



**NOVUM**

**4409WOSN**



## **Description**

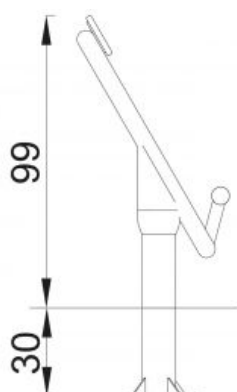
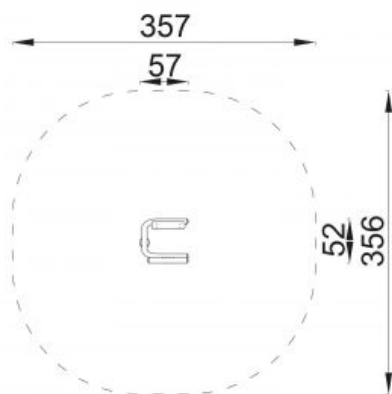
"Device functions: It strengthens the back and spine muscles. It helps to maintain the correct upright posture.

Method of use: Lean your hips on the bench face down. Lean the legs on the bar. Cross your hands on the chest. Down and lift your thorax smoothly, slowly and fully."

**Model type**  
**Serial number**  
**Equipment name**

Solitair  
4409WOSN  
Back Trainer

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<b>Product line</b>	Action Outdoor Fitness Solitaire
<b>Age range</b>	14 - 99
<b>Unit measurements</b>	57cm x 52cm x 99cm
<b>Required surface area</b>	355cm x 355cm
<b>Impact area</b>	11m <sup>2</sup>
<b>Free height of fall</b>	99cm
<b>Material</b>	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.
<b>Heaviest part</b>	kg
<b>Largest part</b>	cm - cm
<b>Spare parts</b>	None
<b>Installation time without grondwork</b>	4 hour(s) / 2 person(s)
<b>Special tools</b>	None
<b>Anchoring</b>	Equipment will be installed 30 cm under ground level on a concrete foundation. Extra concrete is needed for more stability.
<b>Remarks</b>	