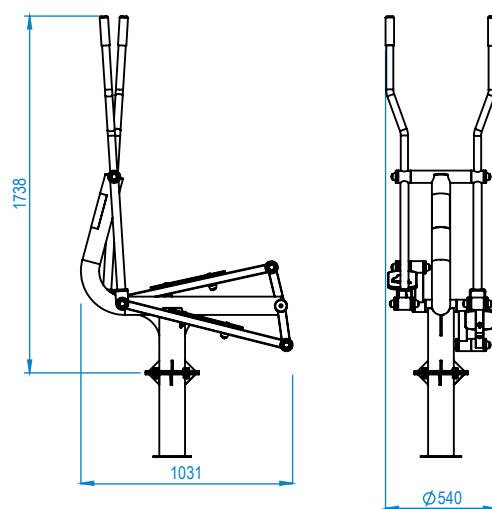
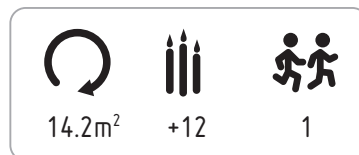
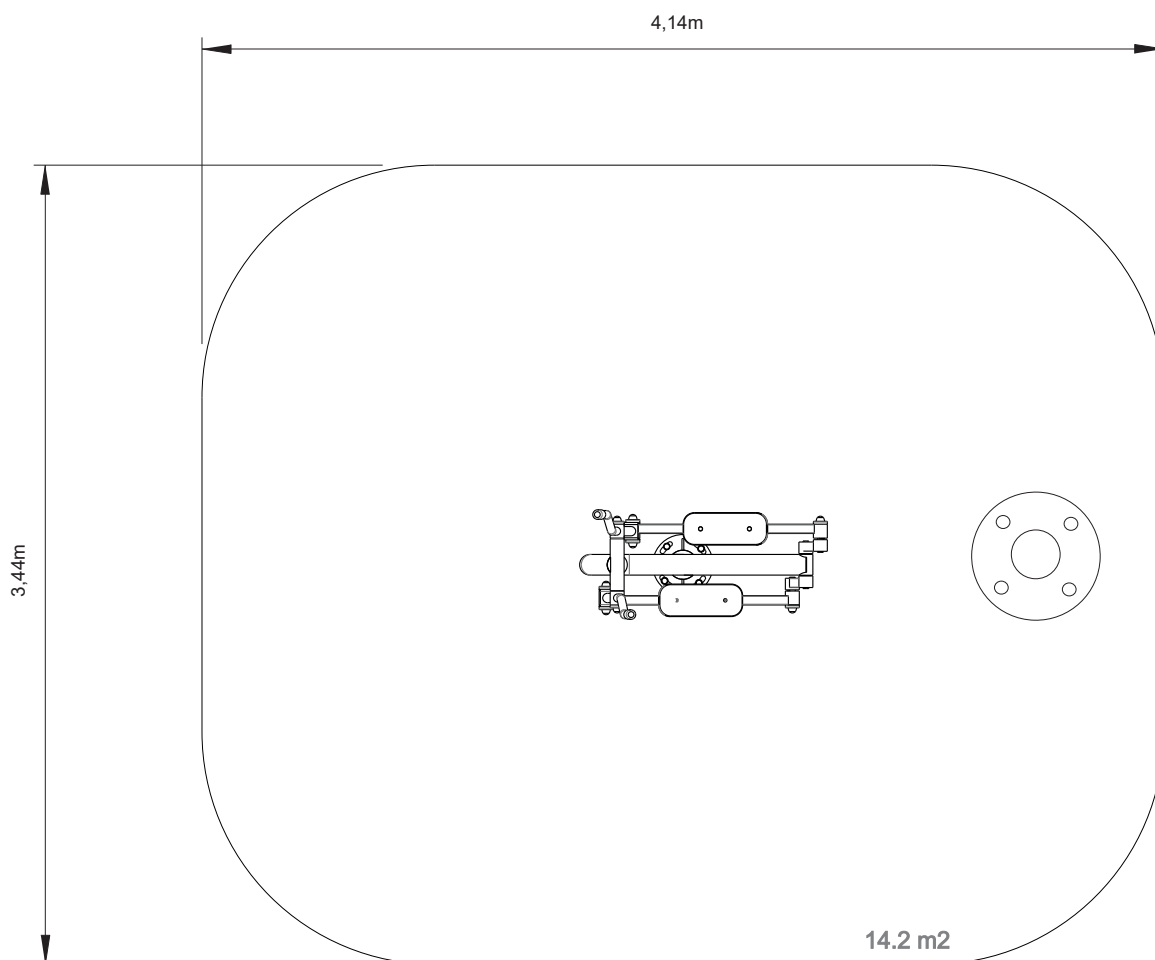


