

**Measurements: 1060x600x1160 mm**

## **Function**

Strengthens the muscles of the arms, legs, waist, abdominal back and chest, allowing a full limb movement, improve cardio-pulmonary capacity. Suitable for people of different age groups except children.

## **Procedure**

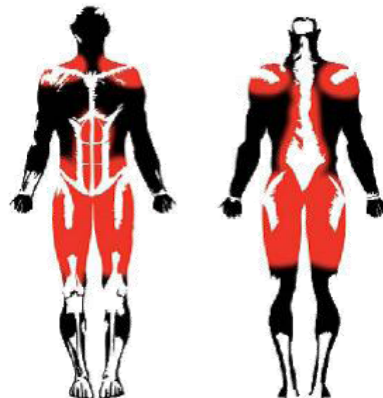
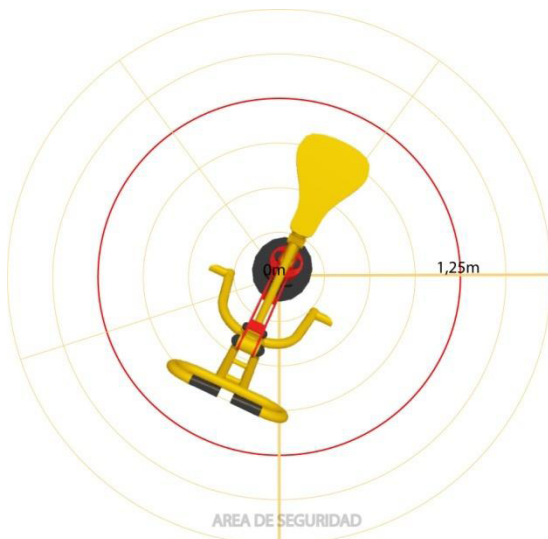
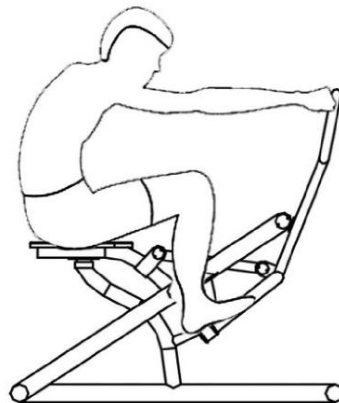
Placed on the seat, grasp the handles with both hands and push the pedals forward rising to a position of right back. The movement must be rhythmic and non-violent.

## **Use**

Depending on the physical condition of the person, are recommended 3 sets of 10 repetitions each with a break of 5 seconds between series and series.

## **Note**

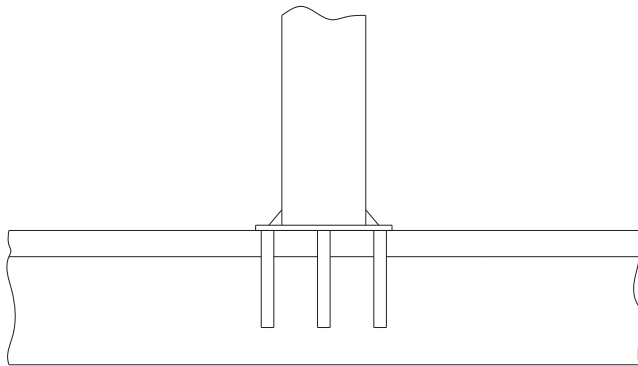
This is an exercise of force in upper and lower extremities. If notice some discomfort for the exercise.





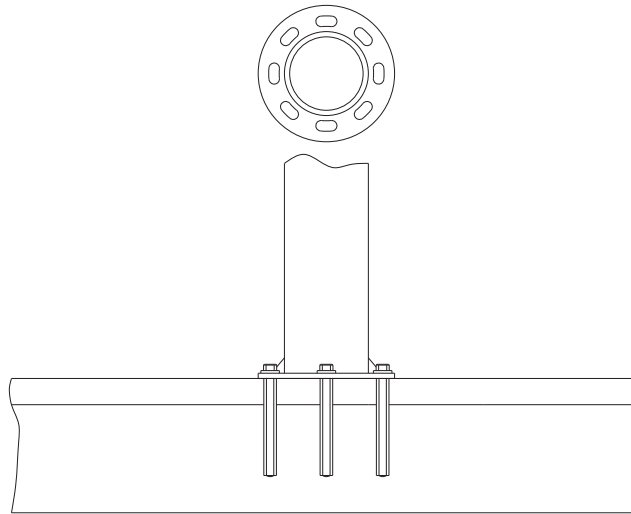
## Stage 1

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.



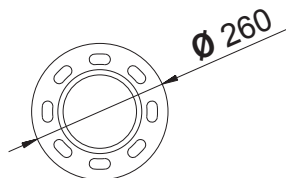
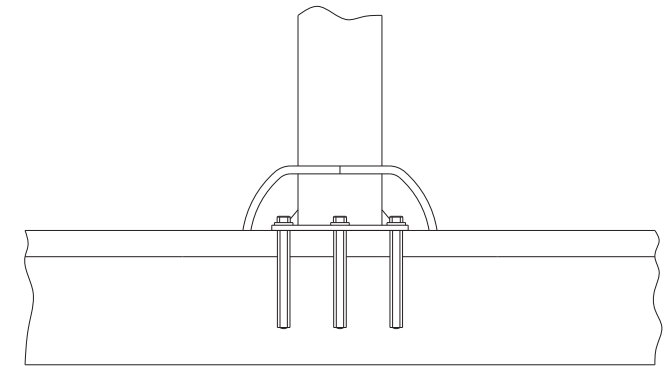
## Stage 2

