

product info sheet

‘Club’ pommel horse

VERSATILE
TRAINING EQUIPMENT

Ref. 1407060

Training a group of gymnasts means working many hours per week on a variety of different elements as gymnasts have different ages, abilities and requirements. Equipping your hall with apparatus specially designed for training seems therefore a logical measure. The versatile training equipment offered by Janssen-Fritsen has been developed together with world-renowned coaches and is continuously being tested in the daily practice of training halls worldwide. Adaptations are being made frequently to improve every aspect of this equipment and to keep it the best range of training apparatus available.



Technical data:

Height: adjustable from 110 to 150 cm with 5 cm increments. Competition height: 115 cm.
 Length x width: 160x35 cm
 Pommels: width adjustable from 36 to 48 cm, covered with a newly developed high-quality rubber compound for an improved grip, mounted on an alloy base.
 Body: covered with a high-density foam and first-class chrome leather.
 Supports: heavy-duty epoxy-coated wide gage steel tubes with nonmarking floor protectors.
 Tension system: Y-shaped chain with tension swivel and 4 D-shackles.
 Anchoring: 1 floor anchor 1384121 (not included).
 Floor occupation: 180x95 cm (on competition height 115 cm).



pommel trunk
ref. 1407070



new pommel
ref. 2200520



transport trolley
ref. 1522080

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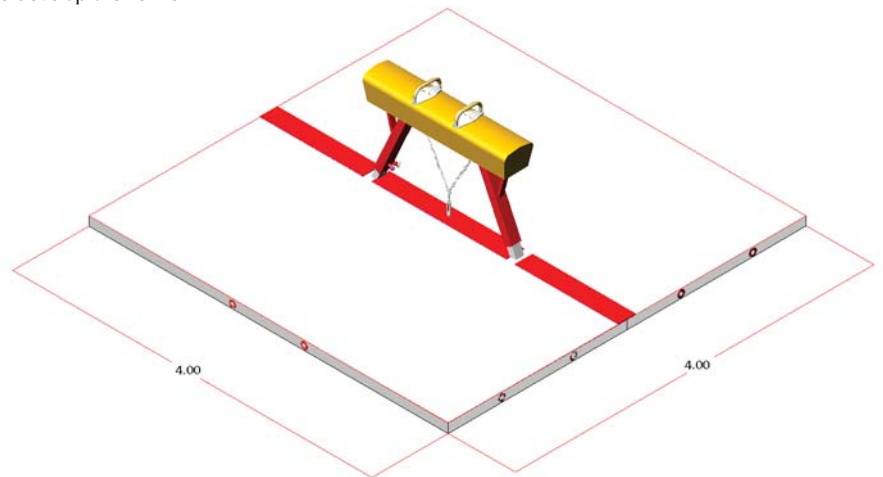
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Problem-solver

The 'club' pommel horse is designed to increase training possibilities at all ages. Younger gymnasts have encountered problems with the height of the pommel horse, causing unnatural body positions which leads of course to injuries. To increase stability and balance, two very important exercise elements especially on the pommel horse, the 'club' pommel horse can be easily adjusted to a position suitable for every gymnast. This reduces the possibility of injuries remarkably and helps the gymnasts develop their skills during all natural stages of body development.

Training demands:

- Improving balance.
- Building confidence.
- Various heights for various gymnasts.



Thomas Flair appliance
ref. 1403210



pommel stirrup
ref. 1403200

Related equipment:

- Pommel bench: ref. 1403300
Pommel pad: ref. 1407071
Mushroom: ref. 1395019 / ref. 1490377



mushroom wide
ref. 1395020