

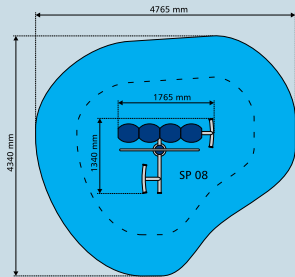
SP 08 - Roman Chair & Hyperextension



workout of **abdominal**, gluteus and hip muscles

Roman Chair: Sit down on the seat, place your feet under the foot bar and cross your arms over your chest. Then lie backwards and come up again.

Hyperextension: Stand with your heels touching the lower bar and lean your hip against the upper bar. Cross your arms over your chest. Then lean down and come up again.



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:	1765 mm
width:	1340 mm
height:	965 mm
floor space:	2,37 m ²
floor space required:	4765 x 4340 mm
volume:	2,28 m ³
weight:	46 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
	60 mm 3,5 mm
	35 mm 2,0 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“

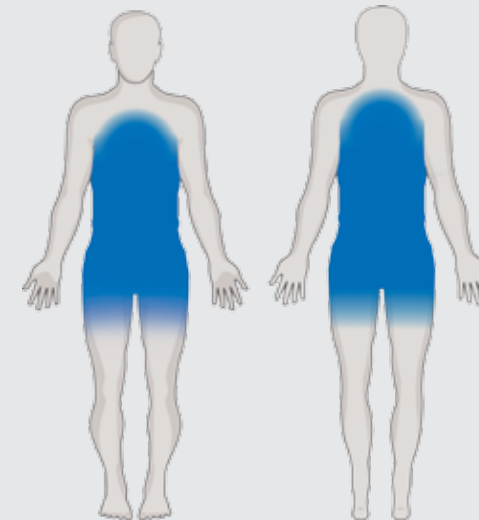
user age: children under 14 years only
under surveillance of parents

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: none required



- strength
- endurance
- coordination
- mobility
- relaxation

training of abdominal, gluteus and hip muscles

function: curl and roll up the upper body

effect: strengthening of the supporting muscles

persons: 2 at the same time