

Measurements: 1610x1210x750 mm

Function

Develops and strengthens the muscles of the upper abdominals, lower and oblique as well as waist and back.

Procedure

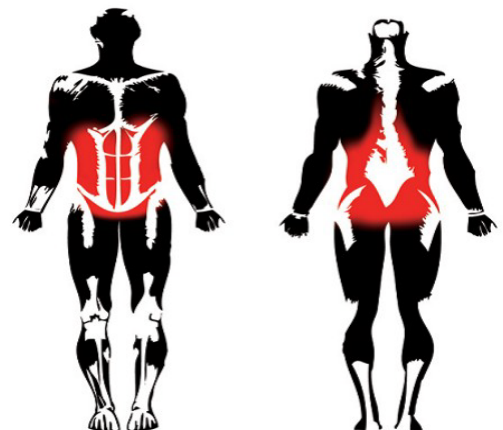
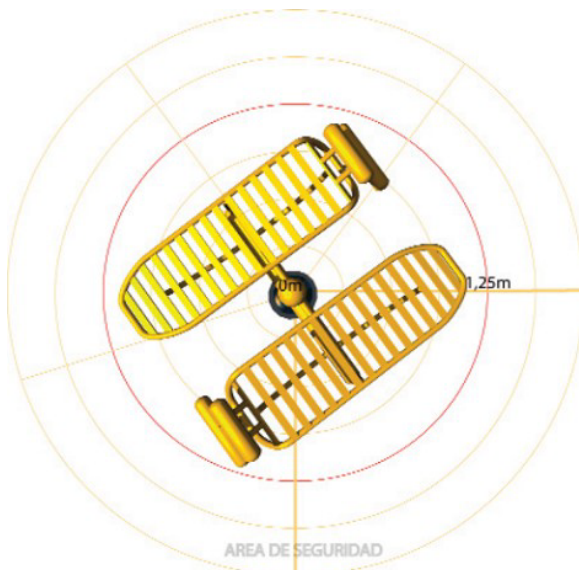
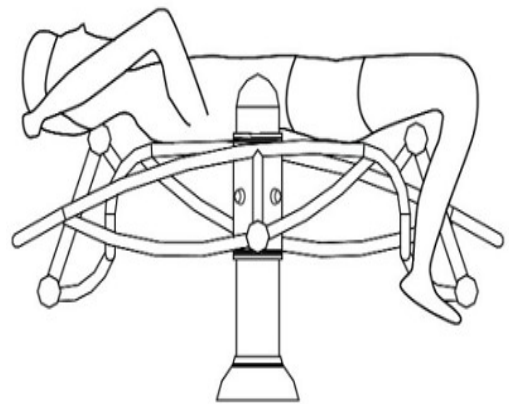
Lie face up on the table and hold both legs with tube horizontal, cross your hands on the nape of the neck or chest and slightly bend the body forward and back to the starting position.

Use

Depending on the physical form of the person). Recommended 3 sets of 20 repetitions each with 5 seconds of rest between series and series.

Note

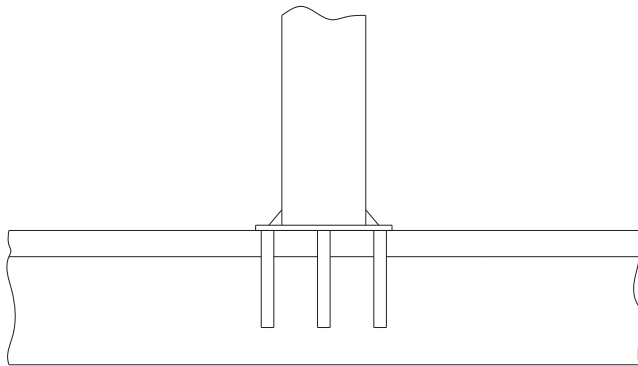
Not necessary to force the neck, so that arms should be crossed over the chest. If performed with the hands on the nape, elbows should be in horizontal position. At the time that notice that he is forcing the neck, stop.





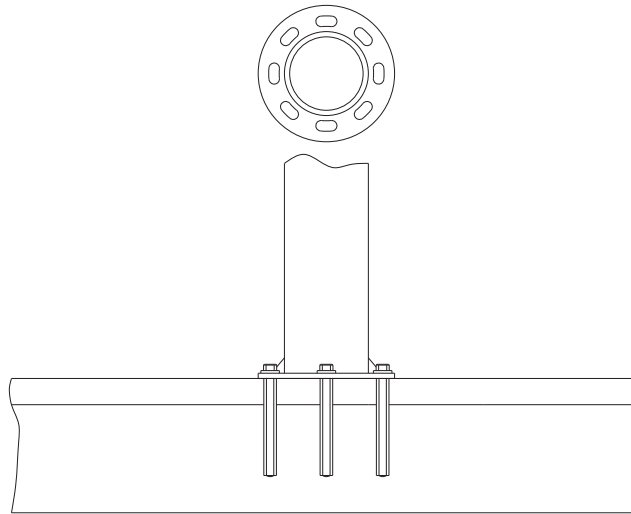
Stage 1

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.



