

# OFM-24 Back Trainer

EN

## Technical card

**Device size:** 825mm x 615mm x 650mm

**Impact area dimensions:** 3.6m x 3.6m

**Impact area:** 13m<sup>2</sup>

**HIC:** 0,3 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:** Muscles Building, Blood Circulation

**Training Effect:** Strengthens very important to maintain proper muscle group profiles. Thanks to the exercises on this machine take care of the back muscles and your spine. Regular exercise will help to effectively strengthen the muscles responsible for maintaining upright posture. It will help you to stay longer to enjoy the walks.

**Method of use:** Lean your hips against the bench, face pointed down. Lean the legs against the crossbar. Cross your hands on the chest. Lower and lift your thorax smoothly, slowly and fully.

### 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**

