Twister siedzący

0071023

METAL - FITNESS STANDARD





Material specification:

Construction Material	galvanized steel coated with powder paint for durability and corrosion resistance or made of stainless steel
Foundation	buried in the ground to a specified depth and concreted with at least B-20 class concrete or bolted to a concrete base
Boards	HDPE sheets with milled drawings
Other	Śruby wykonane ze stali nierdzewnej. Podstopnice stalowe, ocynkowane, malowane proszkowo. Stopnice wykonane z blachy aluminiowej ryflowanej. Łożyska toczone kulkowe zwykłe.

Due to continuous improvement of technical solutions by Freekids, the presented drawings, including colours and dimensions, may differ slightly from currently manufactured devices.

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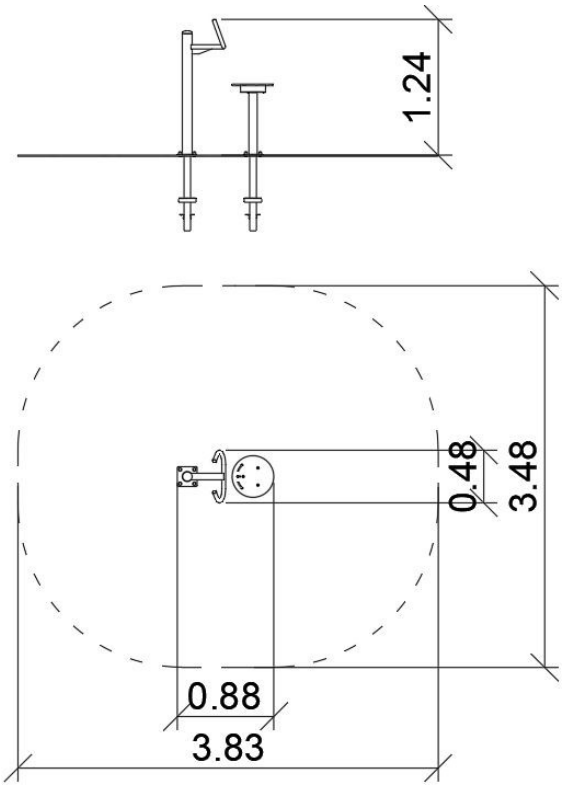

DEVICE DATA:

Device dimension	0,88 x 0,48 x 1,24 m
Zone dimension	3,83 x 3,48
Fall height	0,64 m
Safety zone area	11,41 m2
User age	14+
Number of users	140 kg
Material	Metal
Low fall height	tak
Compliance with standards	PN-EN 16630

Twister siedząc:
Funkcje urządzenia:
Urządzenie do ćwiczenia mięśni bioder, brzucha i talii
Sposób ćwiczenia:
Usiądź na siedzisku i złap oburącz uchwyty. Wyprostuj plecy i wykonuj jednostajnie ruchy skrętne w obu kierunkach naprzemiennie.

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