

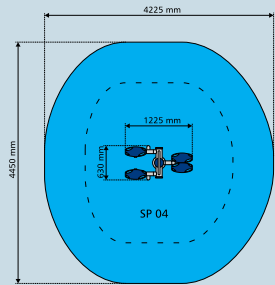
SP 04 - Leg Swing



workout of **thighs**, abdominals, **adductor** and **abductor**

Hip Flex: Stand on the foot plates and keep your hands tight on the handle bar. Swing with your lower body from left to right while keeping the upper body stable.

Adductor-Abductor: Stand on the foot plates and move your legs apart and together while keeping your hands on the handle bars.



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:	1225 mm
width:	630 mm
height:	1590 mm
floor space:	0,77 m ²
floor space required:	4225 x 4450 mm
volume:	1,23 m ³
weight:	64 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:
	168 mm 4,5 mm
	114 mm 3 mm
	60 mm 3,5 mm
	35 mm 2 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

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

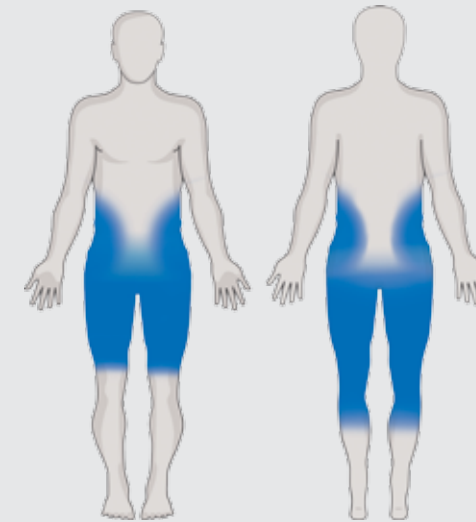
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

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

safety system: stopper with damping system



- strength
- endurance
- coordination
- mobility
- relaxation

workout of thighs, abdominals, adductor and abductor

function: swinging sideways with the lower part of the body while the upper body is stable, moving apart and closing the legs while standing

effect: supports mobility and coordination

persons: 2 at the same time