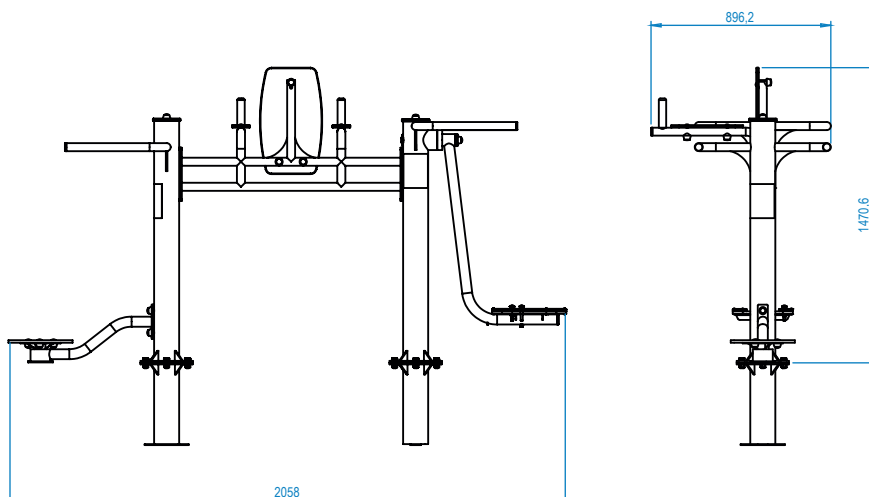
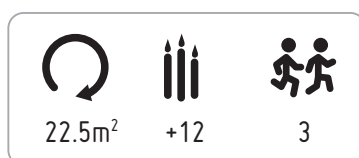
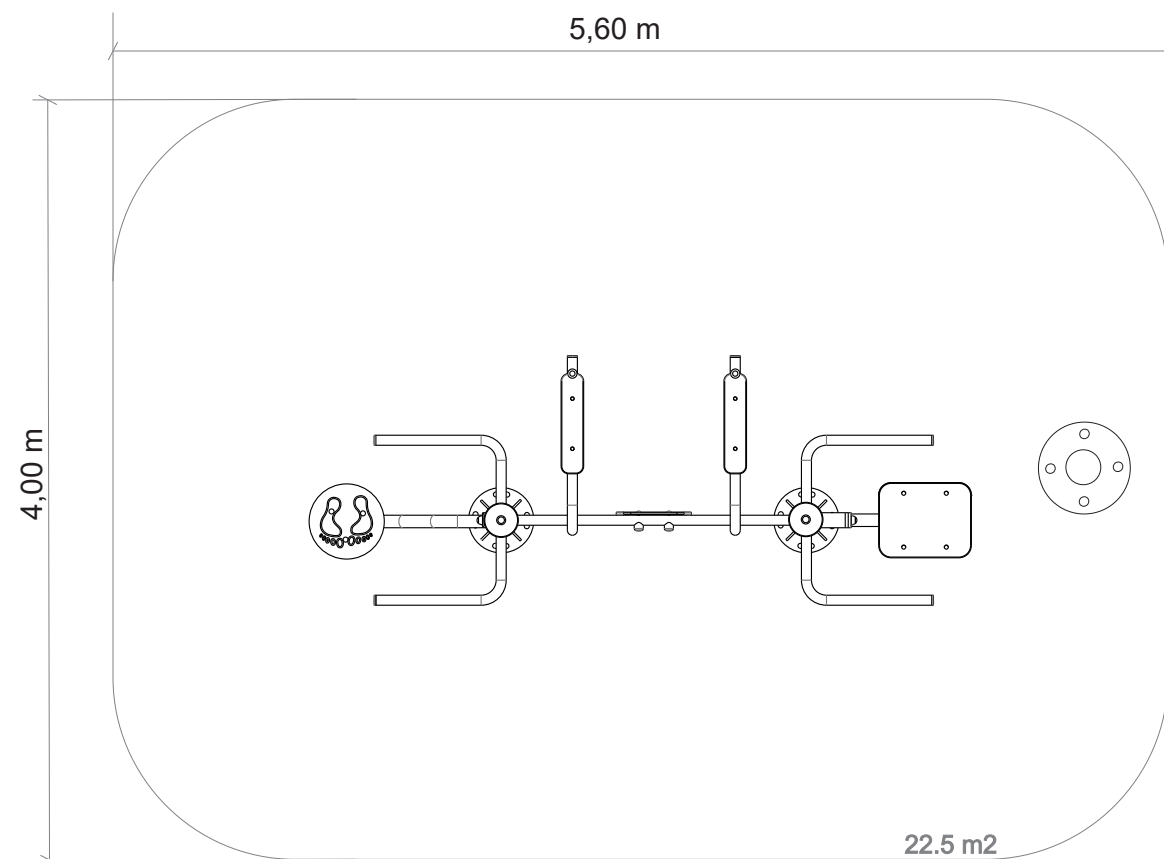


