

NWSW112 Step Blocks



STREET WORKOUT

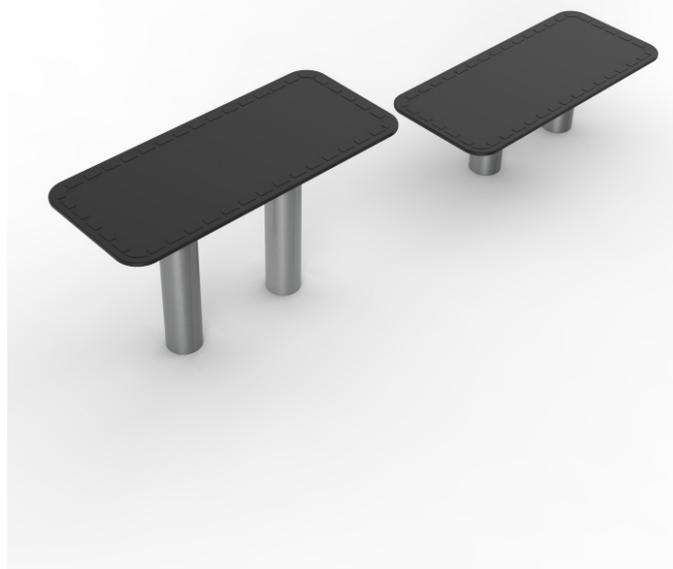
Norwell Step Blocks is a versatile training station suitable for full body training. Primarily used for strengthening of legs and cardio functions, but also for strengthening of upper body and balance as well.

HOW TO USE:

Step ups: Start by placing your right foot onto the Step. Press through your right heel as you step onto the block, bringing your left foot up to stand on the block. Return to the starting position by stepping down, and bring both feet to the ground.

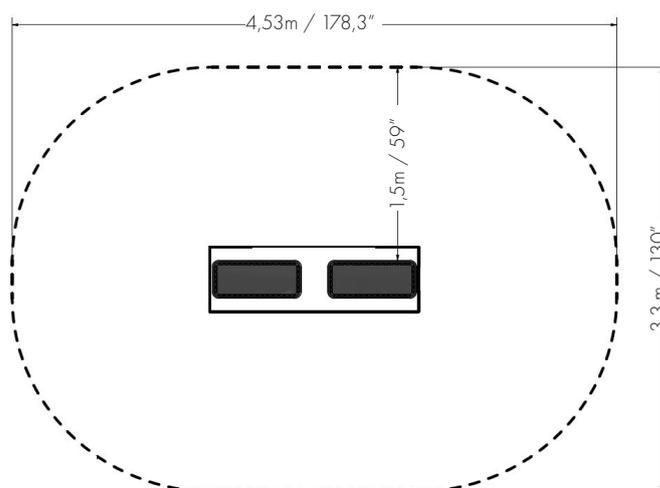
Box Jumps: Stand with your feet a shoulderwidth apart, at a comfortable distance from the Step. Bend your knees and push your feet off the floor explosively to land on the block.

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 = 13m² / 139,9 ft²



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.