

Technical Data Sheet

Leg Raise

Device Description

Strengthens the shoulder girdle, upper limbs, back muscles, and especially the abdominal muscles. Supports proper posture and, thanks to the involvement of numerous muscle groups, helps prevent sagittal spinal curvature disorders.

Developed abilities: Fitness, Strength

Technical Specifications

Type: Strength equipment

Difficulty level: Medium

Recommended for: Users over 14 years of age and/or at least 140 cm tall

Maximum load: 150 kg

Height: 175 cm

Width: 65 cm

Length: 75 cm

Safety zone: 375 × 365 cm

Free fall height: 125 cm

Instructions for Use

Stand with your back against the equipment, rest your forearms on the pads, firmly grip the handles, and straighten your legs. Raise your bent or straight legs toward your torso, then slowly lower them back to the starting position.

Material Specification

- Supporting structure made of 88.9 × 3.6 mm steel pipes.
- Other tubular elements made of 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm steel pipes.
- Seats, backrests and footrests made of 3 mm thick steel sheet.
- Galvanized cap nuts protected against loosening and maintenance-free sealed bearings.
- All metal components are abrasive blasted, then powder-coated with a zinc primer and weather- and UV-resistant polyester powder coating.

Standard

The equipment complies with the requirements of PN-EN 16630:2015-06.

