



Black/grey  
is the standard colour,  
but all RAL colours  
are available.

## Elevator

|                          |                                                                                                                                                                                                                                     |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Description of materials | Metal construction, welded, blasted, galvanised (or metallised), with epoxy coating                                                                                                                                                 |
| Function                 | Strengthens the muscles in the shoulder girdle and upper back and the biceps. Maximises shoulder elevation and elbow extensions. Encourages thoracic respiration (opening the ribcage) with the added benefit of training outdoors! |
| Usage                    | Take up position in the seat, with your back to the central support of the equipment. Take hold of the hand grips and pull down, using all of your strength. Next, allow the grips to slowly return to their starting position.     |

|         |                                                             |
|---------|-------------------------------------------------------------|
| Type    | OFS100305                                                   |
| Dim.    | 275 x 80 x 208 cm                                           |
| Space   | 560 x 385 cm                                                |
| Montage | 50 x 50 x 70 cm, must be secured in position with concrete. |
| Weight  | 95 kg                                                       |
| Volume  | 1 m <sup>3</sup>                                            |



Each piece of equipment has a specific sticker, detailing how to use the equipment in pictogram form and with a warning against improper use (size of the user).

**Elevator**

Niet geschikt voor personen kleiner dan 1,40 meter  
Les appareils de fitness sont utilisables pour toute personne mesurant au minimum 1,40 m.

**OFS**  
www.o-f-s.eu

Mijnwerkerslaan 33/3  
B-3550 Heusden-Zolder  
info@o-f-s.eu  
www.o-f-s.eu  
T. +32 (0)11 72 96 50