



Fitness • Plus



**m<sup>2</sup>**  
18

Push Hands

**<0.6**

8082423 Black/Lime Green

**14+**

**CC**

Cast In Place

**2**

**★**

4.10 x 5.10

**3**

For more details please visit our website:  
[www.tgogc.com](http://www.tgogc.com)

This outdoor fitness equipment can be used by two people simultaneously. The unique design of the Push Hands allows wheelchair users to be able to access the lower section, making this a fully inclusive piece of exercise equipment. It is very effective in developing upper body flexibility and co-ordination from the waistline to the tops of the shoulders.

This low impact fitness product is designed for people of all abilities. It helps in aiding recovery for those in need of movement-based exercises or those looking for a light workout.



Fitness Values



Accessible



Aerobic



Fitness



Inclusive

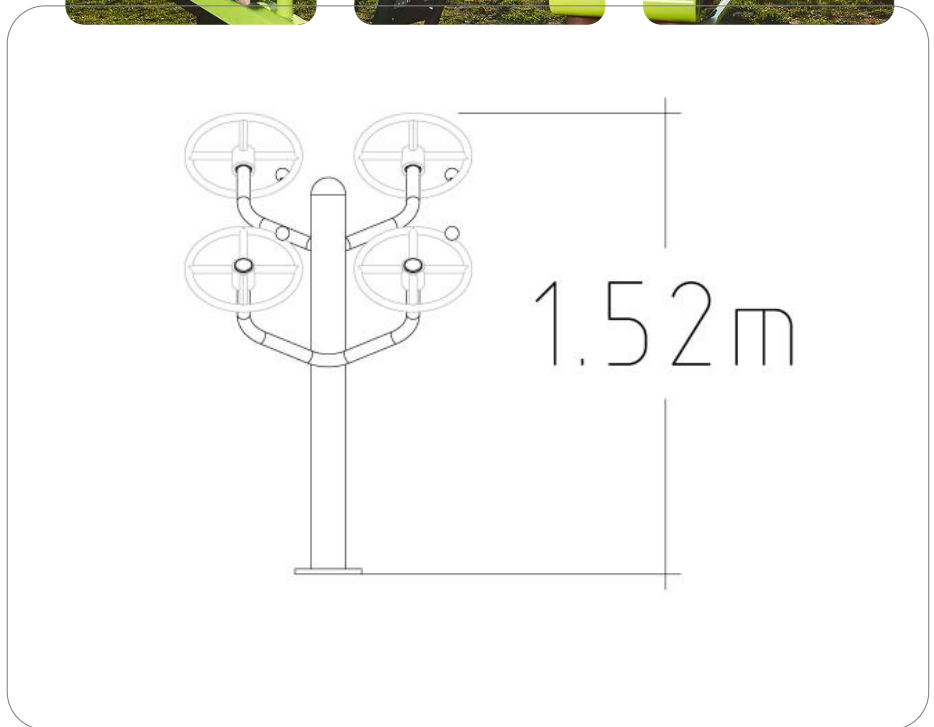


Multi-Generational



## Fitness • Plus

Push Hands	
Age Range	14+
Users	2
Assembly Time (hrs)	2
Length (m)	0.95
Width (m)	1.00
Height (m)	1.52
Net Weight (kg)	60
Fall Height (m)	<0.6
Movement Space L (m)	3.99
Movement Space W (m)	3.95
Area of movement (m <sup>2</sup> )	14

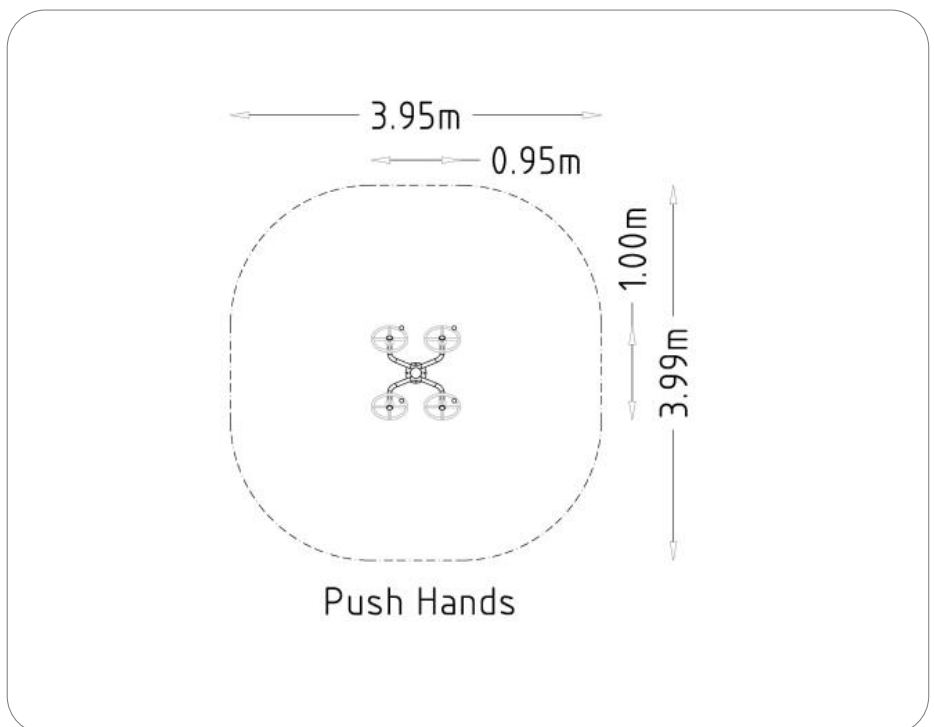


## Technical Specification

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