

**Measurements: 1630x690x2170 mm**

### **Function**

Increases the strength of the upper limbs, the chest muscles and the back, improving their cardio-pulmonary capacity.

### **Procedure**

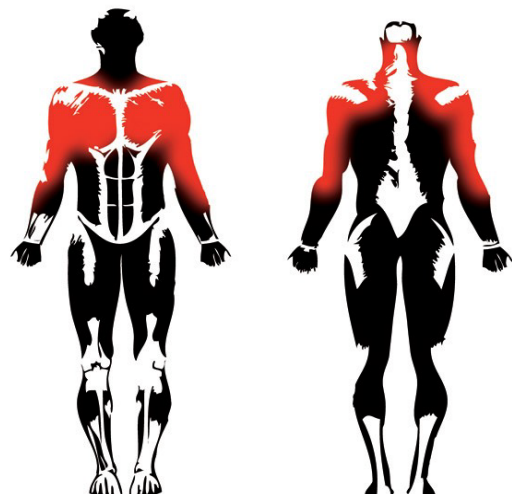
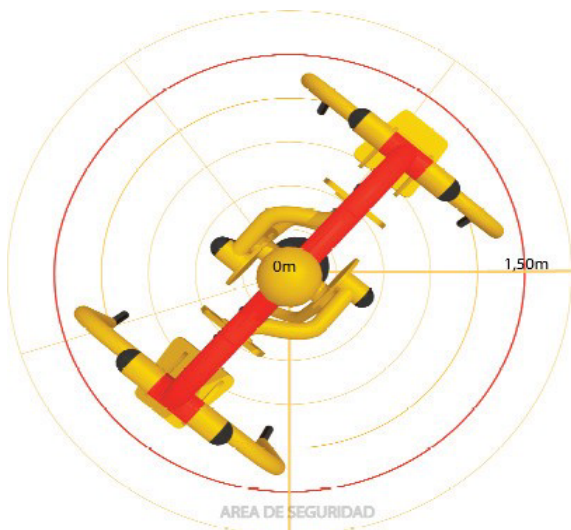
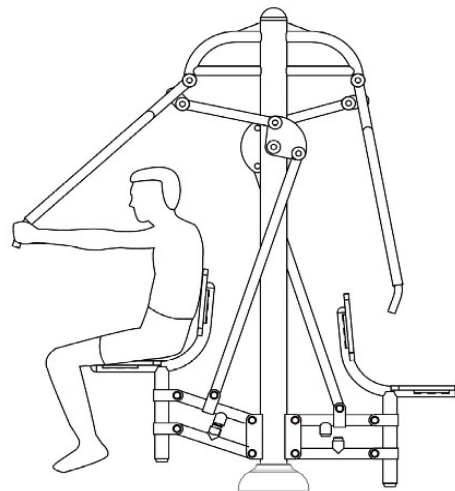
Sit on the appliance with totally straight back on the backrest and the legs at an angle of 90 degrees. Grasp the handles with hands and push forward until your arms are almost stretched and slowly returns to the initial position.

### **Use**

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

### **Note**

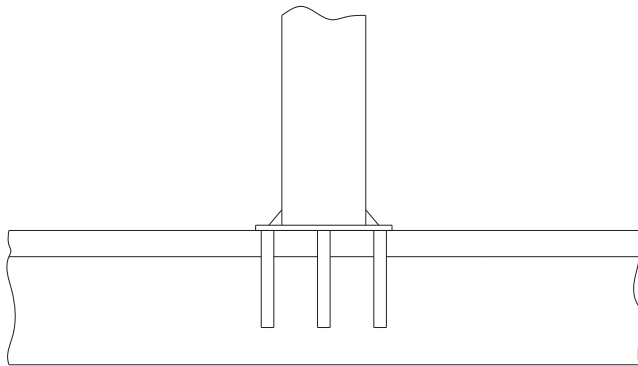
It is an exercise of force of the upper train exclusively, if you notice that starts to force the kidneys, reduces the number of series or repeats.





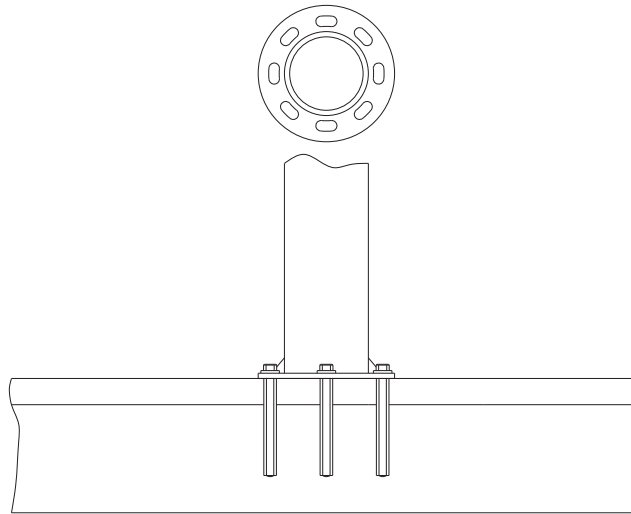
## Stage 1

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.



