

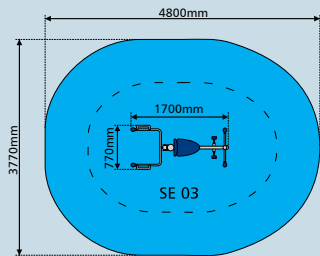
SE 03 - Bike & Trapezius



training of **leg** and
neck muscles

Bike: Sit down on the seat, place your feet onto the pedals and grip tightly onto the bar. Pedal at a steady pace and at the same time turn the bar around its axis.

Trapezius: Stand between the bars and grip them tightly. Move the bars up and down by moving your shoulders.



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:	1700 mm
width:	770 mm
height:	1250 mm
floor space:	1.31 m ²
floor space required:	4800 x 3770 mm
volume:	1,64 m ³
weight:	38 kg
plastic parts:	AW564, AR764 (injection molding) 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
	60 mm 4 mm
	48 mm 2,6 mm
	34 mm 3 mm
	27 mm 2,6 mm
metal parts:	stainless steel

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

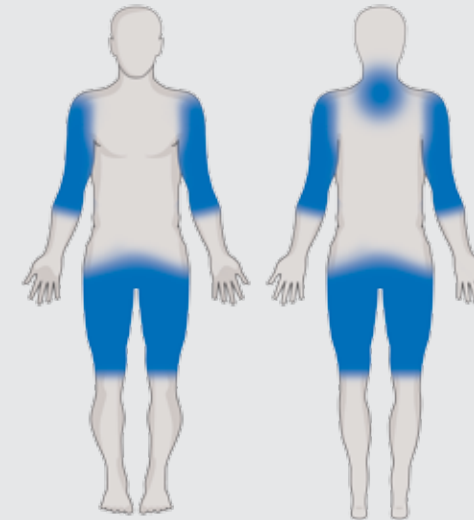
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

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

safety system: stopper with damping system



- strength
- endurance
- coordination
- mobility
- relaxation

training of leg and neck muscles

function: biking with small resistance, lifting of a light weight

effect: improvement of endurance, mobility, trains shoulders and neck

persons: 2 at the same time