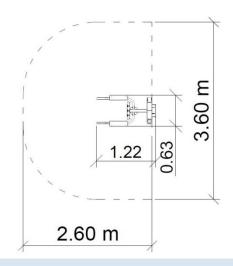
IFON LEG LIFT iFON Series FIF-PG





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

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

up to your torso and then slowly lower them.

Technical data

Dimensions (W x L x H) Safety area dimensions Safety area

1,22 x 0,63 x 1,60 m 2,6 x 3,6 m 8,6 m²

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

