

# NW110 Multi Ladder



Norwell Multi Ladder can be used to train a variety of muscles in the upper body, such as arms, chest and abdominals.

Multi Ladder is a versatile training station, allowing different exercises for multiple training levels.

### HOW TO USE:

**Dips:** Start by holding the handles with extend arms, and your knees bent, to avoid touching the ground. Dip as far down as you can, by bending your arms and then press back up again until your arm are extended.

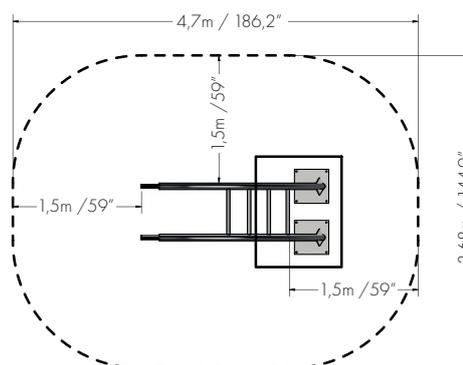
**Pull ups:** Go underneath the Multi Ladder, grab the handles and stretch your body, heels resting on the ground, face facing upwards. Start with straightend arms, tighten your upperbody as your bend your arms and pull yourself towards the handles.

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 = 15,4m<sup>2</sup> / 165,8 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, EN 16630 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.