

Description

Function:

The device stimulates wrists, elbows and shoulders to improve their flexibility. Improves muscles and shoulder joints.

How to exercise:

Small circles – stand with your face to the device. Grab the handles. With both your hands, rotate the circles in any direction. Large circles – stand with your face to the device. Grab the handle with one hand. Rotate to the right or to the left. Change hands and repeat the exercise.

Technical data

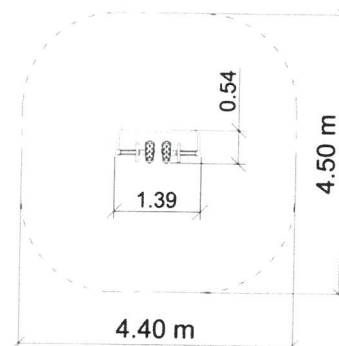
Dimensions (W x L x H)	0,96 x 0,97 x 1,70 m
Safety area dimensions	4,3 x 4,1 m
Safety area	15,0 m ²

Available options:

STEEL	Galvanized and powder-coated steel elements
ANCHORS	Device permanently founded in the ground, concrete foundations with minimum class: C-16/20
BEARING	Standard ball bearings and / or tapered roller bearings
FASTENERS	Galvanized and powder-coated steel elements
ADDITIONAL ELEMENTS	Cap nuts, stainless steel, black plastic caps

* Due to the continuous improvement of technical solutions by FreeKids, the presented drawings may slightly differ from currently produced devices. Certificate of compliance with the PN-EN 16630: 2015 standard

FreeKids s.c.
 A. Gąsiorek, Z. Andruszewski
 Trzęsowice 32, 55-106 Zawonia
 tel./fax.: 71 312 72 50, kom. 448 724 654 898
 NIP: 915-176-66-09, REG: 021208968
 POLAND



DESCRIPTION

FUNCTION:

It strengthens lower parts of the body, stimulates the hip joint and the ankle, increasing joint movement. It improves heart and lung performance and general condition, helps to burn fat.

HOW TO EXERCISE:

Grab the handles. Place your feet on the platforms. Alternately move your legs forward and backward.

TECHNICAL DATA

Dimensions (WxLxH):	1,39 x 0,54 x 1,50 m
Safety area dimensions:	4,4 x 4,5 m
Safety area:	17,7 m ²

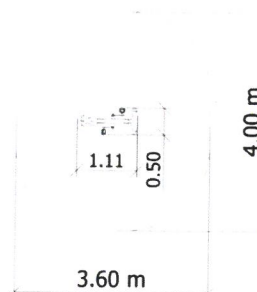
Available options:

STEEL	Galvanized and powder-coated steel elements
STEPS	Galvanized and powder-coated steel elements, steps made of corrugated aluminum sheet.
FOUNDATIONS	Device permanently founded in the ground, concrete foundations with minimum class: C-16/20
BEARING	Standard ball bearings and / or tapered roller bearings
FASTENERS	Galvanized and powder-coated steel elements
ADDITIONAL ELEMENTS	Cap nuts, stainless steel, black plastic caps

* Due to the continuous improvement of technical solutions by FreeKids, the presented drawings may slightly differ from currently produced devices. Certificate of compliance with the PN-EN 16630: 2015 standard

FreeKids s.c.

A. Gąsiorek, Z. Andruszewski
Trzęsowice 32, 55-106 Zawonia
tel./fax.: 71 312 72 50, kom.: +48 724 654 898
NIP: 915-176-66-09, REG: 021208968
POLAND



Description

Function:

A classic bike. Strengthens leg muscles and improves circulation. Serves as a warm-up.

How to exercise:

Sit on the seat, grab the handles with your hands, place your feet on the pedals. Pedal like on a bicycle.

* The device can be configured with a pylon or other fitness device.

