

Sit up (Z6009-0000-010 / 925011)

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

Fitness device Sit up

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

Type: Abdominal and back trainer

Dimensions approx.: 1165 x 1295 x 1415mm, 60 kg

Material: Stainless steel V2A (constructive parts), satin finish
Completely welded construction
Non-slip lying surface

Main tube(s): 88.9 x 4 mm

Covering: Stainless steel ball Ø 120 mm, welded cover and knurled cap

Coloring: Gentian blue RAL 5010 (ball)

Scope of delivery:

- 1x Abdominal and back trainer (completely assembled), consisting of a base structure (main tube) with two lying surfaces (two training stations) and a footrest (optional)
- 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: 120 kg per training station

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

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

Foandation dim.: 1400 x 1000 x 300 mm

Exercise space approx.: 4165 x 4295 x 3000 mm

Drop height approx.: 600 – 980 mm

Description:

The Sit up is a great piece of outdoor fitness equipment that can be used for two different exercises. Together, the Sit up is suitable for working the abdominal muscles and the back extensor muscles, while simultaneously stabilising the torso. It is particularly good for strengthening the lower back to prevent back pain.