

# NWSW117 Endless Rope



STREET WORKOUT

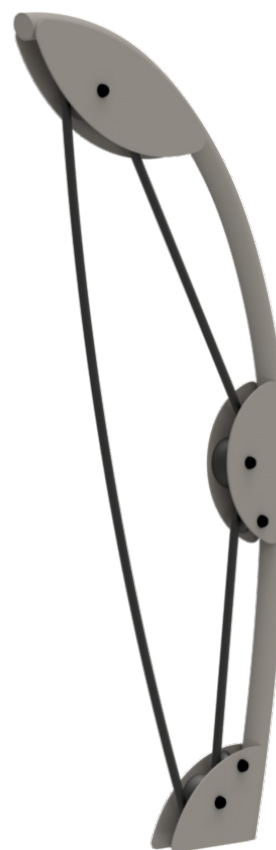
Norwell Endless Rope station targets the shoulders, but can be used for a full body workout. Endless Rope is a continuous training exercise using a pulling motion. The only resistance is the rope itself, exercises can be advanced by changing positions and methods.

### HOW TO USE:

Stand in front of the rope, feet a shoulder width apart. Place both hands on the rope and pull down towards the ground in one motion. Pull the rope continuously for a few minutes. This exercise can be enhanced by going down in a squat simultaneously while pulling the rope, and up while placing a higher grip on the rope, hereby using the whole bodystrength.

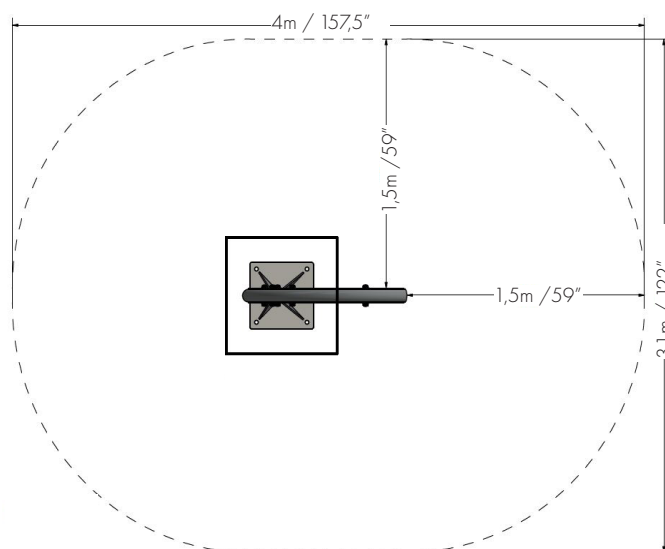
Or stand with your back towards the rope and arms over your head. Pull the rope up or down to train your triceps.

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 = 10,4m<sup>2</sup> / 111,9 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.