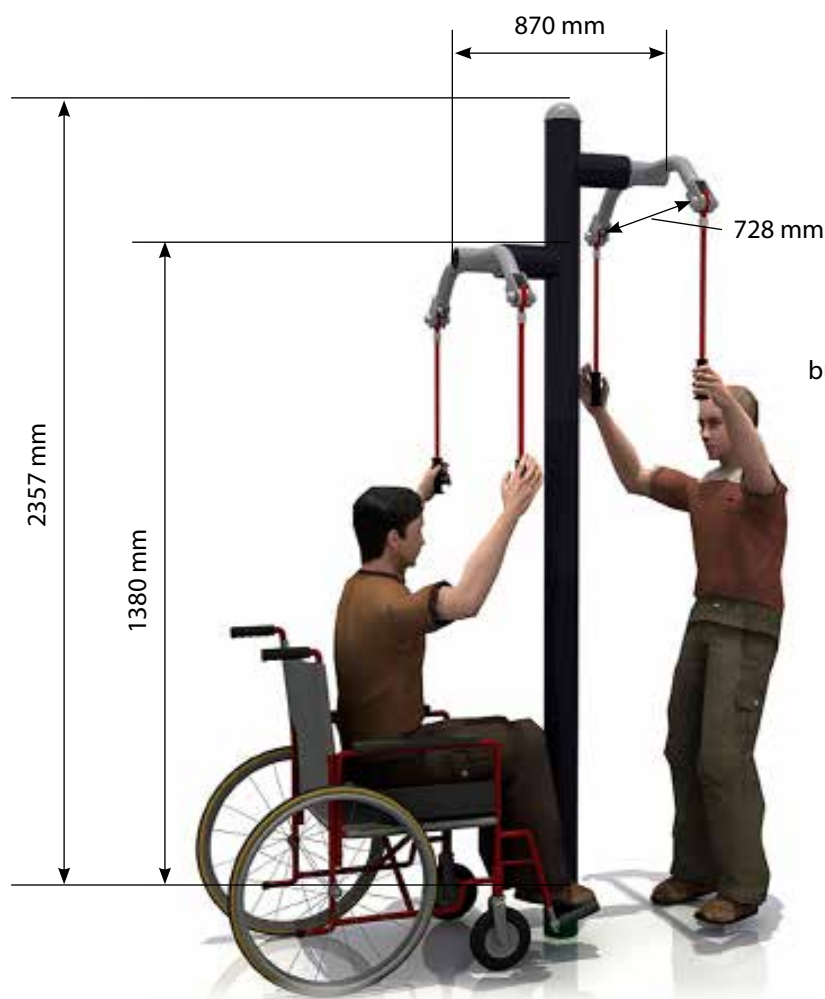




Black/grey
is the
standard colour,
but all RAL colours
are available.

Type	OFS100511
Dim.	87 x 73 x 235 cm
Space	390 x 375 cm
Montage	50 x 50 x 70 cm, must be secured in position with concrete.
Weight	55 kg
Volume	0,3 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).

Arm Extension

Description of materials	Welded, blasted and galvanised (or metallised) metal construction, with epoxy coating.
Function	Increases mobility in the shoulder joints and upper back. Optimises thoracic and clavicular breathing. Added benefit of training outdoors! Improves blood flow, primarily to the muscles of the upper back and shoulder girdle.
Usage	Take hold of both grips. Extend your upper arms as far as possible. Raise and lower yourself using both hands.

