



Description

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.

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

Technical data

Dimensions (W x L x H)	1,22 x 0,63 x 1,60 m
Safety area dimensions	2,6 x 3,6 m
Safety area	8,6 m ²

Available options:

STEEL	Galvanized and powder-coated steel elements
ANCHORS	Device permanently founded in the ground, concrete foundations with minimum class: C-16/20
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. Declaration of compliance with the PN-EN 16630: 2015 standard