



Fitness element FP-023SS Stretcher (stretcher)

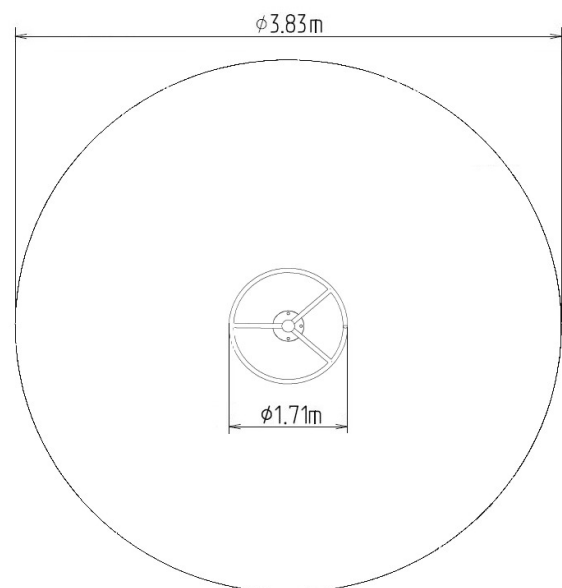
Product type FP-023SS-10

Basic information

Age category	from 15 years
Minimum area	3,83 m x 3,83 m
Equipment measurements	1,71 m x 1,71 m x 1,25 m
Free fall height:	1.0 m
Load capacity:	120 kg
Max. number of users:	1
Fall zone: EN 1177	Grass surface
Designation:	exterior
Availability of spare parts:	supplied by the
Certificate of Compliance:	ČSN EN 16630:2016

Material

Supporting column, handles - made of steel tubes



Finish

Duplex powder coated with coat curing
Hot-dip galvanizing

Description

The wheels are made of powder-coated steel tubes. The supporting column is made of a steel tube with a mounting flange at the bottom. Holes are sealed with steel elements at the ends. All fasteners are stainless.

Functions: It improves the mobility and flexibility of the calf muscles, hamstrings and back, as you are stretching both before and after exercising.

Instructions: Lift your leg and place it on the stretcher handle. Lean forward and try to stretch your leg, arms and back as effectively as possible. Change your legs and repeat the exercise.