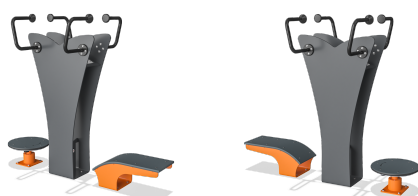


FST220 Twist + Step



Doing twists will help you improve your core strength and is excellent for lumbar mobility. Toning your core muscles and increasing your lumbar range of motion is essential for a lot of daily activities. The step is probably the most simple and versatile device available; many functional exercises can be done with a step. For example, the step up, which is a great exercise to improve your ability to walk the stairs. Beginners and people with balance problems can use the handles, they will provide a good grip and support.

Product Line	Outdoor Fitness
Category	Circuit Training
Age group	13+
Max. fall height (CM) 27	
Total height (CM)	147
Safety Zone	14.3 m2



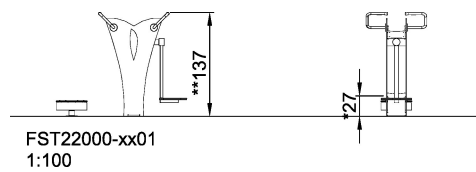
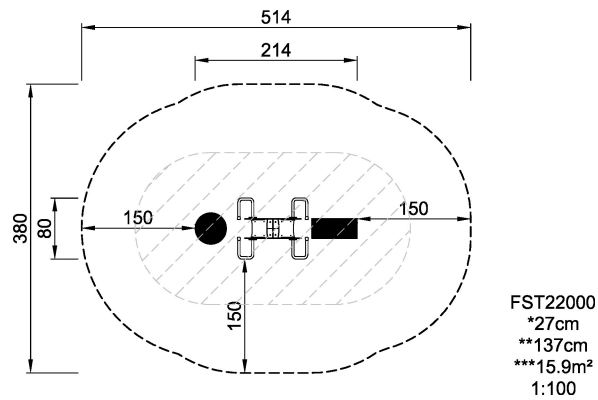
INCLUSIVE

SUR-
FACE

IN-
GROU.



ADA / INCLUSIVE



* = 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