

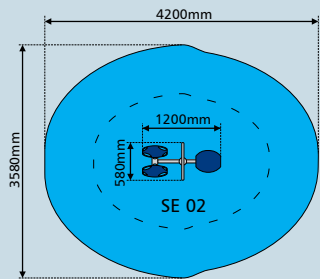
## SE 02 - Twister & Stepper



training of abdominal,  
hip and leg muscles

**Twister:** Stand 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.

**Stepper:** Stand upright on the foot plates and grip tightly onto the bar. Walk in place.



### 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](http://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.



<b>length:</b>	1200 mm
<b>width:</b>	580 mm
<b>height:</b>	1850 mm
<b>floor space:</b>	0,70 m <sup>2</sup>
<b>floor space required:</b>	3580 x 4200 mm
<b>volume:</b>	1,29 m <sup>3</sup>
<b>weight:</b>	32 kg
<b>plastic parts:</b>	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter:                      wall thickness:
	114 mm                              3 mm
	60 mm                                4 mm
	48 mm                                2,6 mm
	34 mm                                3 mm
<b>metal parts:</b>	stainless steel

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

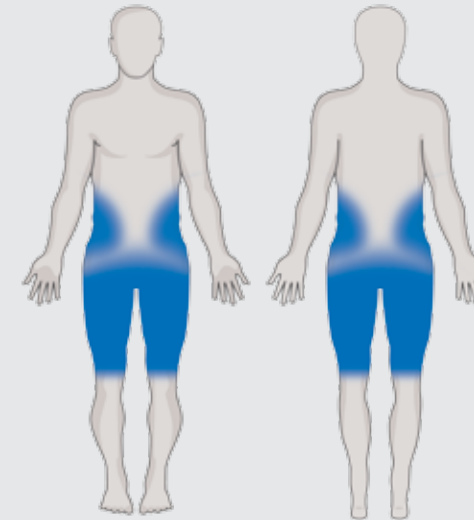
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

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

**safety system:** stopper with damping system,  
rotation limit



- strength
- endurance
- coordination
- mobility
- relaxation

## training of abdominal, hip and leg muscles

**function:** while keeping the upper body still, the lower part of the body is twisted, stair climbing with small resistance

**effect:** improvement of mobility and endurance, coordination training

**persons:** 2 at the same time