

**Measurements: 1990x420x1550 mm**

### **Function**

Develops and strengthens the muscle of leg and waist, in particular of quadriceps, calves, glutes and lower abdominal muscles.

### **Procedure**

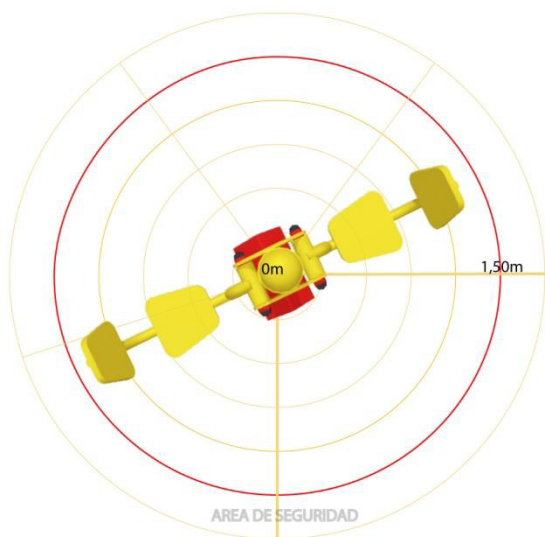
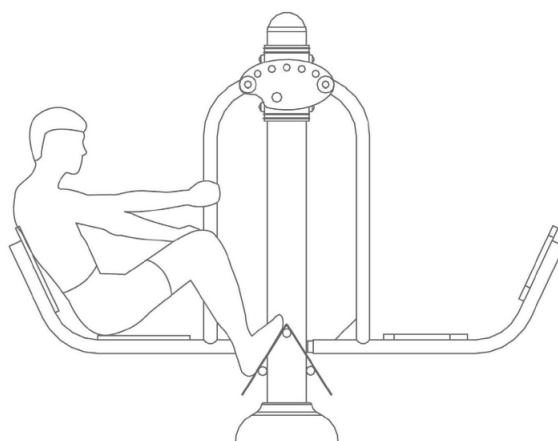
Place on the seat with your back well supported and double leg. Place the hands on the knees and push with your legs on the pedals to fully stretch your legs.

### **Use**

Depending on the physical condition of the person. Recommended 3 sets of 12 repetitions each with a break of 5 seconds between series and series.

### **Note**

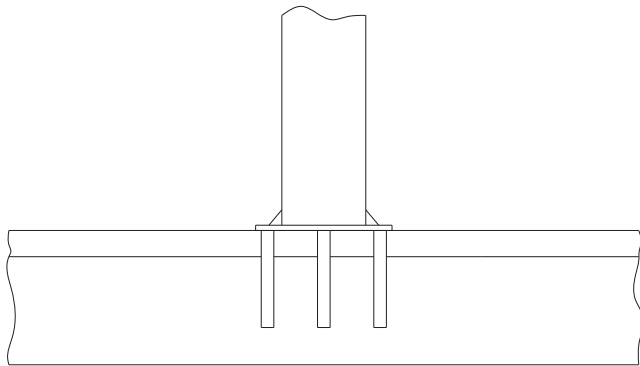
This is an exercise of force, in case of problems joints must not be forced.





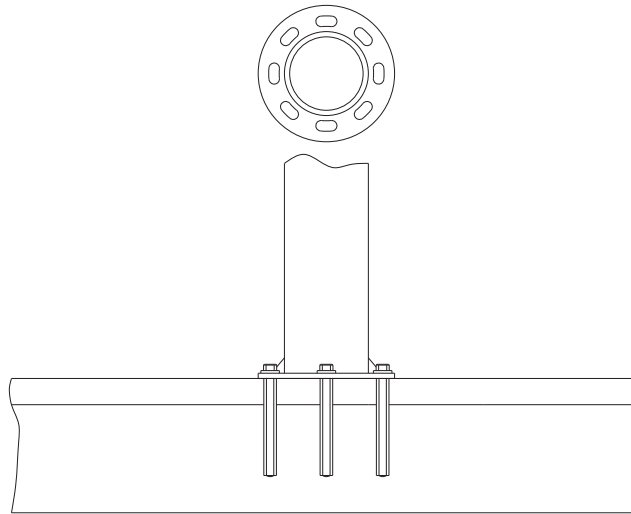
## Stage 1

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.



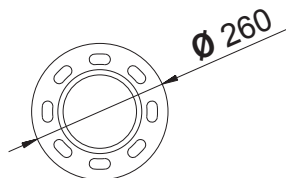
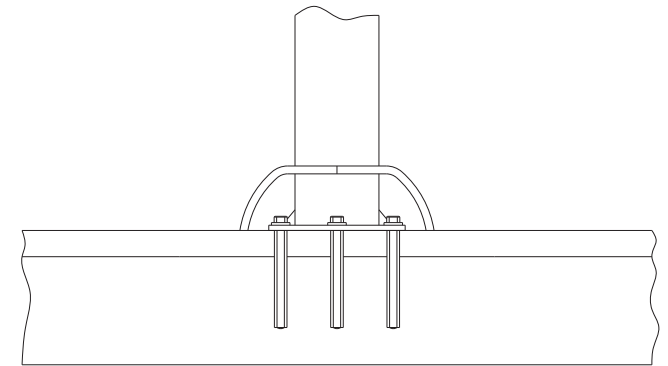
## Stage 2

