

# NWC603 Combi 1



## COMBINATIONS

Norwell Combi 1 combines several training stations into one. Combi 1 makes it possible to train the whole body with focus on strengthening the upper body and abdominals.

Combi 1 can be used by up to three people at once.

### HOW TO USE:

**Dip:** Start by holding the handles 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.

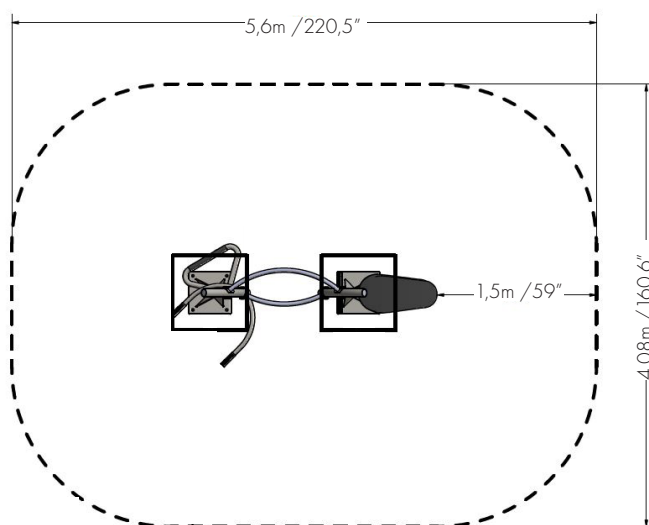
**Sit ups:** Start by sitting comfortably with both feet under the pegs. Lower your upper body, and raise it back up by activating the abdominals.

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 = 20,9m<sup>2</sup> / 225 ft<sup>2</sup>



### 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.