



IJSLANDER



## ADVANTAGES

- ✓ Developed in collaboration with TNO and Top Health Partners physiotherapists.
- ✓ TÜV certified.

## TWENTY+ LEG SWING FIT4LIFE

Article: 1299

The Leg Swing consists of two side-by-side curved frames of 1,08cm high. By leaning with the hands on the frames, outdoor sportsmen come off the ground and can sway their legs back and forth and/or do pull ups. The Leg Swing trains on flexibility, agility and muscular strength of hands, arms, legs and buttocks. But can also be part of a stretch-to stretch-jogging trail, or for muscle exercises during a running workout.

[Read more on our website](#)

## SPECIFICATIONS



### Fall height

1.05m



### Safe zone

5.19m x 3.93m



### Total weight

78 kg



### Measurement

2.19m x 0.94m x 1.05m



### Play value

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



### Age

10 - 99



### Heaviest part

37 kg



### Montage

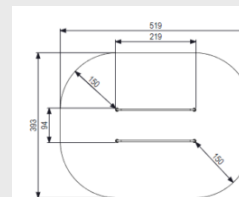
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### Materials

RVS (buis 88,9x3mm, stang  
ø42,4x2100mm, plaat  
2500x1250x3mm...

### Veilige zone





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**IMPRESSION**



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