# NW401 Stretch



Norwell Stretch is highly efficient for keeping the mobility and flexibility in your hamstrings, calves and gluteus when stretching after exercising.

# HOW TO USE:

Bend one leg and place your ankle on one of the upper pegs. Hold your thighs together, stand up straight, slightly extend your hip, and feel the stretch on the front side of your thigh. Repeat with alternate leg.

The Norwell App and the ID-bands, including training instructions and QR codes, on each fitness station inspire to exercise and give full instruction of use.



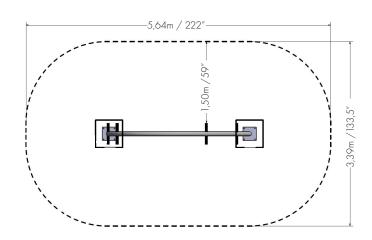






## POSITION AND TRAINING ZONE:

Trainingzone =  $17.2 \,\mathrm{m}^2 / 185.1 \,\mathrm{ft}^2$ 



### DESIGN FOR ALL

All Norwell fitness stations utilize the users own body weight as resistance, therefore the exercises can be performed without risk of injuries. As a result, Norwell fitness stations are challenging and effective regardless of fitness level.

#### Safe design

The Norwell Outdoor Fitness stations are tested and approved by TÜV Product Service GMbH according to DIN79000, EN16630 and AfPS GS 2014:01 PA.

# 10 YEAR WARRANTY

10 years against failure due to material or manufactoring defects and corrosion breakthrough on pipes, foundations and welds. Please contact us for more information about warranty coverage, and for sites within 5 km of saltweter.

# 2 YEAR WARRANTY

2 years against failure due to material or manufactoring defects and corrosion breakthrough on all moving parts, plastic and rubber

