

NWSW108 Tire Flip



STREET WORKOUT

Norwell Tire Flip allows various functional strength exercises. When training with Tire Flip you strengthen the stabilization muscles in both back and abdominal area.

HOW TO USE:

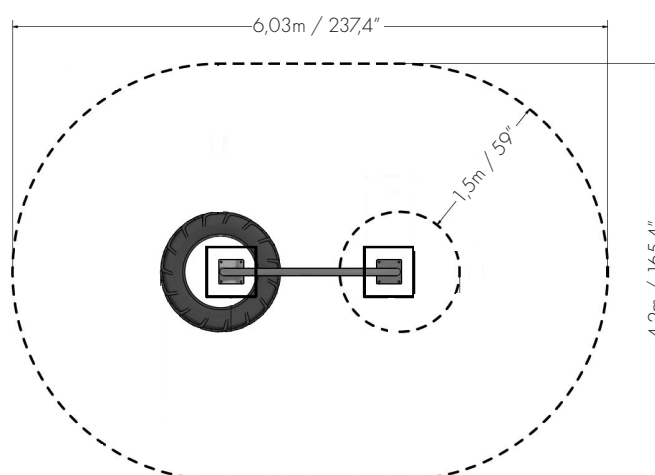
Start with your feet and hips shoulder width apart. Push your hips back to get in the starting position, making sure to keep your back flat and your core engaged. Place your hands onto the treads in an underhand grip. Drive up through your hips in an explosive lift. Once the tire is almost vertical, catch it overhead and push it so it topples over onto the floor.

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 = 21,6m² / 232,5 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.