



Description

Function:

The device improves overall body performance, endurance and strength. Strengthens the muscles of the back, arms and legs.

How to exercise:

Sit comfortably on the seat. Set your feet on platforms. Grab the handles with your hands. Pull the rods to your chest while straightening your legs and back. Return to starting position. Smoothly repeat the exercise.

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

Technical data

Dimensions (W x L x H)	1,19 x 0,90 x 1,10 m
Safety area dimensions	4,4 x 3,9 m
Safety area	15,2 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. Certificate of compliance with the PN-EN 16630: 2015 standard