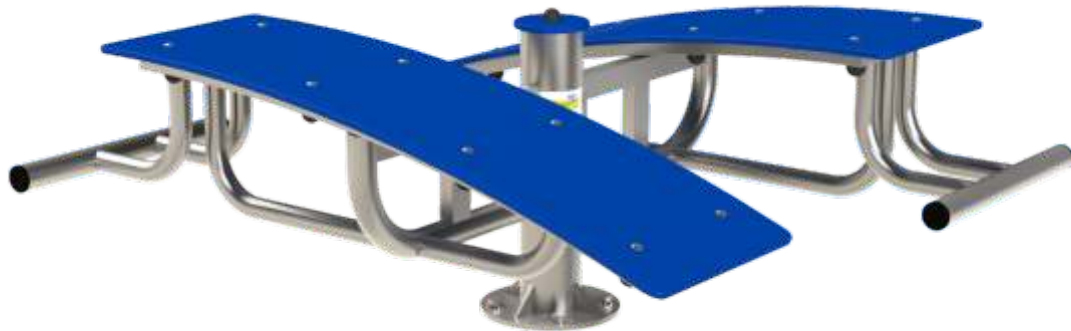


Abdominals

ref. G2706l



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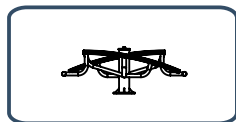


Data Sheet

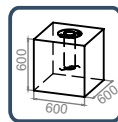
+12



2 Users

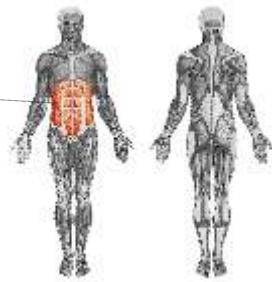


1520x1310x570mm



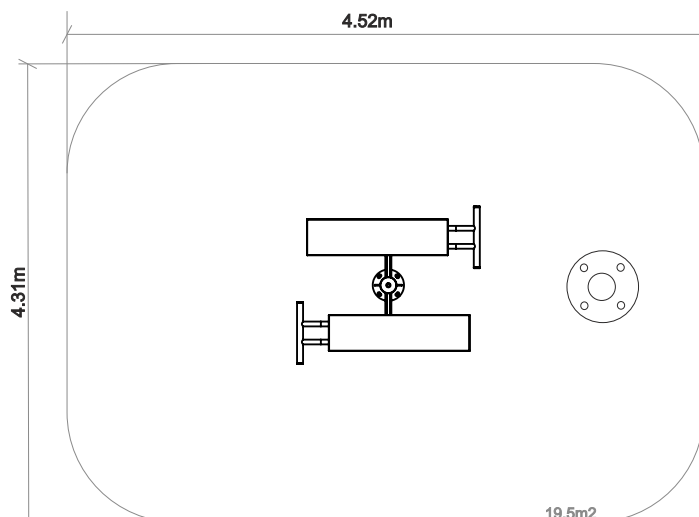
Mode of Fixation

Abdominals



Develop Muscles

Security Area:



Technical Characteristics:

Materials

Structure: Stainless Steel AISI 304;

Plastic parts: HDPE;

Ironmongery: Stainless Steel AISI 304;

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

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

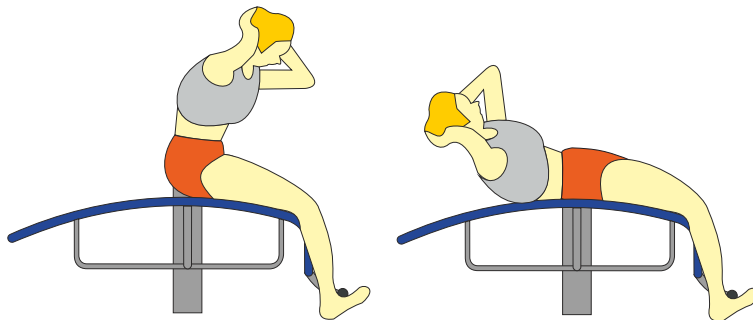
Every month: check that the joints move smoothly. Grease them if necessary. Ensure that the element is as structurally stable as when it was new. Check the state of all the screws, bolts and their protection;

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

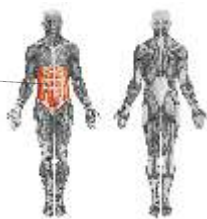
Abdominals



Ref.:
G27061



Abdominals



Develop Muscles

+12



2 Users

25 repetitions
1 to 3 series
Rest 30/60 seconds

EXECUTION MODE: Body lying on the machine, feet stuck in the black handles, hands clasped behind his head, using the contraction of the abdominal muscles sitting, slow reduction, restart.



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



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