## Waist





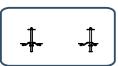
Lumbars







3 Users

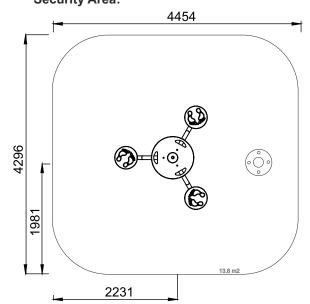




1450x1295x1200mm

**Develop Muscles** 

## **Security Area:**



## **Technical Characteristics:**

Materials

Structure: Stainless Steel AISI 304;

Plastic parts: HDPE;

Obliques 🌠

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;

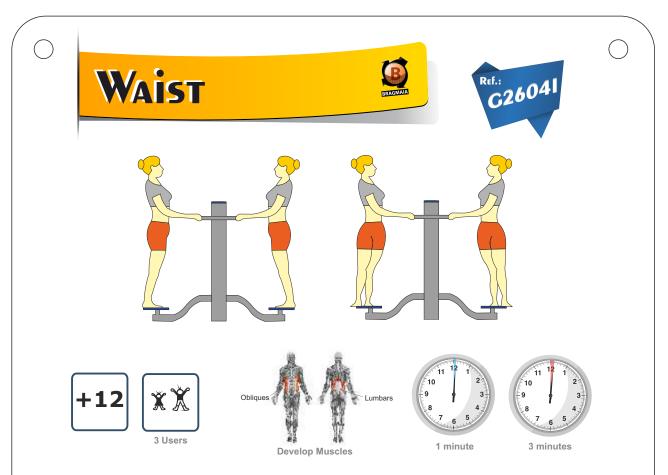
Note: You must ensure that the equipment is correctly installed at the negative. Align the drilling equipment before drilling negative as illustrated by picture.

## Maintenance

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

<u>Every month</u>: 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;

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



<u>EXECUTION MODE</u>: Grab the wheel (blue zone) of the device with both hands, facing the device, climb to the round plate with both feet and turn your waist to both sides alternately. Keep a bipedal posture and look forward with your chin in a normal position.



<u>Caution: Consult your doctor before performing these</u> <u>exercises. Children should be supervised by an adult.</u>



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