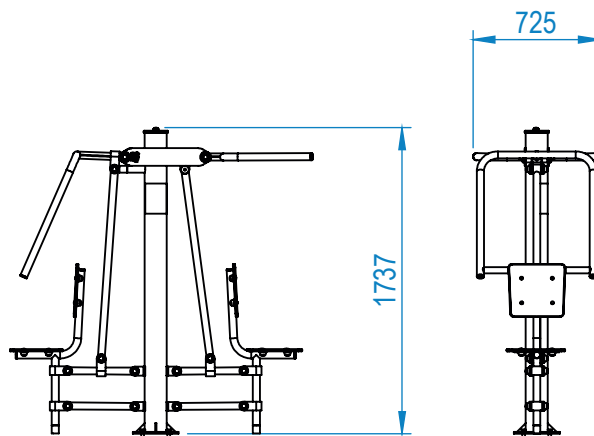
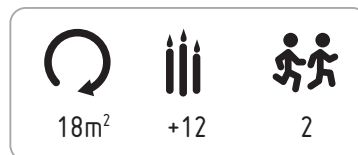
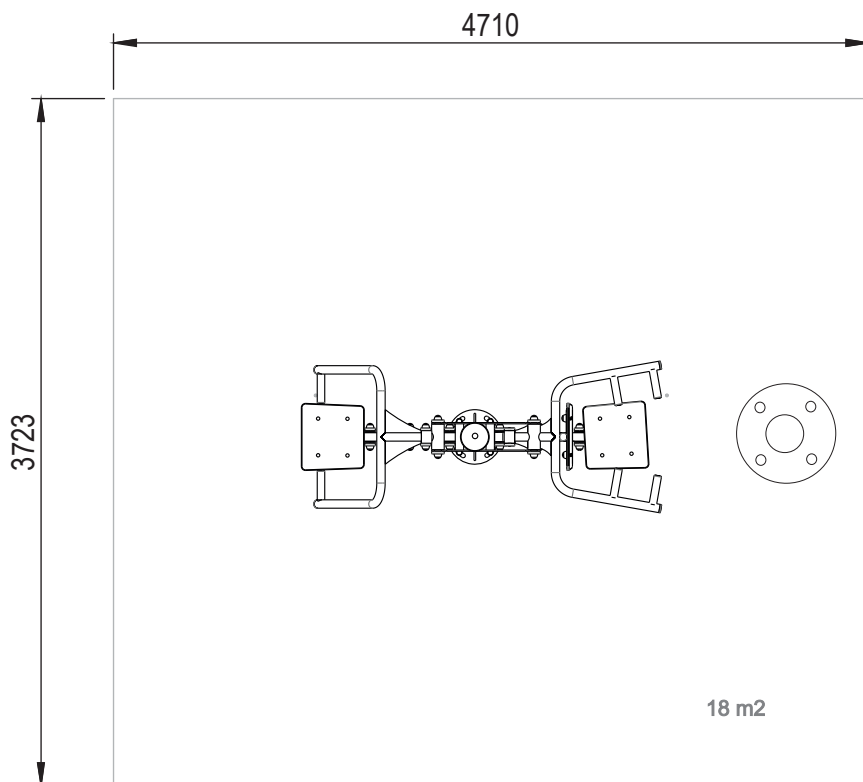


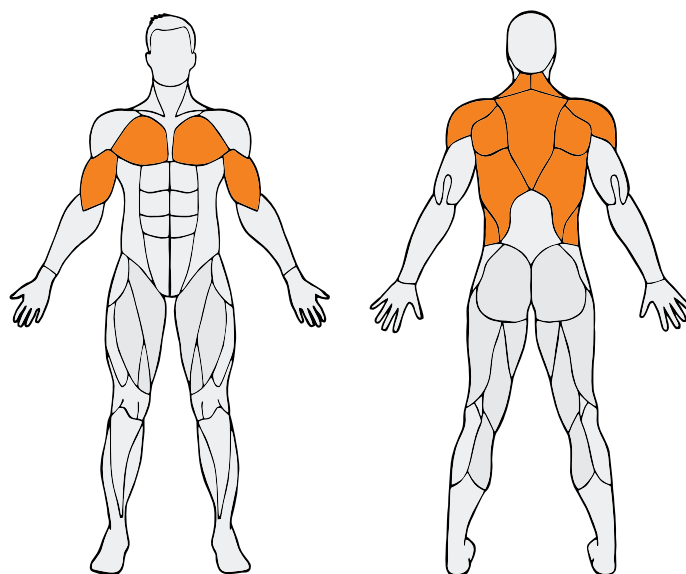
KOMBINASJONSAPPARAT HEISEN

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MÚSCULOS PARA DESENVOLVER / MÚSCULOS PARA DESARROLLAR / MUSCLES TO DEVELOP / MUSCLES À DÉVELOPPER





(very resistant to corrosion, wear and vandalism)

Structure

polyethylene

electro-galvanized steel

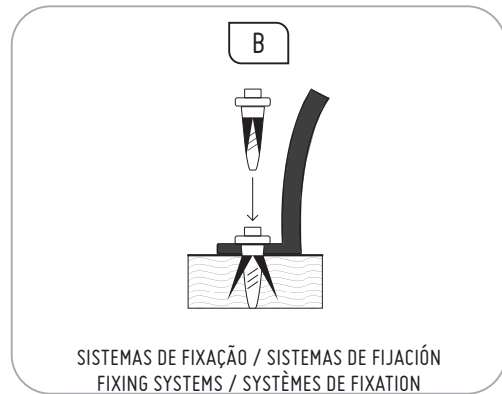
Bearings: SKF stiff balls with a reinforced stroke on both sides (no maintenance and lubrication required);

Finishing

electroplated and lacquered (or gel type enamel at 230°C, with thickness between 70µm according to the norm UNE EN ISO2808) to 2600 Sablé (on request can be lacquered to another RAL);

Type of attachment

provided by 1 negative;



PLANO DE MANUTENÇÃO / PLAN DE MANTENIMIENTO / MAINTENANCE PLAN / PLAN DE MAINTENANCE

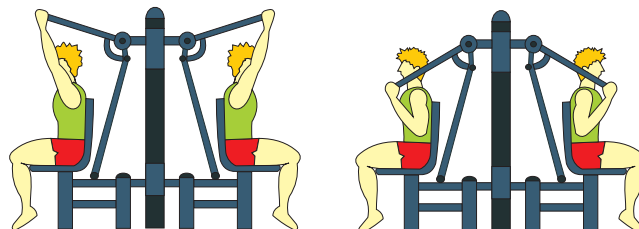
Weekly: visually check the overall status of the game, ensuring there are no breaks or damage to users;

Monthly: Check that the joints have a uniform movement. Lubricate if appropriate. ensure that the structural stability of the game is the same as the first day. check the condition of all bolts and their protections;

Annually: check for corrosion on metal parts. Check all foundations;



MODO DE EXECUÇÃO / MODO DE EJECUCIÓN / MODE OF EXECUTION / MODE D'EXÉCUTION



Objective: Reinforcing and unfolding the musculature of the upper limbs and the posterior part of the trunk.

How to do it: Sit on the seat with your back firmly resting, grasp the handles (black area) of the lift with both hands. Consider a repetition of the extension and flexion of the arms (pull the bar to shoulder level and return to the starting position).

Prescription: Perform 1 to 3 sets of 25 reps each set with a rest of 30 to 60 seconds between each set.

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