



### Description

#### Function:

Strengthens the chest and shoulder muscles. It improves physical condition and increases muscle mass. The device strengthens the muscles of the chest, back and arms.

#### Exercise method:

Sit comfortably on the seat, rest your back. Grab the handles with both hands. Pull the handles forward. Return to starting position. Repeat the exercise. The device strengthens the muscles of the chest, back and arms

### Technical data

Dimensions (W x L x H)	2,10 x 0,80 x 1,95 m
Safety area dimensions	5,1 x 4,0 m
Safety area	17,9 m <sup>2</sup>

### 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