



Description

Stretch Back:

Device Features:

The device strengthens the muscles of the chest, back and arms.

Exercise method:

Sit comfortably on the seat, rest your back. Grab the handles with both hands. Pull the handles forward. Return to starting position. Repeat the exercises.

Triceps:

Device Features:

The device strengthens and builds arm muscles.

Exercise method:

Sit comfortably on the seat, rest your back. Grab the handles with both hands. Push them firmly but smoothly downwards, straightening your arms in the elbows. Return to starting position. Repeat the exercise.

TECHNICAL DATA

Dimensions (W x L x H)	2,13 x 0,76 x 2,0 m
Safety area dimensions	5,0 x 4,3 m
Safety area	18,3 m ²

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