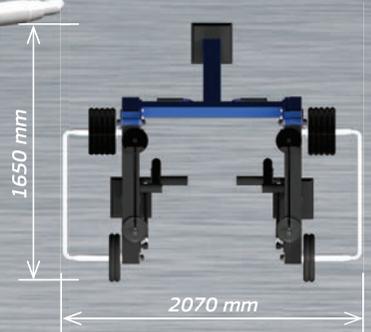
Two-tier system setup allows to adjust the weight of the load with 2,5 kg steps on each hand for better exercising.



TO SEE  
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FOR THIS TRAINER  
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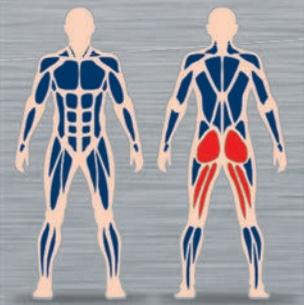
# MB 7.45 GLUTAEUS RADIAL IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

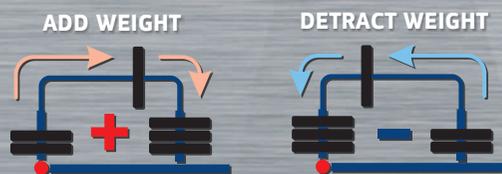


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.45 "Gluteus radial in Standing position" uses gluteus maximus, and semitendinosus, semimembranosus muscles and the long head of thigh biceps. The exercise allows to improve rear contour of the leg.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH LEG  
**77,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**330 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “GLUTAEUS RADIAL IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the handles and press foot against to the lower roller.
4. Smoothly pull your leg as much as possible back.
5. Slowly return your leg to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START



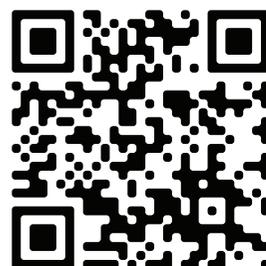
FINISH



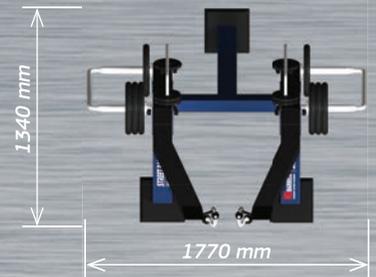
Two-tier system setup allows to adjust the weight of the load with 2,5 kg steps on each hand for better exercising.



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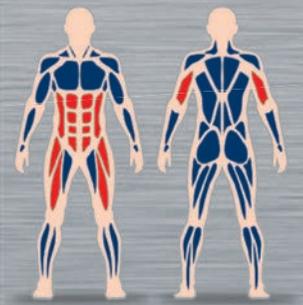
# MB 7.46 VERTICAL ROPE PULL IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

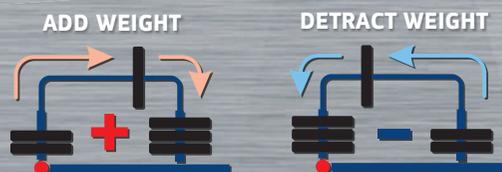


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



## ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.46 "Vertical Rope Pull in Standing position" is designed to develop isolated triceps and elbow muscles, direct and oblique abdominal muscles.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS



THE SET INCLUDES RUBBER WEIGHTS

MAXIMUM LOAD ON EACH HAND  
**47,5 kg**

THE EQUIPMENTS TOTAL WEIGHT  
**250 kg**

# STREET BARBELL

## OUTDOOR STRENGTH EQUIPMENT *line*



START

### ARMS SPREADING

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the ends of ropes.
4. Smoothly straighten your arms down, keeping your elbows close to sides.
5. Back straight.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.



FINISH

### BODY SWERVING

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the ends of ropes.
4. Secure the arms bent at the elbows and smoothly displace the body, trying to bring the elbows to the thighs.
5. Slowly return to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START



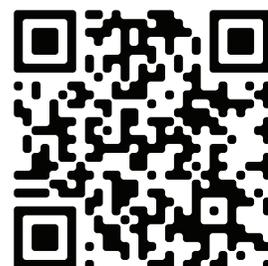
FINISH



The ability to perform exercises with both hands and alternately with each hand separately increases the movements depth and the exercises variations.



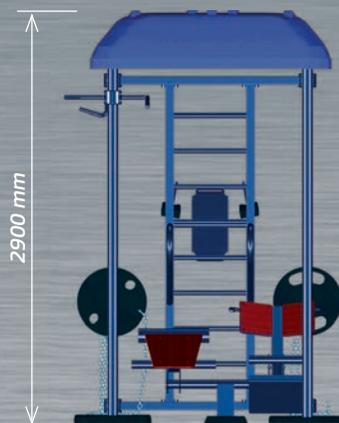
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**THE TUTORIAL**  
**FOR THIS TRAINER**  
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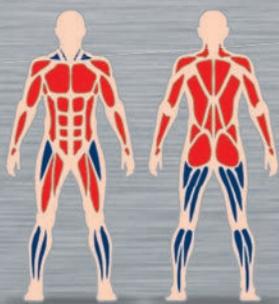
MB 7.29  
 MB 7.30  
 MB 7.31  
 MB 7.32  
 MB 7.33/7.34  
 MB 7.37  
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# MB 7.47 WORKOUT

WITH VARIABLE LOAD

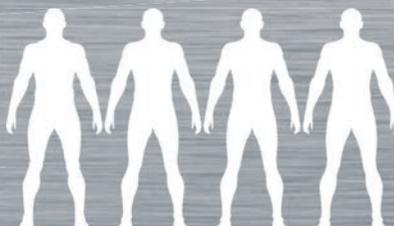


DIMENSIONS



## ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercises on MB 7.47 "Street workout" allow you to train almost all muscle groups of the body, depending on the selected part of the article.



