

Effect

The Stomach and Back Trainer improves the trunk musculature. On the one hand, a healthy balance between both the muscle groups is established. And on the other hand, strength levels are increased by the targeted activities.

Purpose

Too much sitting and not enough exercise are the main causes of back pain. But what can be done about this lifestyle disease? The best protection against this problem is a well-developed trunk musculature.



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To achieve this, stomach and back muscles need to be uniformly exercised and trained in a targeted way. The best way is to exercise before any pain starts. However, even if pain exists exercise is often the best medicine.

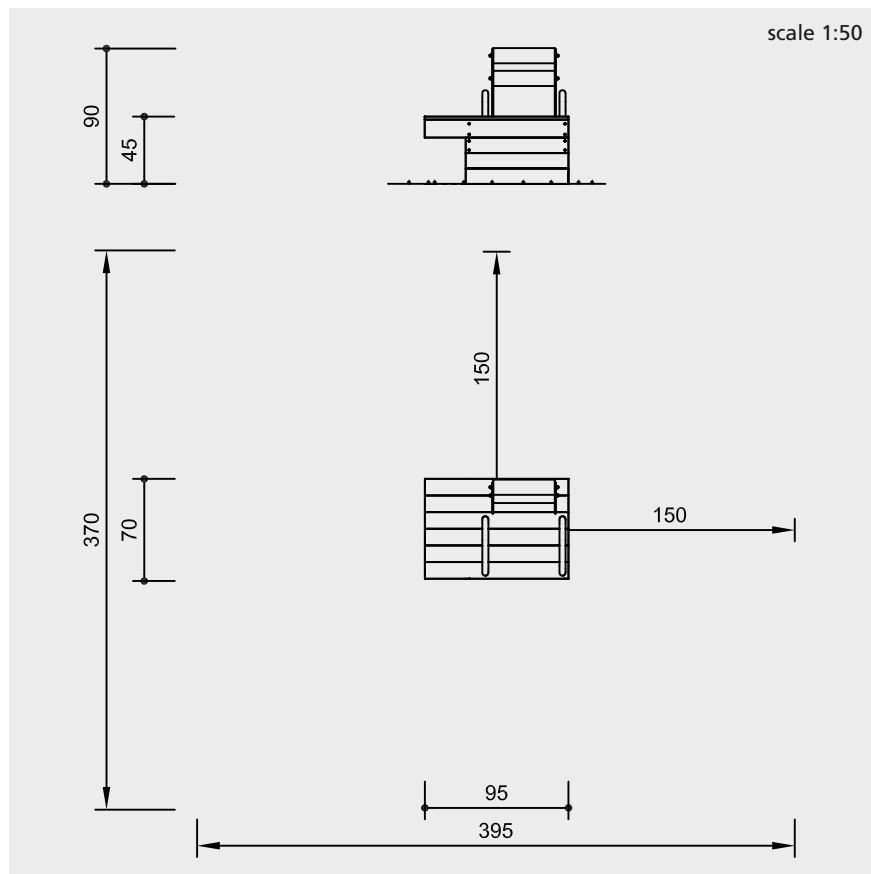
Function

A gentle resistance promotes the back musculature and supports the stomach muscles at the same time. This principle follows the scientific finding that both muscle groups need to be exercised in different ways. "Exercised but not over-exercised" is the principle. The exercise is carried out in a comfortable sitting position. Easy to read exercise instructions aid optimal usage.

Stomach and Back Trainer



11.50103



Technical information

Core-free timber

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



hot dip galvanised substructure

grips and back rest made of stainless steel

cushion made of EPDM, standard colour yellow

Dimensions

(small deviations possible)

height	0.90 m
length	0.95 m
width	0.65 m
weight	105 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 stomach and back trainer
- 2 heavy duty bolts

Installation information

Surfacing corresponding to a fall height ≤ 0.60 m

Foundations
1 item 60 x 50 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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