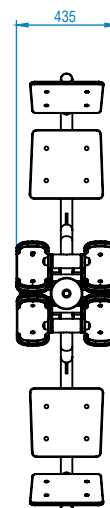
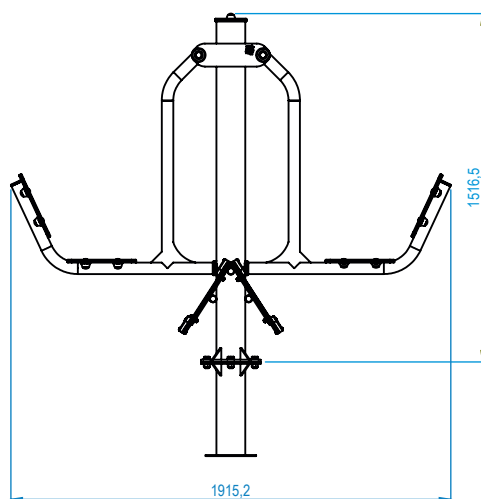
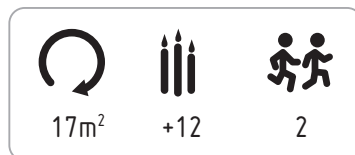
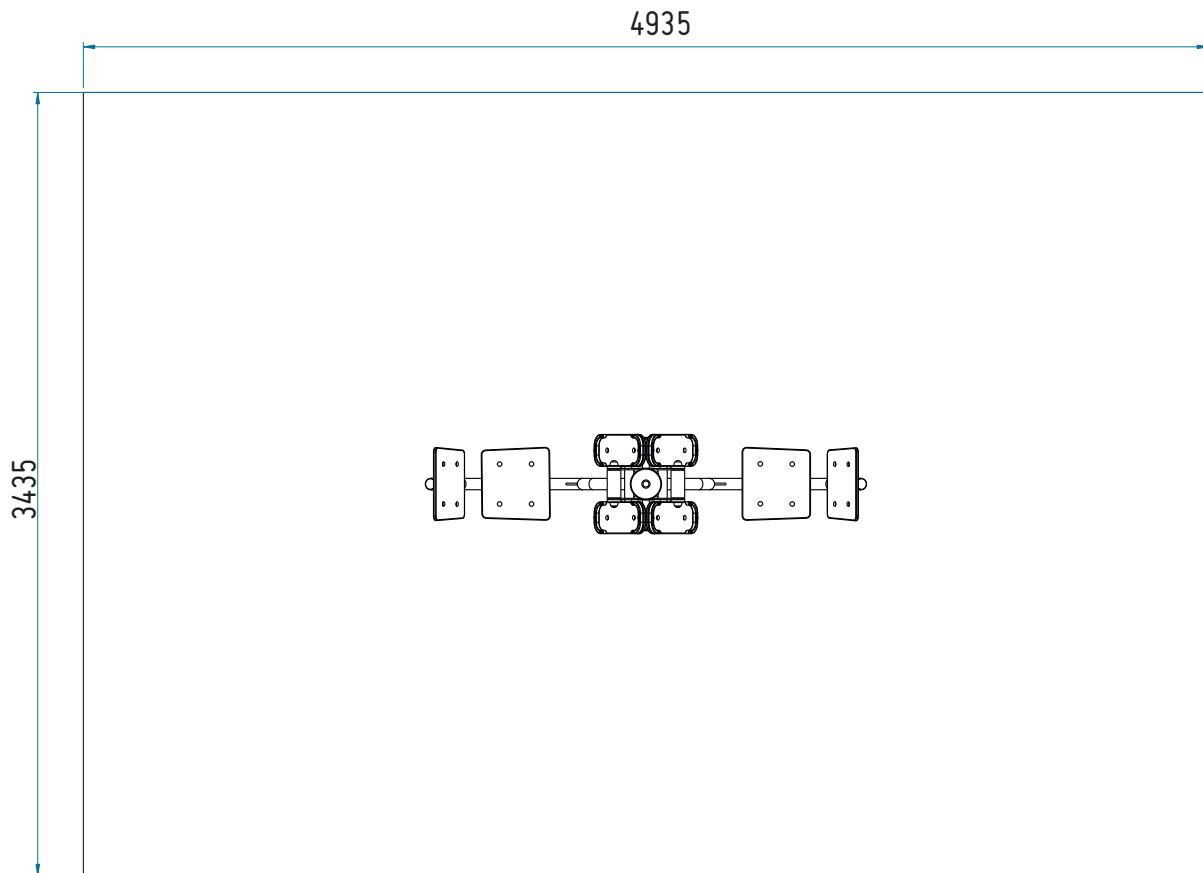


