



Description

Ladder:

Function:

This device helps to stretch the body, supports muscles and joints. It can also be used as the warming-up device.

How to exercise:

Grab the highest bar with your hands. Bend your arms in your elbows as much as possible. Slowly lower your body, repeating the movements.

Leg Lift

Function:

The device strengthens and builds abdominal, back and thigh muscles.

How to exercise:

A - Stand with your back to the device and grab the rods.

Hang in the air. Bending your arms in your elbows, lower yourself and raise yourself. Repeat the exercise.

B - Stand with your back to the device and put your hands on the rods, while gripping the vertical handles. Pull your legs up to your torso and then slowly lower them.

TECHNICAL DATA

Dimensions (W x L x H)

1,98 x 0,97 x 2,40 m

Safety area dimensions

5,0 x 4,0 m

Safety area

17,0 m²

Available options:

STEEL	galvanized and powder-coated steel elements
PLATE	HPL sheets
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