

# OFM-04 Pull Down



EN

## Technical card

**Device size:** 1547mm x 890mm x 793mm

**Impact area dimensions:** 4.18m x 3.8m

**Impact area:** 15.5m<sup>2</sup>

**HIC:** 0.4 m

**Surface required:** No restrictions (any)

**Footing top:** 0.3 m under the ground level

**Purpose:** Public places use

**User high:** Over 1.4 m

**Maximum user weight:** 120 kg

**Category:** Blood Circulation, Muscles Building

**Training Effect:** Trains primarily upper parts of muscle. It improves the development of the chest muscles, shoulder girdle and upper limbs. Regular exercise with a large number of replicates can affect muscle growth.

**Method of use:** Sit stably and grab the holders. Pull the holders to the body and back to the almost straightened elbows. In order to diversify the exercises, different body positions can be assumed whilst holding the holders.

### Construction and material data:

A seat and a back can be made of aluminium or HDPE plastic. Grips made of double powder coated. steel pipes. Main construction pole made of steel pipe finished by installation collar. Roller bearings for moving parts. Stainless screws. All the wholes permanently blinded with steel covers. Total safety and functionality of equipment can only be kept when the inspections are made on regular basis. A subject of control should be potential damages and use. Always observe the maintance and instalation guide.

This device is designed for people over 1.4 m tall.

For single person use only. Maximum user's weight 120 kg.

Made followed the EN 16630:2015 norm

**Made in Poland**

