



Fitness element FP-017SO Runner- orange

Product type FP-017SO-10

Basic information

Age category	from 15 years
Minimum area	4,02 m x 3,5 m
Equipment measurements	1,02 m x 0,5 m x 1,41 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

Duplex powder coated with coat curing
Hot-dip galvanizing

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 lower body muscles, waist and abdominals. Increases cardiorespiratory endurance and improves coordination and stability of the whole body.

Instructions: Grab the bar with both hands and place the feet comfortably on the platforms. Start moving your legs back and forth just like walking. While marching keep your back straight.

