Category

Fitness machine

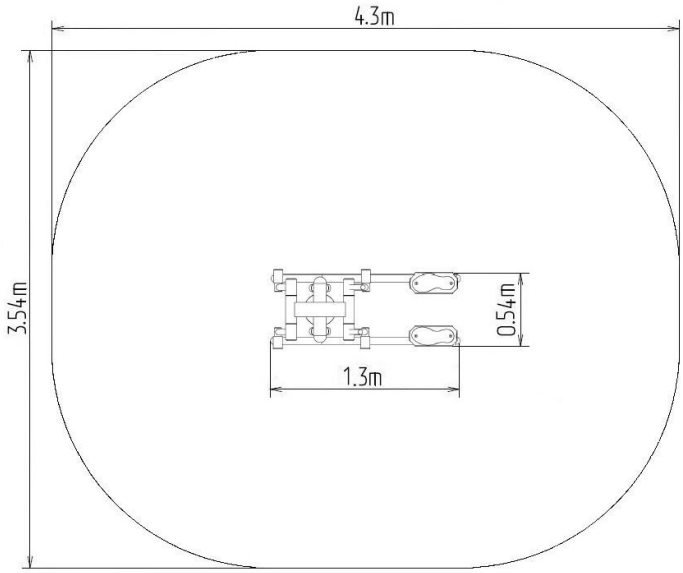
www.zaidimuaiksteles-bonita.lt

Fitness element FP-014ST Skiing (ski) - turquoise

Product type FP-014ST-10

Basic information

Age category	from 15 years
Minimum area	4,9 m x 3,54 m
Equipment measurements	1,9 m x 0,54 m x 1,65 m
Free fall height:	1.0 m
Load capacity:	120 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: It builds muscles in the lower part of the body, such as calves, lumbar muscles and the muscles of the lower abdomen. It works muscles of arms, improves the function of the heart and the respiratory tract, coordination of movements and the body stability.
Instructions: Position yourself with your soles on the small platforms and grasp the handles firmly. Start moving with your hands and legs simultaneously and try to hold your back upright.

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