

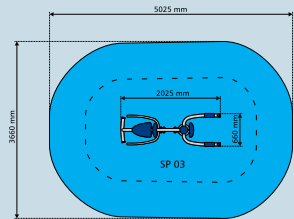
## SP 03 - Station



training of chest, back, arm  
and abdominal muscles

**Dorsal draw:** Pull the lever down using slow movements while sitting upright.

**Leg raise:** Prop up your forearms onto the horizontal arm support. Straighten your neck and tense your abdominals. Then raise your knees slowly.





### 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>	2025 mm	
<b>width:</b>	660 mm	
<b>height:</b>	1990 mm	
<b>floor space:</b>	1,34 m <sup>2</sup>	
<b>floor space required:</b>	5025 x 3660 mm	
<b>volume:</b>	2,66 m <sup>3</sup>	
<b>weight:</b>	90 kg	
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue)  or RAL 2008 (bright red orange) 	
<b>pipe measurements:</b>	diameter:	wall thickness:
	168 mm	4,5 mm
	60 mm	3,5 mm
	35 mm	2,0 mm
	27 mm	2,5 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“

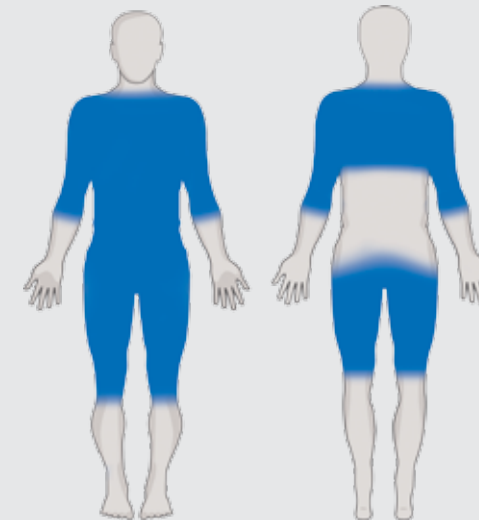
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 1 m (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 chest, back, arm and abdominal muscles

function: leg raise, pull down

effect: develops strength in all important groups of muscles

persons: 2 at the same time