AT THE SAME TIME THE UNIT MAY BE USED BY UP TO FOUR SPORTSMEN.

## THE MAXIMUM WEIGHT OF THE ATHLETE WITH THE LOAD

**250** kg



THE TRAINER IS AVAILABLE IN A ROOFLESS VERSION (MB 7.47/1)

## THE EQUIPMENTS TOTAL WEIGHT

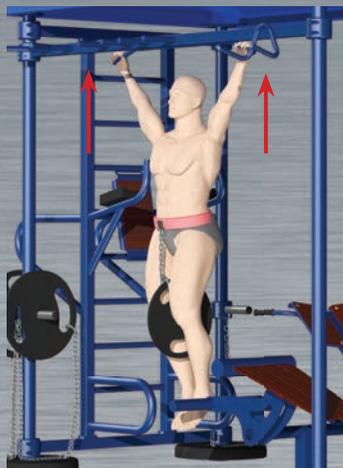
**495** kg

# STREET BARBELL

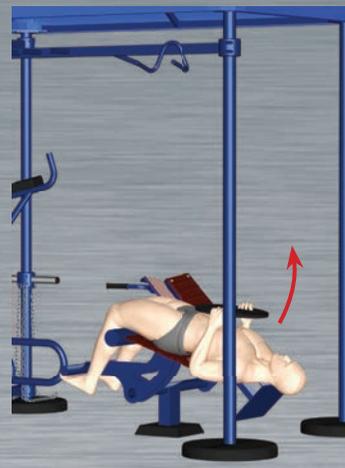
OUTDOOR STRENGTH EQUIPMENT *line*



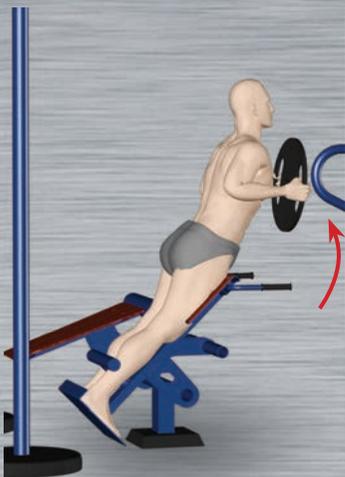
Legs raising ("Corner")



Wide grip pull-ups



Climb up of torso on  
incline bench



Hyperextension



Chest-to-Bar pull up



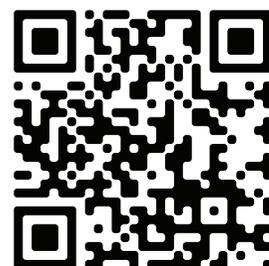
Parallel bars press



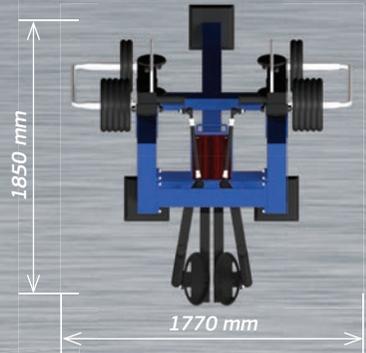
The use of weights (disks) opens up additional possibilities of training and allows you to perform exercises to increase muscle mass.



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FOR THIS TRAINER  
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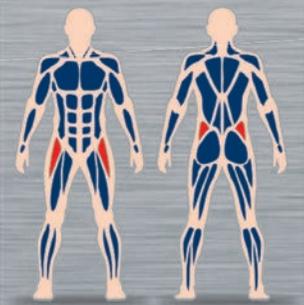
# MB 7.49 OUTER THIGH IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

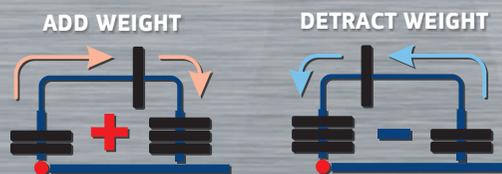


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercises on MB 7.50 "Inner thigh in standing position" allow you to train inner thigh muscles



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MINIMUM/MAXIMUM LOAD ON EACH LEG

**10/87** kg



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT

**390** kg

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “OUTER THIGH IN STANDING” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet on the feet platform.
3. Push your back against the backrest, outer thigh surface to the support-pillow.
4. Smoothly spread your legs with maximum possible movements depth.
5. Slowly return your legs to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START



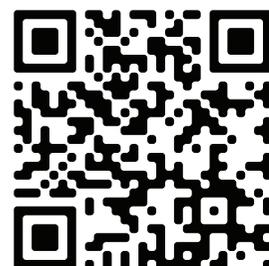
FINISH



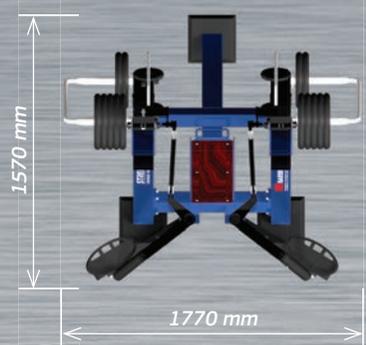
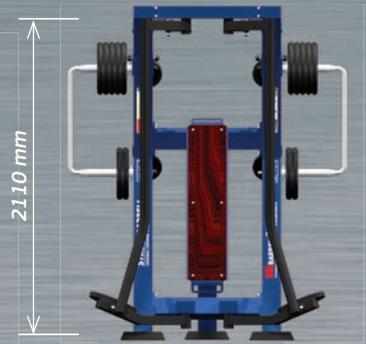
- Changing the squat depth while exercising you can adjust the load for different muscles of inner thigh parts for better exercising.
- In order to start exercises smoothly help yourself gripping the handles.