Technical data

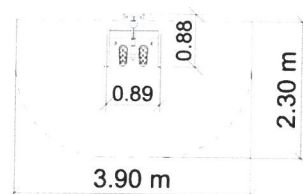
Dimensions (W x L x H)	1,11 x 0,50 x 1,30 m
Safety area dimensions	3,6 x 4,0 m
Safety area	12,3 m ²

Available options:

STEEL	Galvanized and powder-coated steel elements
ANCHORS	Device permanently founded in the ground, concrete foundations with minimum class: C-16/20
BEARING	Standard ball bearings and / or tapered roller bearings
FASTENERS	Galvanized and powder-coated steel elements
ADDITIONAL ELEMENTS	Cap nuts, stainless steel, black plastic caps

* Due to the continuous improvement of technical solutions by FreeKids, the presented drawings may slightly differ from currently produced devices. Certificate of compliance with the PN-EN 16630: 2015 standard

FreeKids s.c.
 A. Gąsiorek, Z. Andruszewski
 Trzęsowice 32, 55-106 Zawonia
 tel./fax.: 71 312 72 50, +48 724 654 898
 NIP: 915-176-66-09, REG: 021208968
 POLAND



Description

Function:

The device improves the lower parts of the body. Activates the lap belt segment, strengthens the spine in the lumbosacral region. Improves motor coordination.

How to exercise:

Hold the handles firmly. Put your feet on the platform. Make swinging movements to the right and left.

* The device can be configured with a pylon or other fitness device.

Technical data

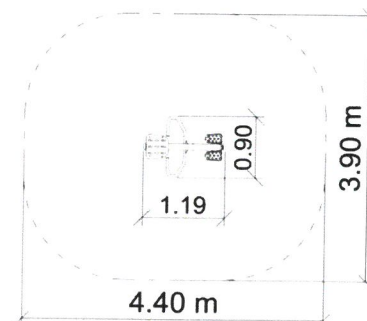
Dimensions (W x L x H)	0,89 x 0,88 x 1,30 m
Safety area dimensions	3,9 x 2,3 m
Safety area	7,8 m ²

Available options:

STEEL	Galvanized and powder-coated steel elements
ANCHORS	Device permanently founded in the ground, concrete foundations with minimum class: C-16/20
BEARING	Standard ball bearings and / or tapered roller bearings
FASTENERS	Galvanized and powder-coated steel elements
ADDITIONAL ELEMENTS	Cap nuts, stainless steel, black plastic caps

* Due to the continuous improvement of technical solutions by FreeKids, presented drawings, including colors and dimensions may slightly differ from currently manufactured devices. Certificate of compliance with the PN-EN 1176: 2017

FreeKids s.c.
 A. Gąsiorek, Z. Andruszewski
 Trzęsowice 32, 55-106 Zawonia
 tel./fax.: 71 312 72 50, kom. +48 724 654 898
 NIP: 915-176-66-09, REG: 021208968
 POLAND



Description

Function:

The device improves overall body performance, endurance and strength. Strengthens the muscles of the back, arms and legs.

How to exercise:

Sit comfortably on the seat. Set your feet on platforms. Grab the handles with your hands. Pull the rods to your chest while straightening your legs and back. Return to starting position. Smoothly repeat the exercise.

* The device can be configured with a pylon or other fitness device.

Technical data

Dimensions (W x L x H)	1,19 x 0,90 x 1,10 m
Safety area dimensions	4,4 x 3,9 m
Safety area	15,2 m ²

Available options:

STEEL	Galvanized and powder-coated steel elements
ANCHORS	Device permanently founded in the ground, concrete foundations with minimum class: C-16/20
BEARING	Standard ball bearings and / or tapered roller bearings
FASTENERS	Galvanized and powder-coated steel elements
ADDITIONAL ELEMENTS	Cap nuts, stainless steel, black plastic caps

* Due to the continuous improvement of technical solutions by FreeKids, the presented drawings may slightly differ from currently produced devices. Certificate of compliance with the PN-EN 16630: 2015 standard

FreeKids s.c.

A. Gąsiorek, Z. Andruszewski
Trzęsowice 32, 55-106 Zawonia
tel./fax.: 71 312 72 50, kom.: +48 724 654 898
NIP: 915-176-66-09, REG: 021208968
POLAND