



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

Waistline and Step

Description of materials	Metal construction, welded, blasted, galvanised (or metallised), with epoxy coating
Function	<ol style="list-style-type: none"> 1. Improve the rotational mobility of the lower section of the spinal column in particular, with the aid of the oblique abdominal muscles and lumbar muscles. 2. Strengthens the quadriceps and gluteal muscles to build resistance to your body weight. Improves the strength and endurance of the lower limb extensor muscles.
Usage	<ol style="list-style-type: none"> 1. Take hold of the grip, step onto the turntable and rotate the lower body to the left and right. 2. Take hold of the grip, step onto the footrests and move the legs up and down without releasing the footrests.

Type	OFS100321
Dim.	139 x 65 x 175 cm
Space	340 x 365 cm
Montage	50 x 50 x 70 cm, must be secured in position with concrete.
Weight	60 kg
Volume	0,5 m ³



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).

Waist/Step

Niet geschikt voor personen kleiner dan 1,40 meter
Les appareils de fitness sont utilisables pour toute personne mesurant au minimum 1,40 m.

OFS
Mijnwerkerslaan 33/3
3550 Heusden-Zolder
info@o-f-s.eu
www.o-f-s.eu
T. +32 (0)11 72 96 50