



Fitness element FP-023SS Stretcher (stretcher)

Product type FP-023SS-10

Basic information

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|------------------------------|--------------------------|
| 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

Komaxit powder coating
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.

