## Fitness machine





## Fitness element FP-022ST Tai-chi - turquoise

Product type

FP-022ST-10

## **Basic information** Age category from 15 years 4.05m Minimum area 4,05 m x 3,8 m Equipment measurements 1,05 m x 0,8 m x 1,71 m 1.0 m Free fall height: 120 kg Load capacity: Max. number of users: 1 Fall zone: EN 1177 null Designation: exterior Availability of spare parts: supplied by the 1.05m Certificate of Compliance: ČSN EN 16630:2016 3.8m Material Supporting column, handles - made of steel tubes Finish

Duplex powder coated with coat curing Hot-dip galvanizing

## Description

The wheels are made of powder-coated steel tubes. The supporting column is made of a steel tube with a mounting flange at the bottom. Holes are sealed with steel elements at the ends. All fasteners are stainless.

Functions: It trains muscles of arms and shoulders. It improves the cardiovascular functions and flexibility of muscles and ligaments of the upper part of the body.

Instructions: Place your palms on the surface of the turning wheel and move with them as if you were drawing circles. Perform the movement in one and the other direction.