

FST222

Twist + Swing



A dual device with on one side the Twist, and on the other the Swing. The Twist mainly improves the strength of the muscles in the torso, and is excellent for lumbar mobility. The Swing also improves the torso, and additionally improves the coordination and flexibility of the hip area.

Product Line	Outdoor Fitness
Category	Circuit Training
Age group	13+
Max. fall height (CM)	72
Total height (CM)	147
Safety Zone	13.6 m ²

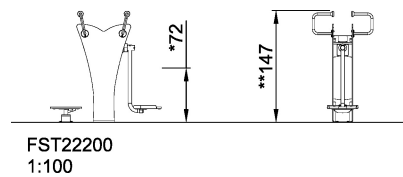
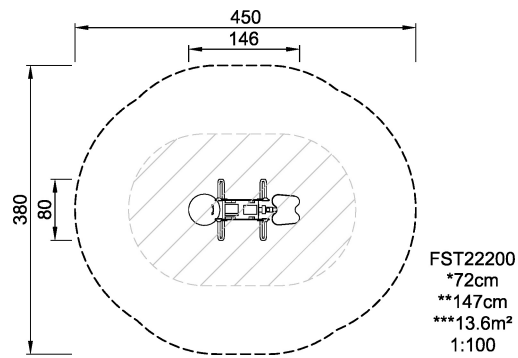


SUR-
FACE

IN-
GROU.



ASTM



* = Highest designated play surface.
** = Total height of product.

Weight/heaviest parts	kg.	Installation (Manpower)	1 Persons
Concrete required	NaN m ³	Installation (Hours)	2 Hours
Foundation amount/footing	NaN	Excavation	NaN m ³