



# Natural Playgrounds Store

Natural Playgrounds Company  
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## Overhead Ladders

**MRCF-HLDR**

**Shipping Weight: 300 lbs**

**Shipping Dimensions: 120"L X 40"W X 6"H**

**Brand: Natural Playgrounds Company**

**Toxicity: child friendly wood preservative**

**Age Appropriateness: all ages**

The Horizontal Ladder is a fabulous upper body strengthening exercise to put on your playground! It's great for a challenge course/fitness course, as well. Further, this is a great exercise for strengthening grip, which improves fine and gross motor skills.

The rungs are spaced apart differently for the small and large ladders. For the small Horizontal Ladder, the rungs are approximately 18" on center.

It's a little higher than a mere reach, so kids have to jump up just a little to grab the first rung, then they have to start their bodies swinging so they can let go with one hand in order to grab the next rung, and so on.

Very challenging!!

Note in the pictures that we have a small version for children, and a larger version for adults, so we can make this any size.

Comes as a kit with complete installation instructions included.

For schools and public playgrounds, a fall zone would be required.