Elevation Bars

ref. G2809I

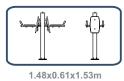












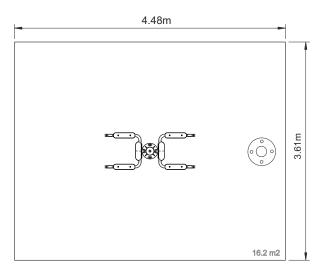


Pectorals
Biceps
Quadriceps

Develop Muscles

Dorsals
Front Deltoid
Triceps
Lumbars
Glottis
Hamstrings
Twins

Security Area:



Technical Characteristics:

Materials

Structure: Stainless Steel AISI 304;

Plastic parts: HDPE;

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;

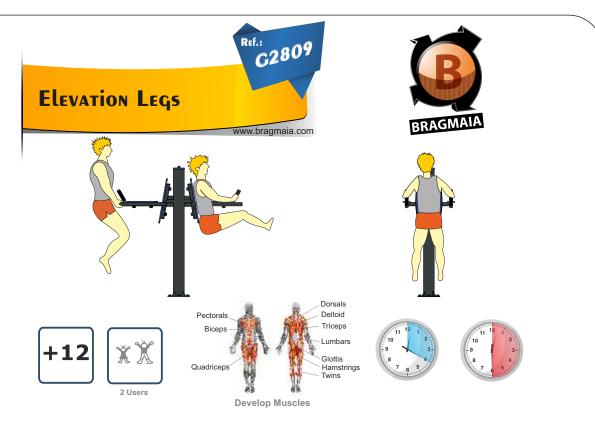
Note: You must ensure that the equipment is correctly installed at the negative. Align the drilling equipment before drilling negative as illustrated by picture.

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;



RUN MODE: Position yourself with your back flat on the blue panel, grab the side handles with both hands (left hand on the left wrist and hand Right on the right wrist), raise the legs to a position of 90° and return to the starting position. Normal posture biped, look forward with the chin in the normal position. During the execution do not drop



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



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