



Description

Cross Trainer:

Function:

The device improves the functions of the cardiovascular and respiratory systems. It improves motor coordination, efficiency of upper and lower limbs and joints. It helps in fat loss.

How to exercise:

Grab your hands on the handles, stand on the pedals. Push and pull the rods with your hands while moving your legs back and forth alternately.

Sit-up Bench

Exercise bench:

Device functions: The device strengthens and builds abdominal muscles.

Exercise method:

Lie on the bench. Hook your feet against the lower bar, put your hands behind your head or cross over your chest. Raise the torso flexing the abdominal muscles. Lower the body in a slow motion. Repeat the exercise.

Available options:

TECHNICAL DATA

Dimensions (W x L x H)

2,24 x 1,62 x 1,70 m

Safety area dimensions

5,1 x 4,7 m

Safety area

18,9 m²

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