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



## Stage 3

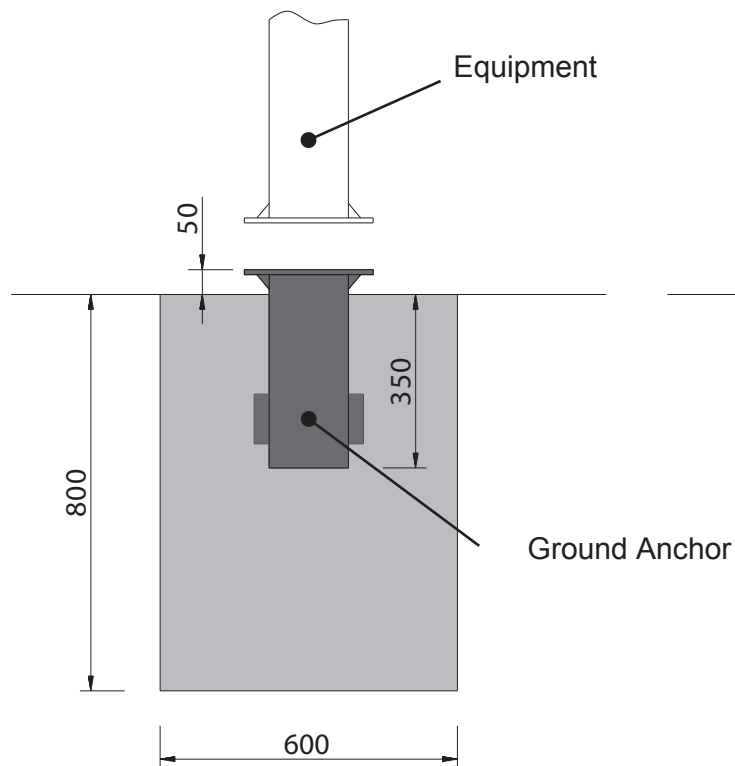
Mount the desired piece on a plumb surface and anchor to the ground. Fix the cast Iron security cap to complete installation.



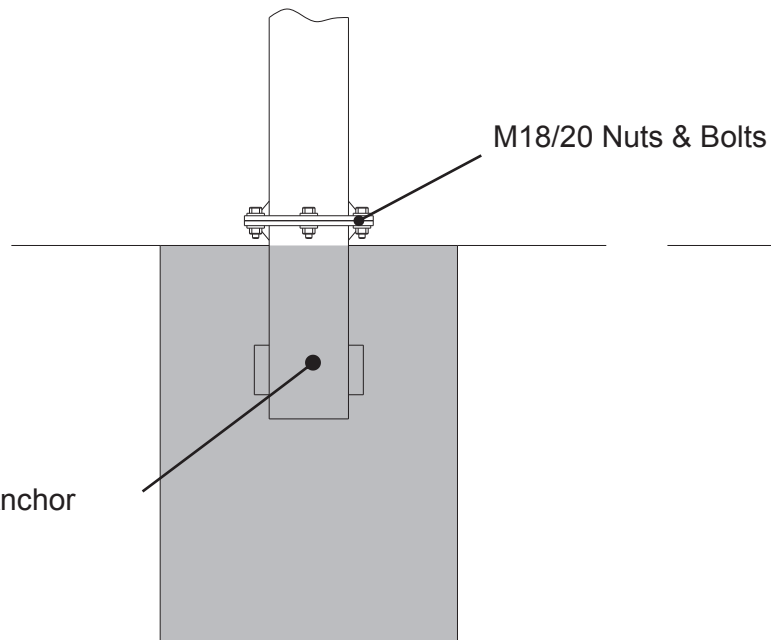
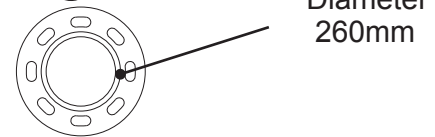
Installation using a Concrete Slab



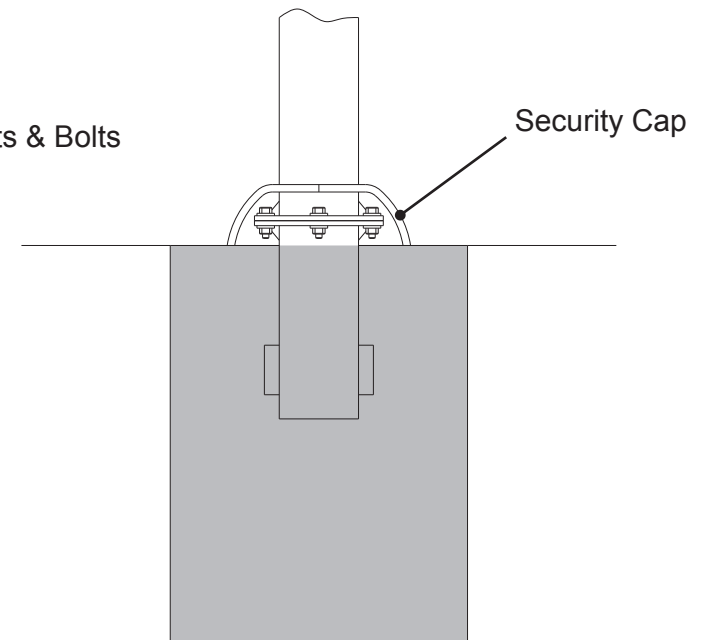
Stage 1



Stage 2



Stage 3



Installation using a Ground Anchor