

Product Datasheet

Pendulum (Surfer)



Device Description

Strengthens the rectus and oblique abdominal muscles, lower back muscles and gluteal muscles. Improves cardiovascular and respiratory performance, increases endurance, supports burning excess body fat, and enhances motor coordination.

Specifications

Type: Aerobic equipment

Difficulty level: Easy

Recommended for: Users aged 14+ and/or at least 140 cm tall

Maximum load: 150 kg

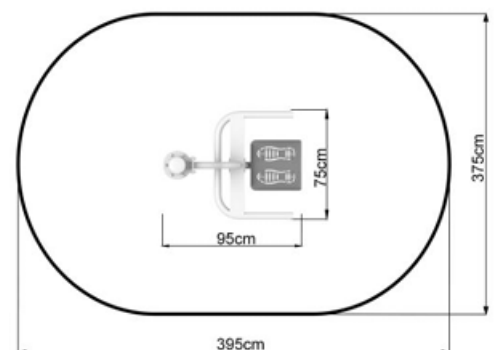
Height: 175 cm

Width: 75 cm

Length: 85 cm

Operating area: 385 × 375 cm

Free fall height: 20 cm



Exercise Instructions

Hold the handles and step onto the platform. Engage your abdominal and hip muscles to set the equipment into a pendulum-like swinging motion.

Construction

- Load-bearing structure made of 88.9×3.6 mm steel tube.
- Additional steel tubes: 48.3×3.2 mm, 42.4×3.2 mm and 33.7×2.9 mm.
- Seats, backrests and footrests are made of 3 mm thick steel plate.
- Galvanized cap nuts protected against loosening and maintenance-free sealed bearings.
- All metal components are abrasive blasted and powder-coated with a zinc primer and weather- and UV-resistant polyester coating.
- Complies with PN-EN 16630:2015-06.