

# Shoulder Press + Shoulder Pull

Code: MD-FD-004 (C) Comfort version / MD-FD-004 Standard version



The Shoulder Press + The Shoulder Pull multi-functional outdoor gym set for building upper body strength and stamina. Develops strength of the arms, triceps, back and abdominal muscles. Improves posture, muscle strength and cardiopulmonary system. Available in two versions: Comfort and Standard one. Comfort version means that seat and backrest are covered by polyurethane foam (PU system). In the result users never have a feeling of hot touch during very sunny days, or cold during frost. The key point of this version is to provide everyone optimal comfort for exercise. If you prefer mainly resistance for vandalism the best option is to choose version Standard with metal seats and backrests

To do exercise sit comfortable on the seat, grab the handles with your hands. Pull the handles downwards or push the handles forward until the elbows are straight. Keep your back upright.

## Technical details:

- Dimensions (LxWxH): 1,81 x 0,79 x 1,63 m
- Safety zone: 4,7 x 3,8 m
- Certificate confirming compatibility with norm EN 1176
- Available in two versions: Comfort and Standard
- Device can be painted in any colour from the RAL palette

## Materials:

- Construction is made of powder painted steel protected against corrosion.
- Handles are made of pipe ended with rounded decorative elements and profiled to ensure ergonomics and user safety.
- Construction is welded and has no plastic ends except for bearing connections where it is possible to maintain / repair.
- Device is mounted on a supporting pole, that is attached to the ground by flange.
- Flange is screwed with M16 screws into anchor fixed in the concrete. M16 anchoring nuts are secured against unscrewing.

Differences in dimensions no more than +/- 5% are acceptable.

Presented drawing should be treated as illustrative. It may be slightly different from the actual product.