TO SEE  
[ THE TOUTORIAL ]  
FOR THIS TRAINER  
PLEASE SCAN  
THIS CODE



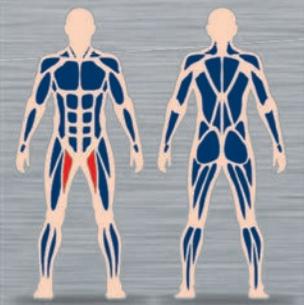
# MB 7.50 INNER THIGH IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

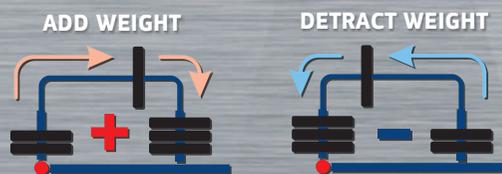


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercises on MB 7.50 "Inner thigh in standing position" allow you to train inner thigh muscles



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS



THE SET INCLUDES RUBBERISED WEIGHTS

MAXIMUM LOAD ON EACH LEG  
**77,5 kg**

THE EQUIPMENTS TOTAL WEIGHT  
**390 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “INNER THIGH IN STANDING” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet on the feet platform.
3. Push your back against the backrest, outer thigh surface to the support-pillow.
4. Smoothly redact your legs.
5. Slowly return your legs to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START



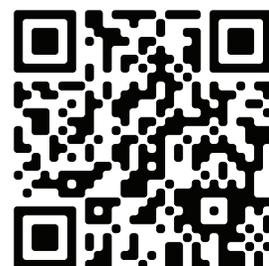
FINISH



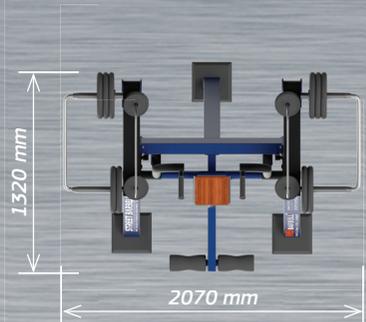
- Changing the squat depth while exercising you can adjust the load for different muscles of inner thigh parts for better exercising.
- In order to start exercises smoothly help yourself griping the handles.



TO SEE  
[ THE TOUTORIAL ]  
FOR THIS TRAINER  
PLEASE SCAN  
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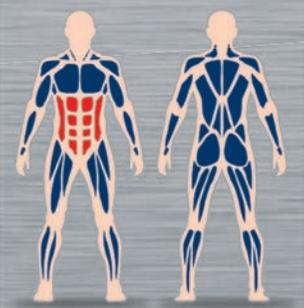
# MB 7.51 ABDOMINAL IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

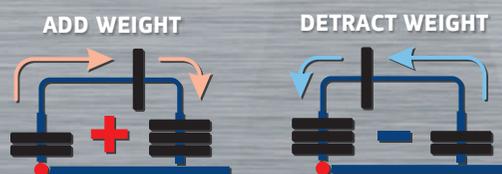


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

Exercise on MB 7.51 "Inner thigh in standing position" allows you to train abdominal muscles



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD  
115 kg



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
295 kg

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “ABDOMINAL IN STANDIND POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push your back against the backrest and grip the handles.
4. Smoothly curl your body.
5. Slowly return to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START



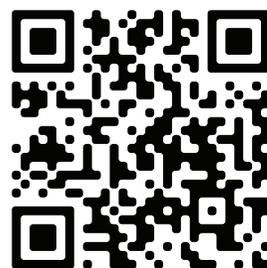
FINISH



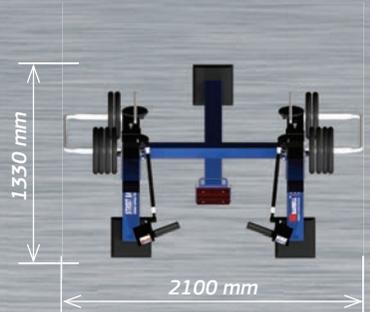
Two-tier system setup allows to adjust the weight of the load with 2,5 kg steps on each hand for better exercising.



TO SEE  
[ THE TOUTORIAL ]  
FOR THIS TRAINER  
PLEASE SCAN  
THIS CODE



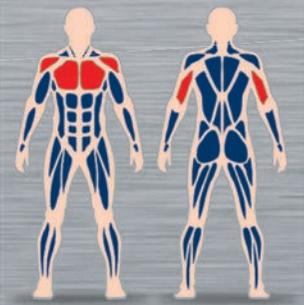
# MB 7.52 CONVERGING CHEST PRESS IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

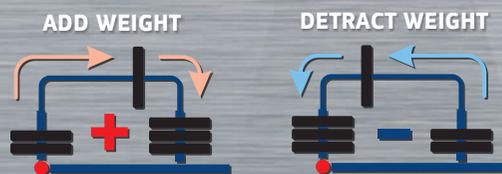


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.52 "Converging Chest Press in Standing position" is similar to standing bench press, except that it is characterized by a greater movements depth, which contributes to a better stretch of a large pectoral muscles. There are also involved triceps and front part of the deltoid muscles



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND  
**77,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**365 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “CONVERGING CHEST PRESS STANDING POSITION” EXERCISE

1. Adjust weight on both levers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Push your back against the support, straighten your knees and adjust the body position so the handles are at the chest level.
4. Smoothly straighten your arms.
5. Slowly return your arms to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.



