

NW202 Cross



Norwell Cross is an effective and fun way to strengthen the muscles of the legs, hips and arms, as well as increasing the cardiovascular capacity.

Cross is a push and pull station, using your own weight as resistance. Giving just the right amount of resistance for safe and effective training.

HOW TO USE:

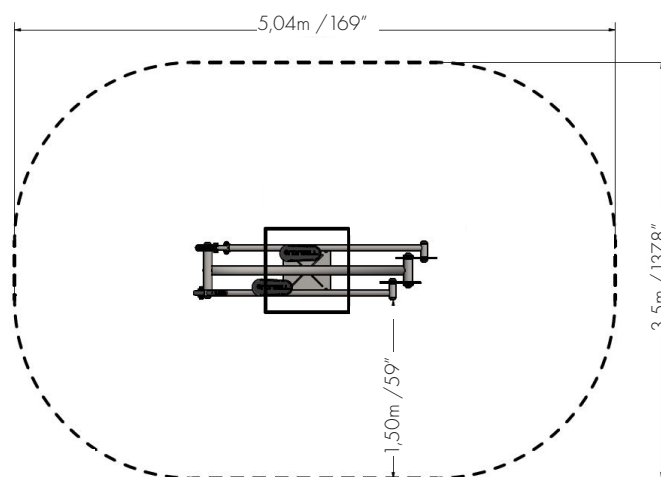
Grab the handles and place your feet in the pedals. Pull the handle and press the pedal down on the same side – do the same on the other side and you are in motion. You are in control of the pace, but if you are able to increase it a bit, it will benefit your fitness.

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 = 15,7m<sup>2</sup> / 169 ft<sup>2</sup>



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.