



Fitness element FP-018ST Pendulum - turquoise

Product type FP-018ST-10

Basic information

Age category	from 15 years
Minimum area	3,94 m x 3,82 m
Equipment measurements	0,94 m x 0,82 m x 1,55 m
Free fall height:	1.0 m
Load capacity:	140 kg
Max. number of users:	1
Fall zone: EN 1177	null
Designation:	exterior
Availability of spare parts:	supplied by the
Certificate of Compliance:	ČSN EN 16630:2016

Material

Supporting column, handles - made of steel tubes

Finish

null
null

Description

The handles are made of powder-coated steel tubes. The supporting column is made of a steel tube with a mounting flange at the bottom. The frame and tread are made of powder coated sheet metal. Rolling bearings are used for movable connections. Holes are sealed with steel elements at the ends. All fasteners are stainless.

Functions: Develops the strength of your hip and core while enhancing the cardiovascular endurance. Strengthens upper body, biceps, forearms, lower back, and abdominals at the same time improving coordination.

Instructions: Grab the handrails and step onto the platform with both feet. Start the swinging movement of the lower body from left to right.

