

NW108 Arm Walker

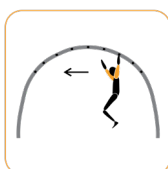


Norwell Arm Walker is used when combining strength training in arms, shoulders, back and core. Arm Walker combines fun with exercise.

HOW TO USE:

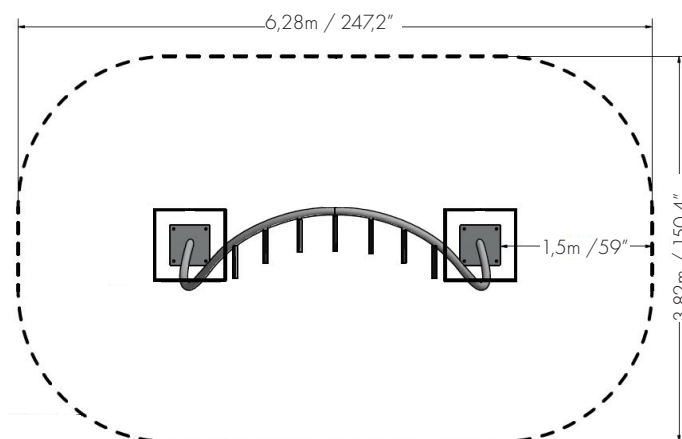
Grab the two first handles one hand on each. Bend your legs until they are not touching the ground. With your arms slightly bend or extended start to move across the Arm Walker, by keeping all your upper body muscles engaged. You may find it usefull to create a minor swinging motion with your legs.

The Norwell App and the ID-bands, including training instructions and QR codes, on each fitness station inspire to exercise and give full instruction of use.



POSITION AND TRAINING ZONE:

Trainingzone = 22m² / 236,8 ft²



DESIGN FOR ALL

All Norwell fitness stations utilize the users own body weight as resistance, therefore the exercises can be performed without risk of injuries. As a result, Norwell fitness stations are challenging and effective regardless of fitness level.

SAFE DESIGN

The Norwell Outdoor Fitness stations are tested and approved by TÜV Product Service GmbH according to DIN79000, EN16630 and AfPS GS 2014:01 PA.

10 YEAR WARRANTY

10 years against failure due to material or manufacturing defects and corrosion breakthrough on pipes, foundations and welds. Please contact us for more information about warranty coverage, and for sites within 5 km of saltwater.

2 YEAR WARRANTY

2 years against failure due to material or manufacturing defects and corrosion breakthrough on all moving parts, plastic and rubber parts.