



### Description

#### Function:

The device strengthens the muscles of the back and spine.

#### How to exercise:

Climb the steps and hook the heels to the bottom stick. Rest your hips on the seat. The face is directed towards the ground. Gently lower and raise the upper torso.

\* The device can be configured with a pylon or other fitness device.

### Technical data

Dimensions (W x L x H)	0,79 x 1,06 x 1,90 m
Safety area dimensions	3,5 x 2,4 m
Safety area	7,4 m <sup>2</sup>

### Available options:

STEEL	Galvanized and powder-coated steel elements.
STEPS	Galvanized and powder-coated steel elements, insets made from aluminium grooved
SEAT	Galvanized and powder-coated steel elements..
FOUNDATIONS	The device is permanently founded in the ground, anchored in concrete class min. C16 / 20
BEARING	Standard ball bearings and / or tapered roller bearings
FASTENERS	Galvanized and powder-coated steel elements
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. Certificate of compliance with the PN-EN 16630: 2015 standard