



### Description

#### Function:

The device improves the lower parts of the body. Activates the lap belt segment, strengthens the spine in the lumbosacral region. Improves motor coordination.

#### How to exercise:

Hold the handles firmly. Put your feet on the platform. Perform swinging movements left and right simultaneously.

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

### Technical data

Dimensions (W x L x H)	0,89 x 0,88 x 1,30 m
Safety area dimensions	3,9 x 2,3 m
Safety area	7,8 m <sup>2</sup>

### 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. Certificate of compliance with the PN-EN 16630: 2015 standard