

Twister

0071009

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 toczne 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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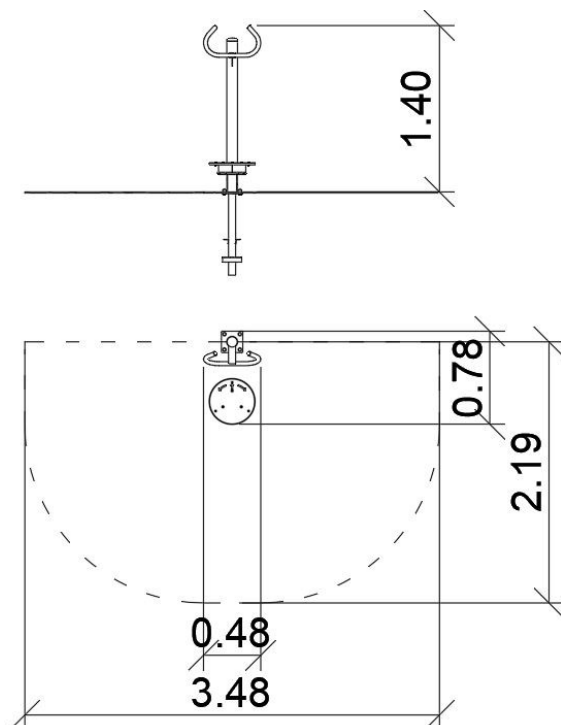
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DEVICE DATA:

| | |
|---------------------------|----------------------|
| Device dimension | 0,48 x 0,78 x 1,40 m |
| Zone dimension | 3,48 x 2,19 |
| Fall height | 0,24 m |
| Safety zone area | 6,66 m ² |
| User age | 14+ |
| Number of users | 140 kg |
| Material | Metal |
| Low fall height | tak |
| Compliance with standards | PN-EN 16630 |



Twister:

Funkcje urządzenia:

Urządzenie wzmacnia mięśnie brzucha i bioder. Korzystnie wpływa na spalanie tkanki tłuszczowej.

Sposób ćwiczenia:

Mocno chwycić za uchwyty. Stopami stać na obrotowej platformie. Używając jedynie bioder wykonać jednostajnie ruchy skrętne w obu kierunkach naprzemiennie.

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