

# NW103 Situp



Norwell Sit Up is ideal for improving abdominal, thigh, hip and back muscles.

Sit Up can be used it facing upwards or downwards, to do both classic sit ups or training the lower back with a leg raise.

### HOW TO USE:

**Sit ups:** Start by sitting comfortably with both feet under or on the pegs. Lower your upper body down towards the bar, and raise it back up by activating the abdominals.

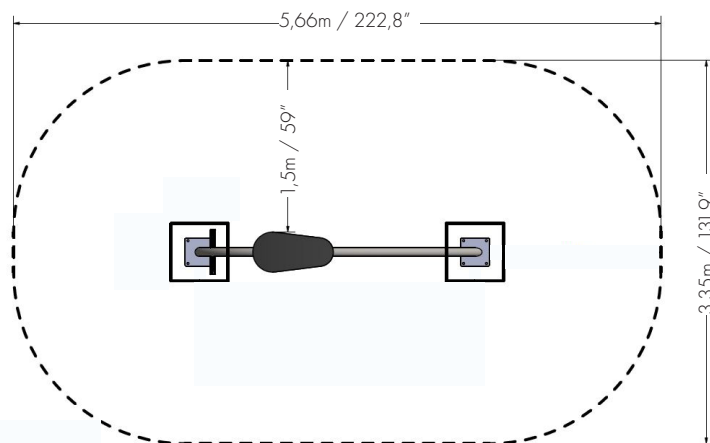
**Leg raise:** Lay down with your torso on the seat and reach for the pegs. Hold onto the pegs while raising your legs. Continue lowering and raising your legs.

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 = 17m<sup>2</sup> / 183 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.