

Measurements: 1075x535x1390 mm

Function

Improving the mobility of the lower limbs, providing coordination body and balance, increases heart and lung capacity by strengthening the muscles in the legs and buttocks.

Procedure

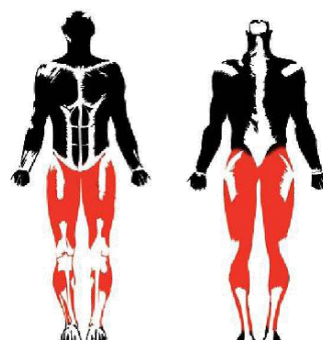
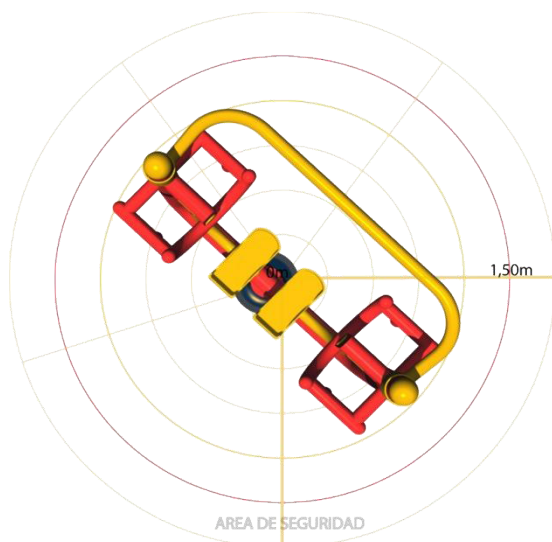
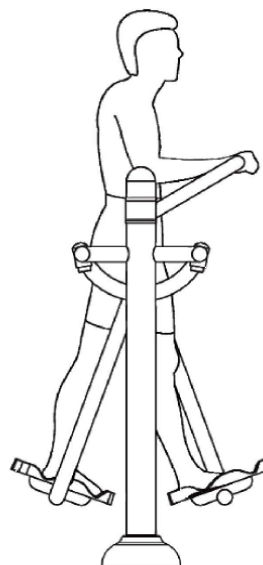
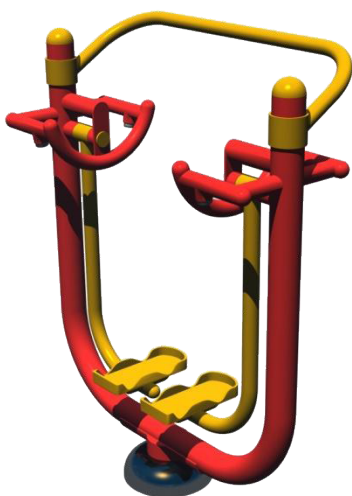
Grasp the handle and placed on the pedals, set its center of gravity and motion of walking with your back straight, moving the pedals forward and backward without forcing movement.

Use

Depending on the physical condition of the person. Recommended a minimum time of 10 minutes, corresponding to a normal walk.

Note

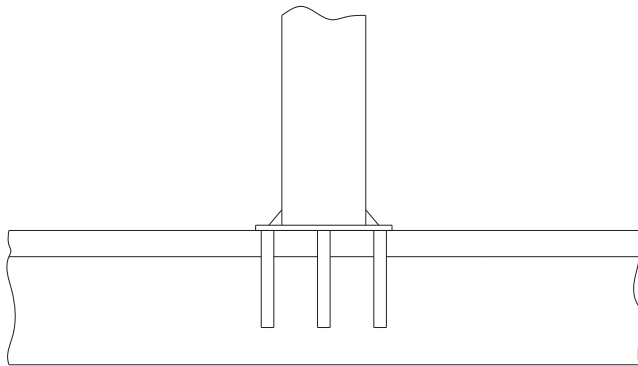
Grasp the handle firmly to prevent accidents and do not leave the appliance until the two pedals East in parallel and unemployed.





