

# FST222 Twist + Swing



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. Beginners and people with balance problems can use the handles, they will provide a good grip and support. The Swing is a very dynamic and fun element, with some practice you will be able to get a great workout which will improve your core strength and hip mobility.

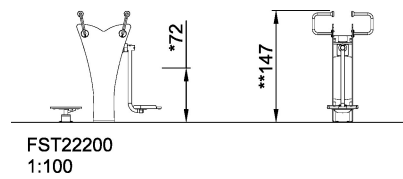
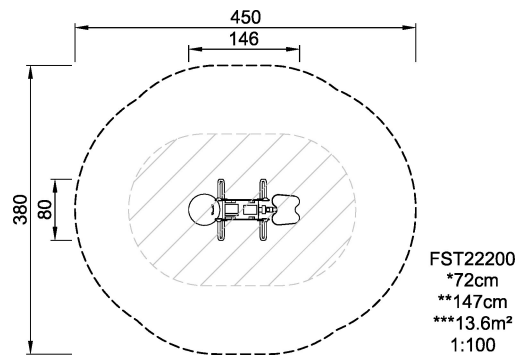
<b>Product Line</b>	Outdoor Fitness
<b>Category</b>	Circuit Training
<b>Age group</b>	13+
<b>Max. fall height (CM)</b>	72
<b>Total height (CM)</b>	147
<b>Safety Zone</b>	13.6 m <sup>2</sup>



**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>	2 Hours
<b>Foundation amount/footing</b>	NaN	<b>Excavation</b>	NaN m <sup>3</sup>