



44060



Description

"Device functions: Helps with stretching exercises for trunk and arms. Strengthens the back muscles and the shoulder girdle.

Method of use: Option I: pull ups - grab the bar holder and pull the body to the breast height, then slowly lower back. Keep a straight silhouette.

Option II: Stretching " place your foot on the step (at the waist level), straighten the leg at the knee, then alternating bends to the both legs."

Model type

Solitaire

Serial number

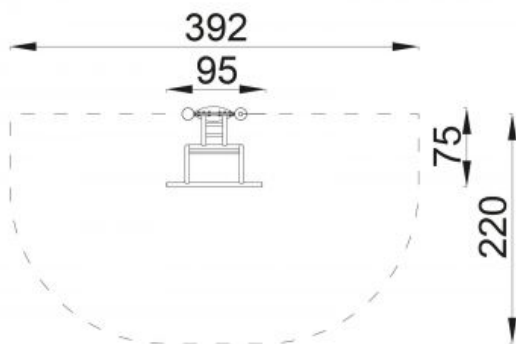
44060

Equipment name

Ladder

Join the action!

Ladder



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| Product line | Action Outdoor Fitness Solitair |
| Age range | 10 - 99 |
| Unit measurements | 62cm x 75.5cm x 214cm |
| Required surface area | 390cm x 220cm |
| Impact area | 9m ² |
| Free height of fall | 0cm |
| Material | Powder coated zinc layer steel. Pole is made of a steel tubes diameter 114 mm. Holders and other tube elements are made of steel tube diameter 40 mm, 3,2 mm thickness. Seats: weather resistant HDPE. Pedals: stainless steel. |
| Heaviest part | 0kg |
| Largest part | 0cm - 0cm |
| Spare parts | Available |
| Installation time without grondwork | 2 hour(s) / 2 person(s) |
| Special tools | Included |
| Anchoring | Equipment will be installed 30 cm under ground level on a concrete foundation. Extra concrete is needed for more stability. |
| Remarks | Pylon (basic element) can be used for second device. |

