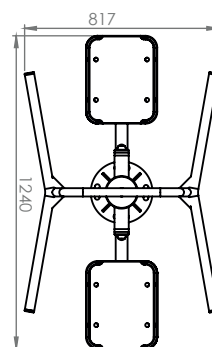
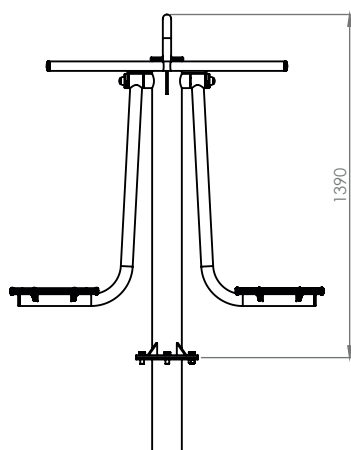
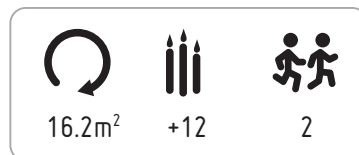
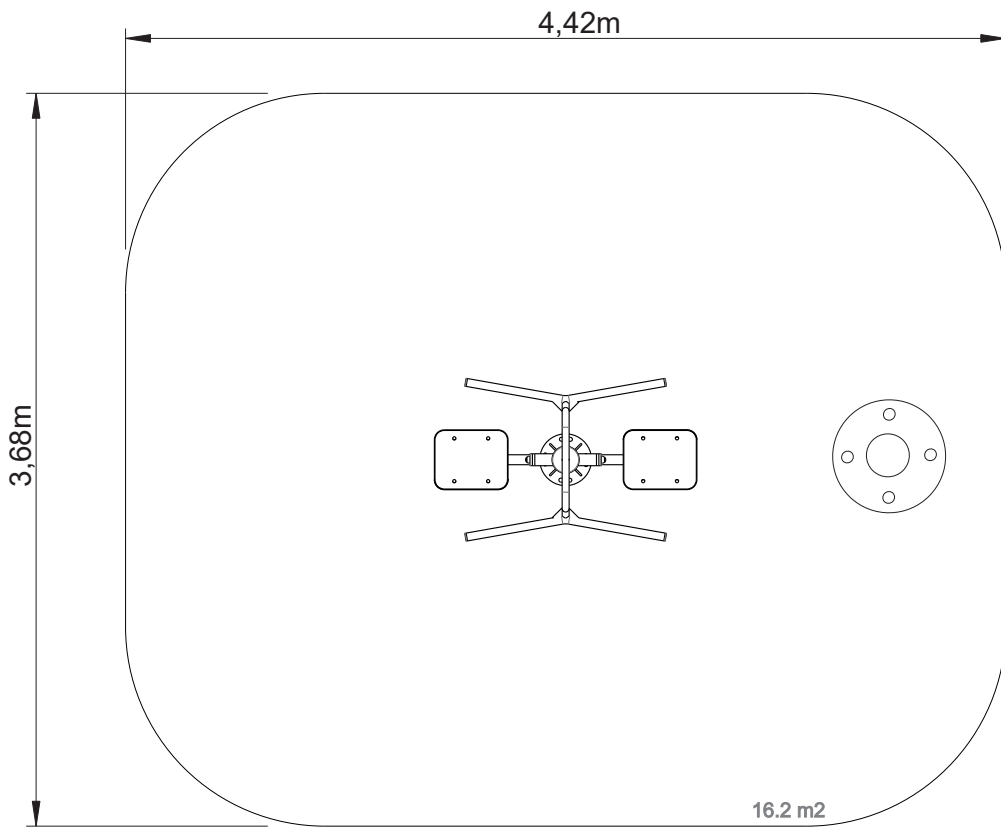


