

NW204 Hip

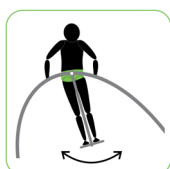


Norwell Hip is an exercise with a gently swing, developing the muscles of the back, hips and abdomen, as well as improving the cardiovascular functions.

HOW TO USE:

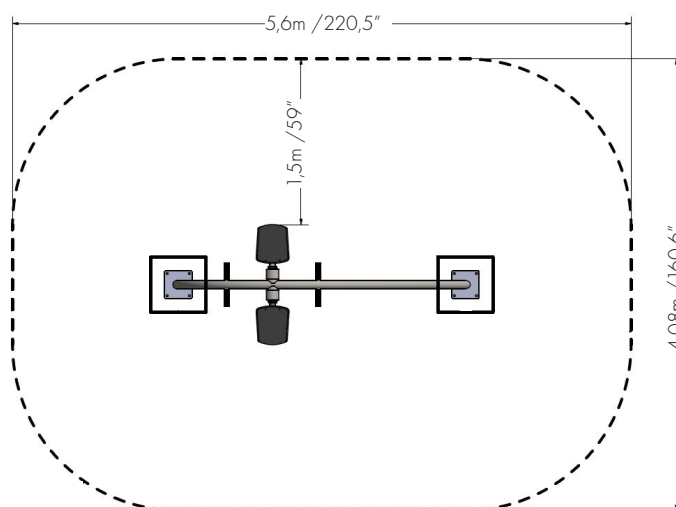
Place only one foot in the pedal and grab both handles. Swing your hips and leg to one side to the other and you are in motion. Bend your knee and hold your upper body as straight as possible, while leg and hips swing from side to side. This exercise is good training of the muscles in your thighs and of your balance.

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 = 20,9m² / 225 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.