

FST228

Wobble + Swing + Step + Twist



A quadruple device featuring the Helix, Swing, Step and Twist. The Helix is an unsteady surface for balance exercises, excellent for improving the muscles in the ankle, knee and torso. The Swing improves the muscles in the torso and the coordination and flexibility of the hip area. The Step is a simple and very versatile device; so many practical exercises can be done with a step. The Twist mainly improves the strength of the muscles in the torso, and is excellent for lumbar mobility.

Product Line	Outdoor Fitness
Category	Circuit Training
Age group	13+
Max. fall height (CM)	72
Total height (CM)	147
Safety Zone	15.7 m ²

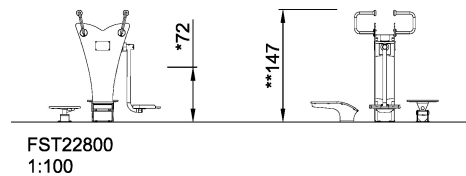
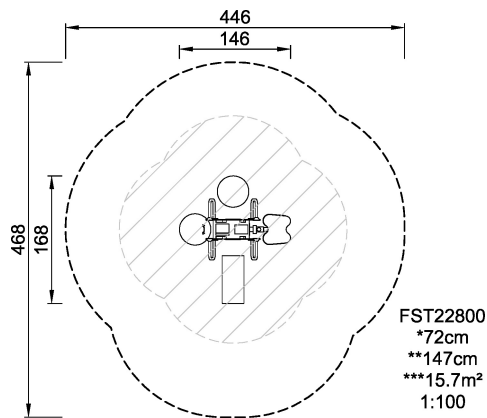


**SUR-
FACE**

**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)	3 Hours
Foundation amount/footing	NaN	Excavation	NaN m ³