



### Description

#### Function:

A device for exercising the muscles of the hips, stomach and waist

#### How to exercise:

Sit on the seat and grab the handles with both hands. Straighten your back and perform steady torsion movements in both directions alternately.

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

### Technical data

Dimensions (W x L x H)	0,48 x 0,75 x 1,20 m
Safety area dimensions	3,5 x 2,4 m
Safety area	7,5 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