Product Information



FIFITNE8 - Set of 8 Fitness Station Signs

BS EN 1176 - Designed to British & European Standards

MATERIALS

Panel - Two Colour High Density Polyethylene (HDPE)

SUPPLY METHOD

Panel - Fully assembled



Fitness

Point

Calf Lifts



and with your legs together and your ms by your side. mp up and land with your feet apart d your hands in the air. mp again to bring your feet back gether and your arms by your side, peat the exercise 20-30 times



Stand with your back straight and you arms by your side. Slowly lawer your body by bending you knees. Slowly raise yourself back up. Repeat the exercise 10-15 times.



tand with your legs tagether. end from the bottom of your back and each for your tees. epeat the exercise 10-15 times.

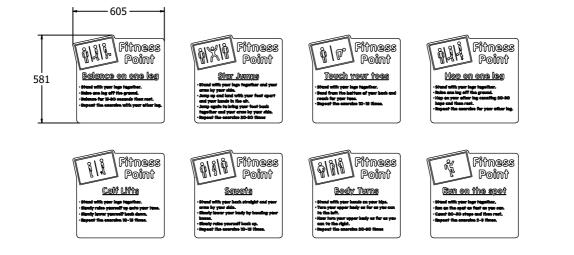


itand with your hands on your hips. 'urn your upper body as far as you can a the left. iow turn your upper bady as far as you an to the right. lepeat the exercise 20-30 times



Fitness Point Run on the spot Stand with your legs together. Stand with your legs together.

DIMENSIONS



TECHNICAL



2+ Years Individual Sign - 581 x 605 x 12.5mm Individual Sign - 4.5kg Set of 8 - 36kg N/A

IMPORTANT: you must specify the colour option you require at the time of order if it is different from the colour listed/shown above, requirements are subject to availability at the time of order

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