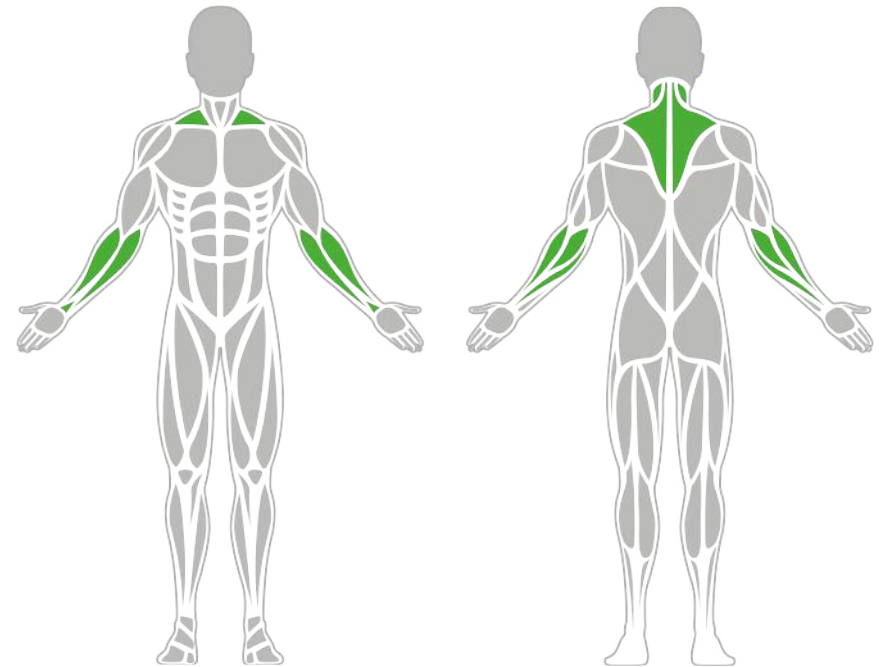


## Muscle Groups Focus



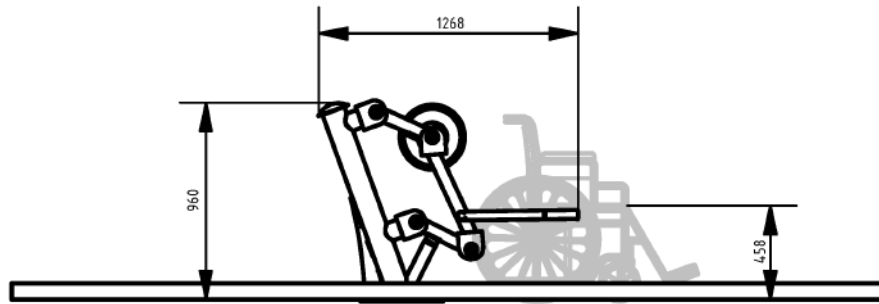
### Accessible Shrug Machine

The BESTRONG Accessible Shrug Machine is specifically designed for users with limited mobility, helping to strengthen shoulder girdle muscles and improve upper body mobility. Simple and safe to use, it allows for an effective and independent workout. A 5 kg weight plate provides resistance during movement, making it ideal for gradual strength development and muscle building. The ergonomic design ensures users can perform their workouts comfortably and safely, promoting long-term health and increased physical activity.

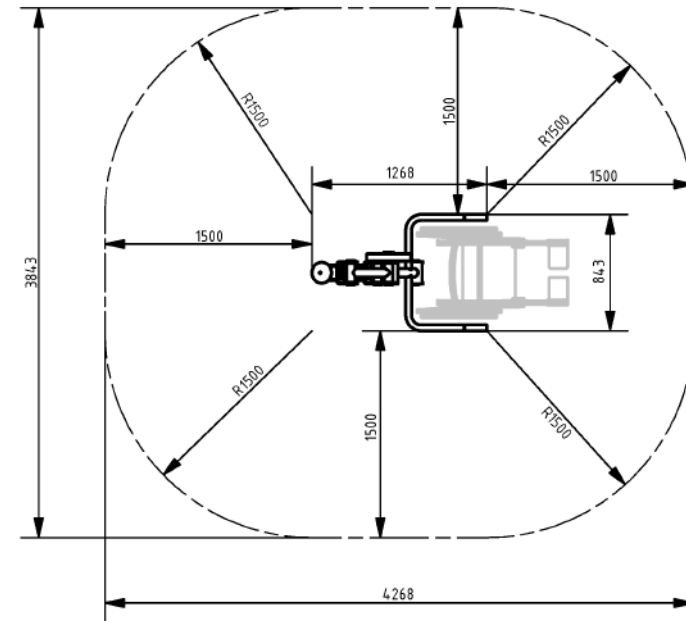
### Attributes

Product code	1-1-331
Certificate	EN 16630
Age group	14 + years
Capacity	1 person
Max. weight load	130 kg
Type	Accessible
Difficulty level	Medium

## 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 min.
Excavation volume	0.7 m <sup>3</sup>
Concrete volume	0.7 m <sup>3</sup>
Size of the base structure	0.8 x 0.8 x 0.8 m
Anchoring options	Surface mounted
In combined structures, the volume of concrete required varies.	

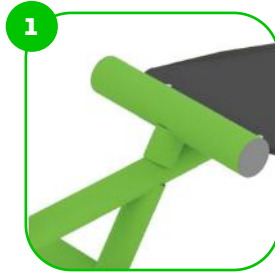
## Technical specification

Safety surface area	Around 1,5 m radius
Net weight	75 kg
Material	S235,S355,KO33,HDPE
Critic fall height	460 mm
Color options	
For more color options, discuss with your sales representative.	

## Warranty

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

# Material specification



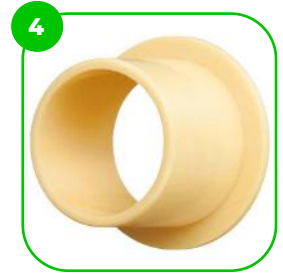
The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



The bumpers of the devices are made of durable rubber material.



Resistance is achieved by the fixed weight plates on the device. Made of high quality SBR material, which guarantees outstanding durability and long life.



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



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

# BESTRONG

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