START



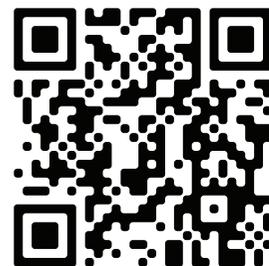
FINISH



- The independent convergent movements (moving to each other) of levers provide natural biomechanics while exercising.
- The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.

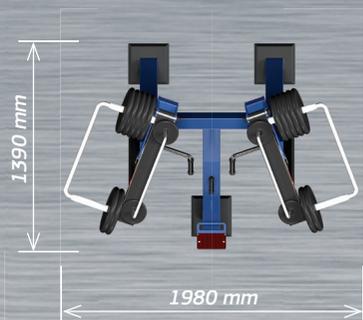


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# MB 7.53 DIVERGING LAT PULL

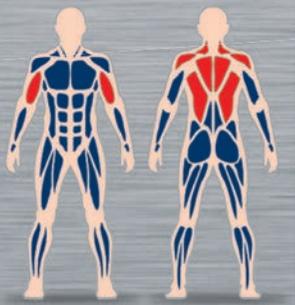
WITH VARIABLE LOAD



DIMENSIONS

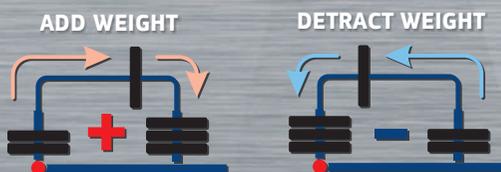


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



**ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT**

The equipment MB 7.53 "DIVERGING LAT PULL" is designed to develop latissimus dorsi muscles, teres major muscles, deltoid muscles, infraspinatus muscle, also while scapulas reduction - rhomboid muscles, trapezius muscle (its middle part) and forearm flexor.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

**MAXIMUM LOAD ON EACH HAND**

**77,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

**THE EQUIPMENTS TOTAL WEIGHT**

**325 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

START



FINISH



## TWO HAND EXERCISE

1. Adjust weight on both levers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Push your chest or stomach against the support. The back straight.
4. Alternately grip the equipments handles.
5. Smoothly bend your elbows, reduct scapulas.
6. Slowly return your arms to the starting position.
7. Perform the exercises in 4 sets of 10 repetitions.

START



FINISH



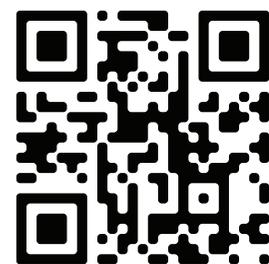
## ONE HAND EXERCISE

1. Adjust weight on both levers.
2. Stand with your front to the equipment, pull your leg forward, grip the handle.
3. Push your chest or stomach against the support, grip the other handle on it with your other hand.
4. Smoothly pull the handle as high as possible, moving elbow back as much as possible, ensure that the hand does not significantly deviate from the body. Do not turn your body relatively to the equipment.
5. Slowly return your arms to the starting position.
6. Perform the exercises in 4 sets of 10 repetitions.

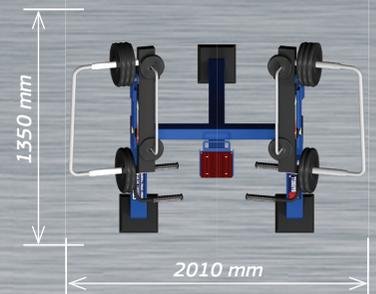
- The independent divergent movements (moving away from each other) of levers provide natural biomechanics while exercising.
- The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.



TO SEE  
**THE TOUTORIAL**  
**FOR THIS TRAINER**  
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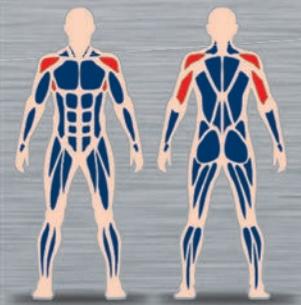
# MB 7.54 CONVERGING BENCH PRESS IN STANDING POSITION WITH VARIABLE LOAD



DIMENSIONS

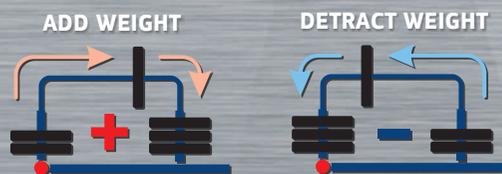


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.54 "Bench Press in Standing position" is designed to develop middle portions of the deltoid muscles, as well as the upper parts of the trapezius muscles, serratus anterior muscles and triceps.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND  
**57,5 kg**



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**285 kg**

# STREET BARBELL

## OUTDOOR STRENGTH EQUIPMENT *line*



**START**



**FINISH**

### PULL-UPS

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the closest handles.
4. Straighten your knees and push your back against the support, thus taking the starting position.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.



**START**



**FINISH**

### ANGLE PULL-UPS

1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the farthest handles.
4. Straighten your knees and push back against the support, thus taking the starting position.
5. Smoothly straighten your arms at the angle.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.



**START**



**FINISH**

### MILITARY PRESS

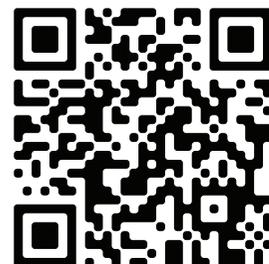
1. Adjust weight on both leavers.
2. Stand with your back to the equipment, feet shoulder width apart.
3. Squat and grip the farthest handles from the equipment.
4. Straighten your knees holding the handles on your shoulders, thus taking the starting position.
5. Smoothly straighten your arms.
6. Slowly return your arms to the starting position.
7. After completing the exercises smoothly release the equipment handles.
8. Perform the exercises in 4 sets of 10 repetitions.



