



## Description

### Adductor:

### Function:

The device trains the biceps and quadriceps muscles of the thighs and adductors and abductors.

### How to exercise:

Sit comfortably on the seat. Grab the handles with both hands. Place your feet on the feet, place your knees on the outside of the lever. Perform thigh adduction and abduction movement.

### Function:

The device strengthens and builds your thighs.

### How to exercise:

Lay on the bench. Place your feet against the lower bar, put your hands behind your head or cross them on your chest. Lift and lower legs. Repeat the exercise

## TECHNICAL DATA

Dimensions (W x L x H)

1,87 x 1,62 x 1,70 m

Safety area dimensions

5,1 x 4,7 m

Safety area

20,6 m<sup>2</sup>

## 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