

# NW104 Pull Up

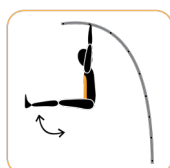


Norwell Pull Up is primarily used to strengthen the muscles in the arms and shoulders, but the abdominals can also be training with this station. Pull Up is a versatile training station, allowing different exercises for multiple training levels.

### HOW TO USE:

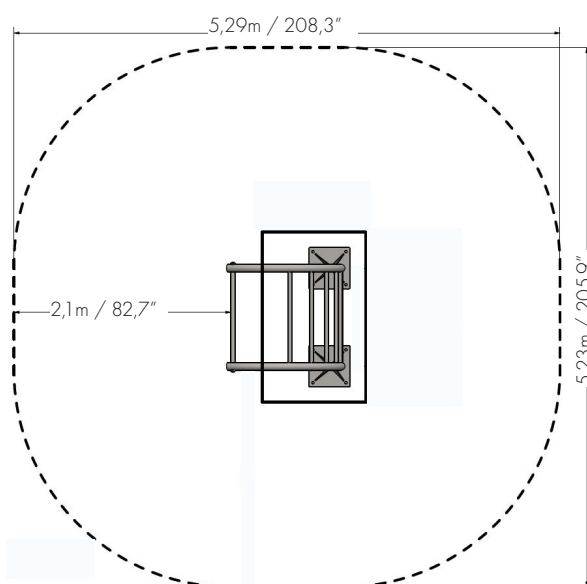
Start by grabbing the top bar, palms facing forwards. Keep your shoulders back and your core engaged, move slowly upward until your chin is above the bar, then equally slowly downward until your arms are extended again. If this exercise is too hard, start by grabbing the top bar, face towards the ribs, place your feet on a rib, and use the rib as weight support, now move slowly upward to the bar, then equally slowly downward.

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 = 23,7m<sup>2</sup> / 255,1 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.