- The independent convergent movements (moving to each other) of levers provide natural biomechanics while exercising.
- The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.

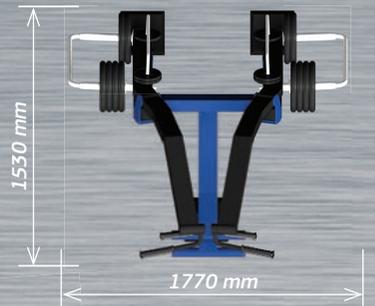


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# MB 7.55 DIVERGING PULL DOWN

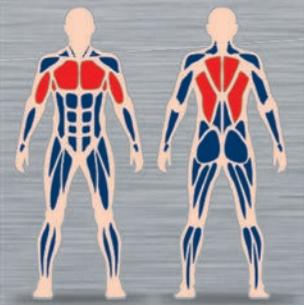
WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

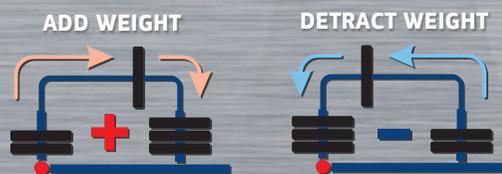


THE TRAINER OPTIONALLY COULD BE EQUIPPED WITH THE ROOF MB7.48



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.55 "Diverging Pull down" accents the load on middle part of latissimus dorsi muscles, affecting trapezoidal, rhomboid muscles, biceps, shoulders, while chest deadlift - pectoralis major muscles. "Chest deadlift" exercise increases the thickness of the back, and "shoulder deadlift" - width.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH HAND

**77,5 kg**



6 x 2,5 kg



THE SET INCLUDES RUBBERISED WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT

**335 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

START



FINISH



## CHEST DEADLIFT

1. Adjust weight on both leavers.
2. Stand with your front to the equipment and grip the handles. To reach them use stoop.
3. Feet shoulder width apart. Feet on the lowest part of the stoop. Body leaned back.
4. Smoothly pull the handles to the upper part of the chest, retract scapulas as much as possible.
5. Slowly return your arms to the starting position.
6. After doing the exercise move up the stoop and release the handles.
7. Perform the exercises in 4 sets of 10 repetitions.

START



FINISH



## SHOULDER DEADLIFT

1. Adjust weight on both leavers.
2. Stand with your front to the equipment and grip the handles. To reach them use stoop.
3. Feet shoulder width apart. Feet on the lowest part of the stoop. Back straight.
4. Smoothly pull the handles to the shoulders, moving elbows to your body.
5. Slowly return your arms to the starting position.
6. After doing the exercise move up the stoop and release the handles.
7. Perform the exercises in 4 sets of 10 repetitions.

- The independent divergent movements (moving away from each other) of levers provide natural biomechanics while exercising.
- The ability to perform exercises with both hands and alternately with each hand separately in addition with different types of the equipment handles grips increases the movements depth and the exercises options for more effective trainings.



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# STREET BARBELL

## OUTDOOR STRENGTH EQUIPMENT *line*



**STREET BARBELL**  
OUTDOOR STRENGTH EQUIPMENT *line*

### MB 7.55 DIVERGING PULL DOWN

**MB BARBELL**  
PROFESSIONAL FITNESS EQUIPMENT



#### CHEST DEADLIFT

- 1 Adjust weight on both levers.
- 2 Stand with your front to the equipment and grip the handles. To reach them use stoop.
- 3 Feet shoulder width apart. Feet on the lowest part of the stoop. Body leaned back.
- 4 Smoothly pull the handles to the upper part of the chest, retract scapulas as much as possible.
- 5 Slowly return your arms to the starting position.
- 6 After doing the exercise move up the stoop and release the handles.
- 7 Perform the exercises in 4 sets of 10 repetitions.



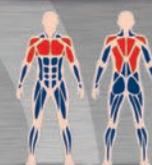
#### SHOULDER DEADLIFT

- 1 Adjust weight on both levers.
- 2 Stand with your front to the equipment and grip the handles. To reach them use stoop.
- 3 Feet shoulder width apart. Feet on the lowest part of the stoop. Back straight.
- 4 Smoothly pull the handles to the shoulders, moving elbows to your body.
- 5 Slowly return your arms to the starting position.
- 6 After doing the exercise move up the stoop and release the handles.
- 7 Perform the exercises in 4 sets of 10 repetitions.



#### NOTES AND EXPLANATIONS

It is important to do all the equipment exercises right.  
The equipment features 2 types of the handles with different width for better exercising.  
In order to avoid any muscle injury when using heavier weights it is required to take extra caution. Two-tier system setup allows to adjust the weight of the load with 2,5 kg steps on each hand.  
The ability to perform exercises with both hands and alternately with each hand increases the amplitude and the exercises variations.



#### Active muscle group while using the fitness equipment

The equipment MB 7.55 "Diverging pull down" accents the load on middle part of latissimus dorsi muscles, affecting trapezius, rhomboid muscles, lower shoulder, while chest deadlift - pectoralis major muscles. Chest deadlift exercise increases the thickness of the back and "shoulder deadlift" - width.

[www.streetbarbell.com](http://www.streetbarbell.com)

Under the roof of each **StreetBarbell** series equipment is information plate with a detailed description of exercises, especially equipment.

