

NW501B Bench



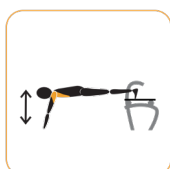
Norwell Bench is full of possibilities for training the abdomen, back, arms and legs – and to rest comfortably between workouts.

HOW TO USE:

Dips: Turn your back to the Bench and put your hands on the seat, your feet a thigh length away. Lower yourself by bending the arms, and raise up by tightening your triceps. Remember to keep a straight back and tighten your core.

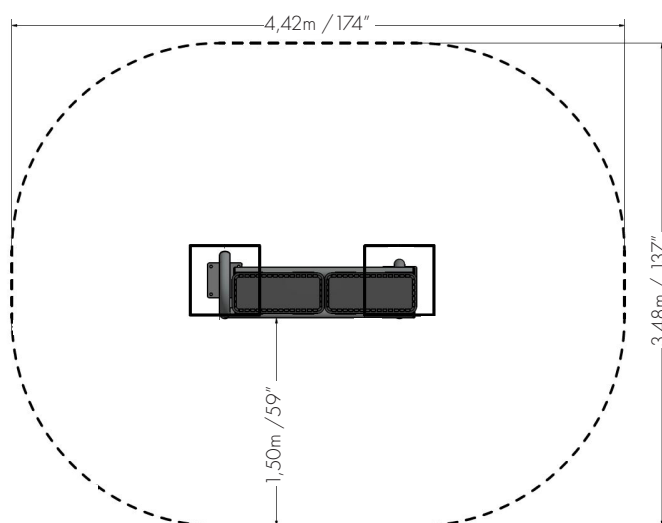
Sit ups: Lay down on the bench, bend your legs and put your feet under the bow. Raise your upper body by activating the abdominals.

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 = 13,5m² / 145,3 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.