

TECHNICAL DATA



Ref.: BS10

Step and turn



Made with structural metal profiles.
Thermo-lacquered paint treatment with primer.
High density polyethylene with UV protection.
Stainless steel screws.

Users: 2 (one in the step zone and the other in the waist twist zone).

Ages: Users taller than 1,40 m.

- STEP

Instructions: Hold on to the handlebars with your hands, place your feet on the pedals and move up and down. go down, without excessive speed.

Functions: Strengthens the gluteal muscles and improves flexibility. Exercise your spine and hips.

Warning: This is an exercise that requires adequate knee fitness if you have problems joint or back consult the doctor before doing it. When used by children, it is necessary to adult supervision.

- WAIST TWIST

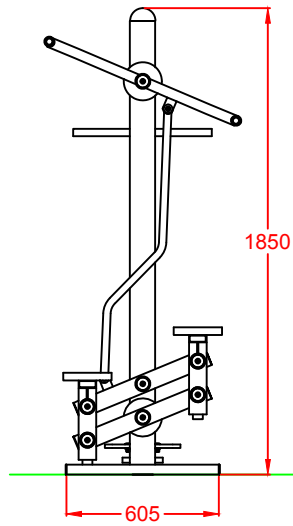
Instructions: Stand on the platform and hold on tightly to the handle. Turn your body in both directions.

Functions: Activation of the abdomen and hip as well as improving the agility of the spine.

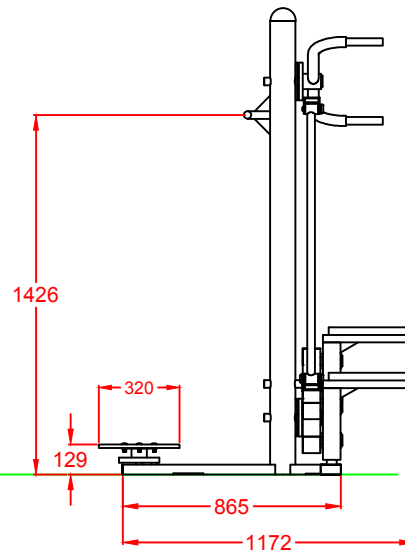
Warning: Keep your body steady. The disk can only be occupied by one user. When used by children, adult supervision is required.



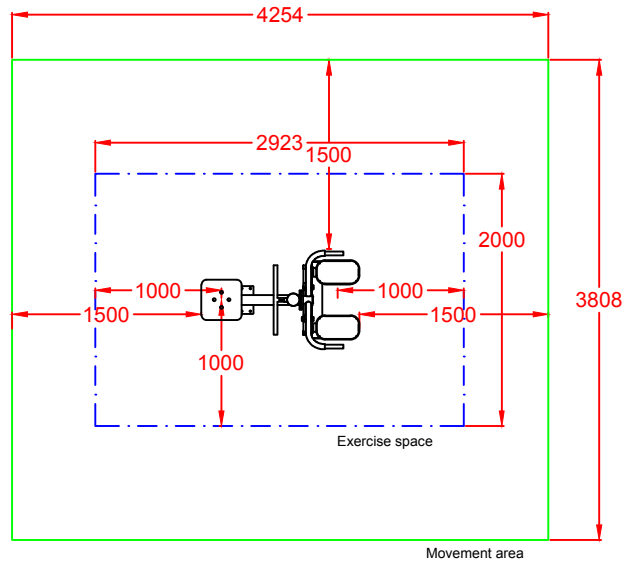
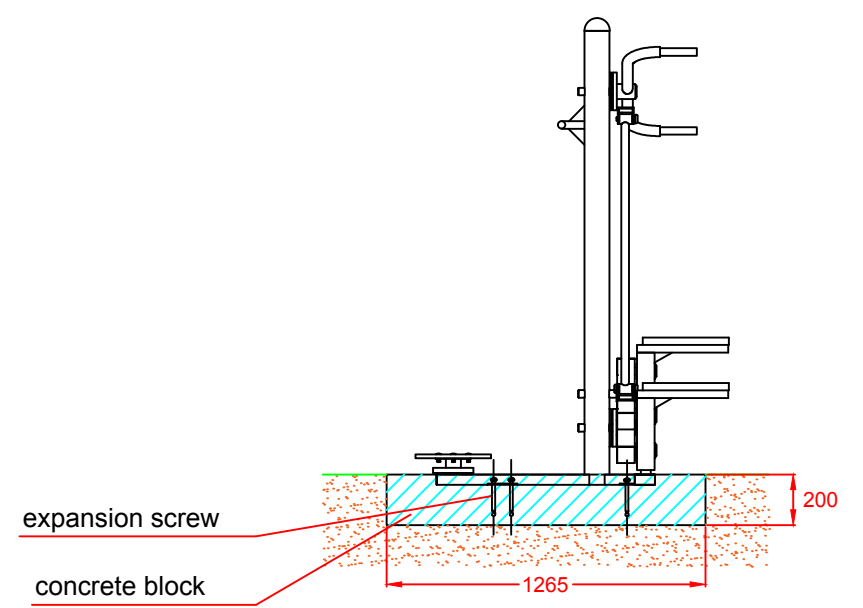
LATERAL VIEW



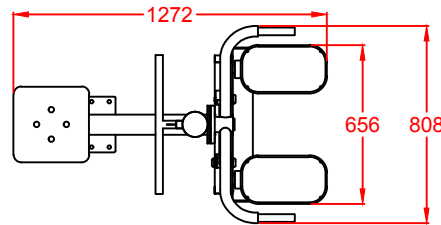
FRONT VIEW



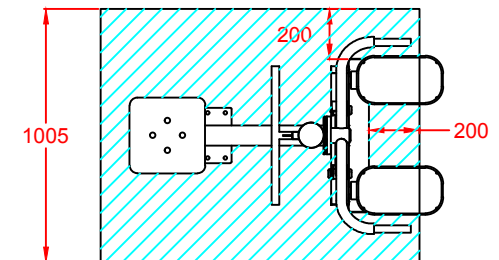
CIMENTACIÓN




TOP VIEW



TOP VIEW SLAB



Drawn		VIEWS AND FOUNDATIONS	Ref: BS10
Reviewed			
Passed			
Description: METALLIC BIO-HEALTHY DEVICE "STEP AND TURN"		Scale:	Full number: 2/2
		Date:	03-08-2016