

# NWSW116 Boxer

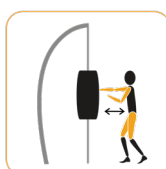


STREET WORKOUT

Norwell Boxer is a versatile training station suitable for full body training. Primarily used for strengthening of various upper body muscles and cardio functions, but also for endurance and balance improvement. Norwell Boxer offers endless training possibilities.

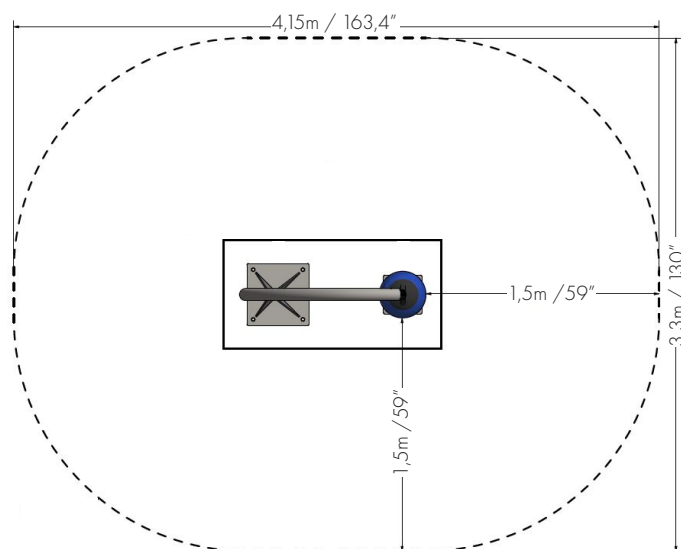
### HOW TO USE:

Stand with your feet a shoulder-width apart and legs staggered. If you're right-handed, your left leg will be in front, and vice versa. You should feel balanced in your stance, and hands should be held at the sides of your chin, elbows near your sides. Now freestyle for the first 15 seconds and then fully extend your punches and punch as fast and hard as you can. Do this for 15 seconds and then 15 seconds off for a duration of 3 minutes. At the end of every punch, return your hand to your chin immediately. There are various techniques and exercise routines to boxing, please look into these beforehand to avoid any exercise injuries.



### POSITION AND TRAINING ZONE:

Trainingzone = 11,9m<sup>2</sup> / 128,1 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.