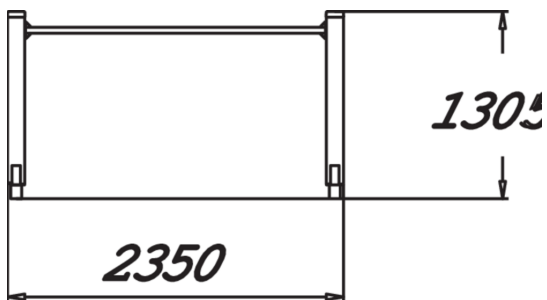
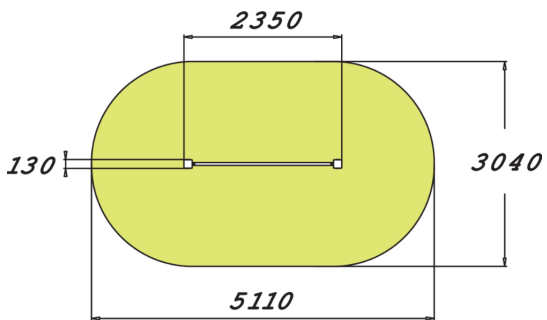


BALANCE RAIL



Support rail for senior citizens' balancing exercises. Two wooden uprights holding a straight metal bar. The rail height is 1,200 mm. The idea is to hold on to the rail while raising alternate legs with the knee bent. The exercise improves core control and the abdominal muscles. The rail can also be used for stretching. The Balance Rail can also be placed next to the Balance Beam or the Snake Beam. The importance of taking care of our muscles and balance becomes evident in many small things, from buttoning a shirt to travelling on public transport.



| | |
|-------------------------------|-----------------------------------|
| Product length, mm | 2350 |
| Product width, mm | 130 |
| Product height, mm | 1305 |
| Impact area, m ² | 14.8 |
| Falling space, m ² | 14.8 |
| Max. free fall height, mm | 1200 |
| Safety info | EN 16630, EN 1176-1 TÜV |
| Installation time (for 1), H | 4 |
| Foundation options | deep_mounting surface_mounting |
| Wood | |
| Metal | |