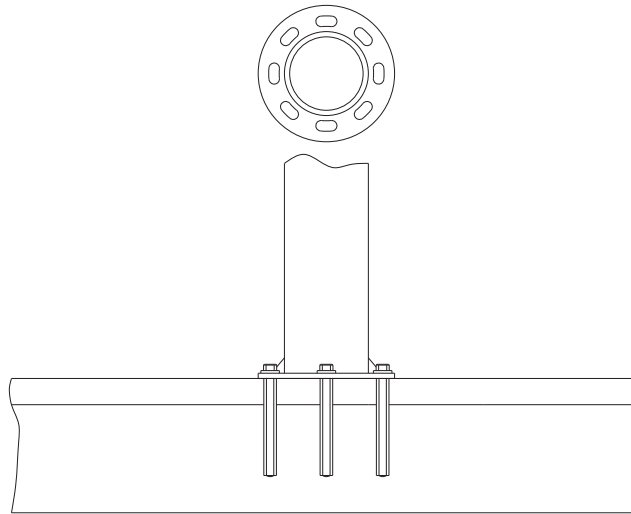
Stage 1

Prepare Concrete slab using a 200mm 30N40 Concrete mix, This should be a minimum of 200mm thick to allow for M16x135mm Stainless Steel or Galvanised anchor Bolts.



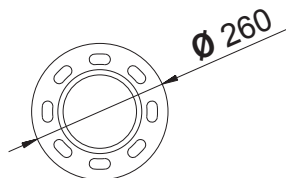
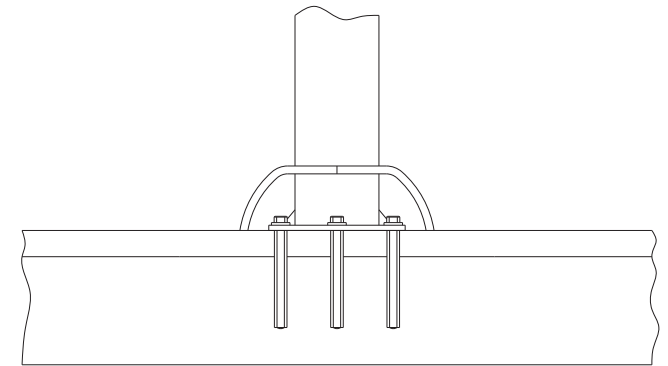
Stage 2

DynamX recommends casting a universal 2800mm x 1200mm slab centering the piece @ 1400mmx600mm



Stage 3

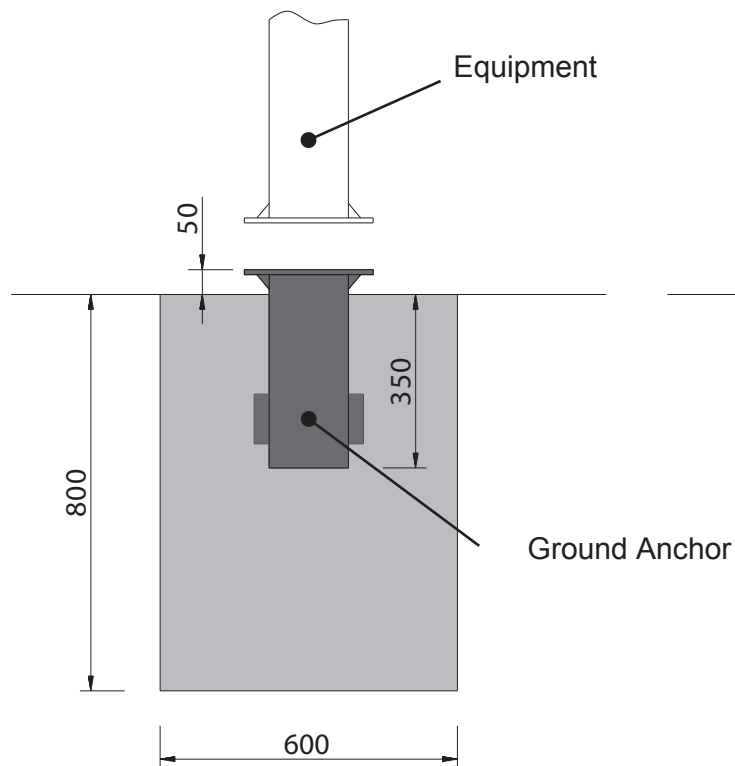
Mount the desired piece on a plumb surface and anchor to the ground. Fix the cast Iron security cap to complete installation.



