
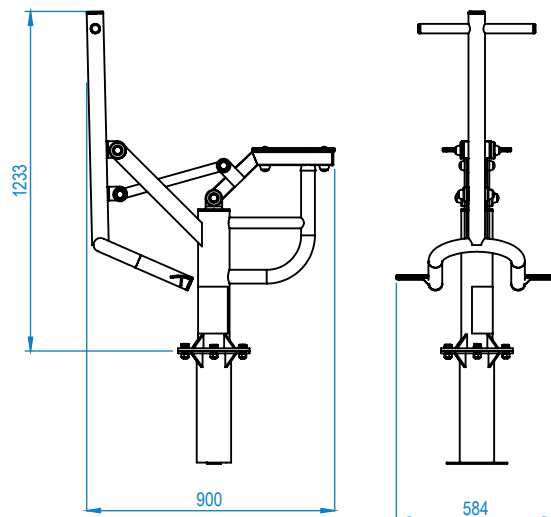


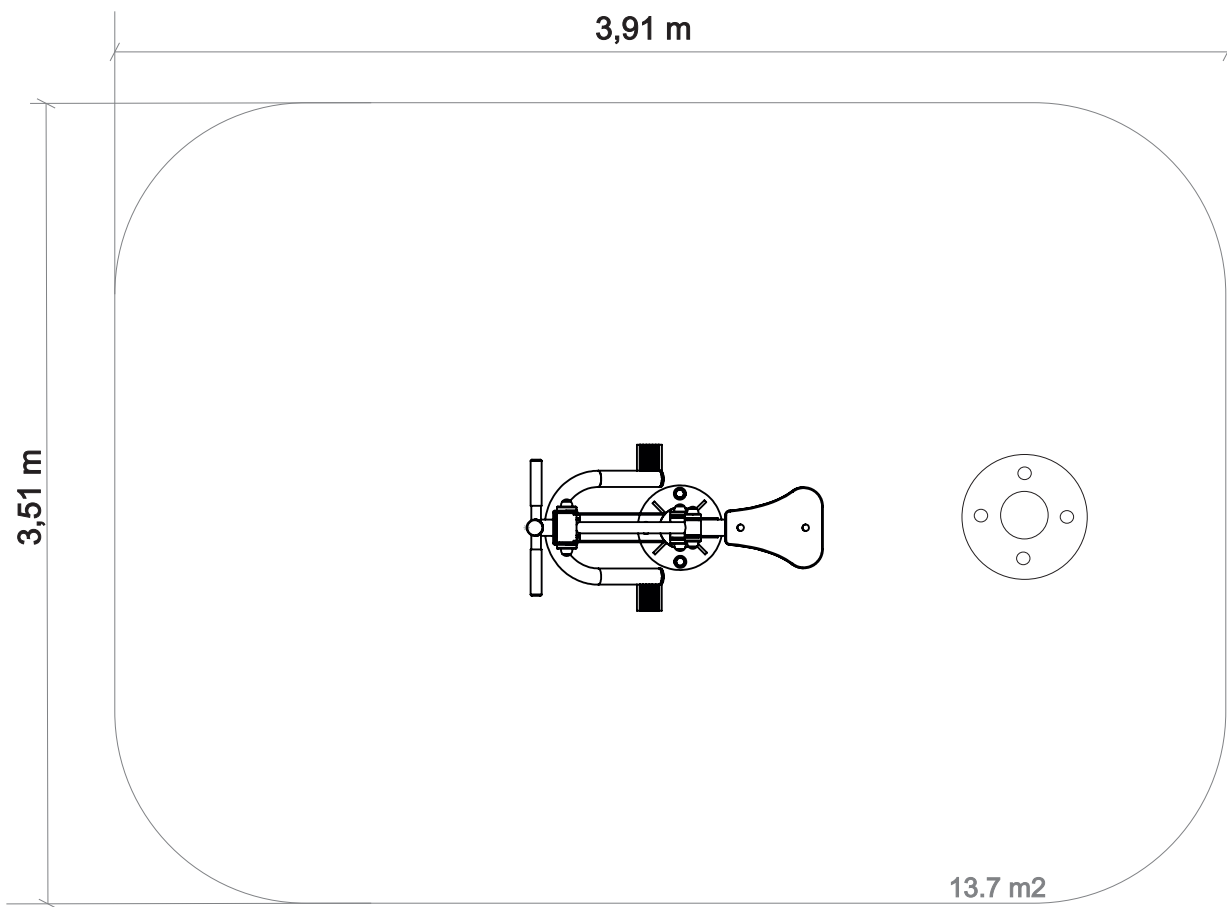
# TRENINGSSAPPARAT PONNI

G2703

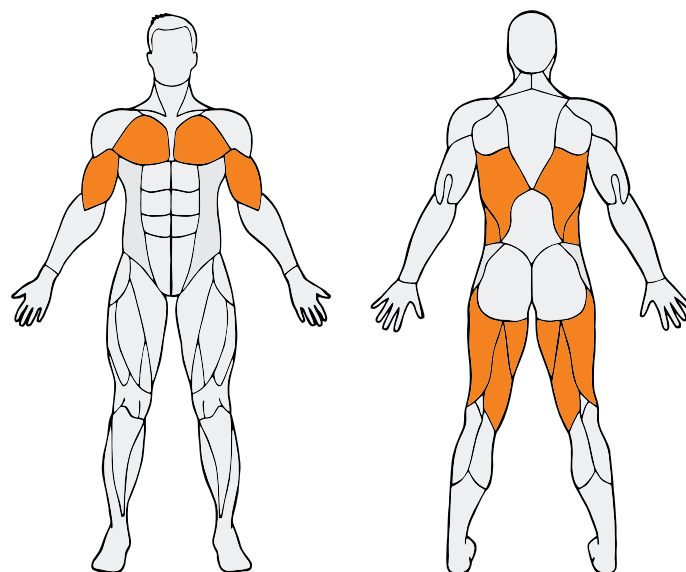


		
13.7m <sup>2</sup>	+12	1





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

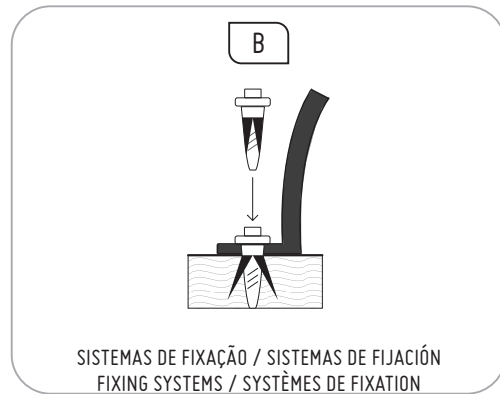
Bearings: SKF stiff balls with a reinforced stroke on both sides (no maintenance and lubrication required);

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

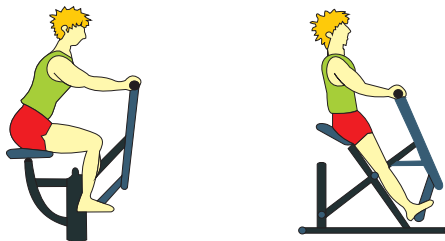
Weekly: visually check the overall status of the game, ensuring there are no breaks or damage to users;

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



Objetivo: Reforçar e desenvolver a musculatura dos membros superiores e inferiores e da zona posterior do tronco. Mobilizar as articulações dos membros superiores e inferiores.

Modo de execução: Sente-se no banco, agarre os punhos (zona preta) com ambas as mãos, puxe os manípulos na sua direcção e empurre os pedais para a frente até alcançar uma posição de costas direitas. O movimento deve ser rítmico e nunca violento.

Prescrição: Execute 1 a 3 séries de 25 repetições cada série com um descanso de 30 a 60 segundos entre cada série.



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