



## Fitness element FP-017ST Runner- turquoise

Product type FP-017ST-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

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 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.

