



Effect

The leg press serves to improve the strength in the largest and most important leg and gluteal muscles. At the same time good bone condition is promoted.



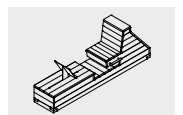
Purpose

From our first steps onwards our legs carry us through life. That's why healthy legs are essential for independence and mobility. Our muscles serve thereby as the motor. Just simply stretching and bending the legs with a light load keeps this motor going and gets it up to speed. Not only do the muscles react positively to this but also the bones become more robust and resilient.

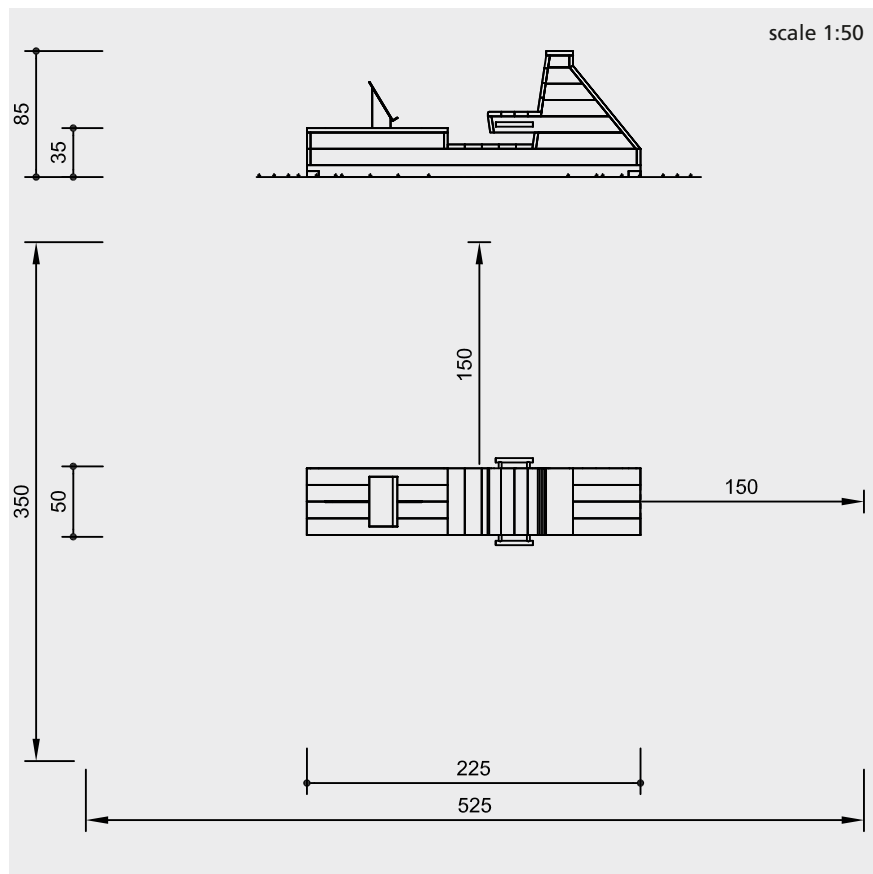
Function

People are all different. Whether they're old or young, trained or untrained our intelligent, yet also simple system "thinks" with you. The resistance automatically adjusts itself to the level of strength of the person exercising. Easy to read exercise instructions aid optimal usage.

Leg Press



11.50100



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

handles made of stainless steel

support panel for footrest hot dip galvanised, painted in various colours, standard colour yellow

footrest made of solid coloured polyethylene (PE)

Dimensions

(small deviations possible)

height	0.80 m
length	2.05 m
width	0.50 m
weight	210 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

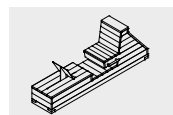
- 1 leg press
- 2 heavy duty bolts

Installation information

Surfacing corresponding to a fall height ≤ 0.60 m

Foundations
1 item 140 x 40 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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