

Technical Data Sheet

Leg Abductor

Device Description

Strengthens the muscles of the lower limbs and the abdominal muscles.
Improves blood circulation and motor coordination while helping reduce excess body fat.

Developed abilities: Fitness, Agility

Technical Specifications

Type: Aerobic equipment

Difficulty level: Easy

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

Maximum load: 120 kg

Height: 175 cm

Width: 75 cm

Length: 90 cm

Safety zone: 390 × 375 cm

Free fall height: 30 cm

Instructions for Use

Stand securely on the foot platforms and hold the handrail. Perform smooth side leg movements (abduction), then slowly return 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; 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.