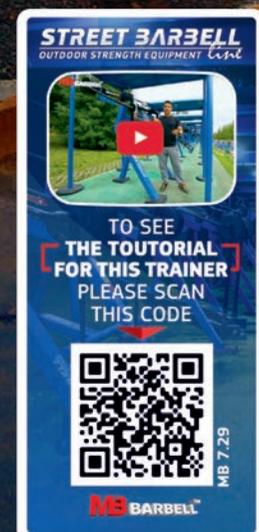
Using **StreetBarbell** series equipment is comfortable not only during the day, but also in the dark! For convenience, they are equipped with individual LED lighting that is mounted in the roof of the simulator. Special lamps are not afraid of moisture, temperature changes and vandalism. In addition they are very energy efficient, safe and do not require frequent replacement of lamps.

Such lighting option is ideal for parks and yards. The area looks very effective not only during the day but at night!



Any **StreetBarbell** trainer can be equipped with individual lighting, built into the roof.

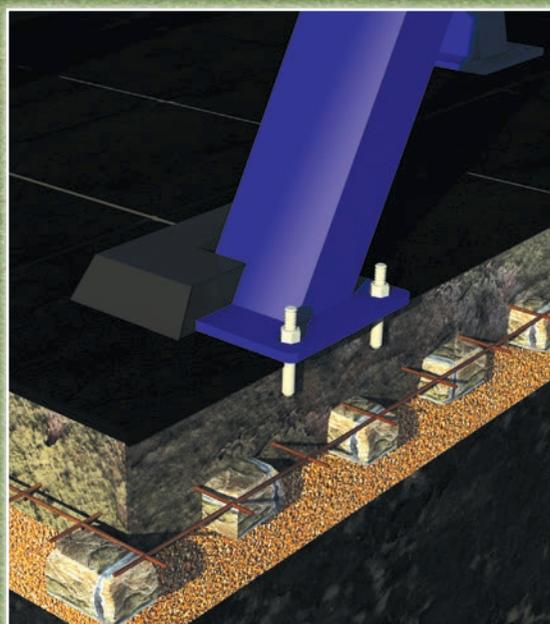
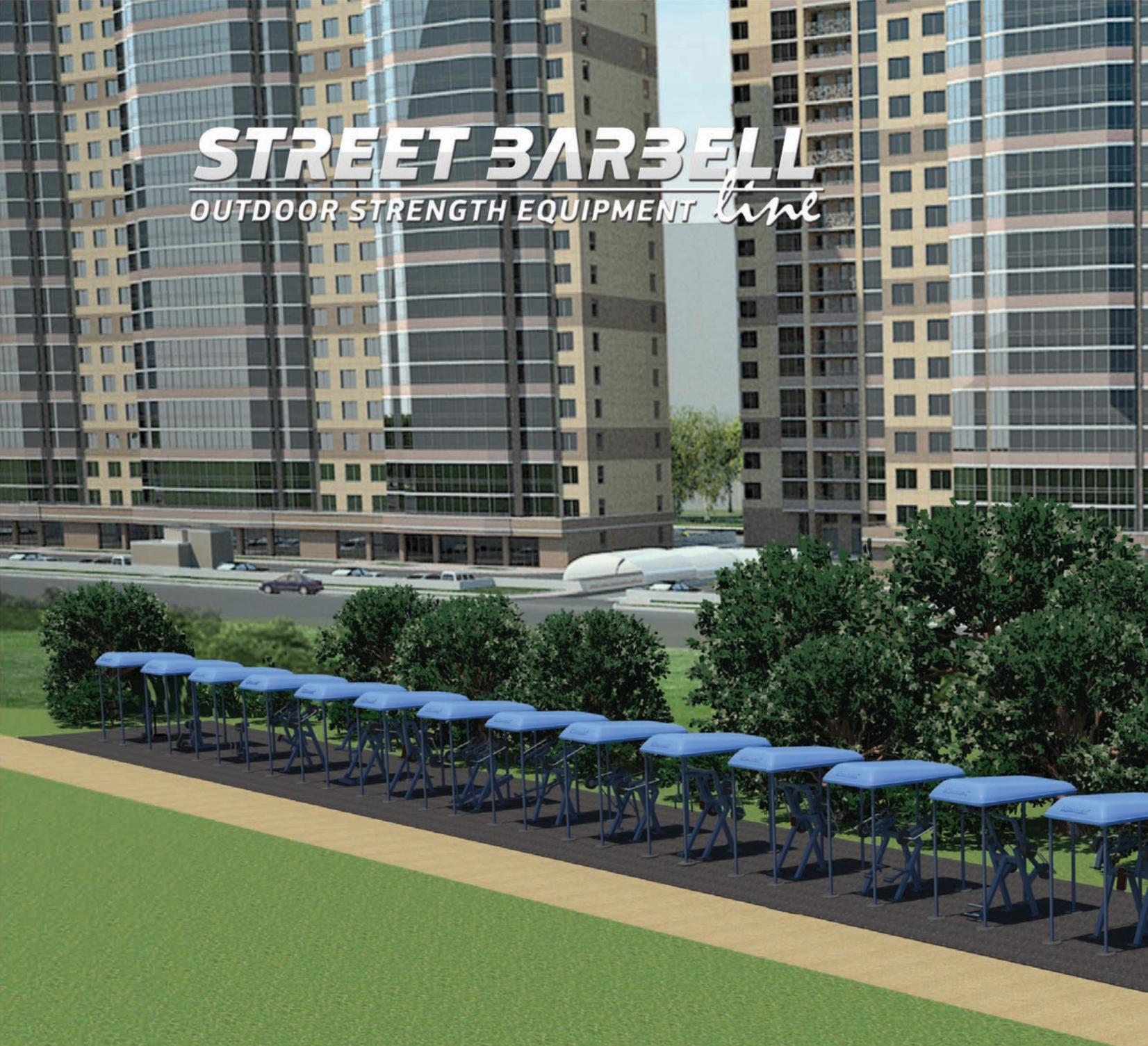
The light above the trainer is switched automatically depending on the ambient lighting conditions. No action from athlete is required.



