

## Cross NW202

The Cross is a great and fun way to develop the muscles of the legs, hips and arms, as well as increasing the cardiovascular capacity.

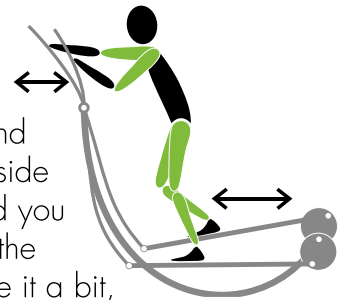
### DESIGN FOR ALL

All our fitness stations use your own body weight as resistance and are challenging and effective regardless of fitness level.

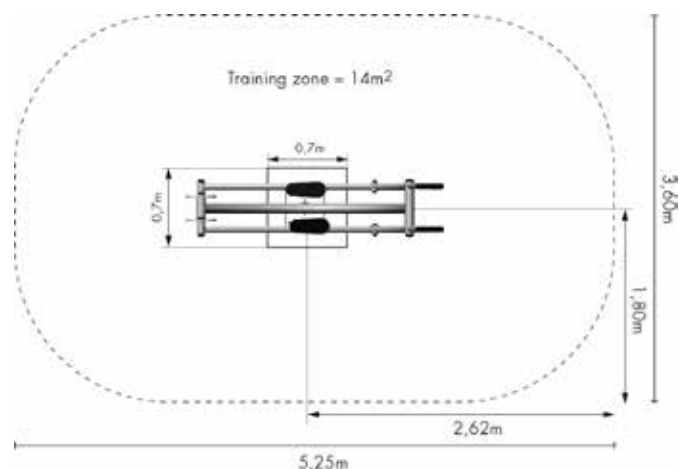
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

### HERE IS AN EXAMPLE:

Grab the handles and place your feet in the pedals. Pull the handle and press the pedal down on the same side – do the same on the other side and you are in motion. You are in control of the pace, but if you are able to increase it a bit, it will benefit your fitness. This exercise is a good way to develop the muscles in your legs, hips and arms, and better the cardiovascular functions.



### POSITION AND TRAINING ZONE:



### SAFE DESIGN

The Norwell Outdoor Fitness stations are approved according to test protocol PPP55012 by TÜV SÜD (specially designed for testing outdoor fitness equipment). This protocol is based on parts from EN1176 for commercial playground equipment and EN957 for studio fitness equipment.

### 3 YEAR WARRANTY

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

### 10 YEAR WARRANTY

10 years against failure due to material or manufacturing defects on springs, pipes, foundations, welds and bearings. Please contact Norwell A/S for upgrades available for sites within 5 km of saltwater.