



4406WO



Description

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

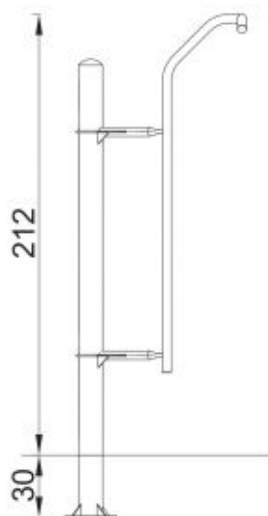
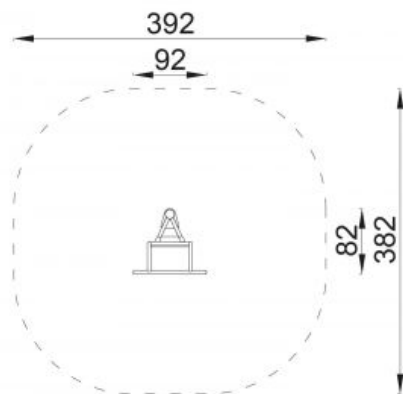
Method of use: Option I: pull ups - grab the bar holder and pull the body to the breast height, then slowly lower back. Keep a straight silhouette.

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	Solitair
Serial number	4406WO
Equipment name	Ladder

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Ladder



Product line	Action Outdoor Fitness Solitaire
Age range	14 - 99
Unit measurements	950cm x 755cm x 2435cm
Required surface area	3900cm x 2200cm
Impact area	7.5m ²
Free height of fall	2435cm
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	kg
Largest part	cm - cm
Spare parts	None
Installation time without grondwork	4 hour(s) / 2 person(s)
Special tools	None
Anchoring	Equipment will be installed 30 cm under ground level on a concrete foundation. Extra concrete is needed for more stability.
Remarks	