



Strengthens the muscles of the waist and improves flexibility and the coordination of the whole body. It exercises the spine and hip. Exercises involving the lower part of the body, are beneficial for sense of balance and loss of body fat. Exercises on outdoor fitness equipment affect the physical and mental health, and improve overall physical coordination.

Product line:	Outdoor gym
Series:	START
Height Adults:	>140 cm
Allowable user weight:	150 kg
Length equipments:	783 mm
Width equipments:	750 mm
Height equipments:	1640 mm
Weight equipments:	45 kg
Safety Zone:	3740 x 3750 mm
Compatible with norm:	EN 16630:2015









