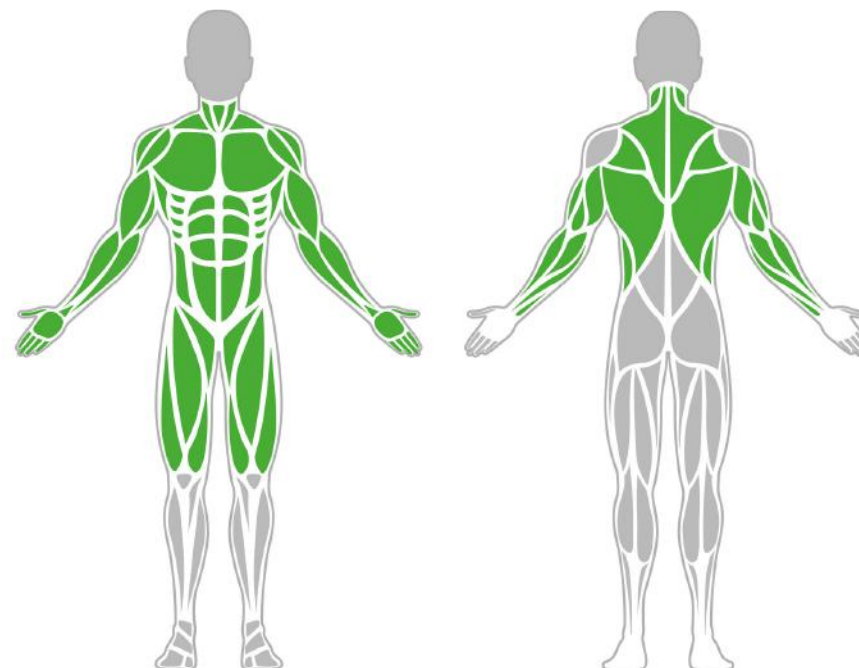




Muscle Groups Focus



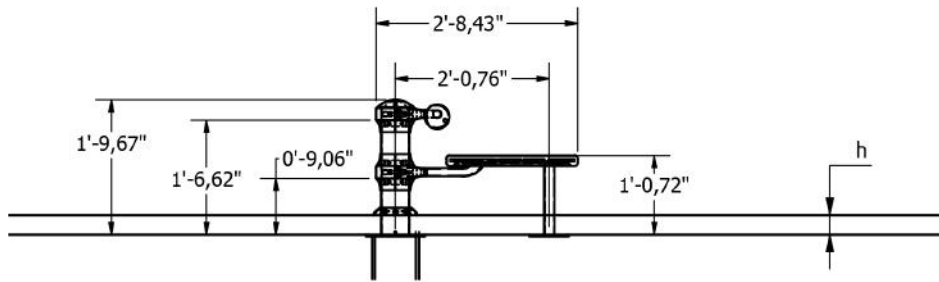
Nordic Hamstring Station Pro

A device for the specific development of the hamstring muscles. It can be used to strengthen the hamstrings in a targeted way or to focus on them during rehabilitation with a gradual load.

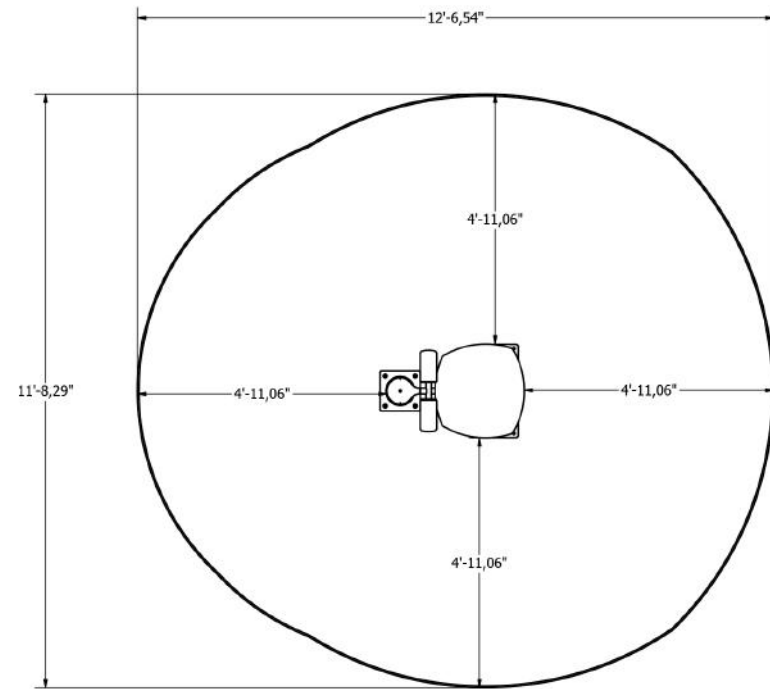
Attributes

| | |
|------------------|----------------------|
| Product code | 1-1-184 |
| Certificate | EN 16630, ASTM F3101 |
| Age group | 14 + years |
| Capacity | 1 person |
| Max. weight load | 218.26 lbs |
| Type | Sport Specific |
| Difficulty level | Medium |

Side View




Plan View



Installation information

| | |
|-----------------------------------------------------------------|------------------------|
| Number of installers (concrete) | At least 2 people |
| Total installation time (concrete) | 45-90 min. |
| Number of installers (equipment) | At least 2 people |
| Total installation time (equipment) | 45-60 min. |
| Excavation volume | 14,83 ft ³ |
| Concrete volume | 14,83 ft ³ |
| Size of the base structure | 31.5 x 62.99 x 13.78 „ |
| Anchoring options | In-ground or surface |
| In combined structures, the volume of concrete required varies. | |

Technical specification

| | |
|---------------------|---------------------------------------------------------------------------------------|
| Safety surface area | Around 4.92 ft radius |
| Net weight | 55.12 lbs |
| Material | S235 |
| Critic fall height | 13.03" |
| 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 clamp system allows for easy assembly and extreme stability.



The connecting elements are fastened with vandal-proof stainless steel screws and nuts.



The ends of the bars and posts are sealed with injection-moulded plastic caps.



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

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