SHOULDER PRESS + SHOULDER PULL

Code: KS-FD-004



Physical | Social-emotional | Socialisation | Strenght | Cardio

Description

The Shoulder Press + The Shoulder Pull multi-functional outdoor gym set for building upper body strength and stamina. Develops strength of the arms, triceps, back and abdominal muscles. Improves posture, muscle strength and cardiopulmonary system. What sets us apart from others is that the seat and backrest are covered by polyurethane foam (PU system). As a result, users never have a feeling of hot touch during very sunny days or cold during frost. The key point of this version is to provide everyone with optimal comfort for exercise.

To exercise, sit comfortably on the seat, and grab the handles with your hands. Pull the handles downwards or push the handles forward until the elbows are straight. Keep your back upright.

Product details

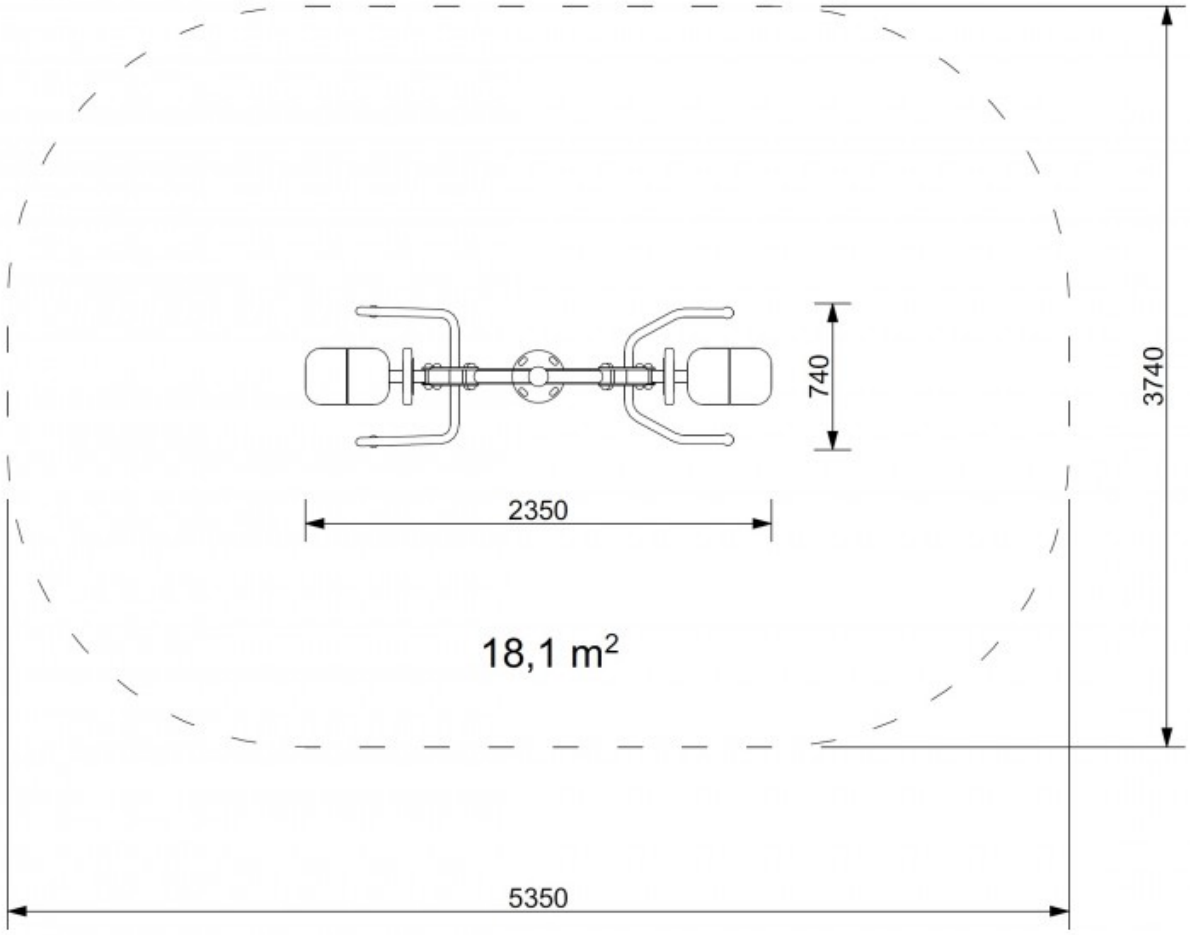
- Dimensions (LxWxH): 2,35 x 0,74 x 1,70 m
- Safety zone: 5,35 x 3,74 m
- Frefall height: 0,6 m
- The number of anchors: 1
- Certificate confirming compatibility with norm EN 16630
- Device can be painted in any colour from the RAL palette

Materials

- Construction is made of powder-painted steel protected against corrosion.
- Handles are made of pipe ended with rounded decorative elements and profiled to ensure ergonomics and user safety.
- Construction is welded and has no plastic ends except for bearing connections where it is possible to maintain / repair.
- Device is mounted on a supporting pole attached to the ground by a flange.
- Flange is screwed with M16 screws into an anchor fixed in the concrete. M16 anchoring nuts are secured against unscrewing.

Differences in dimensions no more than +/- 5% are acceptable.

All images are for illustration purpose only and may vary from the actual product.


740
3740
2350
18,1 m²
5350