

NWP551 Functional Bench



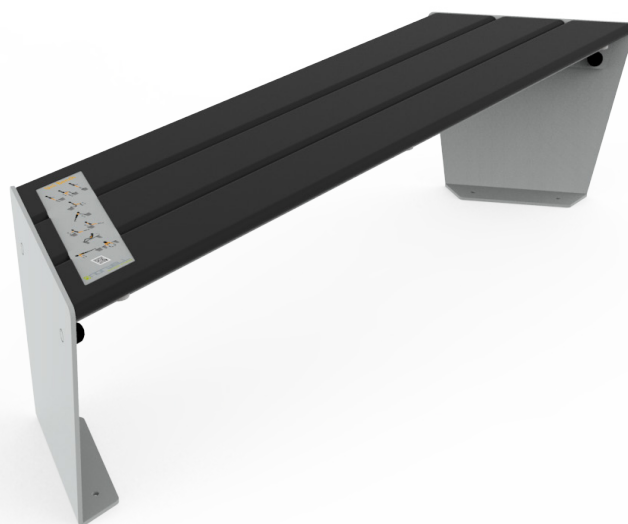
Norwell Functional Bench is full of possibilities for training the abdomen, back, arms and legs and to rest comfortably between workouts.

Functional Bench can be installed in a variety of ways to create different shapes in the public environment.

HOW TO USE:

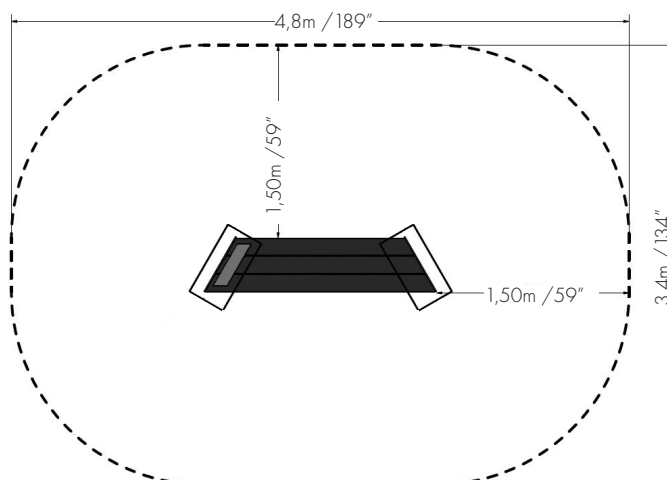
Push ups: You can either do your push ups with an incline or a decline depending on your training level. Either place your toes or your hands on the bench, the opposite on the ground. Straighten your arms and engage your core and upper body, slowly bend you arms, bringing your face down, slowly extend your arms back to stat position.

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 = 14,4m² / 155 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.