

NWC 607 Calisthenics



COMBINATIONS

Norwell Calisthenics combines several training stations into one big frame. Calisthenics gives endless training possibilities to strengthen a wide range of muscles and train the whole body. Calisthenics provides space for a social and efficient training session.

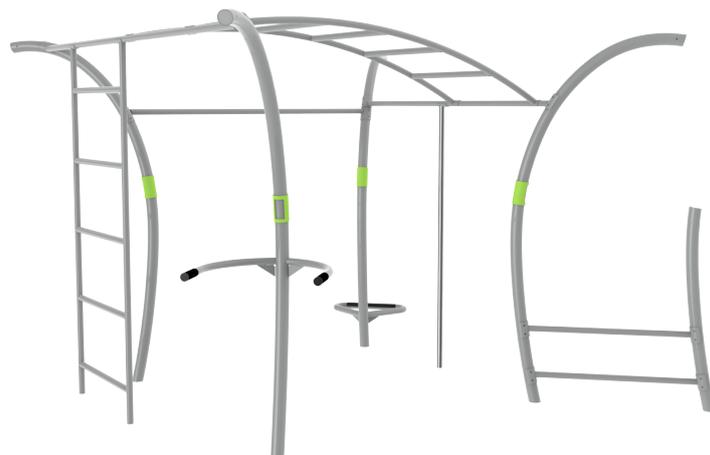
HOW TO USE:

Step ups: Put one foot on the low triangle Stepper and step up. Step down again and repeat with alternate foot. Perform the exercise in a slow and controlled pace.

Arm walk: Grab the first handle and start to move across the monkey ladder, by engaging all your upper body muscles.

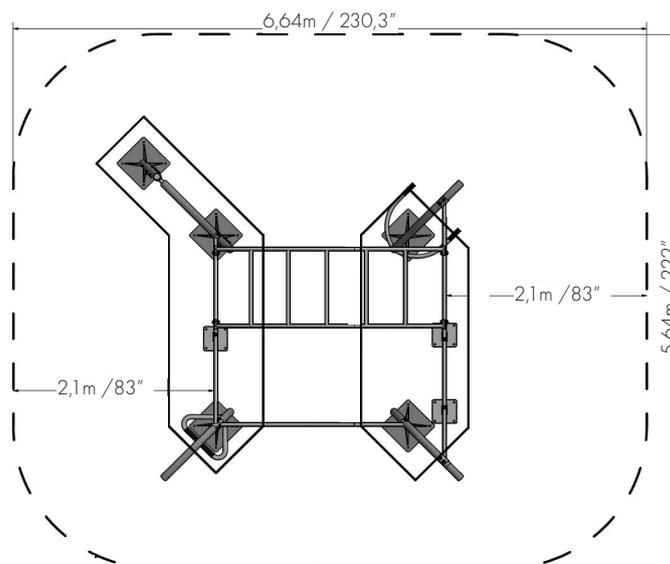
Inclined push ups: Place your hands on the top bar to the side, and your feet at a comfortable distance, activate your upper body and core, and slowly bend and stretch your arms.

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 = 35,5m² / 382,1 ft²



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.