

**EN**
**TECHNICAL CARD**

Dimensions: 1320mm x 360mm x 450mm  
 Safety zone: 4.32m x 3.36m  
 Impact area: 12.5m<sup>2</sup>  
 Impact height: 1m  
 Surface required: No restrictions (any)  
 Footing top: 0.3 m under the ground level  
 Purpose: Public Outdoor Gym Equipment  
 User height: Over 1.4 m  
 User weight: 120 kg  
 Certificate: PN-EN 16630

**Method of use:**

Lie down on the bench, face up and lean your feet against the lower crossbar. Cross your arms on the chest or put them under the head. Lift the torso in order: the head, the shoulders and the rest of your body. A torso twist can be performed at the end. Slowly lower your body to the bench. Do full, smooth movements.

**Construction and material data:**

A seat and a back made of metal plate plus HDPE plastic. Grips made of double powder coated steel pipes. Main construction pole made of steel pipe finished with an installation collar. Stainless steel roller bearings for moving parts. Stainless screws. All holes permanently blinded with steel covers.

Complete safety and functionality of equipment can only be maintained when inspections are made on a regular basis. Check regularly for potential damage from vandalism or inappropriate use. Always observe the maintenance and installation guide.

This device is designed for people over 1.4 m tall.  
 For single person use only. Maximum user weight 120 kg.  
 Standard: EN 16630:2015 norm

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