



The Cross-trainer is perfect for improving endurance. The advantage of the Cross-trainer is that the movements are large but smooth and they involve both arms and legs, this enables the user to simultaneously train all the major muscle groups and burn a lot of energy. All parts where users will place their hands are covered with Polyurea coating. Polyurea coating is highly durable against wear and tear, offers isolation and simultaneously gives users an outstanding grip during their workout. The Cross-trainer has a friction brake which can be adjusted on installation. The user can adjust the intensity of the exercise by changing the speed of the exercise. A higher Rpm will lead to a higher intensity.

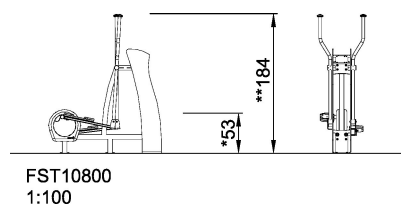
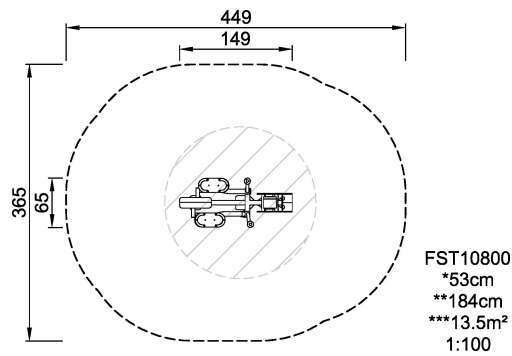
Product Line	Outdoor Fitness
Category	Circuit Training
Age group	13+
Max. fall height (CM)	53
Total height (CM)	184
Safety Zone	13.5 m2



**SUR-
FACE**

**IN-
GROU.**





* = Highest designated play surface.
** = Total height of product.

Weight/heaviest parts	kg.	Installation (Manpower)	1 Persons
Concrete required	NaN m3	Installation (Hours)	2 Hours
Foundation amount/footing	NaN	Excavation	NaN m3