

# NWSW115 Parkour



STREET WORKOUT

Norwell Parkour is a versatile training station, both fun for climbing and efficient for strengthening of several muscles. It can be used for training the upper body and abdominal area.

Parkour allows several people to train at once.

### HOW TO USE:

**Pull up:** Grab the bar with a shoulder width apart and palms facing forward. Hang with your arms fully extended. Keep your shoulders back and your core engaged. Move slowly upward until your chin is above the bar, then equally slowly downward.

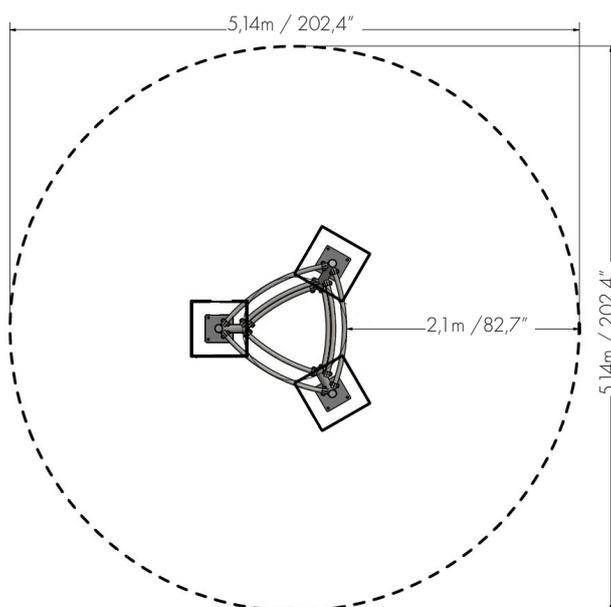
**Leg raise:** Start by hanging from the bar, grip with palms facing forward. Then pull up your knees as close to the chest as possible, and back down.

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 = 20,8m<sup>2</sup> / 223,9 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.