

**Effect**

The Boxing Bike improves the strength and endurance of the whole body. The arm, leg and trunk musculature are exercised at the same time. Strength, endurance and coordination are maintained to equal degrees. The effect is an overall activation of the entire organism.

**Purpose**

You don't get very far just with strength alone. In everyday life stamina is just as important. Leg and arm coordination is also essential. Walking for a long time or climbing up to the third floor carrying the shopping requires strength, stamina and agility. In the process the muscles, heart and circulation all have to perform together; the arms and legs need to cooperate. Bike riding, which requires all these elements at the same time, is therefore optimal for health.

**Function**

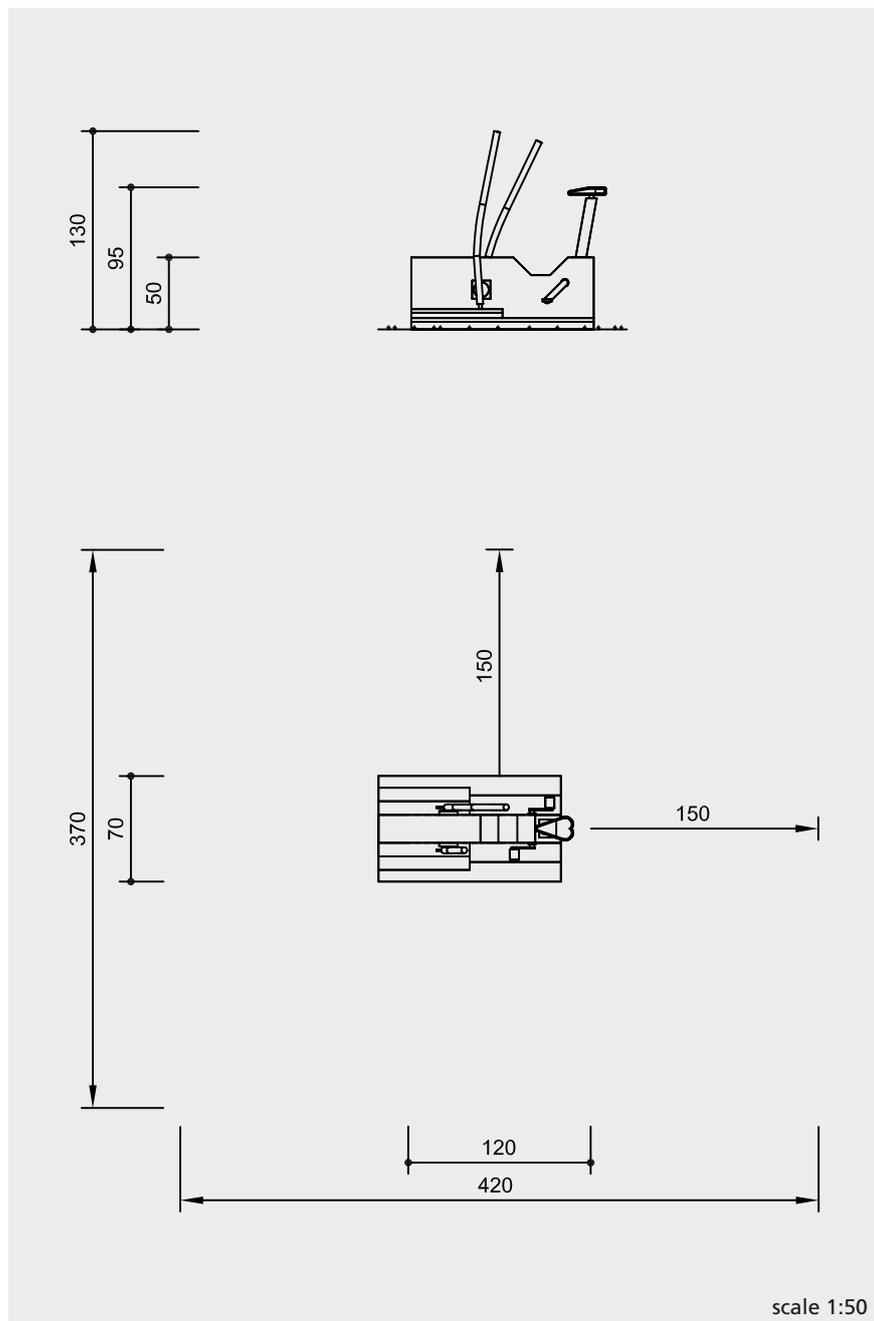
It doesn't matter who sits on the Boxing Bike, our intelligent yet also simple system "thinks" with you. The resistance for arms and legs automatically adjusts itself to the level of strength of the persons training. The fixed seating height is suitable for small and large people. Easy to read exercise instructions aid optimal usage.



**Boxing Bike**



**11.50102**



### Technical information

#### Core-free timber

sawn-timbers of mountain larch, selected according to eight quality criteria, core-free thus decreasing the occurrence of cracking



#### brass bush

for all to and fro movements we use bush bearings which allow for self-lubrication while in use and which can be easily exchanged in case of need



hot dip galvanised substructure

bars made of stainless steel

handles made of oak

saddle made of leather

#### Dimensions

(small deviations possible)

height	1.30 m
length	1.20 m
width	0.70 m
weight	125 kg

#### Safety

This equipment is not playground equipment within the scope of EN 1176 and therefore is also not subject to the requirements of this standard. Nevertheless, it is complied with where appropriate.

For more detailed explanation of the quality characteristics see price list.

### Components

- 1 boxing bike
- 2 heavy duty bolts

### Installation information

Surfacing corresponding to a fall height  $\leq 0.60$  m

Foundations  
1 item 116 x 66 x 35 cm  
excavation depth 35 cm

**Attention!**  
**Exact measurements may vary, for all installation dimensions refer to current installation instructions.**  
Subject to technical changes!



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