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



## Stage 3

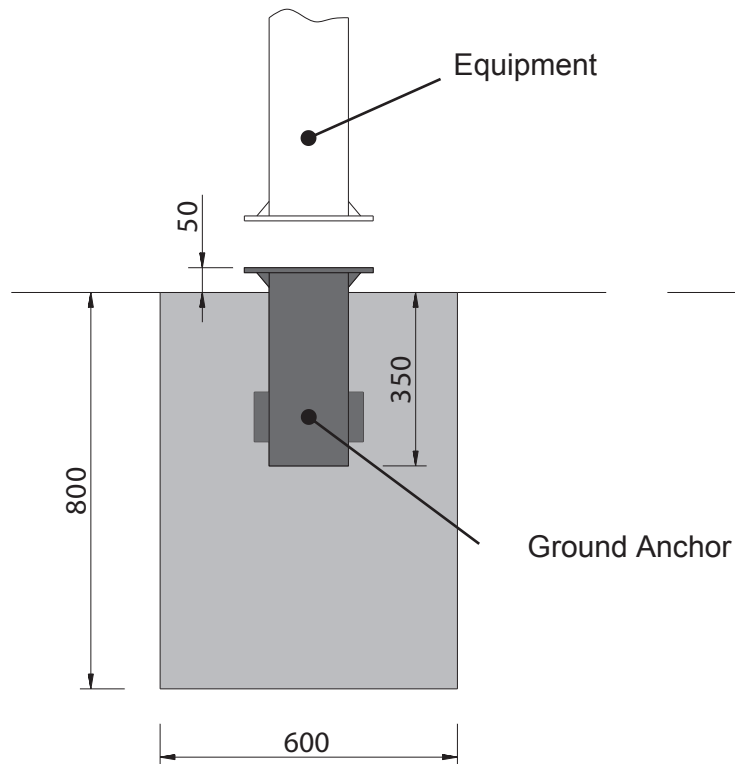
Mount the desired piece on a plumb surface and anchor to the ground. Fix the cast Iron security cap to complete installation.



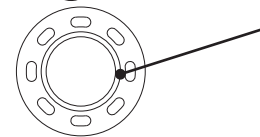
Installation using a Concrete Slab



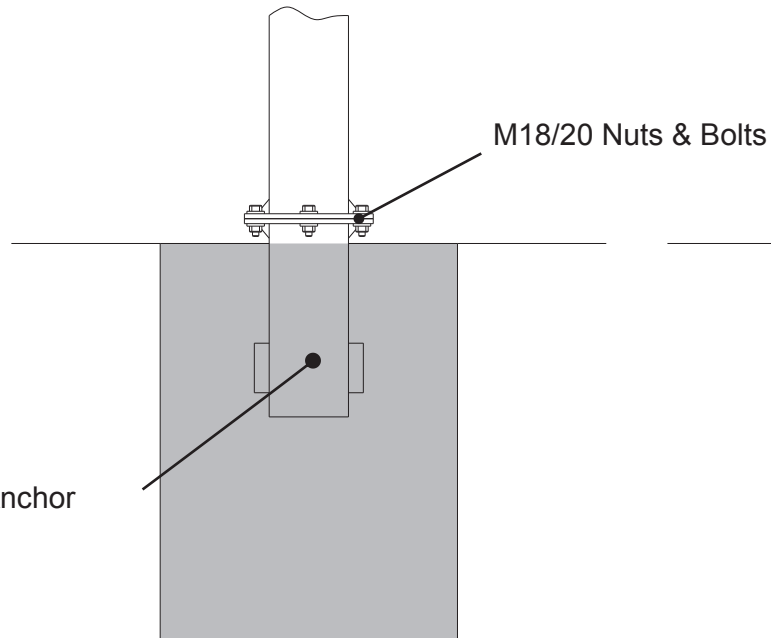
Stage 1



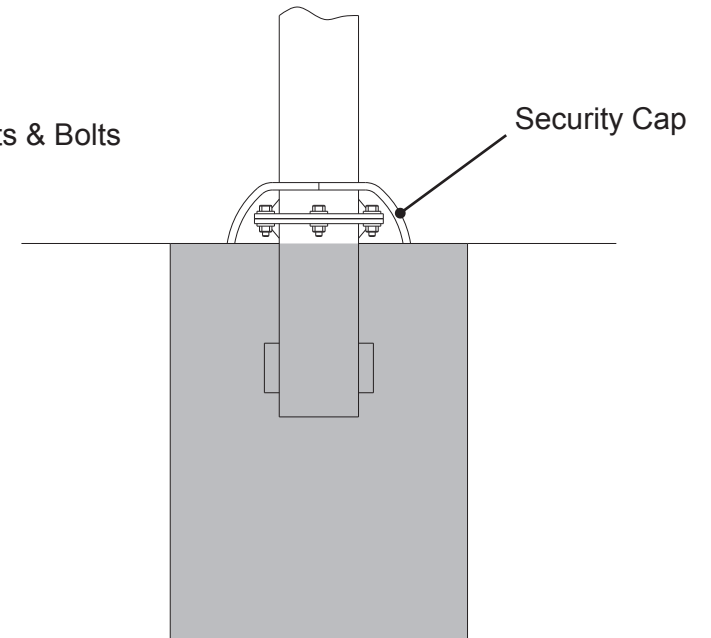
Stage 2



Diameter  
260mm



Stage 3



Installation using a Ground Anchor