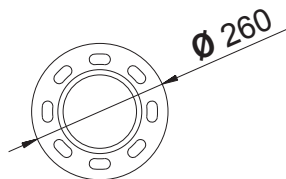
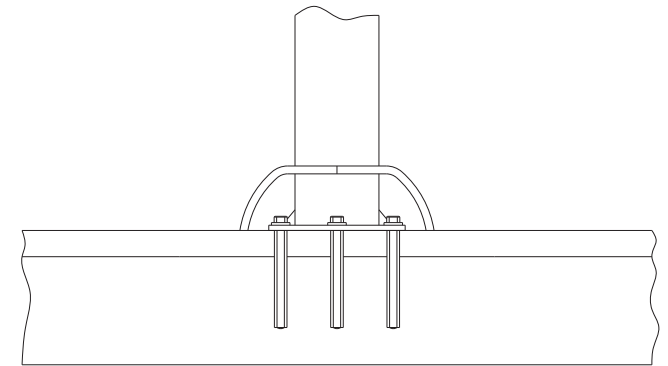
Stage 2

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



Stage 3

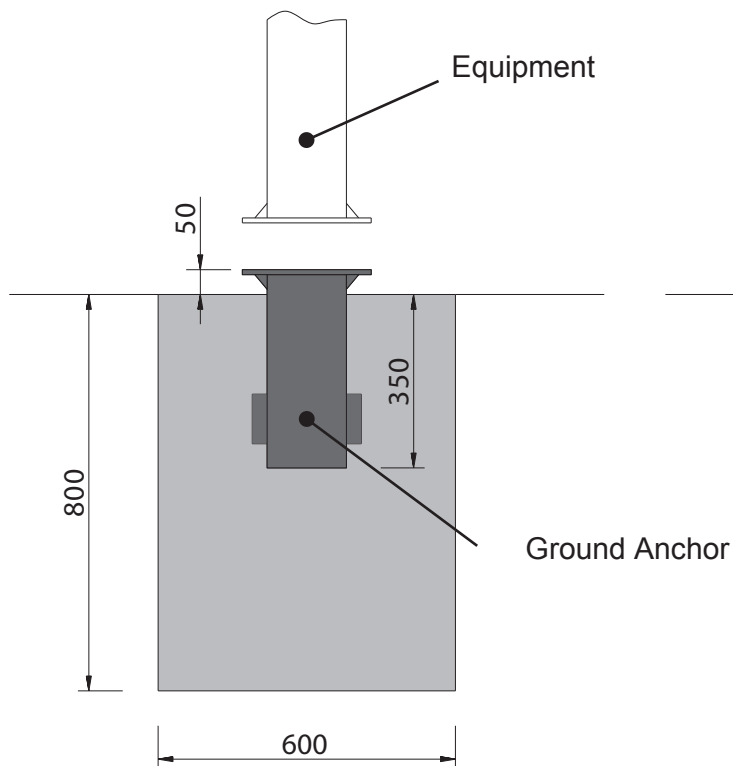
Mount the desired piece on a plumb surface and anchor to the ground. Fix the cast Iron security cap to complete installation.



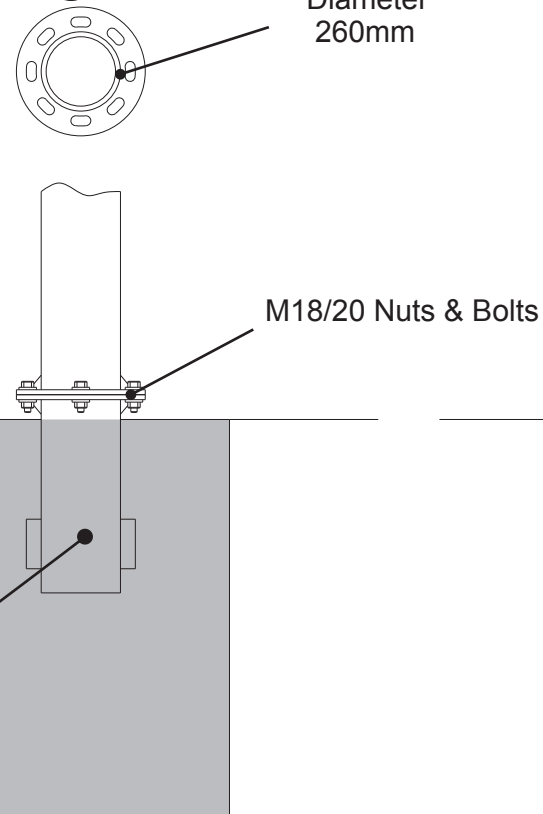
Installation using a Concrete Slab



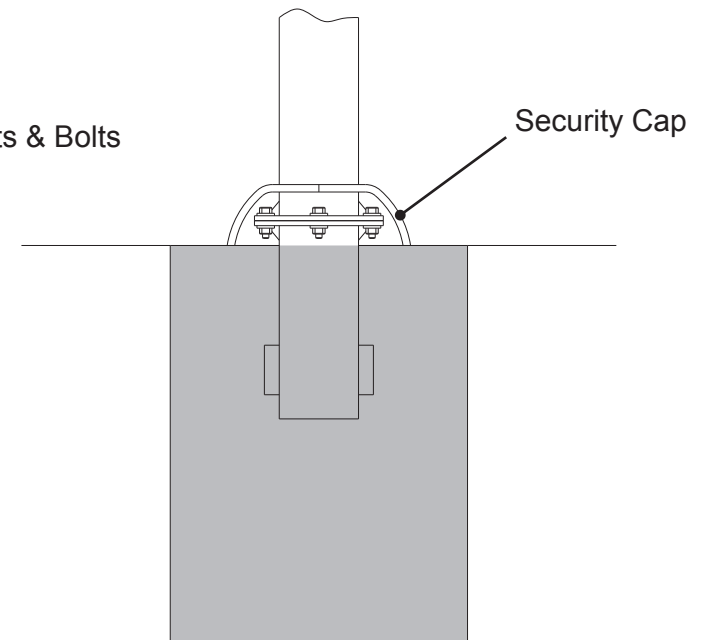
Stage 1



Stage 2



Stage 3



Installation using a Ground Anchor