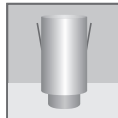


# DATA SHEET ROTATION TRAINER

Text for invitation to tender | Item No: 55 1312 401



The rotation trainer provides for a comprehensive method of training by exercising the complete muscular system of the upper body and the thighs as well. In particular the lateral abdominal muscle groups are addressed. Depending on which muscles you want to respond to the rotational exercise, you can choose a corresponding number of weights, which are then pushed upwards along an ascending rail.



## MATERIALS | SCOPE OF SUPPLY

Fitness equipment, pre-mounted

Tubular frame:	stainless steel, V2A
Weights:	Ø 270 mm with spacer made of EPDM caoutchouc, 4 kg-weight 4 pieces 6 kg-weight 2 pieces
Standing area:	steel, coated and covered with EPDM granules, 2 pieces
Foundation plate:	steel, coated
Instruction sheet:	stainless steel, aludi-bond 1 piece

## TECHNICAL INFORMATION

Dimensions:	
Main dimension:	1600 x 1210 mm
Height:	1950 mm
Weight:	110 kg
Capacity:	acc. to normative requirements

Max. fall height:	-
Movement area:	15,90 m <sup>2</sup>
Required safety slabs:	20,25 m <sup>2</sup>
Required lawn grating:	25,00 m <sup>2</sup>
Recommended surface material:	grass, synth. impact protection

## INSTALLATION

Foundations:	1
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Installation according to our detailed mounting instructions, see [www.stilum.com](http://www.stilum.com)

