



Fitness element FP-018ST Pendulum - turquoise

Product type FP-018ST-10

Basic information

| | |
|------------------------------|--------------------------|
| Age category | from 15 years |
| Minimum area | 3,94 m x 3,82 m |
| Equipment measurements | 0,94 m x 0,82 m x 1,55 m |
| Free fall height: | 1.0 m |
| Load capacity: | 140 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 handles are made of powder-coated steel tubes. The supporting column is made of a steel tube with a mounting flange at the bottom. The frame and tread are made of powder coated sheet metal. Rolling bearings are used for movable connections. Holes are sealed with steel elements at the ends. All fasteners are stainless.

Functions: Develops the strength of your hip and core while enhancing the cardiovascular endurance. Strengthens upper body, biceps, forearms, lower back, and abdominals at the same time improving coordination.

Instructions: Grab the handrails and step onto the platform with both feet. Start the swinging movement of the lower body from left to right.