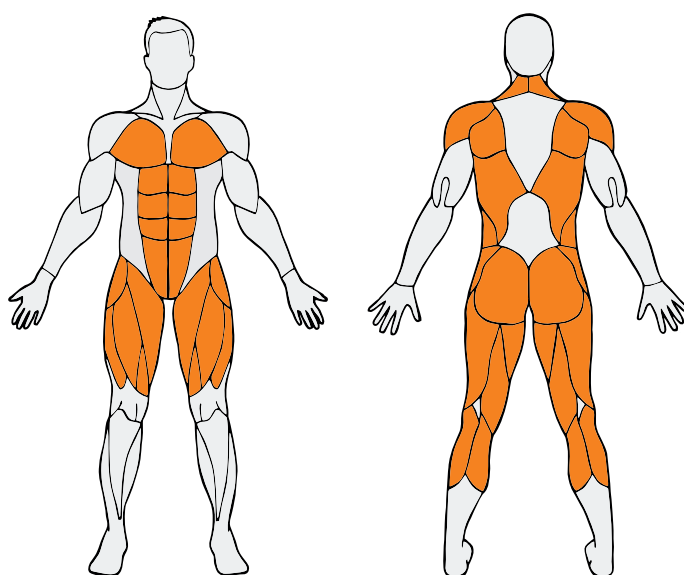
# BIO KOMBINASJONSAPPARAT 2

CG2812





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

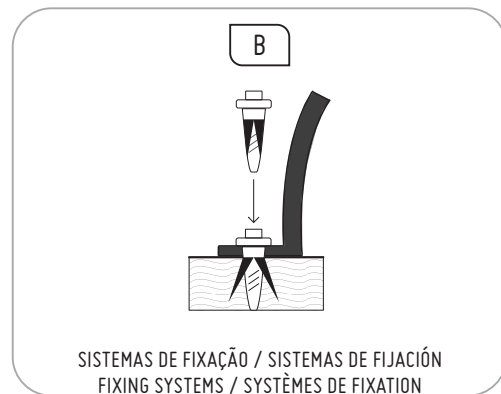
Bearings: SKF stiff balls with a reinforced stroke on both sides (no maintenance and lubrication required);

### 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

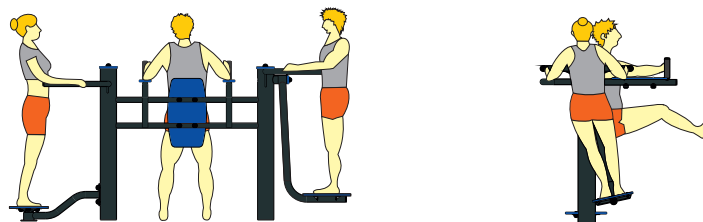
Weekly: visually check the overall status of the game, ensuring there are no breaks or damage to users;

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



MODE OF EXECUTION: On the left, the belt, take the side bars with both hands (left hand on the bar on the left and right hand on the bar on the right), advance with both feet on the round plate of the device and turn the basin for both coasts alternately.

On the right, the surf, take the side bars with both hands (left hand on the bar on the left and right hand on the right bar), advance both feet on the pedal and make oscillating movements on both sides.

On the center, the espalier, take the side bars with both hands (left hand on the bar on the left and right on the bar on the right), raise the legs to the 90° position and return to the initial position. Normal biped posture, we all look straight with chin in normal position. During the execution do not leave the side bars.



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