



Wooden balance beam for artistic gymnastics measuring 5 meters with adjustable height



#### **Product features:**

Material: Beech wood

Finish: Natural transparent colour

Accessories:

Length:

Length:

Height:

#### **Product description:**

**5 meter wooden balance beam for artistic gymnastics with adjustable height and Sky suede covering** The height-adjustable balance beam is an instrument used in artistic gymnastics, rhythmic gymnastics and in gymnastic sports in general. This beam is designed to allow athletes to practice on a surface raised off the ground, providing stable support for performing routines, stunts and balances. **Key features of the Gana Sport Adjustable Height Balance Beam include:**

**1- Height adjustable from 50 to 120 cm:** The beam can be **adjusted in height to adapt to the needs and skill level of the athlete** , this feature allows gymnasts to start with lower heights during the early stages of learning, and to gradually increase height as your skills and confidence improve. **The regulatory height, defined by the FGI, is from 50 to 120 cm.**

**2- Non-slip work surface:** The **surface of the beam is designed to provide a secure grip** , reducing the risk of slipping during exercises. **The beam produced by Gana Sport has a Sky suede covering which guarantees grip and durability**, it is also very pleasant to the touch, being equipped, in the upper internal part, with a **layer of high density sponge.**

**3 - Robust and stable structure:** The beam is **made of solid beech wood with a width of 10 cm (as per regulation) and a section of 15x15 cm** . This is **supported by two powder-coated steel feet, 122 cm wide** , and is **designed to ensure maximum stability during use** . This is especially important for the safety of athletes during performances and training.

**4 - Ease of adjustment:** The **height adjustment mechanism is designed in such a way as to allow easy and quick adjustment** . This allows coaches and athletes to adapt the beam to specific training needs. **To guarantee greater safety, there are also additional blocks.**

