

**INNOVATIVE
TRAINING TABLE
GRIP TRIP**



Polskok
CHRZANÓW

CHALLENGE AND TRAINING IN ONE

The main advantage of the Grip Trip over the standard pull-up bar is multi-directional movement.

The weight is distributed alternately over numerous muscle parts, taking into account precise hand coordination. Unlike the standard Pegboard, where we move on the straight lines, movement follows among others the broken line, which enquires an increased focus on the holding the hands on the grip, engaging more of the working muscles of the exercising person.

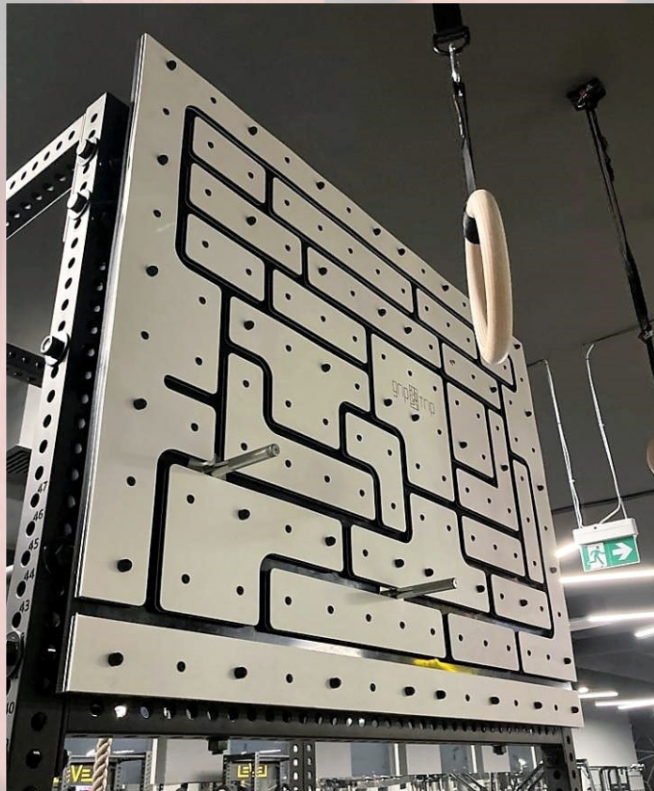


What makes **Grip Trip** so effective and attractive against other exercises?

Combination of static and dynamic loading provides a huge stimulus to the growth of working muscles which are accustomed to monotonous work with iron at the gym.

In practice, this is large amount of the pull-ups, working with your own weight in different directions and variable amplitude.

Exercise allows you to engage a very large number of muscle groups, including biceps, brachialis muscle, posterior and middle arm muscles, forearm and wrist muscles, many groups of back muscles such as the widest back, the quadriceps, pectoral major and minor muscles, as well as subdorsal muscles. In addition, the rectus abdominis muscle as well as many others are also engaged!



Grip Trip is perfect as a form of training for climbers

The Grip Trip is perfect solution as a form of training for alpine climbers who have to rely primarily on dexterity and working with their own weight when climbing.

"Steel" grip, strong back and arms, as well as strength and precision of movement are essential for mountain expeditions.

Grip Trip is perfect preparing tool, it is also an effective way to test your abilities.



„The effectiveness of the device is based on effective improvement of the feeling of the body relaxation, causes ligaments and tendons to become stronger, the strength of the grip increases along with the strength endurance. Grip Trip is an excellent way to build and maintain form. I highly recommend it, especially for amateur of compound climbing.”

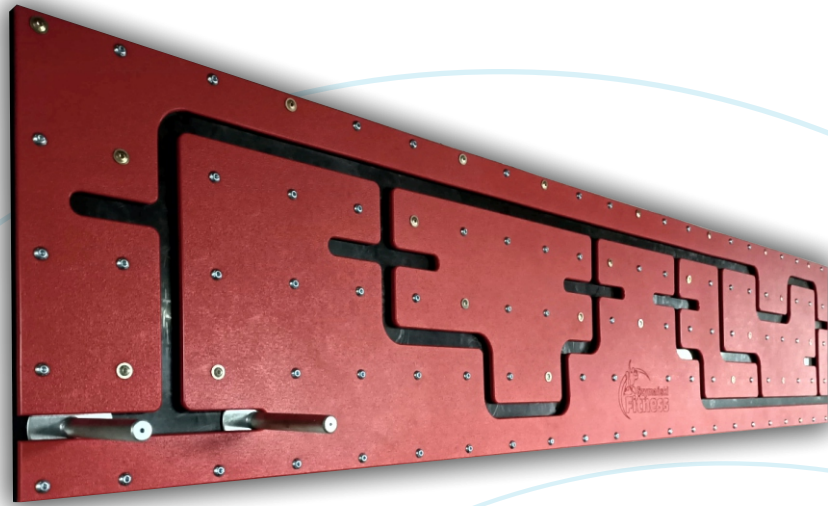
-Dr Paweł Półkoszek – Orthopaedist

FIGHT with MONOTONNY at the GYM

Effective training does not have to be based on the monotonous weightlifting.

Grip Trip will add the variety to it, helping you not only to build muscle mass gain, but thanks to its diversity it will make your training become a more interesting way of spending your time at the gym. Take the Challenge!

Face the maze, face your own character, face your friends as well. Choose the proper route for you, with endless possibilities. Raise the bar after you've climbed all ranks, strengthening your character as well as muscles.



The maze, that will perfectly prepare you to the start with obstacles.

