



IJSLANDER



## ADVANTAGES

- ✓ Developed in collaboration with TNO and Top Health Partners physiotherapists
- ✓ EPDM rubber is also available in black.
- ✓ TÜV certified.

## FIFTY+ HIP TWISTER FIT4LIFE

Article: 1372

The Fifty+ Hip twister consists of a rotating platform and a handrail for support during the exercise. This consists of rotating the hips for flexibility in the middle torso. The equipment has a clear marking on which to place the feet and has a corner block with cushioning. The exercises are suitable for seniors for both cardio and muscle strength training. The Fifty+ Hip twister is standard equipped with blue EPDM on the handrail and rotating platform.

[Read more on our website](#)

## SPECIFICATIONS



### Fall height

0.08m



### Safe zone

3.9m x 3.6m



### Total weight

66 kg



### Measurement

0.6m x 0.89m x 1.39m



### Play value

Socialising,  
Suppleness, Agility, Muscle  
strength, Exercise, Sports  
activities, Outdoor fitness, Cardio,



### Age

20 - 99



### Heaviest part

37 kg



### Montage

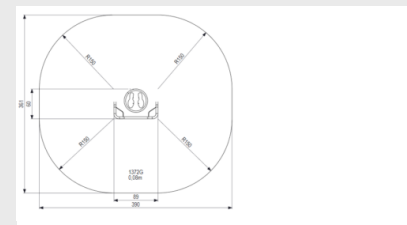
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### Materials

RVS (buis 42,4x3 en 33,7x2mm,  
plaat 2500x1250x3 en  
3000x1500...

### Veilige zone







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## IMPRESSION

