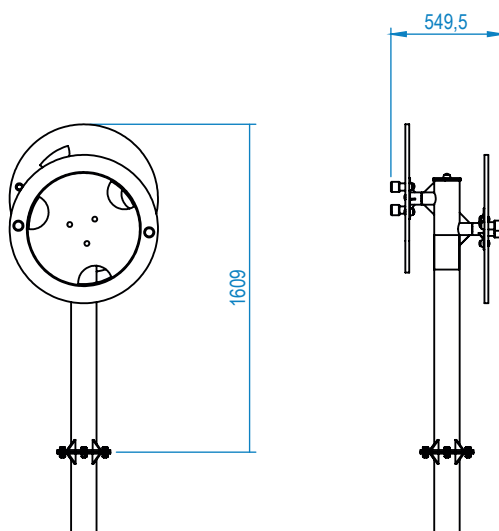
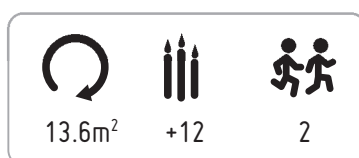
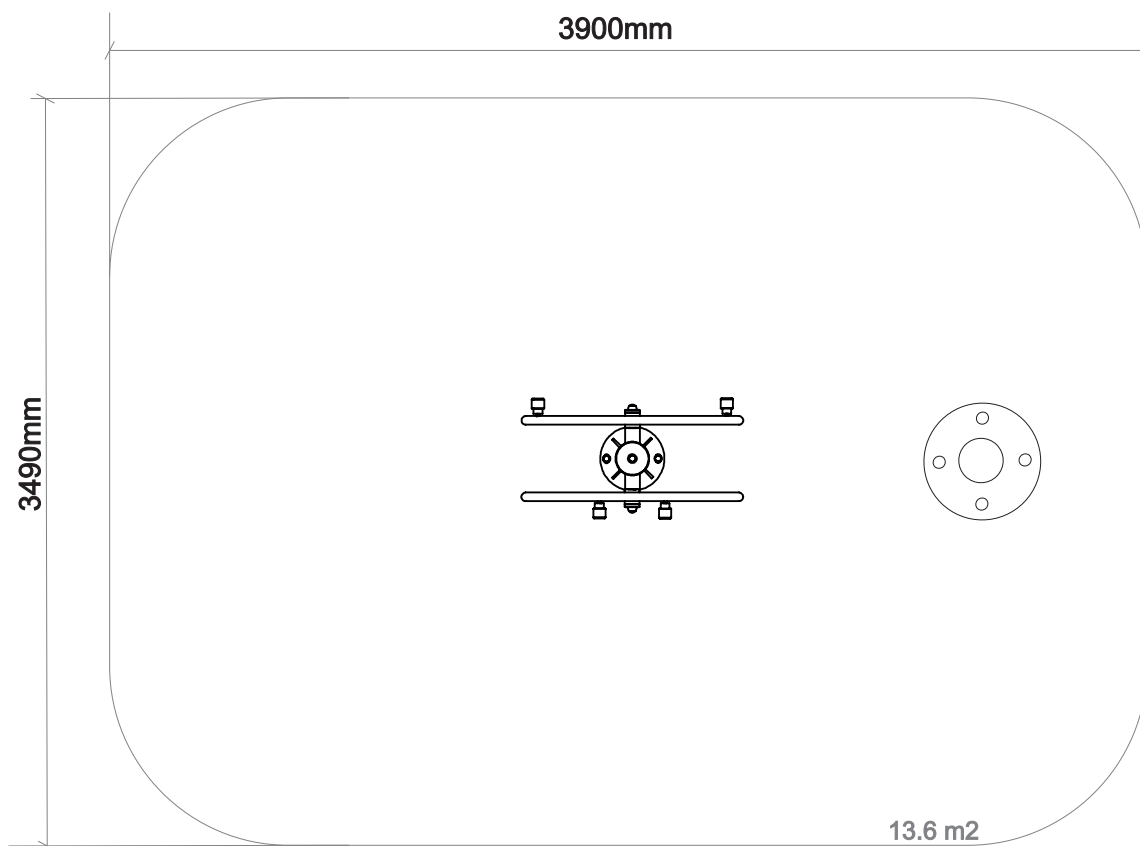


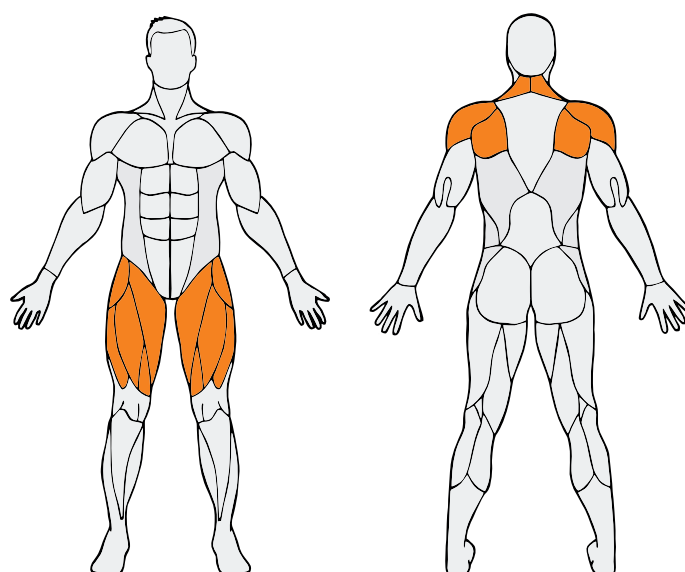
TRENINGSAPPARAT BÅTRATT

G2804





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





CARACTERÍSTICAS TÉCNICAS / CARACTERISTICAS TECNICAS / TECHNICAL CHARACTERISTICS / CARACTÉRISTIQUES TECHNIQUES

(very resistant to corrosion, wear and vandalism)

Structure

polyethylene

Plastic parts

electro-galvanized steel

Metal parts

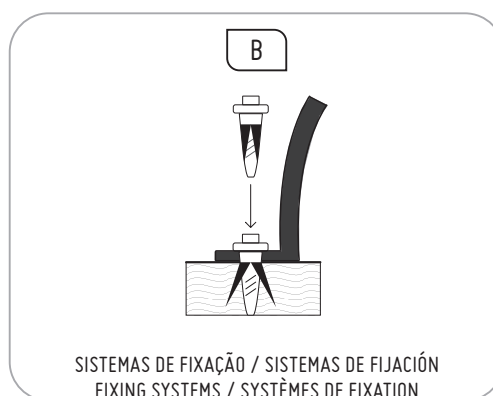
Bearings: SKF stiff balls with a reinforced stroke on both sides (no maintenance and lubrication required);

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

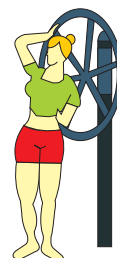
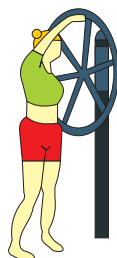
Weekly: visually check the overall status of the game, ensuring there are no breaks or damage to users;

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: To strengthen and develop and maintain the mobility and flexibility of the scapular, upper limbs and trunk.

Mode of execution: Bipedal posture, look forward with the chin in the normal position, move your legs shoulder-width apart, feet facing forward. Grip the steering knobs with both hands and turn clockwise or counterclockwise.

Prescription: Always depending on your physical state. Perform the exercise for 1-3 minutes.



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