

## Junior Pull Up NWJR104

The Junior Pull Up primarily strengthens the muscles in the arms and shoulder by – as the name suggests – pulling up the body.

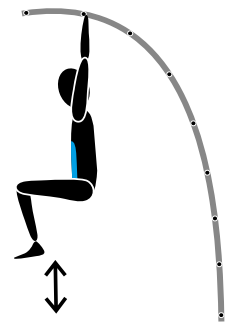
### DESIGN FOR ALL

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

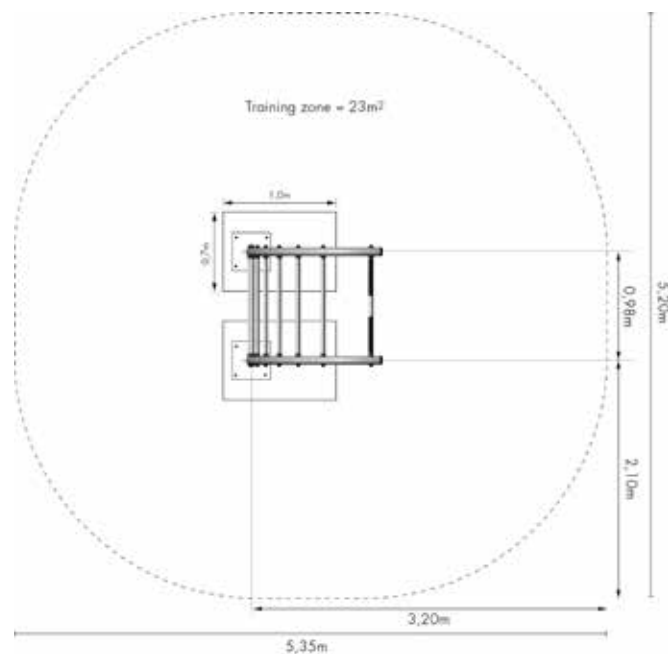
As a result, the exercises can be performed without risk of injuries. The Norwell Junior App and the QR codes on each station inspire to exercise and give full instruction of use.

### HERE IS AN EXAMPLE:

Start by hanging still from the top bar, grip with palms facing forward. Then pull up your knees as close to the chest as possible, and back down. This exercise trains your abdomen.



### POSITION AND TRAINING ZONE:



### SAFE DESIGN

The Norwell Junior line is developed and designed according to the requirements of the test protocol PPP55012 by TÜV SÜD (specially designed for testing outdoor fitness equipment), which 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.