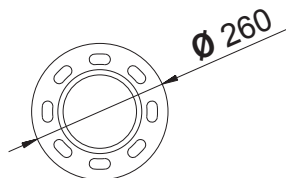
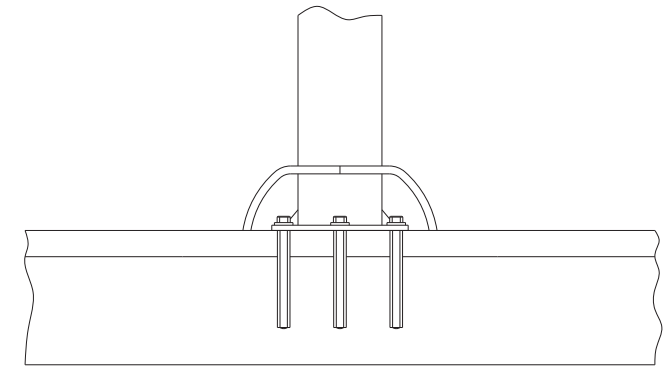
## Stage 2

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



## Stage 3

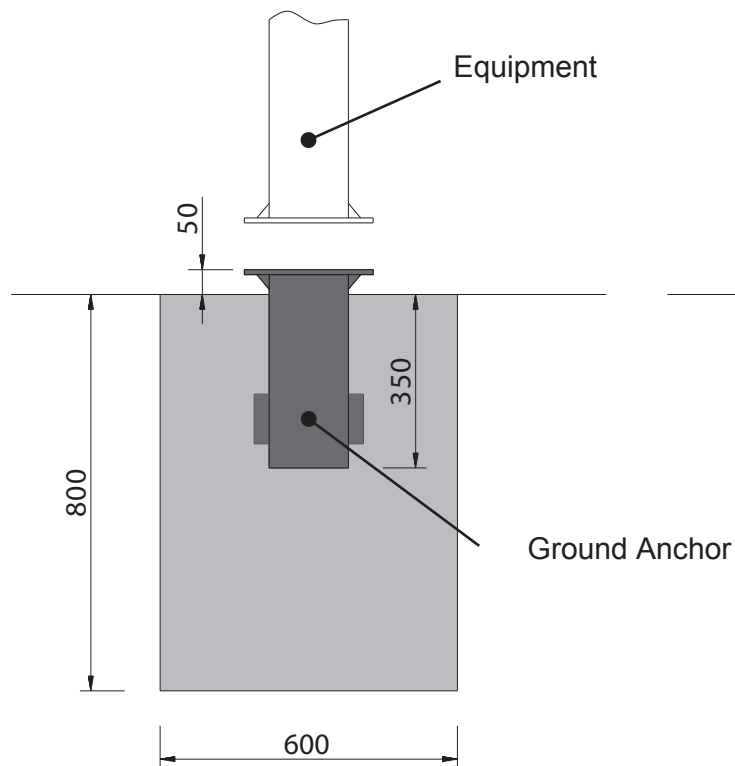
Mount the desired piece on a plumb surface and anchor to the ground. Fix the cast Iron security cap to complete installation.



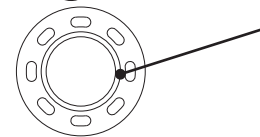
Installation using a Concrete Slab



Stage 1

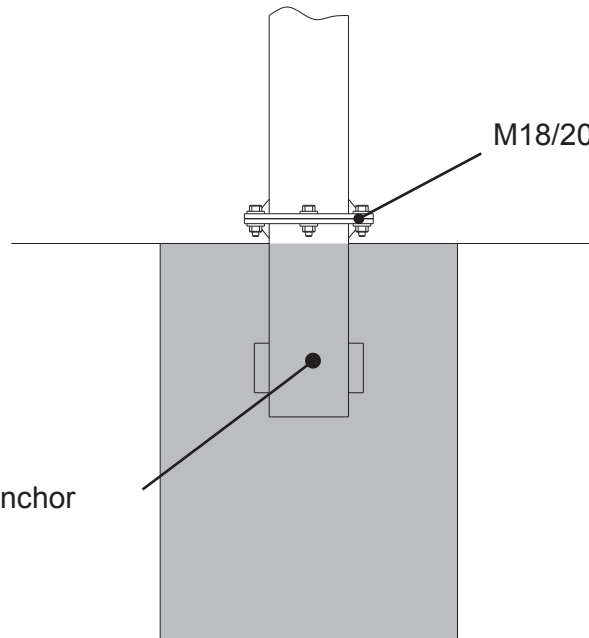


Stage 2

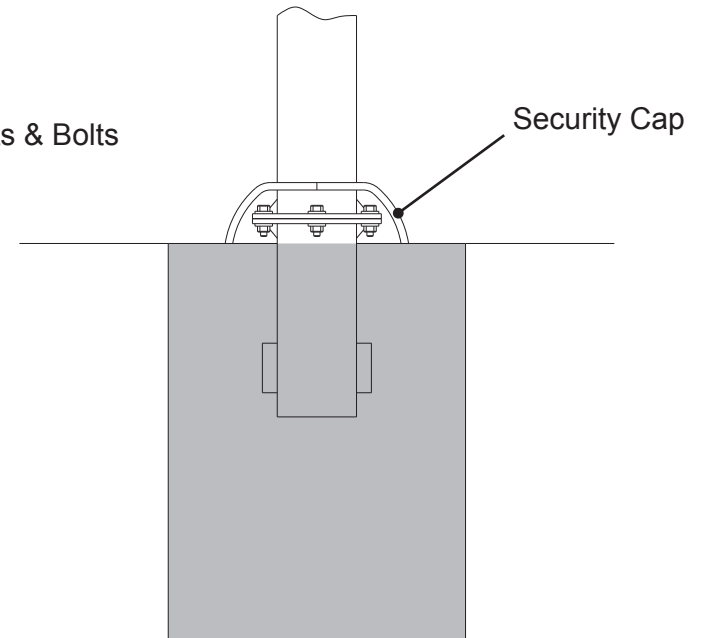


Diameter  
260mm

M18/20 Nuts & Bolts



Stage 3



Installation using a Ground Anchor