



EN Technical card

Device size: 450mm x 1320mm x 360mm

Impact area dimensions: 4.32m x 3.36m

Impact area: 14.5m²

HIC: 0,6 m

Surface required: No restrictions (any)

Footing top: 0.3 m under the ground level

Purpose: Public places use

User height: Over 1.4 m

Maximum user weight: 120 kg

Category: Muscles Building, Blood Circulation

Training Effect: Exercises performed on the device help strengthen your abdominal muscles. With simple slopes straight abdominal muscles work. Doing the twist of the torso stimulate the oblique's.

Method of use: Lie down on the bench, face up and lean your feet against the lower crossbar. Cross your arms on the chest or put them under the head. Lift the torso in order: the head, the shoulders and the rest of your body. A torso twist can be performed at the end. Slowly lower your body to the bench. Do full, smooth movements.

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

