



Ref. PF12

# BANK



USERS



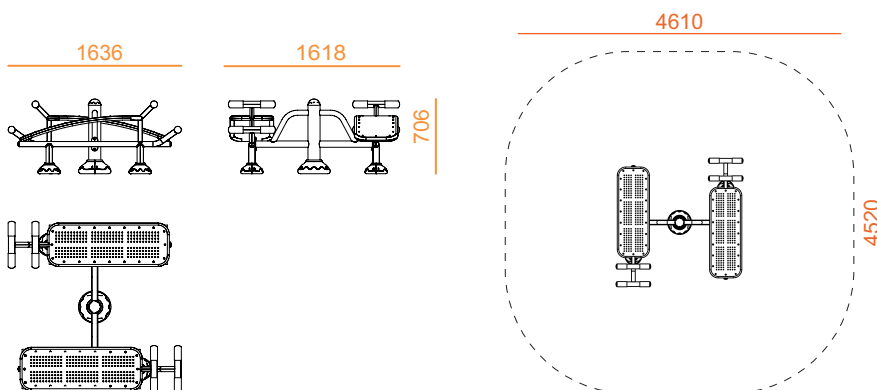
+12 years



20,8 m<sup>2</sup>



Measurements expressed in millimeters



## FEATURES

- BENEFITS:** Exercises the muscles and aids flexibility of abdominals.
- MANUFACTURING:** Tube structure made of galvanized steel with reinforced tread system and polypropylene handles.
- FINISHING:** Baked polyester paint, black and grey RAL9006 colour.
- INSTALLATION:** Available for installation on hard ground and soft ground.
- TECHNIQUE:** Rest the buttocks on the bench with your feet hooked in the cushions. Your knees should be bent. Position your trunk so it is horizontal, and without touching the bench with your back. Cross your hands on your chest. Using the abdominal muscles lift the trunk no more than 45°. Lower to the starting position again.