

# Bio Healthy Combined 2

ref. CG2812I

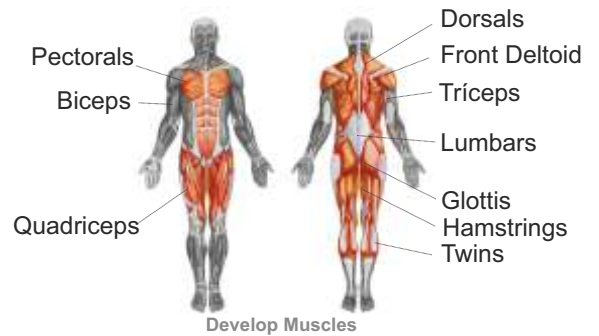


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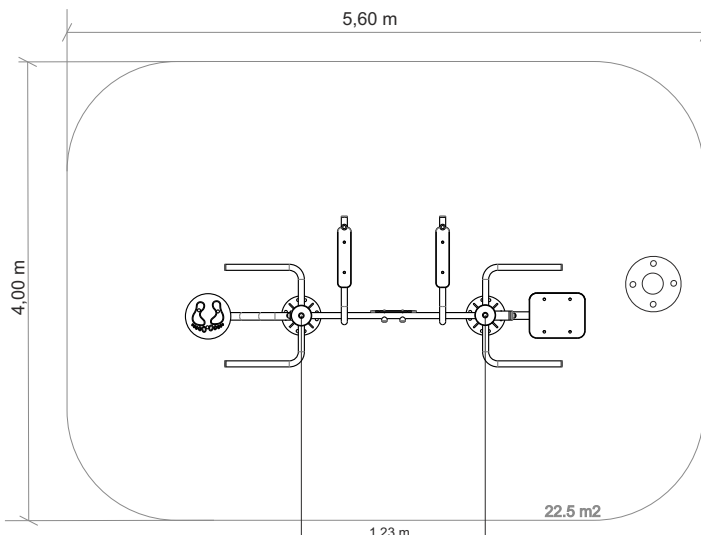


Data Sheet

<b>+12</b>			
	3 Users	2,58x0,98x1,28m	Mode of Fixation



## Security Area:



## Technical Characteristics:

### Materials

Structure: Stainless Steel AISI 304;

Plastic parts: HDPE;

Ironmongery: Stainless Steel AISI 304;

Bearings: SKF rigid spheres with a shielded career on both sides (no need to maintenance and lubrication);

Finishing: Brushed;

Type of Fixation: by 1 negative provided;

Optional: Stainless Steel AISI 316;

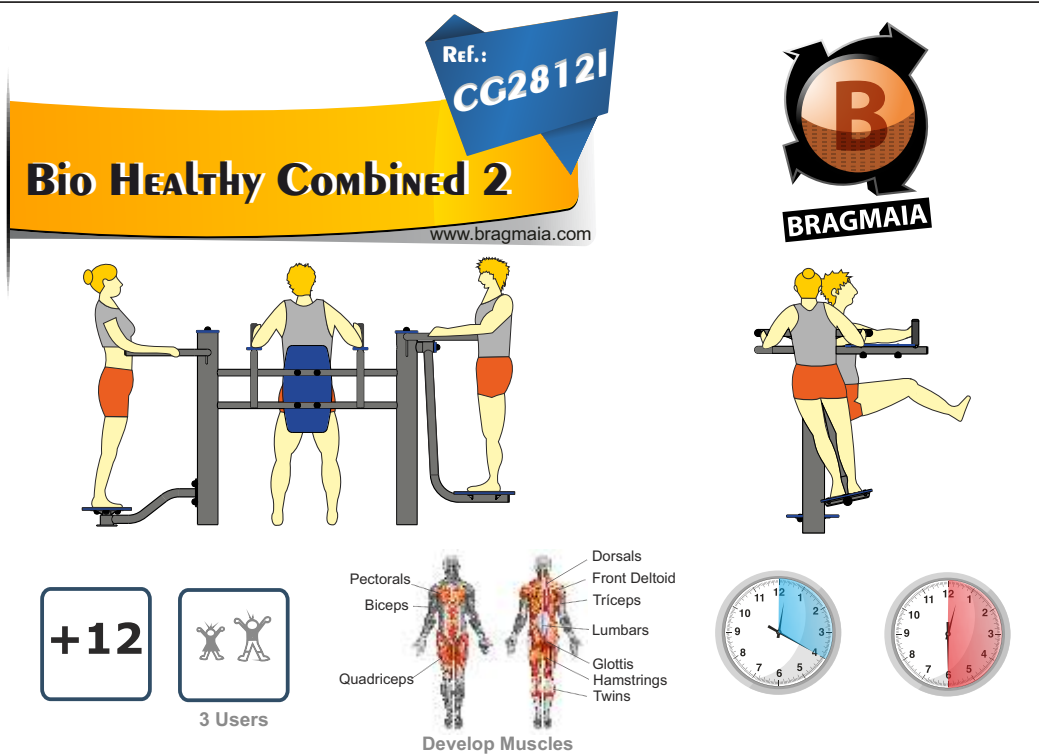
Note: You must ensure that the equipment is correctly installed at the negative. Align the drilling equipment before drilling negative as illustrated by picture.

## Maintenance

Every week: carry out a visual check on the general state of the element to make sure there are no breakages or damages to endanger users;

Every month: check that the joints move smoothly. Grease them if necessary. Ensure that the element is as structurally stable as when it was new. Check the state of all the screws, bolts and their protection;

Every year: check there is no corrosion on the metal legs. Check all ground fixings;



**EXECUTION MODE:** On the left, the Waist, grab the lateral bars with both hands (left hand with left bar and right hand with right bar), climb to the round plate with both feet and turn your waist to both sides alternately.

On the right, the surf, grab the lateral bars with both hands (left hand with left bar and right hand with right bar), climb to the pedal with both feet and perform oscillating movements to both sides.

On the middle, the wall bar, grab the lateral bars with both hands (left hand with left bar and right hand with right bar), lift your legs to a position 90° and return to starting position. Keep the normal bipedal posture and look forward with a normal chin position. While running do not release the lateral bars.



**Caution:** Consult your doctor before performing these exercises. Children should be supervised by an adult.



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