

Measurements: 1130x760x1560 mm

Function

Strengthens the muscles of the waist, improves flexibility and coordination of the body. Recommended for people of all ages. Exercise the spine and hip.

Procedure

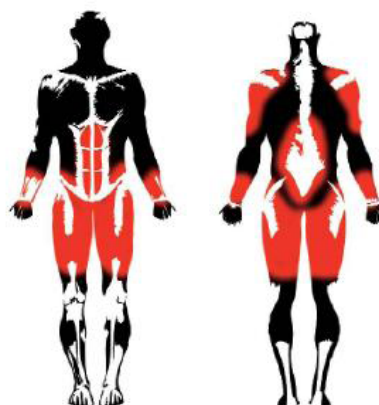
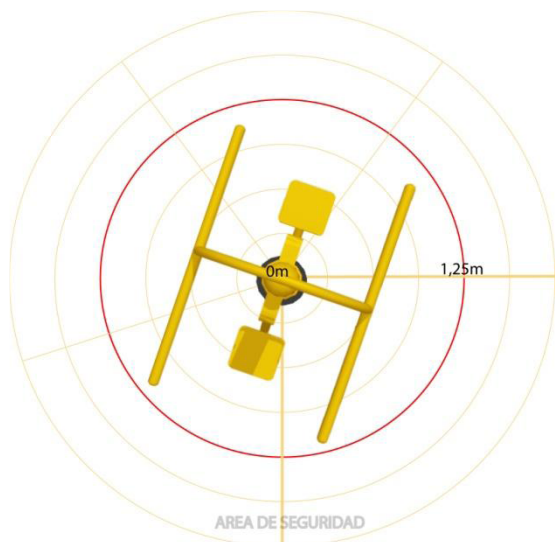
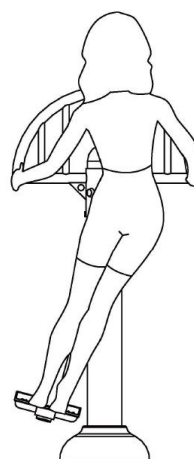
Grip the handles with both hands, place your feet on the foot pedal and perform oscillating movements from one side to another, if making large amplitudes on rolling.

Use

Depending on the physical condition of the person. 3 Sets of 30 seconds with a break of 5 seconds between series and series are recommended.

Note

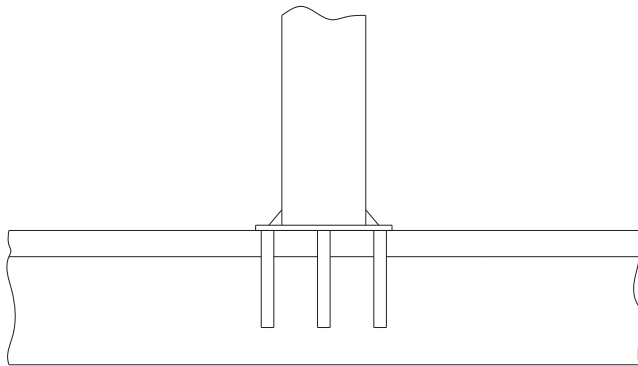
It is an exercise that requires a proper state of form of the hip, if you have problems articular hip or back consult a physician before performing it. When it is used by children, adult supervision is required.





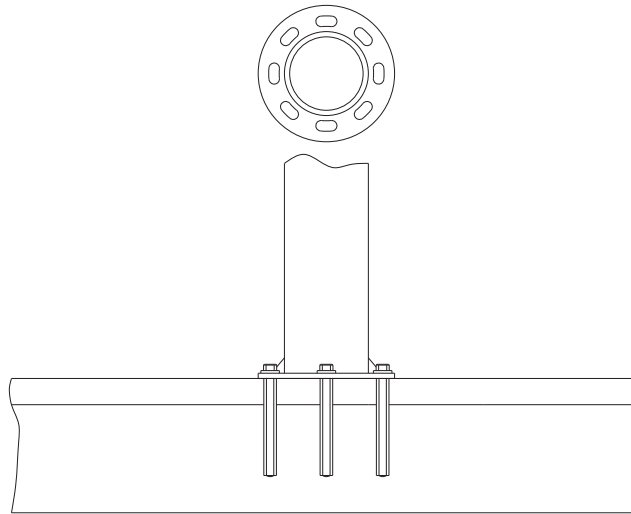
Stage 1

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.



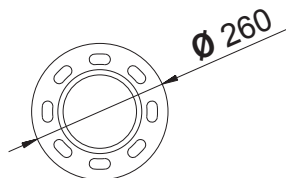
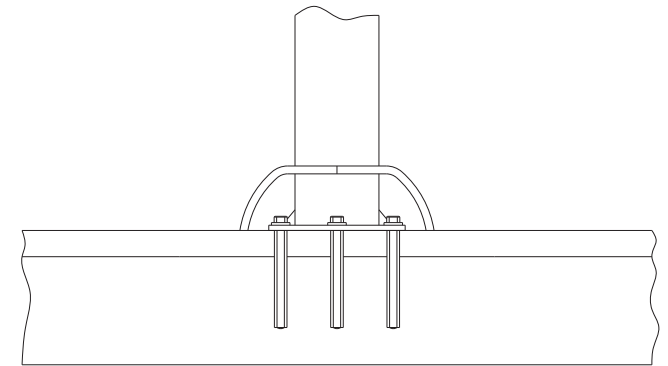
Stage 2

