

Hip NW204

The Hip is a different kind of swing, gently developing the muscles of the back, hips and abdomen, as well as improving the cardiovascular functions.



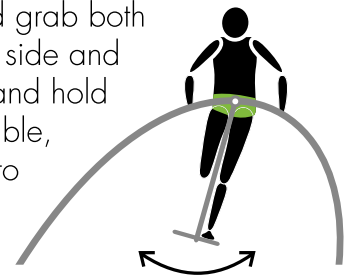
DESIGN FOR ALL

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

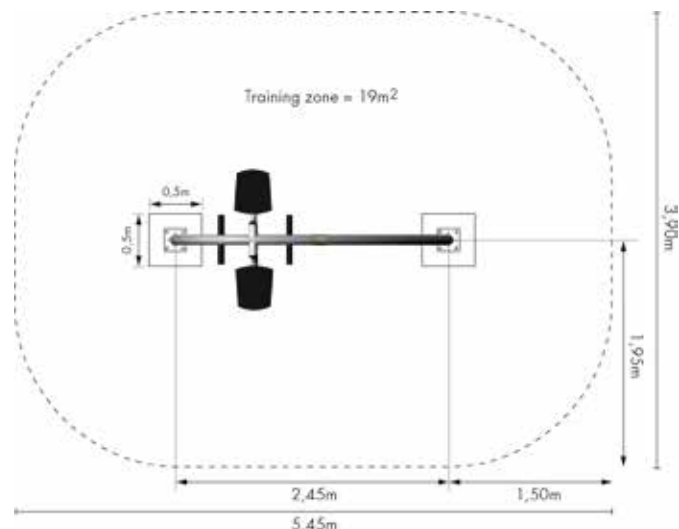
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Place one foot only in the pedal and grab both handles. Swing hips and leg to one side 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.



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.