# Fitness machine





# Fitness element FP-019ST Surfer - turquoise

Product type FP-019ST-10

# **Basic information**

Age category from 15 years
Minimum area 4,3 m x 3,82 m

Equipment measurements 1,3 m x 0,82 m x 1,35 m

Free fall height: 1.0 m
Max. number of users: 1
Fall zone: EN 1177 null

Certificate of Compliance: ČSN EN 16630

### **Material**

Supporting column, handles - made of steel tubes

# 1.3m 1.3m

# 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 your hip and core while enhancing the cardiovascular endurance. Strengthens stomach and gluteus muscles.

Instructions: Step on the platform and grab the handrail firmly. Start swinging both sides without releasing the handrail.