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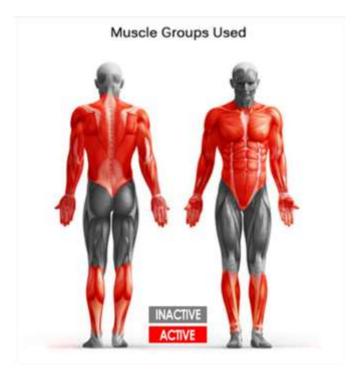


G-Fit Outdoor Gym Equipment

GF-18014

Vertical Abdominal Trainer





TECHNICAL DATA

Dimension: 1140×650×1800mm

Training Space: Ø2000×2200mm

Safe Area: Ø3500×3700mm

Free Height of falling: 1320mm

Maximum permissible user body weight: 140KG

FUNCTION

Enhance the strength in the whole upper body, abdomen, arms, shoulders, chest & back.

DIRECTION

Abdominal Exercise

- 1. Stand close to the backrest, grab the vertical handles firmly while placing both elbows on the cushion of handles;
- Extend your whole body and support your weight with your elbows and hands;
- 3. Lift your legs up towards your chest keeping them extended, until they are parallel to the floor, and hold this position for a second;
- 4. Lower your legs to the starting position;
- 5. Increase repeats as fitness improves.

CERTIFICATION

Push up & Dip Exercise

- Stand between the bars, facing outwards or inwards, while keeping a straight back placing both hands on the horizontal handles;
- Raise your knees up towards your chest to work the abdominal muscles; Or alternatively try dips, lowering your body between the bars to work the shoulders, biceps, and triceps;
- Slowly return to original position maintaining a smooth, controlled movement during the exercise;
- 4. Increase repeat as fitness improves.

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