



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

Type	OFS100364
Dim.	138 x 90 x 123 cm
Space	440 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).

Waistline and Surf Comb.

Description of materials	Metal construction, welded, blasted, galvanised (or metallised), with epoxy coating
Function wasteline	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.
Function surf	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 waistline	Take hold of the grip, step onto the turntable and rotate the lower body to the left and right.
Usage surf	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

