

# OFM-12 Crosstrainer



## EN Technical card

**Device size:** 1470mm x 990mm x 540mm

**Impact area dimensions:** 4.03m x 3.52m

**Impact area:** 14m<sup>2</sup>

**HIC:** 0.5 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:** Blood Circulation, Coordination

**Training Effect:** Delicate training for leg and hip muscles joints. Additionally, shoulder and arm muscles training. Positively affects fatty tissue burning.

**Method of use:** Stand on the pedals and firmly grab both handles with your hands. Move the legs forward and backward and at the same time pull and push the sticks interchangeably with your arms.

### 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 installation 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**

