

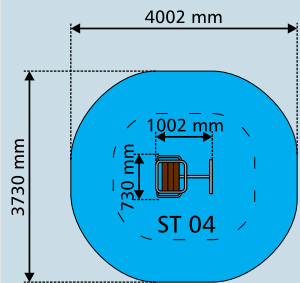
ST 04 - Back Bench



strengthens the rear **thigh** and **back muscles**

Place yourself on the bench facing the ground. Fix your legs by pressing them against the bar. Cross your arms over your chest. Lift your upper body until it is parallel to the ground and back again.

Try to detach one leg from the bar to intensify this exercise.



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: 1005 mm
width: 730 mm
height: 1105 mm

floor space: 0,73 m²

floor space required: 4002 x 3730 mm

volume: 0,81 m³

weight: 30 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

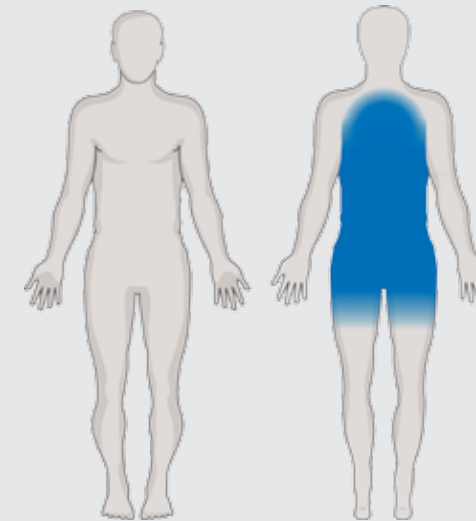
user age: children under 14 years only
 under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1 m (possible underground see
 DIN 79000:2012-05 Tab. 2 or
 installation instructions)

safety system: none required



- strength
- endurance
- coordination
- mobility
- relaxation

strengthens the rear thigh and back muscles

function: raising the upper body

effect: strengthening of the back muscles

persons: 1 at the same time