

## Push Hands (Z6004-0000-010 / 925006)

Outdoor fitness equipment made of stainless steel | DIN EN 16630:2015

Fitness device Push Hands

Certification: TÜV Süd Product Service Certificate No. Z1A 107688 0002 Rev 00

Type: Back and shoulder trainer

Dimensions approx.: 1140 x 1015 x 1720 mm, 40 kg

Material: Stainless steel V2A (constructive parts), satin finish  
Completely welded construction  
Weather-resistant HPL panels (turntables)  
Plastic slide bearing, maintenance-free

Main tube(s): 88.9 x 3 mm

Covering: Stainless steel ball Ø 120 mm and stainless steel balls Ø 50 mm

Coloring: Gentian blue RAL 5010 (ball and turntables)

Scope of delivery:

- 1x Shoulder trainer (completely assembled), consisting of a base frame (main tube) and four turntables with spherical handles (two training stations with different heights)
- 2x Device stickers with TÜV and GS marks, short description of the training, QR code to call up the device website with video, unique device identification number and manufacturer information
- 1x fastening material with appropriate amount of screws, washers, nuts and injection mortar

Simultaneous use: 2 persons

Recmdt. user age: 14+

Max. device load: -

Brand: KBM / Art Outside (Tel.: +49 6452 / 9114-0).

Concrete foandation: Concrete C20/25, DIN EN 206-1/DIN 1045-2

Foandation dim.: 1000 x 1000 x 300 mm

Exercise space approx.: 4140 x 4015 x 3000 mm

Drop height approx.: -

### Description:

The shoulder trainer is an excellent way to complete a movement training session. Guided hand movements mobilise the upper body, particularly the shoulders, elbows and wrists, with outer and inner rotation. This promotes shoulder mobility and helps prevent posture disorders that can arise from poor ergonomics in the workplace, for example.