



Black/grey  
is the standard colour,  
but all RAL colours  
are available.

|         |  |
|---------|--|
| Type    | OFS100311  |
| Dim.    | 107 x 61,5 x<br>143 cm   |
| Space   | 410 x 365 cm   |
| Montage | 50 x 50 x 70 cm,<br>must be secured<br>in position with<br>concrete. |
| Weight  | 45 kg  |
| Volume  | 0,7 m <sup>3</sup>   |



Each piece of equipment has  
a specific sticker, detailing  
how to use the equipment  
in pictogram form and with a  
warning against improper use  
(size of the user).

## Moonwalker

|                          |   |
|--------------------------|---|
| Description of materials | Metal construction, welded, blasted,<br>galvanised (or metallised), with epoxy coating  |
| Function                 | Impact-free exercise to improve the mobility of the<br>hip joints, as a means to increase their load-bearing<br>capacity and to encourage lubrication of the joints<br>and cartilage metabolism. Improves the active stability<br>of the knee joints (when locked or slightly bent) and<br>lower back in particular. Strengthens and improves<br>the coordination of the lower abdominal muscles and<br>lower back muscles. Increases the mobility of the<br>lower back and pelvic (sacroiliac) joints. |
| Usage                    | <ol style="list-style-type: none"> <li>1. Cross your arms on the handrail. Draw both legs<br/>forwards together. Maintain this position for 5 sec.</li> <li>2. Move the legs back and forth in turn. Maintain the<br/>final position for 5 seconds, then slowly change<br/>position.</li> </ol>   |

