

FST221 Twist + Wobble



As a dual device with on one side the Twist, and on the other the Helix. The Twist mainly improves the strength of the muscles in the torso, and is excellent for lumbar mobility. The Helix is an unsteady surface for balance exercises, excellent for improving the muscles in the ankle, knee and torso.

Product Line	Outdoor Fitness
Category	Circuit Training
Age group	13+
Max. fall height (CM)	29
Total height (CM)	147
Safety Zone	13.4 m ²

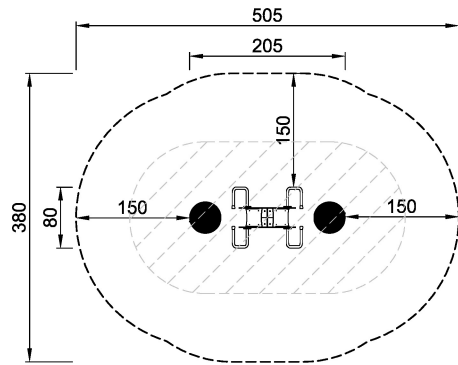


SUR-
FACE

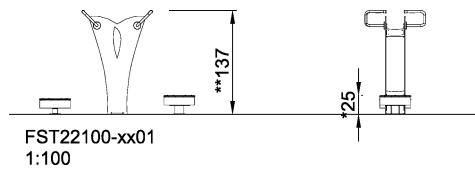
IN-
GROU.



ASTM



FST22100
*25cm
**137cm
***15.5m²
1:100



* = 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