



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

## Rudder

|                          |                                                                                                                                                                                           |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Description of materials | Metal construction, welded, blasted, galvanised (or metallised), with epoxy coating                                                                                                       |
| Function                 | Improves the mobility of the elbow and shoulder joints.                                                                                                                                   |
| Usage                    | Grip the handles firmly and rotate the wheel using the whole upper body, alternating between rotating to the left and right. The shoulders can be loosened by moving the upper body less. |

|         |                                                                      |
|---------|----------------------------------------------------------------------|
| Type    | OFS 100316                                                           |
| Dim.    | 82 x 83 x 170 cm                                                     |
| Space   | 385 x 385 cm                                                         |
| Montage | 50 x 50 x 70 cm,<br>must be secured<br>in position with<br>concrete. |
| Weight  | 50 kg                                                                |
| Volume  | 0,5 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).

