



# Natural Playgrounds Store

Natural Playgrounds Company

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## Rope Pull Up

**MRCF-RPU**

**Shipping Weight: 600 lbs**

**Shipping Dimensions: 156"L X 25"W X 14"H**

**Brand: Natural Playgrounds Company**

**Toxicity: child friendly wood preservative**

**Age Appropriateness: all ages**

The Rope Pull-Up has all kinds of applications, and exercises the body in many unique ways.

Price is for a 37 inches wide by 8 foot long, single rope pull permanently mounted in the ground, but lengths up to 16 feet are available, longer on request.

All the muscles in the upper body, hands, core, and legs are involved once the child grabs the rope and tries to pull their body up the incline while also trying to walk on the slope, especially because the hands are constantly changing positions as child moves up the rope and up the incline.

This element is excellent for all age groups, as we can vary the length of the footboard, and the steepness can be varied as well. Typically, we use rope 1.25 inch in diameter (so that it cannot be made into a 3 inch loop, which is against safety regulations), and then we tether the rope at the bottom, and at the top, knotting it on the back side of the posts.

The main picture shows the way we typically construct this item; this particular run of slide beside it is approximately 8 feet long, so your Rope Pull would also be 8' long, but we can vary this length depending on your incline.

We recommend installing this at an angle of 30-35°.

The Rope Pull-Up comes as a kit. Complete installation instructions are, of course, included.