



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

Type	OFS100317
Dim.	115 x 90 x 128 cm
Space	415 x 390 cm
Montage	50 x 50 x 50 cm, must be secured in position with concrete.
Weight	70 kg
Volume	0,6 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).

Surf

Description of materials	Metal construction, welded, blasted, galvanised (or metallised), with epoxy coating
Function	Strengthens the muscles in the lower back and lumbar region, as well as the oblique abdominal muscles and the lateral gluteal muscles. Improves the coordination of the above muscles, whilst increasing the load-bearing capacity and stability of the lower back / torso and hips.
Usage	Pay attention to your posture; stand up straight. Slowly swing out to the side and hold the position for five seconds. Seniors: quick, rhythmic movement with low swing height

