



## Fitness • Essentials



**m<sup>2</sup>**  
15

### Rower

**0.6**

8054662 Black/Lime Green

8054662 Titanium Grey/Lime Green

**14+**

**CC** Cast In Place

**1**

★ 3.92 x 4.40

**3**

For more details please visit our website:  
[www.tgogc.com](http://www.tgogc.com)

Strengthens back and arm muscles and provides a cardio workout.

It both tones and strengthens, providing a versatile workout. The Rower is great value and very low maintenance.



## Fitness Values



Easy Access



Inclusive



Physical Challenge



Strength

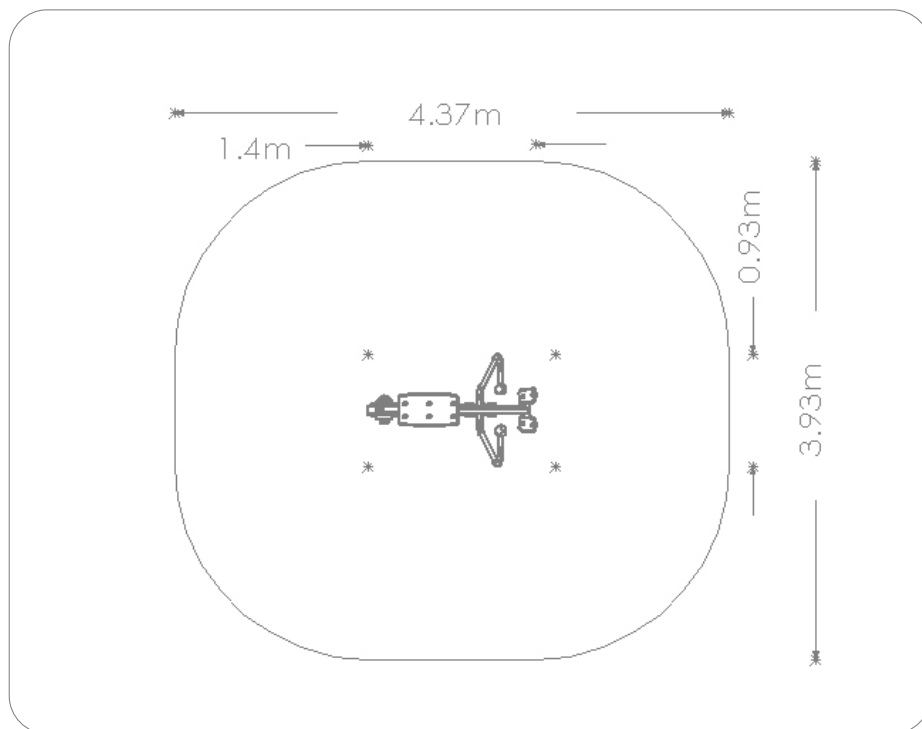




## Fitness • Essentials

### Sit Up

Age Range	14+
Users	1
Assembly Time (hrs)	3
Length (m)	1.33
Width (m)	0.93
Height (m)	0.96
Net Weight (kg)	150
Fall Height (m)	0.6
Movement Space L (m)	3.92
Movement Space W (m)	4.40
Area of movement (m <sup>2</sup> )	14



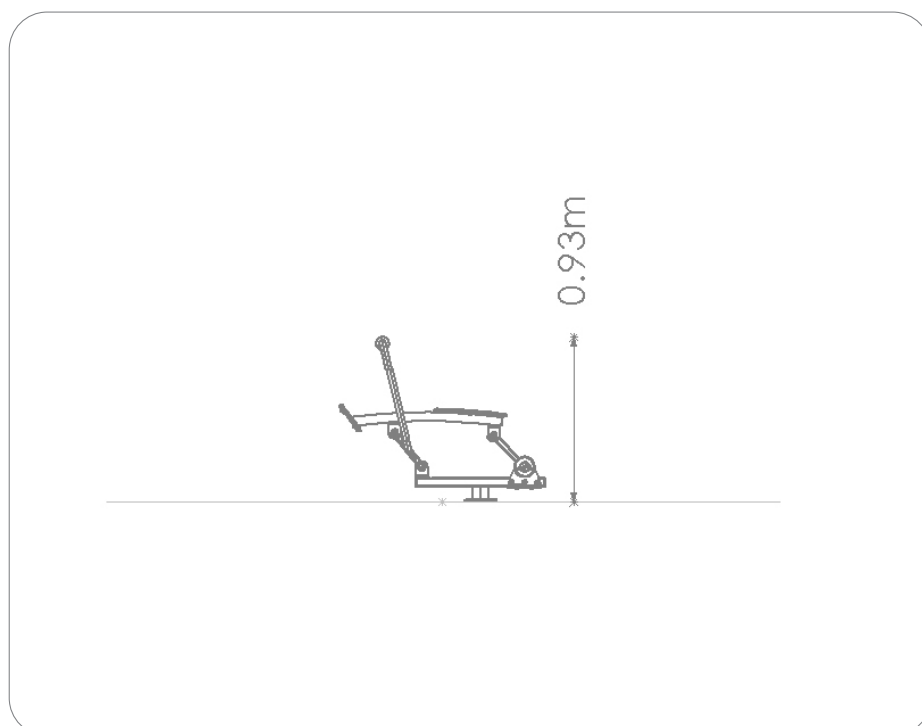
## Technical Specification

Product designed and certified to EN 16630. Structural steel tubes fabricated to form a fully welded framework.

Perforated steel sheet fabricated to form a fully welded bench.

All steel parts are finished with 'HAGS Coat' antimicrobial powder coating system, as standard.

Generally, bolts are special stainless steel tamper resisting button heads.



Assembly time



Recommended age



Accessible



Free height of fall  
EN 16630



Space needed



Area of movement  
EN 16630



No. of  
Users