

# OFM-26 Legs Raise



## EN Technical card

**Device size:** 2170mm x 590mm x 950mm

**Impact area dimensions:** 3.95m x 3.59m

**Impact area:** 14.1m<sup>2</sup>

**HIC:** 0.0 m

**Surface required:** No restrictions (any)

**Footing top:** 0.3 m under the ground level

**Purpose:** Public places use

**User high:** Over 1.4 m

**Maximum user weight:** 120 kg

**Category:** Muscles Building

**Training Effect:** Strengthening of several major muscle groups: upper limbs, thighs and abdomen and back. Careful execution of exercise helps to maintain the correct posture. It works preventively to undesired curvature of the spine.

**Method of use:** Lean against the supports with your hands, with your back to the device. Grab the holders. A thigh horizontally, calves vertically. Pull the pelvis and the legs to the torso and then lower them.

### Construction and material data:

A seat and a back can be made of aluminium or HDPE plastic. Grips made of double powder coated. steel pipes. Main construction pole made of steel pipe finished by instalation collar. Roller bearings for moving parts. Stainless screws. All the wholes permanently blinded with steel covers. Total safety and functionality of equipment can only be kept when the inspections are made on regular basis. A subject of control should be potential damages and use. Always observe the maintance and instalation guide.

This device is designed for people over 1.4 m tall.

For single person use only. Maximum user's weight 120 kg.

Made followed the EN 16630:2015 norm

**Made in Poland**

