

NW206 Rider



Norwell Rider is an effective station training the whole body. It simulates rowing and therefore offers intense circuit training, with varied use of muscles in both the upper and lower body.

Rider is a push and pull station, using your own weight as resistance. Giving just the right amount of resistance for safe and effective training.

HOW TO USE:

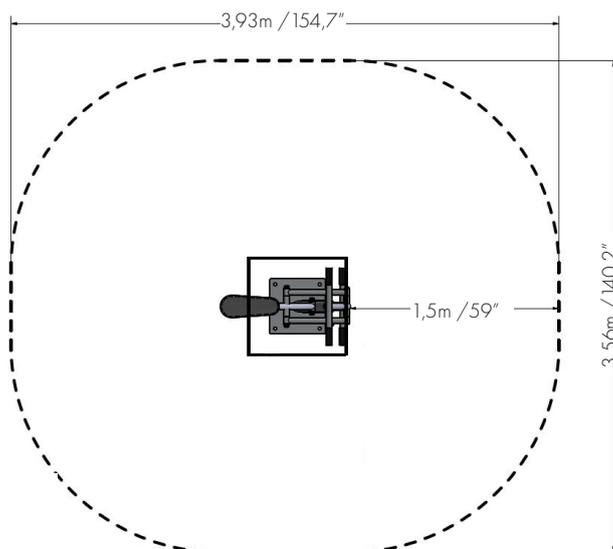
When seated place your feet on the pegs and your hands on the handles. Use your arms and upper back to pull the handles towards you, while pressing with your feet on the pegs to create a rowing motion.

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 = 12,1m<sup>2</sup> / 130,2 ft<sup>2</sup>



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.