LEG PRESS + CHEST PRESS

Code: KS-FD-012





Physical



Social-emotional



Socialisation



Pushing



Strenght



Cardio

Description

Leg press + chest press is a popular outdoor gym set for building upper and lower body strength. Strengthen muscles of the legs, triceps and chest. Improves posture, muscle strength and functioning of the 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.

To exercise, sit comfortably on the seat, and grab the handles with your hands. Push the handles downwards. Keep your back upright. The exercise involves pushing off with the legs from the steps and horizontally pressing the handles.

Product details

- Dimensions (LxWxH): 2,38 x 0,7 x 1,65 m
- Safety zone: 5,38 x 3,70 m
- The number of anchors: 1
- Differences in dimensions no more than +/- 5% are acceptable
- 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.
- The device is mounted on a supporting pole attached to the ground by the flange.
- The flange is screwed with M16 screws into an anchor fixed in the concrete. Anchoring nuts are secured against unscrewing.

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