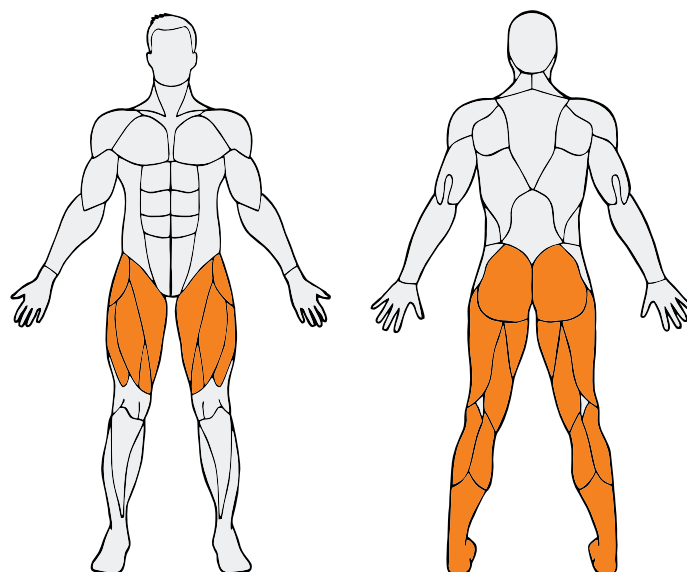
KOMBINASJONSAPPARAT BALANSE

G2603





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





(very resistant to corrosion, wear and vandalism) Structure

polyethylene Plastic parts

electro-galvanized steel Metal parts

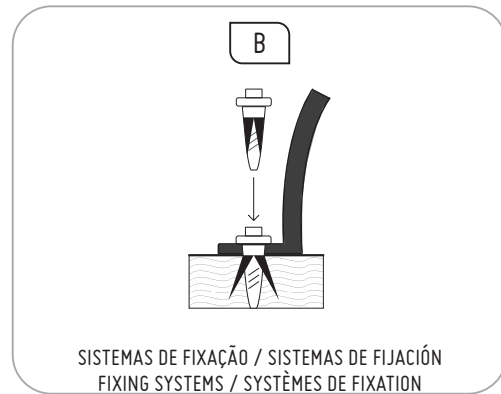
Bearings: SKF stiff balls with a reinforced stroke on both sides (no maintenance and lubrication required);

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

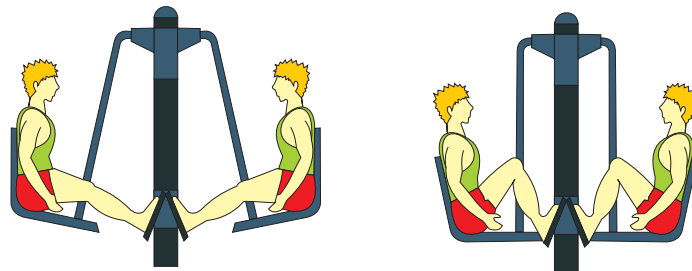
Weekly: visually check the overall status of the game, ensuring there are no breaks or damage to users;

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: Reinforce and unbolt the muscles of the lower limbs and pelvic girdle.

Mode of execution: Sit on the bench with your back supported, bend both legs (flexion). Rest your hands on your knees and push the pedals (gray flat zone) with your feet until you stretch your legs (extension).

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.