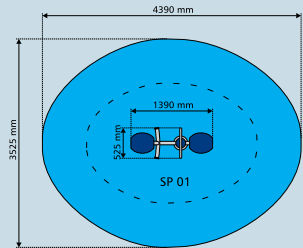


# SP 01 - Twister



## 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](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>	1390 mm
<b>width:</b>	525 mm
<b>height:</b>	1490 mm
<b>floor space:</b>	0,73 m <sup>2</sup>
<b>floor space required:</b>	4390 x 3525 mm
<b>volume:</b>	1,09 m <sup>3</sup>
<b>weight:</b>	41 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) <span style="color: blue;">●</span> RAL 2008 (bright red orange) <span style="color: orange;">●</span>
<b>pipe measurements:</b>	diameter:                      wall thickness: 168 mm                      4,5 mm 60 mm                        3,5 mm 35 mm                        2 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

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

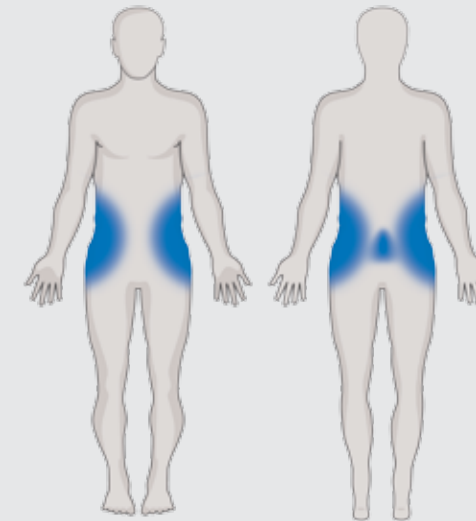
**maximum user weight:** 130 kg

**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)

rotation limit

**safety system:**



- 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