



Description

Pendulum

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.

Exercise method:

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

Twister

Function:

Strengthening the muscles of the legs and buttocks.

Exercise method:

Hold the handles firmly. Stand on the platforms with your feet. Transfer body weight from leg to leg.

Technical data

Dimensions (W x L x H)

1,39 x 0,89 x 1,40 m

Safety area dimensions

4,4 x 3,9 m

Safety area

14,4 m²

Available options:

STEEL	galvanized and powder-coated steel elements
SEATS	galvanized and powder-coated steel elements.
FOUNDATIONS	device permanently founded in the ground, concrete foundations with minimum class: B-15
BEARING	standard ball bearings and / or tapered roller bearings
FASTENERS	galvanized and powder-coated steel elements
ADDITIONAL ELEMENTS	bolts and screws protected with plastic and covers; round head nuts

* 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