

Product Datasheet

Leg Raise



Device Description

Strengthens the shoulder girdle, upper limbs, back muscles and, above all, the abdominal muscles. Helps maintain proper posture and, by engaging multiple muscle groups, contributes to the prevention of sagittal spinal curvature disorders.

Specifications

Type: Strength equipment

Difficulty level: Medium

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

Maximum load: 150 kg

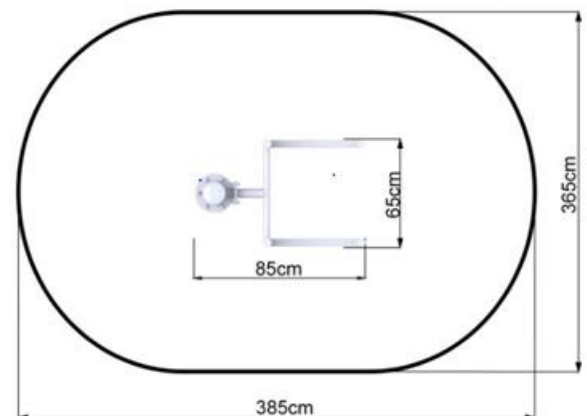
Height: 175 cm

Width: 65 cm

Length: 75 cm

Operating area: 375 × 365 cm

Free fall height: 125 cm



Exercise Instructions

Stand with your back against the equipment, rest your forearms on the supports, 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.

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.