



TECHNICAL DATA

Twister:
Function:

Strengthening the muscles of the legs and buttocks.

How to exercise:

Hold the handles firmly. Stand on the platforms with your feet. Transfer body weight from leg to leg. knees on the outside of the lever. Perform thigh adduction and abduction movement.

Sitting Twister:
Function:

A device for exercising the muscles of the hips, stomach and waist

How to exercise:

Sit on the seat and grab the handles with both hands. Straighten your back and perform steady torsion movements in both directions alternately.

Wymiary (dł x szer x wys)

1,60 x 0,60 x 1,70 m

Powierzchnia zderzenia

4,5 x 3,4 m

Pole powierzchni zderzenia

13,4 m²

Available options:

STEEL	galvanized and powder-coated steel elements
PLATE	HPL sheet
STEPS	galvanized and powder-coated steel elements, steps made of corrugated aluminum sheet.
FOUNDATIONS	device permanently founded in the ground, concrete foundations with minimum class: C-16/20
BEARING	standard ball bearings and / or tapered roller bearings.
ADDITIONAL ELEMENTS	cap nuts, stainless steel, black plastic caps.

* Due to the continuous improvement of technical solutions by FreeKids, the presented drawings may slightly differ from currently produced devices. Declaration of compliance with the PN-EN 16630: 2015 standard