

FAZ20400

Suspension Trainer, Core Twist & Magnetic Bells Link



The two Core Twist poles rotate 360° clock- and counterclockwise with a resistance that can be determined by speed of movement. The Core Twist offers everyone a complete functional workout aimed at increasing overall strength and core stability. An innovative magnetic breaking system in the Magnetic Bells allow the user to increase the resistance by increasing the speed of movement. The patented system also functions as brake when someone drops the magnetic bells and will reduce the impact significantly. With the suspension trainer everyone can workout at their own level due to the scalable resistance. The intensity of each exercise can be determined simply by adjusting the body position to add more or less resistance.

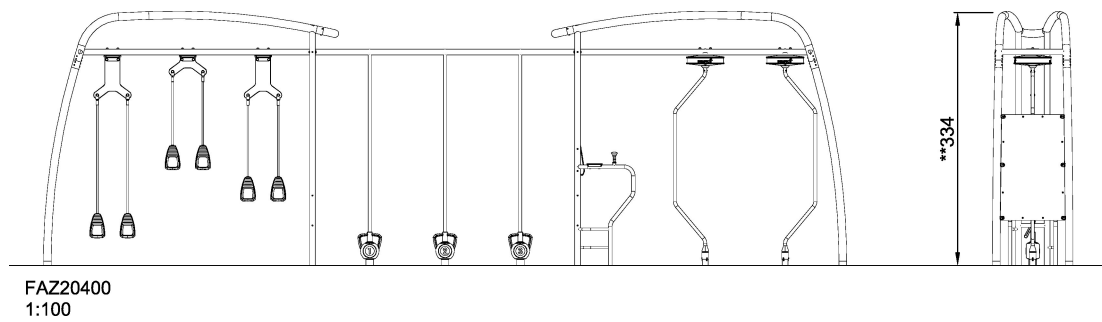
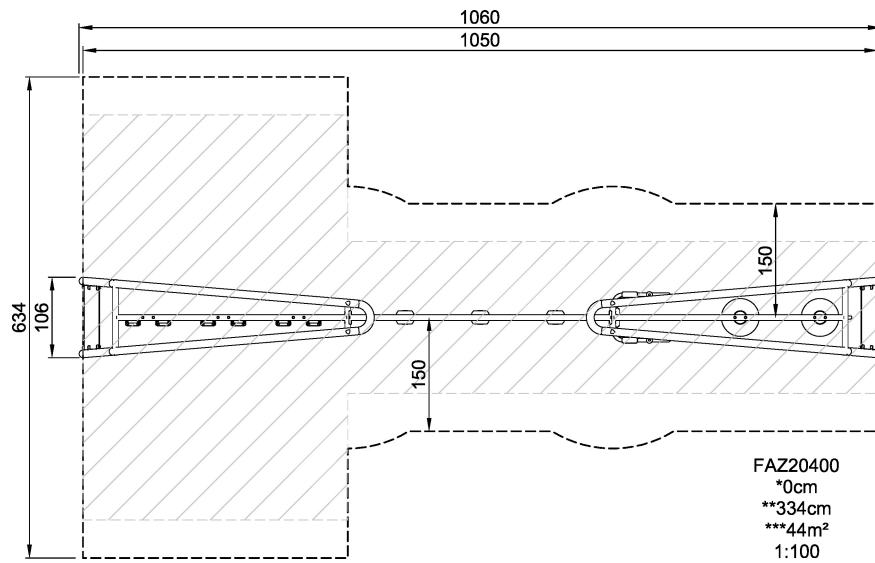
Product Line	Outdoor Fitness
Category	Cross Training
Age group	13+
Total height (CM)	334
Safety Zone	44 m ²



**SUR-
FACE**

**IN-
GROU.**





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

Weight/heaviest parts	kg.	Installation (Manpower)	1 Persons
Concrete required	NaN m ³	Installation (Hours)	18 Hours
Foundation amount/footing	NaN	Excavation	NaN m ³