Each trainer has a plate with QR-code. The video instruction is available on Internet via this code.

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*



*Equipment should be mounted on a special prepared concrete platform with M16x125 anchor bolts which are included.*

*The layer (sand, CBC, gravel) with a thickness of 50—200 mm should be under the concrete area with stones and bricks, that serve as supports for the reinforcing grid (D 8-10 mm, the mesh 100x100 mm or 100x50 mm.). The area is filled with concrete M200, or M250, a layer with thickness of 120-150 mm.*

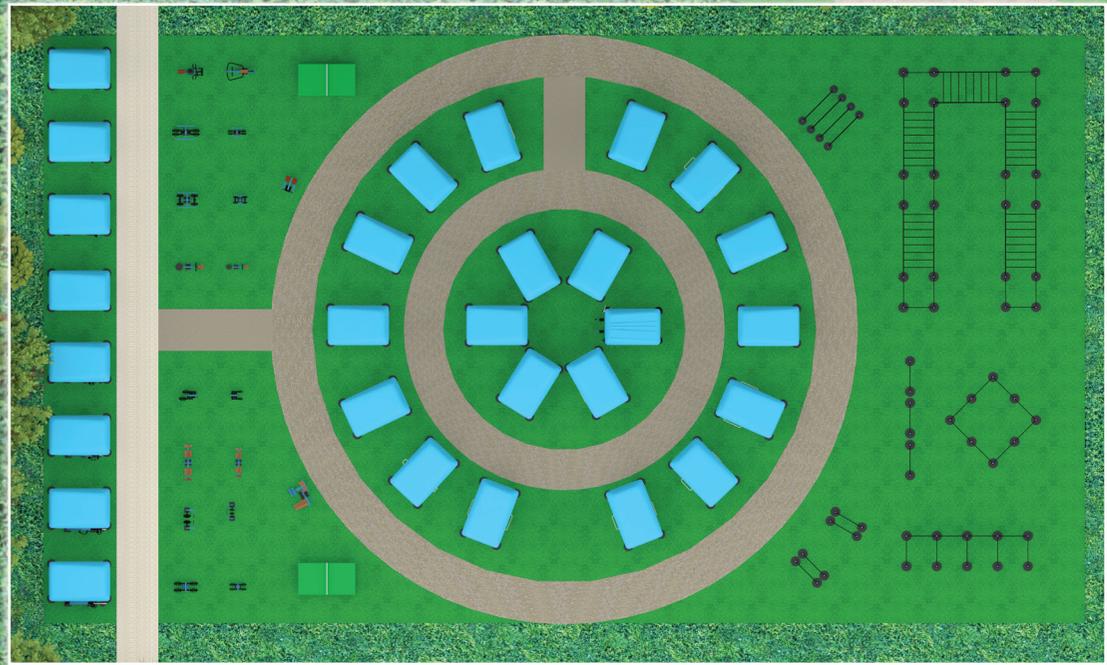
*The concrete base is further capped with a rubber carpet for safe and comfortable exercising.*



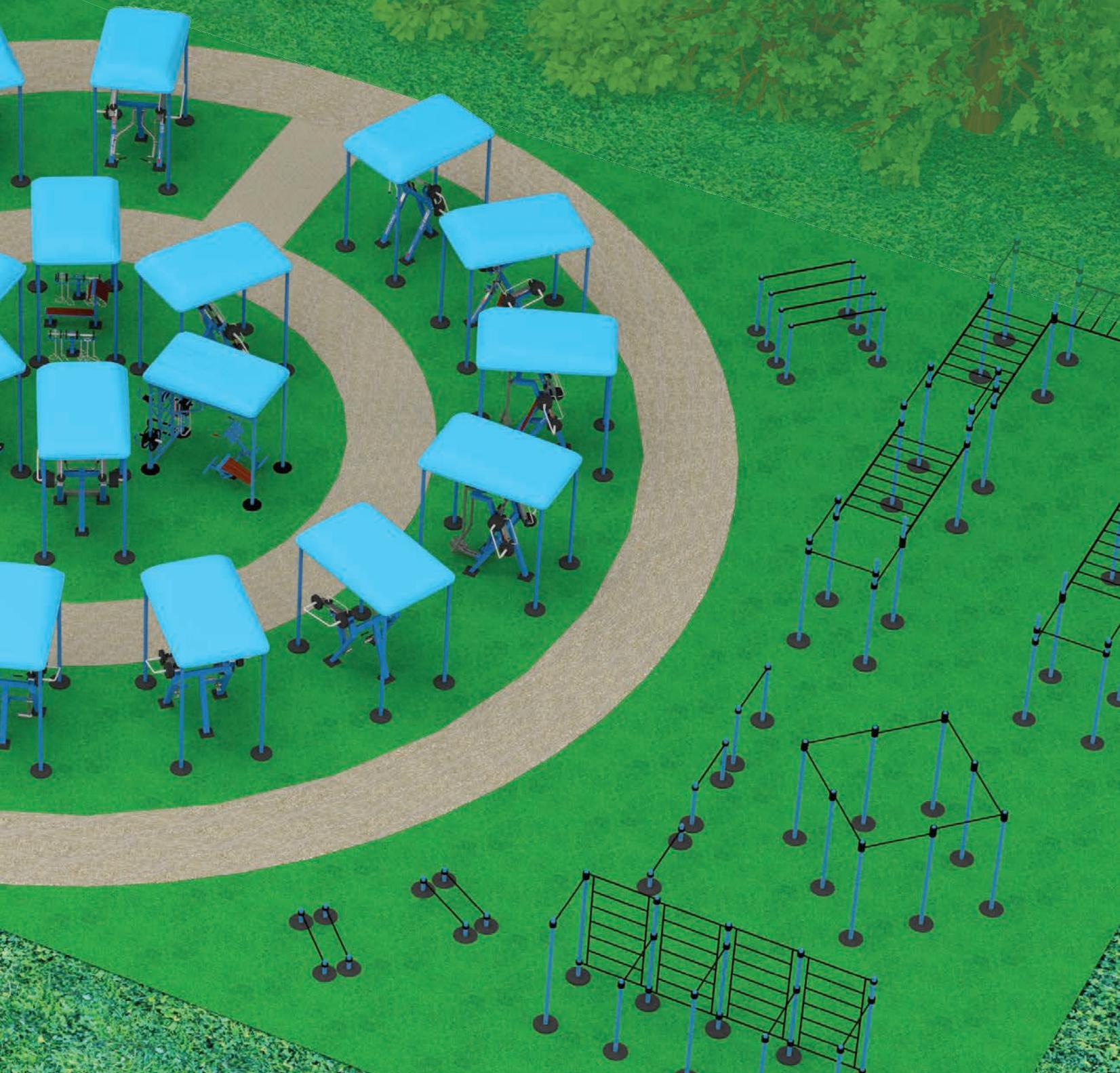
## “IN A ROW”

