U-shaped dismount pit

Details

U-shaped training pits are ideal to enable coaches to provide spotting and asssistance at the level of the gymnast.

Continental fit out these deep but narrow pits with padded walls and floors, pvc upholstered edge padding and pvc covered foam wedges in the corners at the bottom to enable someone in the bottom of the pit to run up and out.

Continental manufacture special sized parallel bars, low training high bars and ring frames to suit these pits.

U-shaped pits for one piece of apparatus are typically 2m deep x 5.2m long x 750mm wide