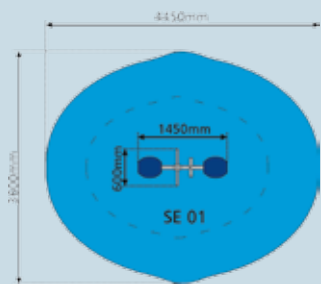


SE 01 - Twister



core training

Stand or sit upright on the twister plate and grip tightly onto the bar. Twist your lower body alternating from the right to left. Keep your shoulders straight and still.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1450 mm
width:	600 mm
height:	1600 mm
floor space:	0,87 m ²
floor space required:	4450 x 3600 mm
volume:	1,39 m ³
weight:	28 kg
plastic parts:	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 114 mm 3 mm 48 mm 2,6 mm 34 mm 3 mm
metal parts:	stainless steel

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

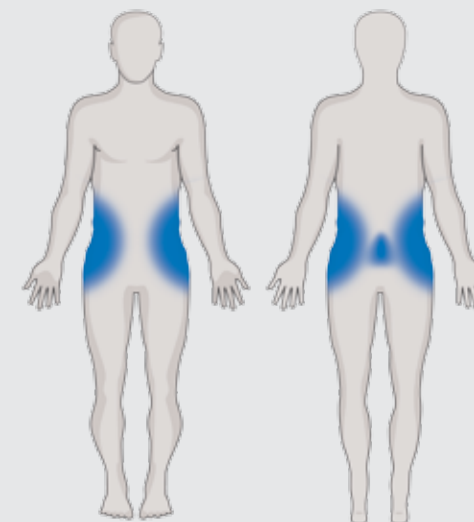
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1 m, when underground-installation:
< 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: rotation limit



- strength
- endurance
- coordination
- mobility
- relaxation

core training

function: twist the lower part, while the upper part of the body is kept still

effect: enhancement of mobility

persons: 2 at the same time