

# FST128 Crank



In its simplicity the Crank is very easy to use, and no specific skills are required. This means the crank is suitable for everyone, from people who can only engage in very light exercise to trained. The crank 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. The Crank can be operated from two sides if it is installed next to a city bench. Either seated on the bench or seated in a wheelchair.

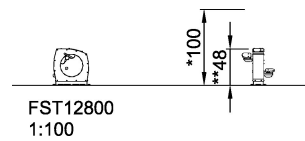
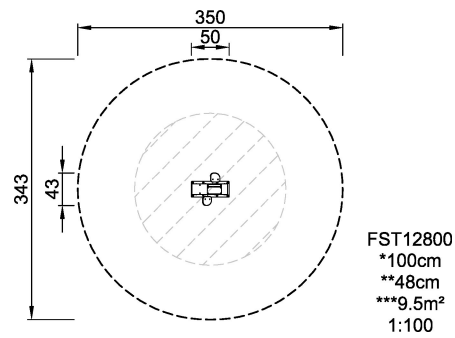
<b>Product Line</b>	Outdoor Fitness
<b>Category</b>	Circuit Training
<b>Age group</b>	13+
<b>Max. fall height (CM)</b>	100
<b>Total height (CM)</b>	48
<b>Safety Zone</b>	9.5 m2



**SUR-  
FACE**

**IN-  
GROU.**





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

<b>Weight/heaviest parts</b>	kg.	<b>Installation (Manpower)</b>	1 Persons
<b>Concrete required</b>	NaN m <sup>3</sup>	<b>Installation (Hours)</b>	1 Hours
<b>Foundation amount/footing</b>	NaN	<b>Excavation</b>	NaN m <sup>3</sup>