

# NWS114 Tai Chi



SPECIAL NEEDS

Norwell Tai Chi trains the muscles in your arms and shoulders. Training with the Tai Chi improves the cardiovascular functions and increases the flexibility of upper body joints.

### HOW TO USE:

You start by holding the handle in front of you. Make circular movements clockwise. After a few minutes stop and repeat but this time doing it counter clockwise.

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.

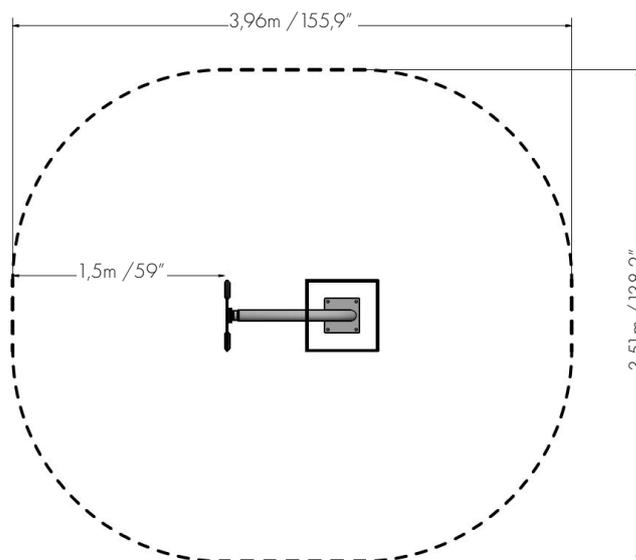
### ACCESSIBILITY

Norwell Outdoor Fitness stations are designed for all – from the fit and mobile, to those challenged by physical limitations. Developing our fitness stations, we have taken appropriate reach ranges and levels of challenge into account, and given careful consideration to the unique requirements of users with varying levels of abilities.



### POSITION AND TRAINING ZONE:

Trainingzone = 11,9m<sup>2</sup> / 128 ft<sup>2</sup>



### 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 manufacturing 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 saltwater.

### 2 YEAR WARRANTY

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