

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



## Nordic Walker

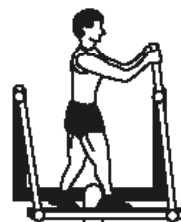
Description of materials	Metal construction, welded, blasted, galvanised (or metallised), with epoxy coating
Function	Improves the general (cardiovascular) and specific strength/endurance of the gluteal muscles, quadriceps and calf muscles, but using a somewhat less natural movement (except for skiers and cross-country skiers), to have a greater strengthening impact on the shoulder girdle and arm muscles.
Usage	Stand on the footrests, take hold of the hand grips and move back and forth.

Type	OFS100365
Dim.	106 x 58 x 140 cm
Space	410 x 360
Montage	50 x 50 x 70 cm, must be secured in position with concrete.
Weight	70 kg
Volume	0,8 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).

### Nordic Walker 2



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