

NWSW109 Horizontal Ladder



STREET WORKOUT

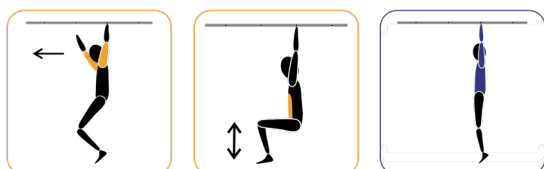
Norwell Horizontal Ladder trains endurance and disposition of strength. Training on Horizontal Ladder strenghtens the upper body, arms and coordination skills.

HOW TO USE:

Start in one end of Horizontal ladder. Grab a handle with both hands and start to move across the ladder, only using your arms. Engage all your upper body muscles and move one arm at a time, try to keep a steady pace.

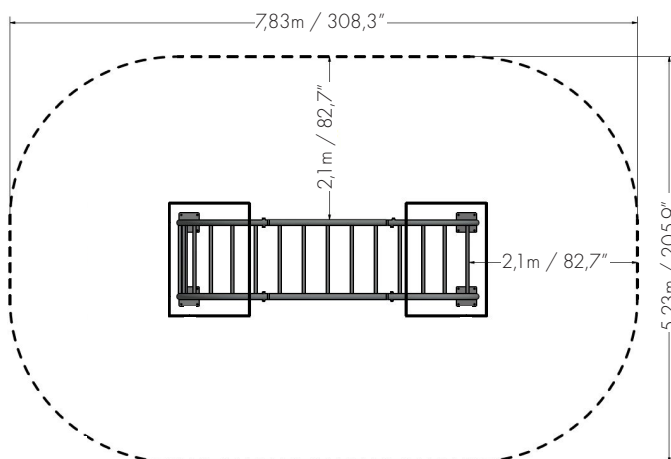
You can also start by doing pull ups, with assistance by the vertical ladder at the end, to build up strenght in your upper body.

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 = 36,7m² / 395 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.