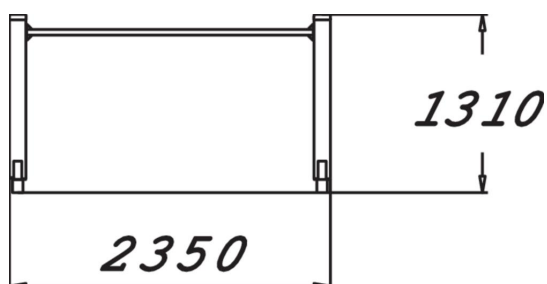
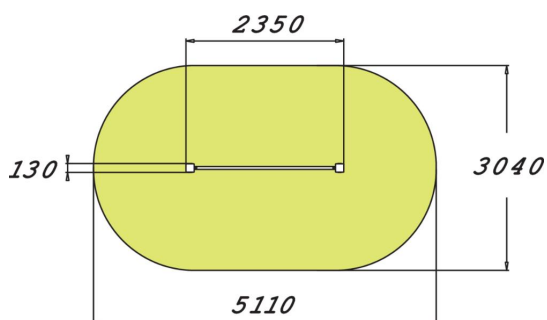


BALANCE RAIL



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
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