



Tai-chi and Body Wheel

CE 0103

EXCLUSIVE STAINLESS STEEL SERIES
100% CZECH PRODUCTION



Visualizations are only illustrative. Right to make changes is reserved.

FITNESS EQUIPMENT DESCRIPTION

FUNCTION: Development and strengthening of upper limb muscles, improvement of flexibility and activity of arm and shoulder joints, wrists, elbows and collar bones. Suitable for rehabilitation purposes.

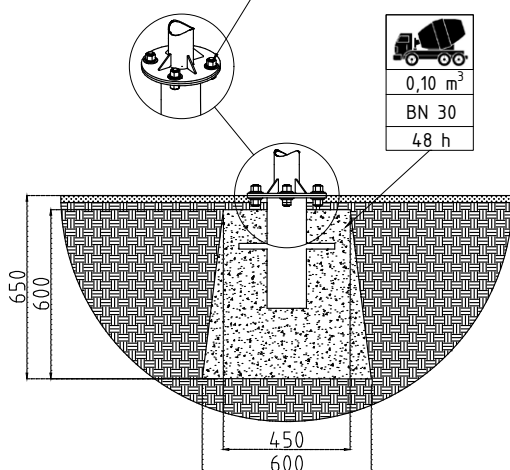
HOW TO USE: Stand in front of the machine (face or back), grasp handles of small wheels with both hands and turn right and left. Change the turning direction after each set. Grasp handles of big wheel and alternate right and left turns.

EXECUTION: We recommend 3 sets, 10-15 reps each, with a break between the sets, depending on the current health condition of the user. Should you feel any pain, stop your workout immediately.

REMARKS: Maximum allowed weight of a user is 120 kg. The area of 2 meters from the user/machine must stay clear during the workout. Without attendance, kids with minimum height 140 cm are not allowed. Other than proper use is prohibited. The device is in compliance with the standard CSN EN 16630.

ANCHORING AND SURFACE

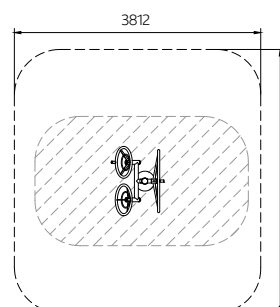
- M18x45 Šroub-4 ks
- M18 Podložka plochá-8 ks
- M18 Podložka pérová-4 ks
- M18 Pojistná matice-4 ks



TECHNICAL DATA

Product number	CE 0103
Age group	*
Number of users	2
Maximum load	120 kg 1 pers
Maximum dimensions	1080 x 750 x 1890 mm
Recommended area	*

EXERCISE ZONE



ANCHORING PLAN

