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Fitness • Plus



m²
18

Lat Pull Down - Chest Press

<0.6

8082411 Black/Lime Green

14+

8082412 Titanium Grey/Lime Green

2

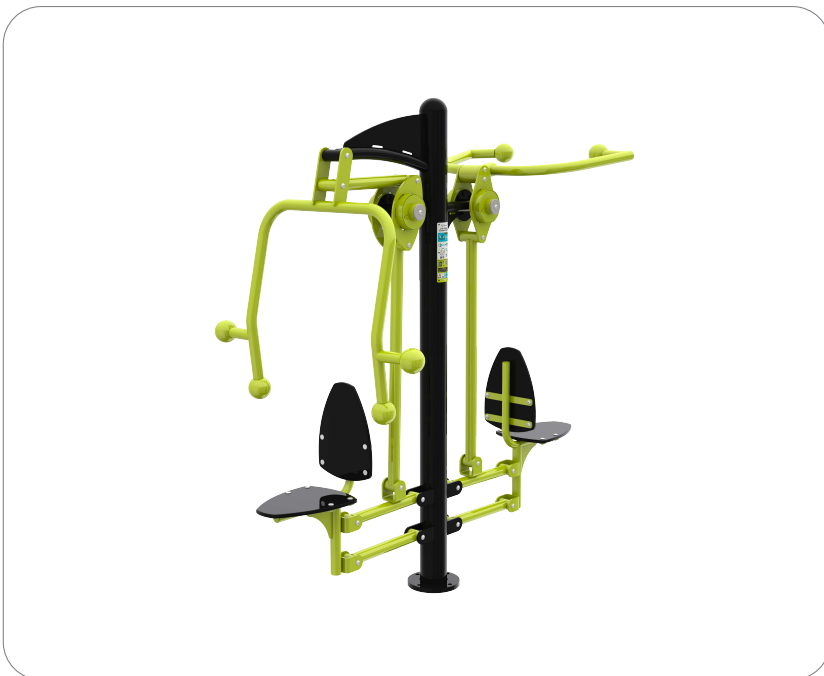
CC Cast In Place

3

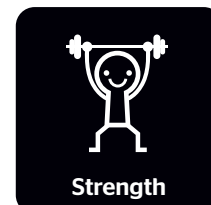
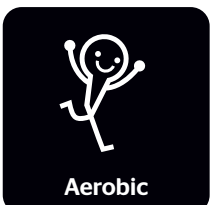
★ 4.10 x 5.10

For more details please visit our website:
www.hags.com

This two-in-one unit provides a perfect upper-body strength workout. The lat pull-down helps to tone shoulders, biceps, core muscles, latissimus dorsi, and rear deltoids in the pulling motion. While the chest press works out the chest, upper and mid abs, triceps, pectoralis, and deltoids in the pressing motion. Working all these muscles will strengthen the back, arms and improve posture. With its curved organic lines and stylish look, this unit brings value to any outdoor fitness area. The ergonomically designed seat provides back support and easy access, plus the sphere handles offer a comfortable grip. Internal stoppers and rounded edges ensure maximum user safety. The sturdy steel frame with powder-coating finishing offers increased durability and excellent resistance against vandalism



Fitness Values



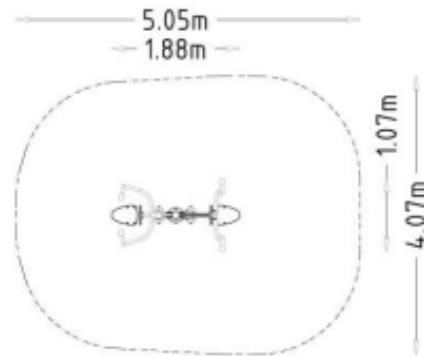


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Air Skier

Age Range	14+
Users	2
Assembly Time (hrs)	3
Length (m)	1.88
Width (m)	1.07
Height (m)	2.02
Net Weight (kg)	154
Fall Height (m)	<0.6
Movement Space L (m)	4.07
Movement Space W (m)	5.05
Area of movement (m ²)	18



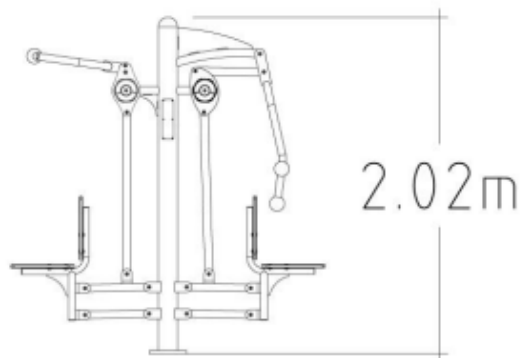
Lat Pull and Chest Press

Technical Specification

Product designed and certified to EN 16630. Structural steel tubes fabricated to form a fully welded framework.

Sealed for life bearings, Internal motion controlling buffer stops and Aluminium foot plates.

All steel parts are finished with 'HAGS Coat' antimicrobial powder coating system, as standard. Generally, bolts are special stainless steel tamper resisting button heads.



Assembly time



Recommended age



Accessible



Free height of fall
EN 16630



Space needed



Area of movement
EN 16630



No. of
Users