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



Stage 3

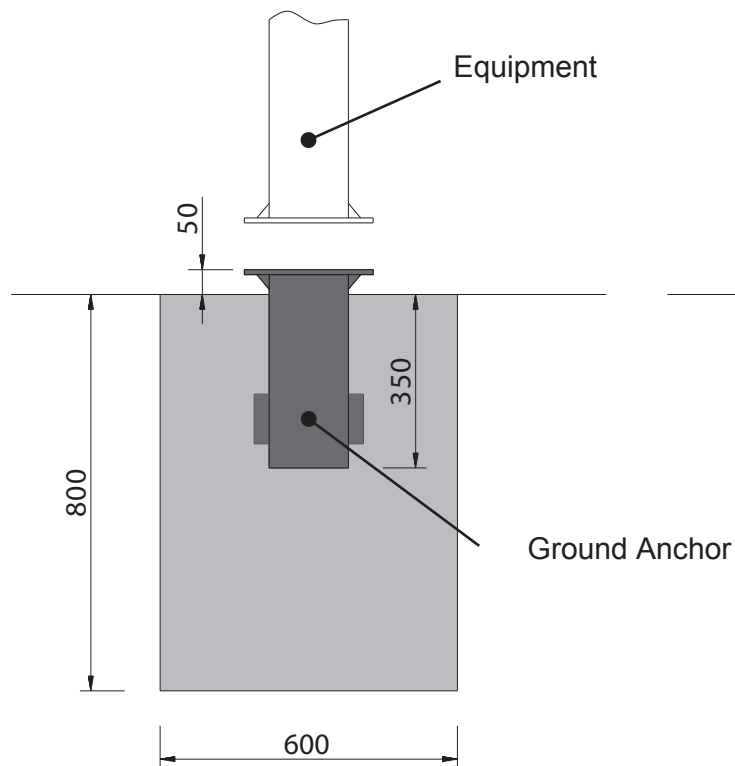
Mount the desired piece on a plumb surface and anchor to the ground. Fix the cast Iron security cap to complete installation.



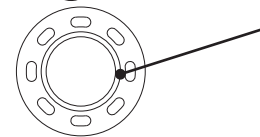
Installation using a Concrete Slab



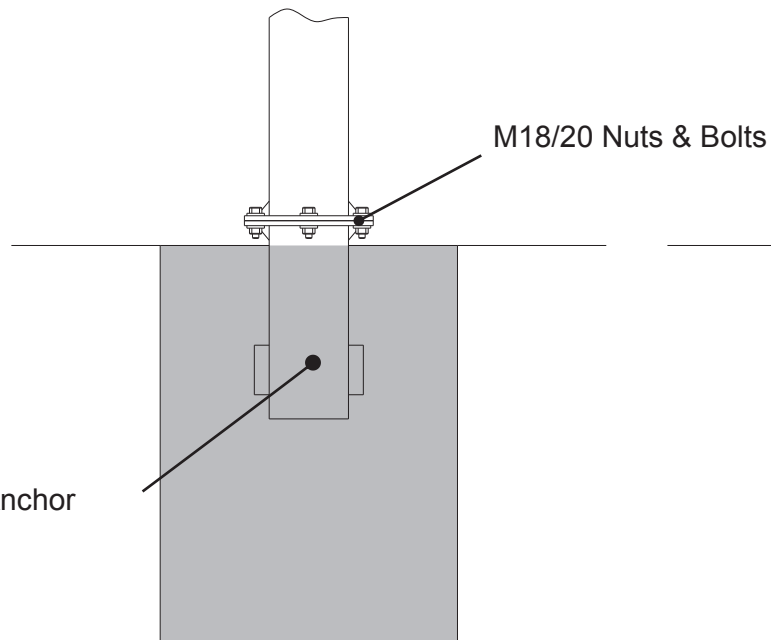
Stage 1



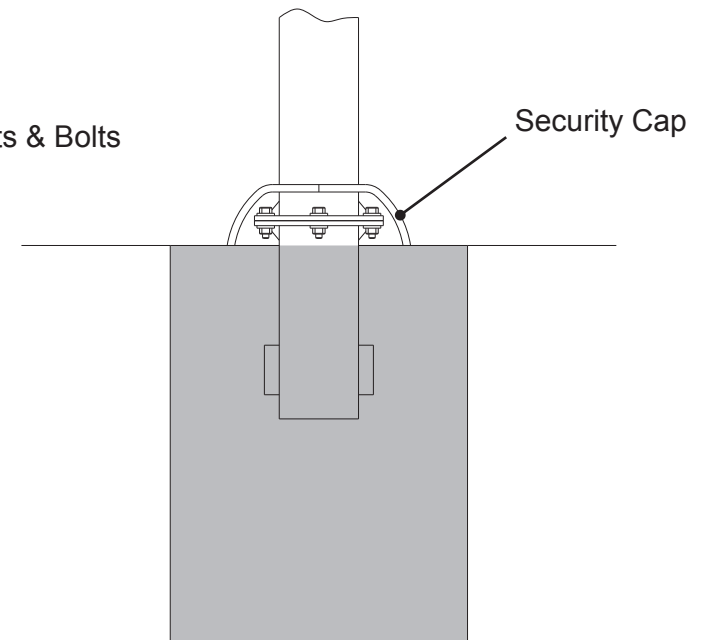
Stage 2



Diameter
260mm



Stage 3



Installation using a Ground Anchor