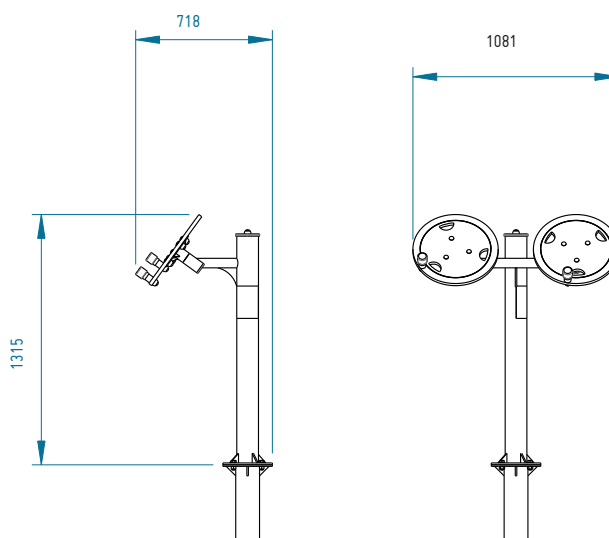
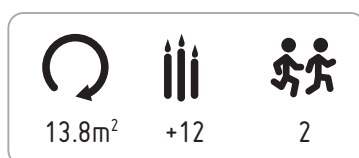
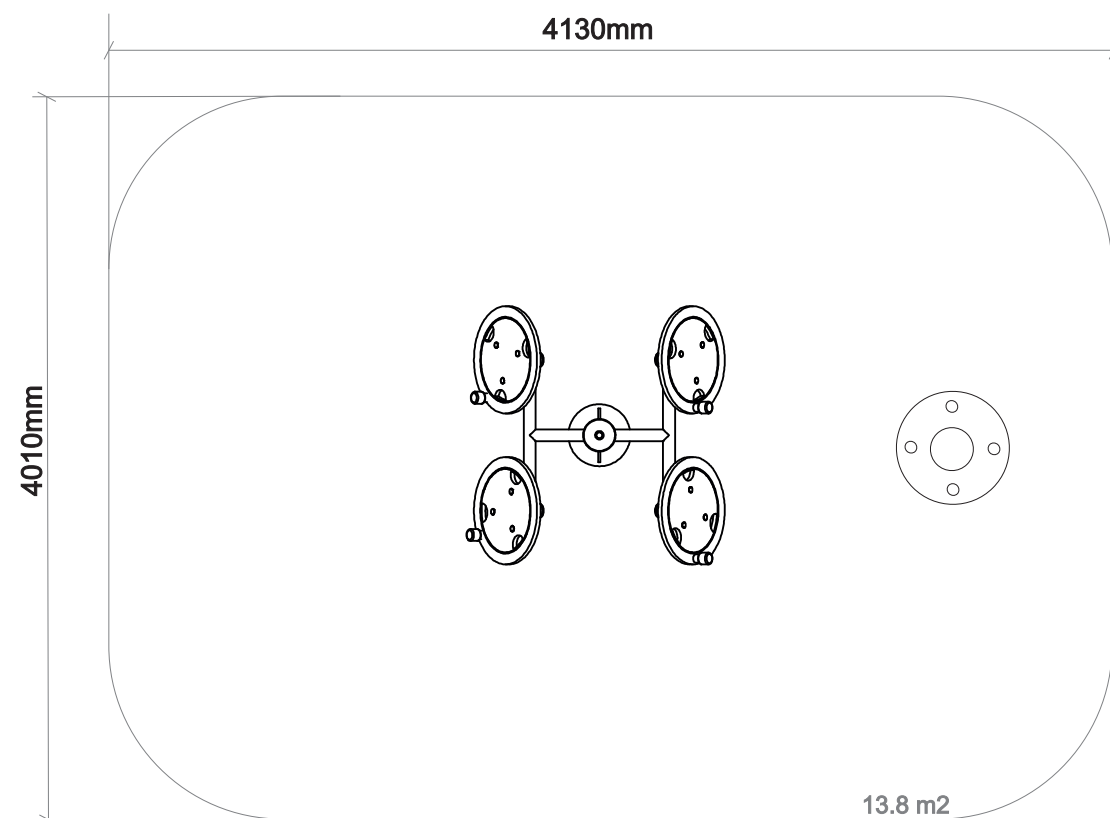