composition is very useful when mounting equipment in the park or yard area along the walkways.

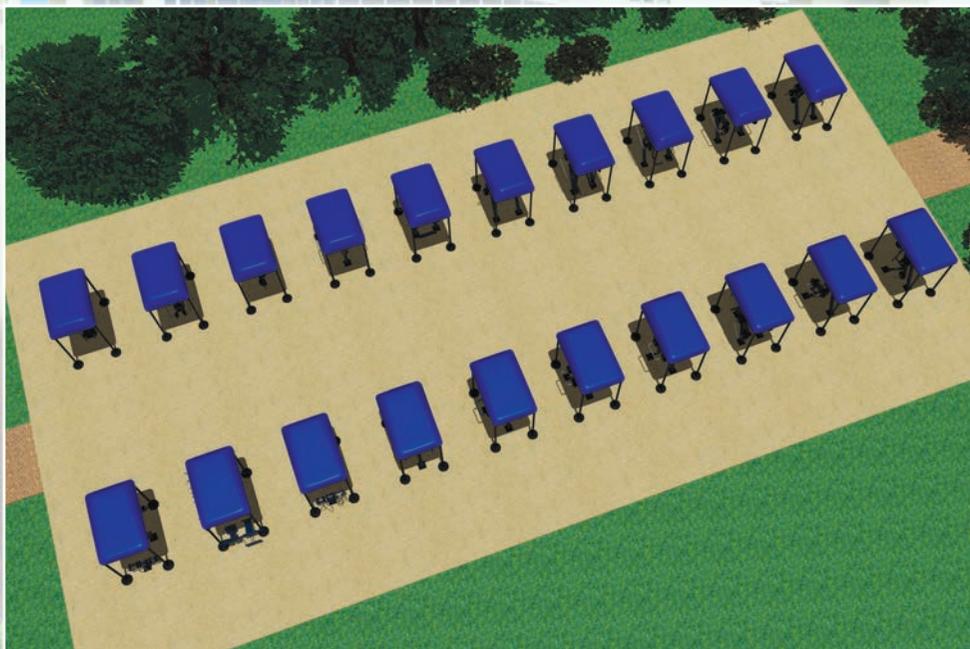
The modular system allows to assemble the placement areas of arbitrary shape and with a different equipment. The functionality of the area in general preserves, equipment and users are protected from scorching sun. The equipment can be placed on an equal platform with a monolithic foundation, on difficult terrain or to assemble in groups on the «terraces». Multilevel accommodation looks very bright and effective by highlighting individual equipment.



**SAMPOGYM 1.0** The name and concept of **SampoGym** project refers us to the historical and cultural heritage of the north peoples — the Finland's national epic Kalevala. The project has a layout of a mill (on the plan) and provides for zoning, dividing the site into functional and safe zones. The core of the project is an area with unique exercise machines which use the patented **StreetBarbell** load-changing system, recognized in 2016 as one of TOP 10 fitness trends of the year in Europe, and nominated for the FIBO Innovation Award 2016.



**STREET BARBELL**  
OUTDOOR STRENGTH EQUIPMENT *line*



**STREET BARBELL**  
OUTDOOR STRENGTH EQUIPMENT *line*



*StreetBarbell sporting ground in the city of Joensuu, Finland.*



**“TWO LINES”** Street gym is assembled in two lines, and is separated by the walkway. The best option for accommodation in the park with reference to the existing pedestrian routes. The equipment arranging is based on implementation of the concept of all muscle groups circular training. Such layout allows to mount the equipment compactly, and use existing infrastructure at the same.





**STREET BARBELL**  
OUTDOOR STRENGTH EQUIPMENT *Line*



**MB Barbell Sport OY**  
Joensuu, Finland  
[www.streetbarbell.com](http://www.streetbarbell.com)  
[info@streetbarbell.com](mailto:info@streetbarbell.com)