

Bench NW501

The Bench is full of possibilities for training the abdomen, back, arms and legs – and to rest comfortably between workouts.



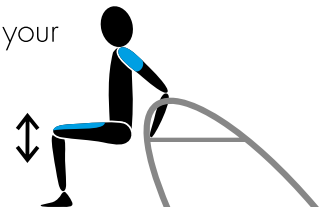
DESIGN FOR ALL

All our fitness stations use your own body weight as resistance and are challenging and effective regardless of fitness level.

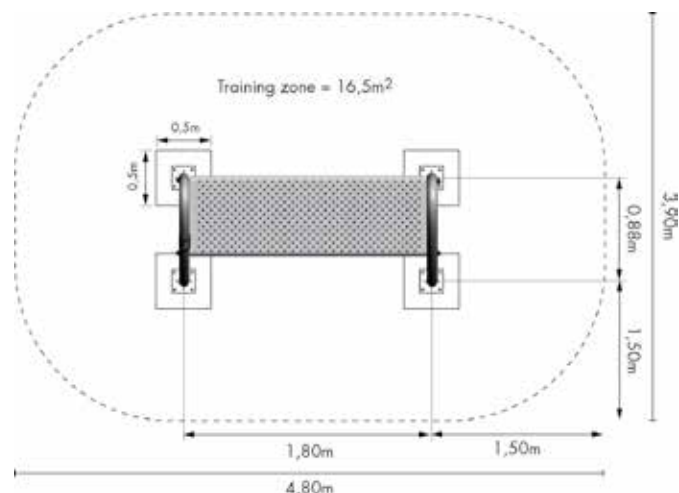
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Turn your back to the Bench and put your hands on the seat. Lower yourself by relaxing the arms, and raise up by tightening your triceps. Remember to keep a straight back.



POSITION AND TRAINING ZONE:



SAFE DESIGN

The Norwell Outdoor Fitness stations are approved according to test protocol PPP55012 by TÜV SÜD (specially designed for testing outdoor fitness equipment). This protocol is based on parts from EN1176 for commercial playground equipment and EN957 for studio fitness equipment.

3 YEAR WARRANTY

3 years against failure due to material or manufacturing defects on all moving parts, plastic and rubber parts.

10 YEAR WARRANTY

10 years against failure due to material or manufacturing defects on springs, pipes, foundations, welds and bearings. Please contact Norwell A/S for upgrades available for sites within 5 km of saltwater.