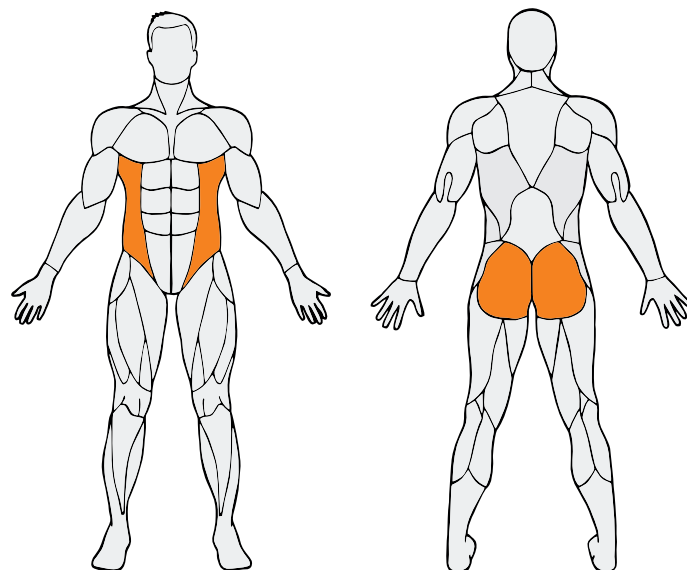
# TRENINGSSAPPARAT SURFE

G2605





MÚSCULOS PARA DESENVOLVER / MÚSCULOS PARA DESARROLLAR / MUSCLES TO DEVELOP / MUSCLES À DÉVELOPPER





(very resistant to corrosion, wear and vandalism)

Structure

polyethylene

Plastic parts

electro-galvanized steel

Metal parts

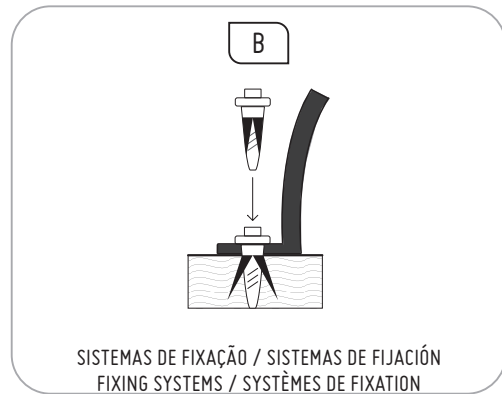
Bearings: SKF stiff balls with a reinforced stroke on both sides (no maintenance and lubrication required);

Finishing

electroplated and lacquered (or gel type enamel at 230°C, with thickness between 70µm according to the norm UNE EN ISO2808) to 2600 Sablé (on request can be lacquered to another RAL);

Type of attachment

provided by 1 negative;



PLANO DE MANUTENÇÃO / PLAN DE MANTENIMIENTO / MAINTENANCE PLAN / PLAN DE MAINTENANCE

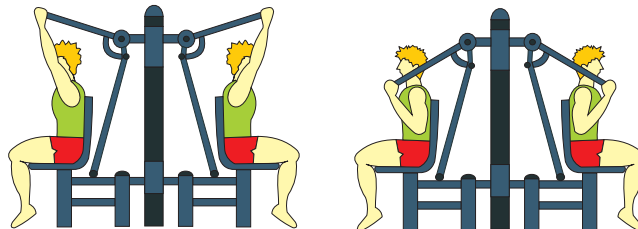
Weekly: visually check the overall status of the game, ensuring there are no breaks or damage to users;

Monthly: Check that the joints have a uniform movement. Lubricate if appropriate. ensure that the structural stability of the game is the same as the first day. check the condition of all bolts and their protections;

Annually: check for corrosion on metal parts. Check all foundations;



MODO DE EXECUÇÃO / MODO DE EJECUCIÓN / MODE OF EXECUTION / MODE D'EXÉCUTION



Objective: To develop and maintain the pelvic girdle and abdominal muscles. Reinforce the stabilization of the upper limbs.

Mode of execution: Grab the side blue bars with both hands (left hand on left bar and right hand on right hand bar), c limb forward on the pedal with both feet and swinging for both sides. Normal bipedal posture, look forward with chin in the normal position. During execution do not drop the blue bars.

Prescription: Always depending on your physique. Perform the exercise for 1-3 minutes.



**Caution:** Consult your doctor before performing these exercises. Children must be supervised by an adult.