

# NW101 Chest



Norwell Chest station is used when training the shoulders, triceps and chest.

Chest is a shoulder press, using your own weight as resistance. Giving just the right amount of resistance for safe and effective training.

### HOW TO USE:

Take the handles and press forward until your arms are fully stretched. Control the movement as you bend your arms and release the pressure. Repeat movement.

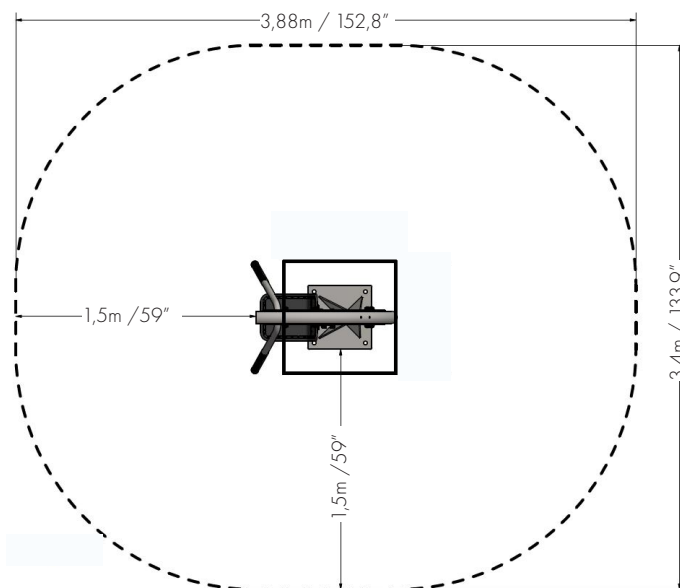
The grip position can be changed to achieve more resistance. A higher grip equals more resistance. You can also try using just one arm.

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 = 11,2m<sup>2</sup> / 120,6 ft<sup>2</sup>



### 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.