



## Fitness element FP-001ST Workout machine for shoulders -

Product type FP-001ST-10

### Basic information

Age category	from 15 years
Minimum area	4,35 m x 3,8 m
Equipment measurements	1,35 m x 0,98 m x 1,94 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  
Seat and backrest - HDPE

### Finish

Duplex powder coated with coat curing  
Hot-dip galvanizing

### Description

Seat and backrest are made of aluminum and covered with HDPE polyethylene (high-pressure, full-colored polyethylene, which is characterized by high color stability, UV resistance). 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 seat 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: It builds the back muscles, chest muscles, back muscles of shoulders, biceps and forearm muscles.

Instructions: Sit down on the seat and grasp the handles firmly. Push the handles up and then return to the original position carefully.