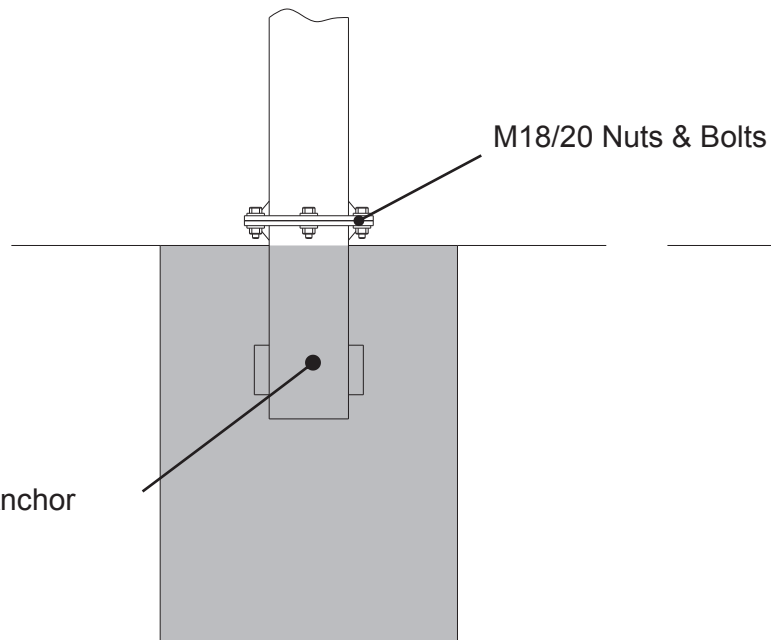
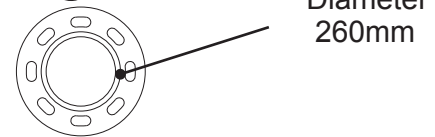
Installation using a Concrete Slab



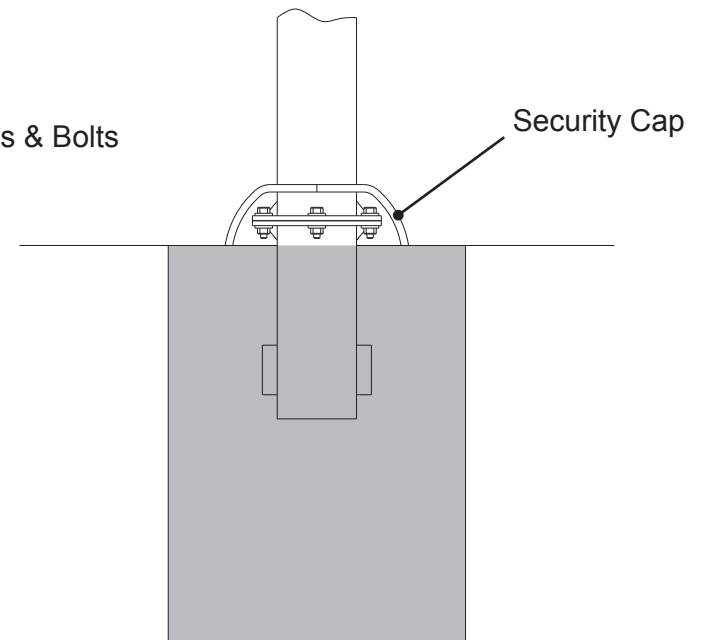
Stage 1



Stage 2



Stage 3



Installation using a Ground Anchor