



## DESCRIPTION

### Bike:

#### Device Features:

A classic bike. Strengthens leg muscles and improves circulation. Serves as a warm-up.

#### Exercise method:

Sit on the seat, grab the handles with your hands, place your feet on the pedals. Pedal like on a bicycle.

### stepper:

#### Device Features:

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.

### Available options:

STEEL	galvanized and powder-coated steel elements.
STEPS	Steps made of corrugated aluminum.
SEATS	HDPE sheets
FASTENERS	galvanized and powder-coated steel elements
ADDITIONAL ELEMENTS	cap nuts, stainless steel, black plastic caps
FOUNDATIONS	The device is permanently set up in the ground, anchored in concrete of class min. C16 / 20

\* Due to the continuous improvement of technical solutions by FreeKids, presented drawings, including colors and dimensions may slightly differ from currently manufactured devices. Certificate of compliance with the PN-EN 1176: 2017