Innovation of the Grip Trip is based on the combination of the climbing with the properly designated route.

"The device engages a lot of muscle groups, which is ideal for many athletes - including those taking part in obstacle runs, in which I have taken part for years. The possibility of training in an overhang or on bent arms in isometrics makes the training varied and very intensive. There's no denying that the Grip Trip is a demanding training tool, but since I've been using it, I can't imagine a workout without spending a few minutes wandering around the labyrinth. It improves back, grip, forearm and shoulder strength - it demands a lot but it gives just as much. It offers many possibilities that we can only dream of on other equipment."

- Tomasz "Sqwaru" Skwarek Coach of Runmageddon, Owner of Carbon Silesia Sport, OCR Poland Instructor.



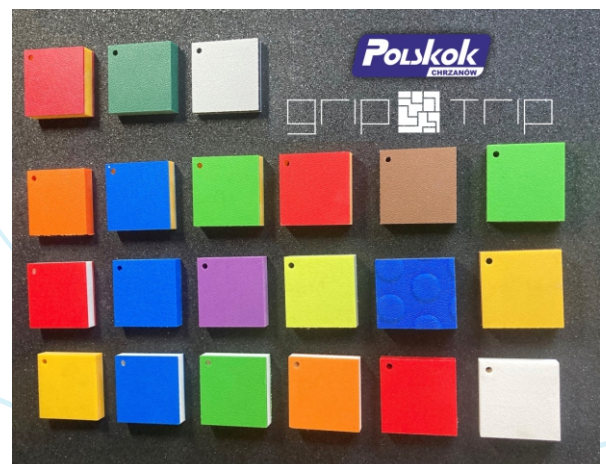
Grip Trip, beauty and aesthetics combined with functionality.

It will perfectly develop the wall, taking up very little space compared to other exercise equipment.

Thanks to perfectly designed shapes and possibility of choosing the appropriate colour, it will create a showcase for each sports facility, which, in combination with its functionality, will give the perfect effect!

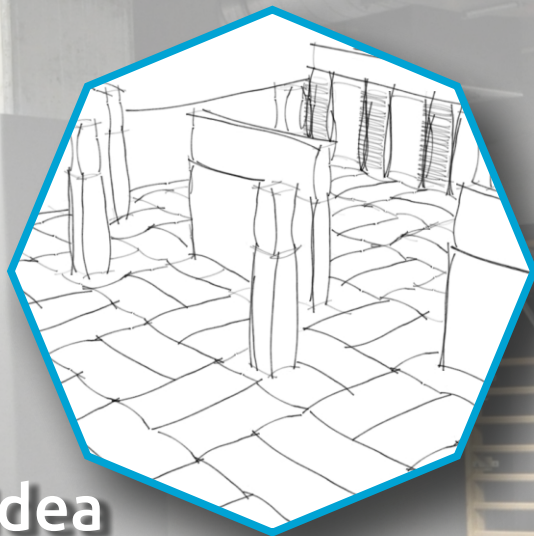
STANDARD TABLE SIZES:

- 1450mm x 1450mm
- 1450mm x 1900mm
- 2950mm x 600mm



From Idea to reality!

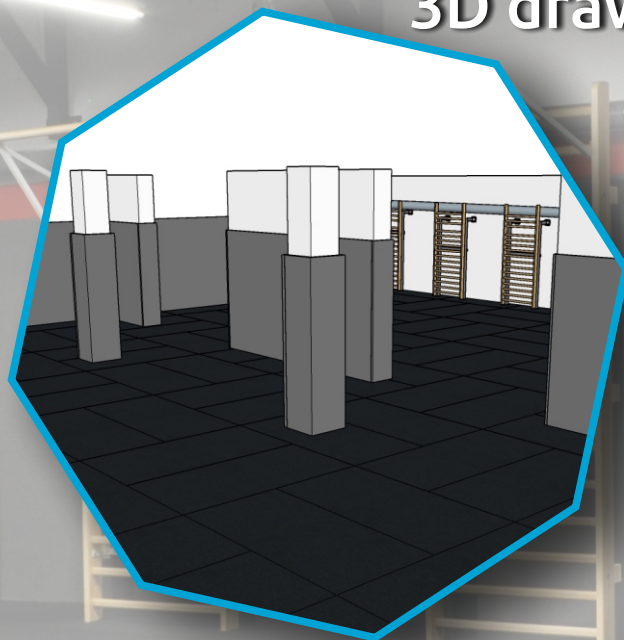
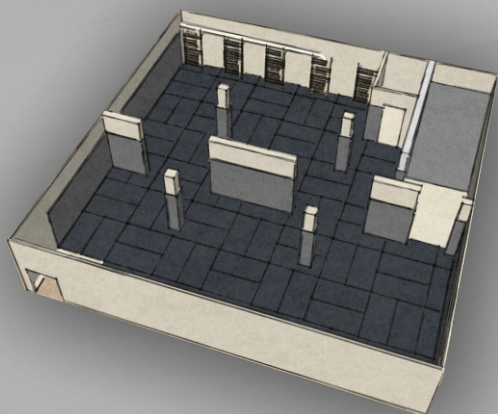
We design and equip training areas.
We'll put your idea in the right equipment.
We'll make sure your training becomes safer.



Idea

What we offer:

- Area measurements and design based on measurement
- 3D / 2D drawings (SketchUp, AutoCAD)
- Many years of experience
- flexible assembly and service hours
- 12-month warranty



3D drawing

realization



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