

ST 01 - Crunch Bench

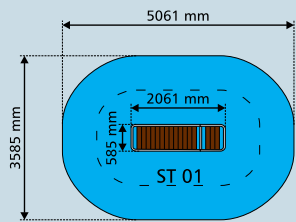


strengthens the abdominals

Lie on your back with your feet or your lower legs on the foot-rest. Bent your knees to a 90° angle and cross your arms over your chest.

Contract your abdominal muscles, lift your shoulders and bring them towards your knees. Bring them back down again.

To change the level of difficulty, you may vary the position of your feet.



Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on www.saysu.de or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

length: 2061 mm
width: 585 mm
height: 836 mm

floor space: 1,21 m²

floor space required: 5061 x 3585 mm

volume: 1,01 m³

weight: 37 kg

wooden parts: Douglas fir (oil finish),
125 x 28mm, FSC-certified

pipe measurements: diameter: 42,4 mm wall thickness: 2 mm

metal parts: stainless steel

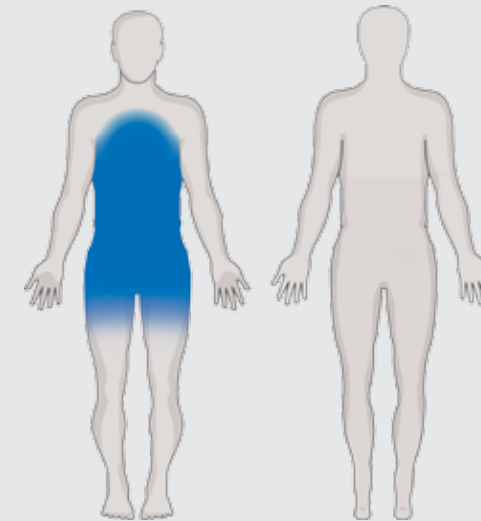
user age: children under 14 years only
under surveillance of parents

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

strengthens the abdominals

function: curling of the upper body

effect: strengthening of the core muscles

persons: 1 at the same time