



**WPC Wooden Outdoor Exercise Equipment.**

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## LK-M01 Air Walker



**Dimensions:** 2010×480×1285(mm)

**Function:** This universally popular apparatus provides excellent cardiovascular exercise while developing the leg muscles. It helps to improve flexibility and strength of lower limbs.

**Instructions:** Hold the handrail with both hands and step on the pedals with both feet. Both legs move back and forth repeatedly as a strolling exercise.



## LK-Z02 Leg Press



**Dimensions:** 1975×530×1745(mm)

**Functions:** To build muscles of calves and hips and to enhance the strength of the waist.

**Instructions:** Sit on the seat with both feet on the pedals and hold the handrail with both hands. Then, stretch and bend both legs repeatedly.



## LK-T05 Leg Stretcher



**Dimensions:** 1300×600×1125(mm)

**Function:** To perform leg stretching exercises to loosen tight muscles.

**Instructions:** The leg stretcher has four bars of different heights for different degrees of stretch.





## LK-T02 TaiChi Spinner



**Dimensions:** 1115×1020×1400 (mm)

**Function:** To improve flexibility of shoulders and elbows. It is suitable for the middle-aged and the elder.

**Instructions:**

1. Stand firmly and half squat, hold the knobs of the rotating wheel with both hands. Spin both knobs in the opposite direction. The action is like practicing Tai Chi.
2. Suitable for middle-aged people and the elder.



## LK-T01 Elliptical Trainer



**Dimensions:** 1930×650×1520(mm)

**Functions:** The elliptical trainer provides a cardiovascular workout. It helps to work out the upper and lower limb muscles and to improve coordination and flexibility of joints.

**Instructions:** Place both feet on the pedals and grip the handles with both hands. Then, step up and down repeatedly.



## LK-S05 Back Stretcher



**Dimensions:** 1195×670×950(mm)

**Function:** To stretch out the muscles of abdomen and back and improve flexibility and muscle tone.

**Instructions:** Lean against the equipment and hold the handrails with both hands. Then bend backwards slowly and return to the starting position.



## LK-S04 Parallel Bars



**Dimension:** 2420× (1065±80) ×1495 (mm)

**Function:** To build muscles of triceps and shoulder, and to improve coordination of the body.

**Instructions:** This classis gym equipment can be used to a variety of strength exercises, especially push-ups and dips as well as hand walking along its length.



## LK-S01 Seated Chest Press



**Dimensions:** 2500×1000 ×17050(mm)

**Function:** To enhance the muscles' strength of upper limbs of your body.  
**Instructions:** To sit on the seat firstly with your back against the back and with both hands grip the handrail. And push the equipment upside until your arm straight, then put it down slowly to finish the whole process for one time.

### **Instructions:**

1. 20 times for one group, and 1 to 3 groups for one trainer in each training process. People with various weight can coordinate the distance of the are force to achieve the exercising aim.



## LK-L02 Wall Bars



**Dimensions:** 1470×125×2200 (mm)

**Function:** To strengthen and build the muscles of arms, shoulders and abdomen, to improve flexibility by stretching exercise.

**Instructions:**

1. The equipment provides a number of exercises including climbing leg stretches, knee raises, leg raises and various arm exercises.



## LK-L01 Wall Combination Bars



**Dimensions:** 5500×125×2200 (mm)

**Function:** To strengthen and build the muscles of arms, shoulders and abdomen, to improve flexibility by stretching exercise.

### Instructions:

1. The equipment is combined with horizontal bars with three different height and wall bars. It provides a number of exercises including leg stretches, push-ups, pull-ups, climbing, knee raises, leg raises and various arm exercises.



## LK-J01 Rotating Wheel



**Dimensions:** 950×710×1865 (mm)

**Function:** To improve flexibility of shoulder joints and promote blood circulation of upper limbs.

**Instructions:**

1. Hold the handgrips of the rotating wheel with both hands; let the body follow the turn of the wheel in clockwise and counterclockwise directions.
2. Suitable for middle-aged people and the elder.





## LK-F01 Sit-up Board



**Dimensions:** 2000×1765×985 (mm)

**Function:** To strengthen the muscles of abdomen and hip.

**Instructions:** Sit on the board with feet hooked underneath the bar, cross hands over the chest or position them behind the head, lean backwards and perform sit-up exercise.



## LK-A02    Massager (Waist and Back)



**Dimensions:** 1410×745×1800 (mm)

**Function:** To relax muscles of back and waist, and to improve blood circulation.

### **Instructions:**

- 1. Waist:** Sit on the seat against the apparatus, hold the handles with both hands, gently pull the handles up and push them down with massager rolling to massage the waist.
- 2. Back:** Stand against the equipment, hold the handles with both hands, move the body slowly from left to right, right to left with massager rolling to massage the back.
- 3.** Suitable for middle-aged people and the elder.



## LK-Z05 Waist Twister



**Dimensions:** 2000×1210 (mm)

**Functions:** This apparatus is beneficial to the muscle groups of waist and back while twisting. It also helps better the agility and flexibility of your waist.

**Instructions:** Hold the handle with both hands while keeping your feet steadily on the rotating disc. Then, move your waist repeatedly from left to right, and right to left.