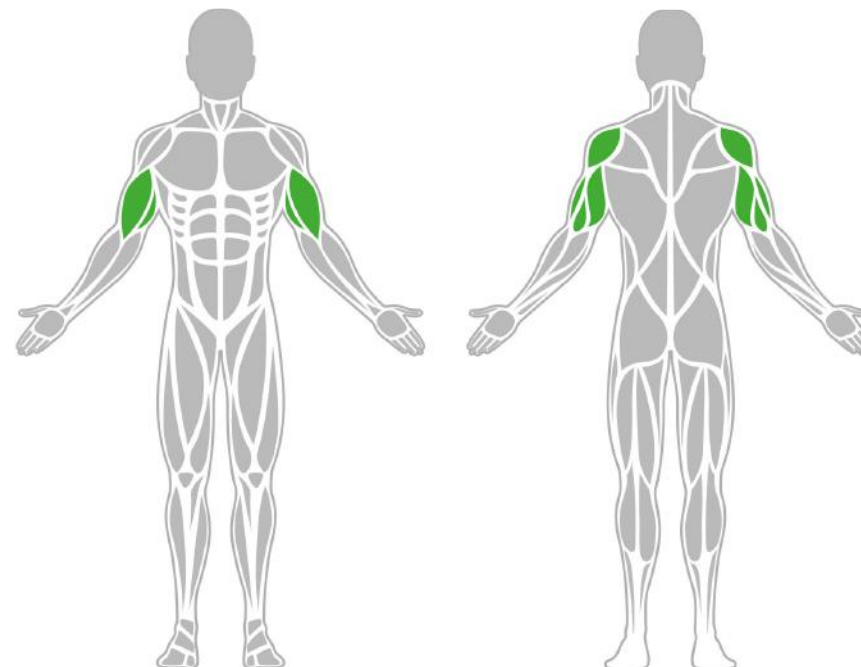


# BESTRONG

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## Muscle Groups Focus



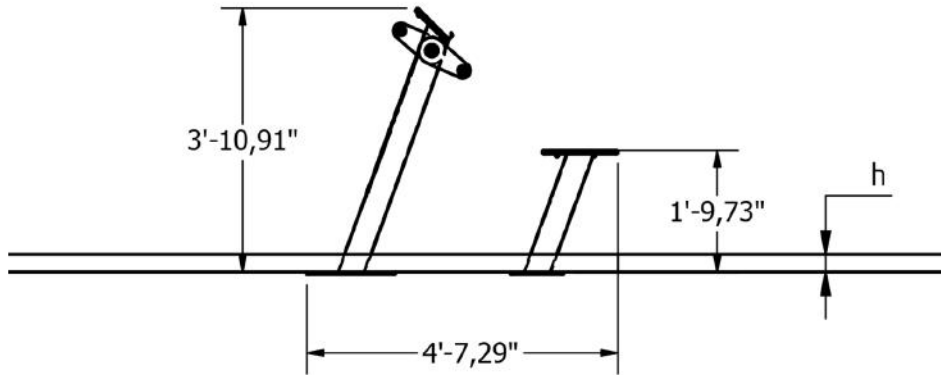
### Hand Bike With Seat

Exercises on the BeStrong Hand bike allow the user to work the chest, shoulder, arm and core muscles without the use of weights. Both cardio and strength training can be performed simultaneously on this recreational exercise device. The hand bike allows the user to gently move through the aforementioned muscle groups without straining the joints, making this outdoor fitness device perfect for all age groups.

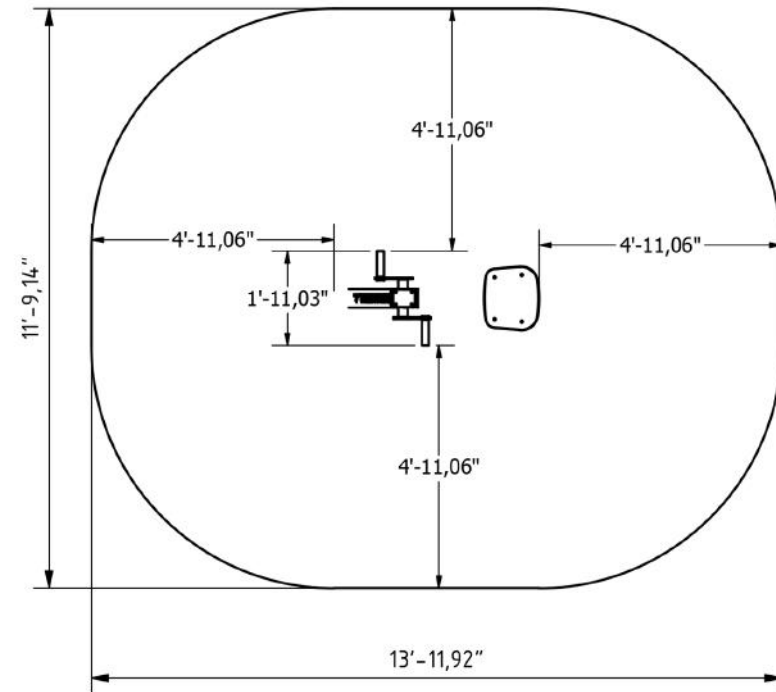
### Attributes

Product code	1-1-306
Certificate	EN 16630, ASTM F3101
Age group	14 + years
Capacity	1 person
Max. weight load	286.60 lbs
Type	Recreational
Difficulty level	Easy

## Side View




## Plan View



## Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	80-140 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	60-90 min.
Excavation volume	40,61 ft <sup>3</sup>
Concrete volume	40,61 ft <sup>3</sup>
Size of the base structure	31.5 x 7.87 x 31.5 „
Anchoring options	Surface mounted
In combined structures, the volume of concrete required varies.	

## Technical specification

Safety surface area	Around 4.92 ft radius
Net weight	114.64 lbs
Material	S235, KO33
Critic fall height	22.05"
Color options	
For more color options, discuss with your sales representative.	

## Warranty

Structure	25 years
Steel	15 years
Paint	2 years
Plastic	5-10 years
Rubber	1-3 years
Moving parts	2 years
Detailed information in the warranty document	

# Material specification



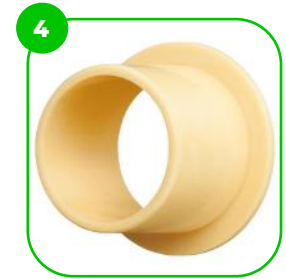
The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



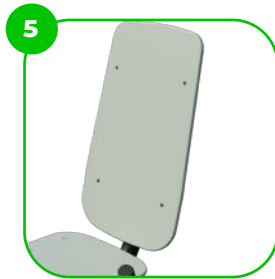
The device is equipped with an ergonomic non-slip HDPE phone holder for convenience.



At the end of the arms, the handle is rubber-coated for a more comfortable and secure grip.



The device is fitted with composite bearings that are weather-resistant. The bearing does not require regular maintenance.



The seats and backrests are made of strong HDPE material. Which is fully heat, moisture and UV resistant.

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