

NWSW110 Dual Bar



STREET WORKOUT

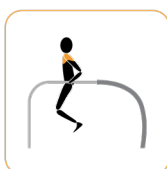
Norwell Dual Bar is the ideal training station for the abdominal area. As well as shoulders, chest, arms and balance training. With Dual Bar the training level is up to you, and you can even train alongside you friends.

HOW TO USE:

Dip: Start by holding the bars with extend arms, and your knees bent, to avoid touching the ground. Dip as far down as you can, by bending your arms, still with knees bent and no ground contact, then press back up until your arm are extended.

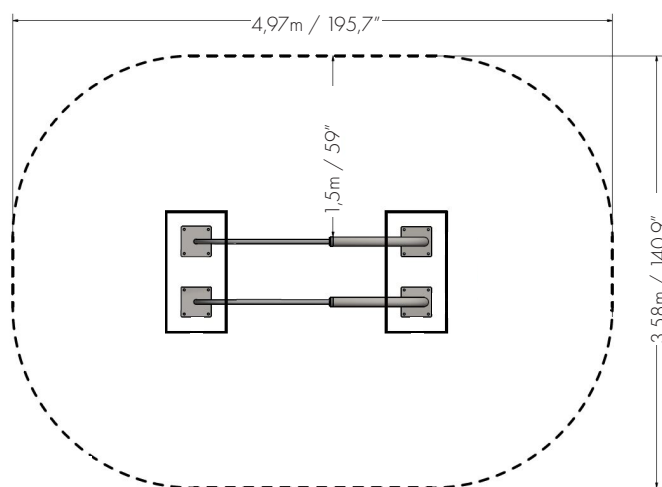
Inclined push ups: Place your hands on the curve bar, and your feet at a comfortable distance, activate your upper body and core, and slowly bend and stretch your arms.

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 = 15,8m² / 170,1 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.