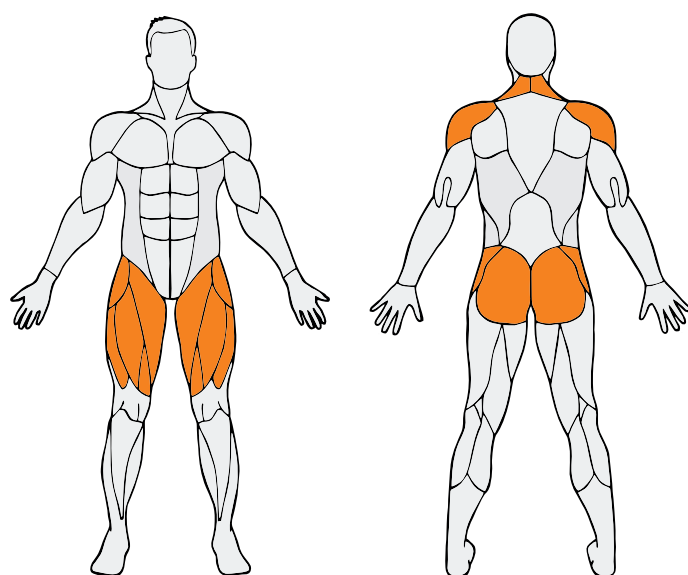
TRENINGSSAPPARAT FIRE RATT

62702





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

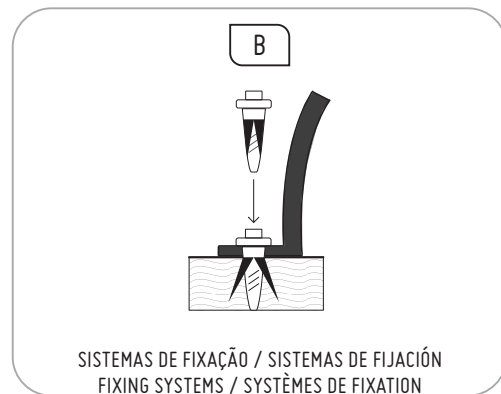
Bearings: SKF stiff balls with a reinforced stroke on both sides (no maintenance and lubrication required);

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

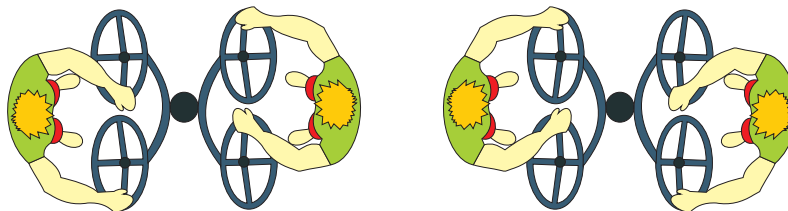
Weekly: visually check the overall status of the game, ensuring there are no breaks or damage to users;

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 develop and maintain the mobility of the scapular girdle, upper and lower limbs. Exercise intersegmental coordination.

Mode of execution: Bipedal posture, look forward with chin in the normal position, move your legs shoulder-width apart, feet facing forward and legs semi-flexed. Grip the steering wheel handles with both hands (left hand on left handle and right hand on right handle) and turn wheels.

Prescription: Always depending on your physical state. Run the exercise for 3-5 minutes to one side, rest 1-2 minutes and repeat to the other side. During rest you should get the standing, relaxed position and remove your hand from the handles.



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