



Back NW102

The Back is a pull-down station to build up strength in the back, the shoulders and the biceps, using your own weight as resistance.

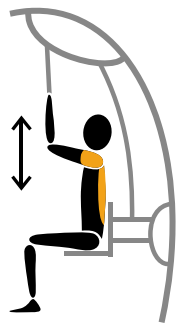
DESIGN FOR ALL

All our fitness stations use your own body weight as resistance and are challenging and effective regardless of fitness level.

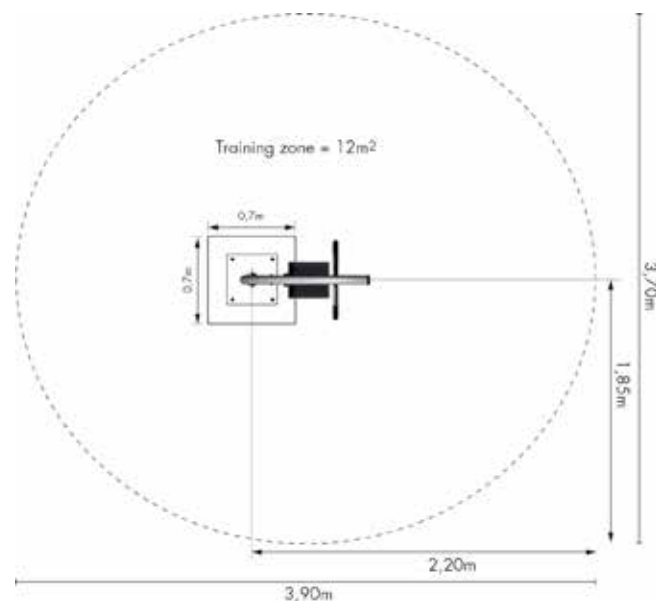
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Start sitting on the seat holding both hands on the bar handles above you. Your palms are facing forward, and your grip is as far as possible from the center pole of the bar. Pull yourself up by pulling the bar down, and try to get your head above the handlebar.



POSITION AND TRAINING ZONE:



SAFE DESIGN

The Norwell Outdoor Fitness stations are approved according to test protocol PPP55012 by TÜV SÜD (specially designed for testing outdoor fitness equipment). This protocol is based on parts from EN1176 for commercial playground equipment and EN957 for studio fitness equipment.

3 YEAR WARRANTY

3 years against failure due to material or manufacturing defects on all moving parts, plastic and rubber parts.

10 YEAR WARRANTY

10 years against failure due to material or manufacturing defects on springs, pipes, foundations, welds and bearings. Please contact Norwell A/S for upgrades available for sites within 5 km of saltwater.