



## GF-18006

### Surfboard



Muscle Groups Used



## TECHNICAL DATA

**Dimension:** 850×760×1620mm

**Training Space:** ∅2000×2465mm

**Safe Area:** ∅3500×3965mm

**Free Height of falling:** 265mm

**Maximum permissible user body weight:** 140KG

## FUNCTION

Improve flexibility & strengthen the abdominals while improving mobility in the spine and strengthening of arms.

## DIRECTION

1. Take hold of handles, supporting the body with the arms to keep upper body still;
2. Place both feet onto surfboard footboard;
3. Gently swing the hips from side to side, always keeping the upper body static;
4. Swing to a comfortable & controlled position;
5. Increase duration as fitness improves.

## CERTIFICATION

**EN16630:2015**