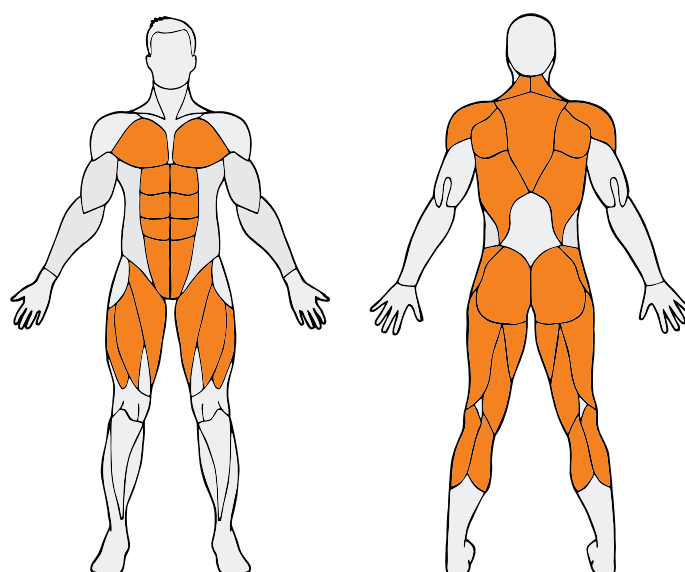
TRNINGSAPPARAT SKI

G2803





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

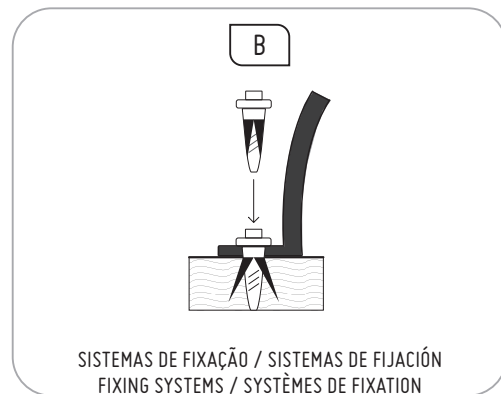
Bearings: SKF stiff balls with a reinforced stroke on both sides (no maintenance and lubrication required);

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

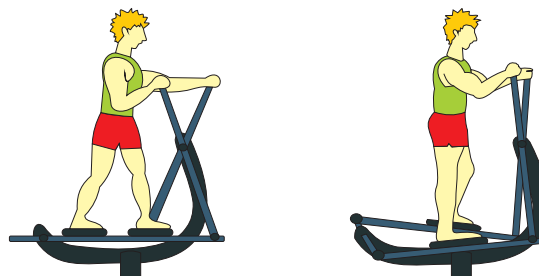
Weekly: visually check the overall status of the game, ensuring there are no breaks or damage to users;

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: Strengthen and develop and maintain aerobic fitness. Exercise intersegmental coordination and balance. Mobilize the joints of the upper and lower limbs.

Mode of execution: Climb to the device and grasp the wrists (black zone) with both hands, move the lower and upper limbs as if walking. Normal bipedal posture, looking forward with chin raised.

Prescription: Perform the exercise for 20 to 30 minutes. It can accumulate, which means you can make series of 10, up to a total of desired duration. You do not need to perform the series then you can interval with the execution of other exercises.



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