

**Play value**

A gentle resistance promotes the back musculature and supports the stomach muscles at the same time. This principle follows the scientific finding that both muscle groups need to be exercised in different ways. Exercised but not over-exercised is the principle. The exercise is carried out in a comfortable sitting position. Easy to read exercise instructions aid optimal usage.



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Design Moser Spielgeräte GmbH

**Recommended for**

- School children
- Young people
- Adults
- Older people
- Public play areas without supervision, such as playgrounds, parks or similar

**Effect**

The Stomach and Back Trainer improves the trunk musculature. On the one hand, a healthy balance between both the muscle groups is established. And on the other hand, strength levels are increased by the targeted activities.

**Purpose**

Too much sitting and not enough exercise are the main causes of back pain. But what can be done about this lifestyle disease? The best protection against this problem is a well-developed trunk musculature. To achieve this, stomach and back muscles need to be uniformly exercised and trained in a targeted way. The best way is to exercise before any pain starts. However, even if pain exists exercise is often the best medicine.

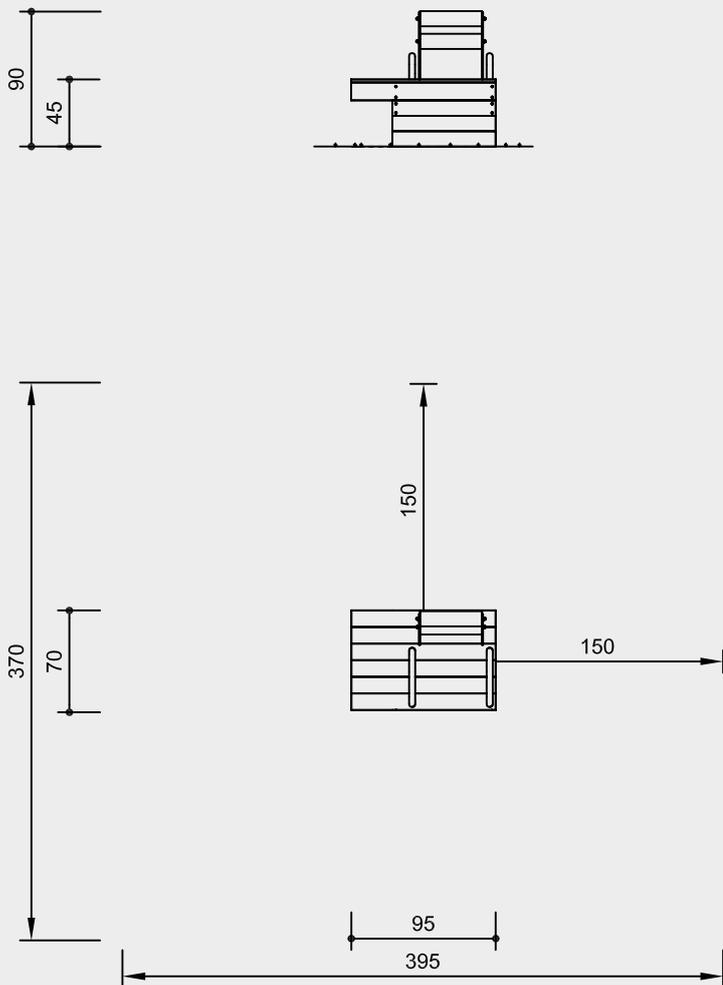
**Stomach and Back Trainer**



11.50103

**Order No. 11.50103**  
**Stomach and Back Trainer**

Safety distance   
 Device dimensions   
 Functional distance 



Scale 1:50

**Technical information**

Equipment made of non-impregnated mountain larch

**Core-free**

Sawn-timbers core-free, thus decreasing occurrences of cracking and undesired changes in shape



**Ground anchor**

All parts used for anchoring to the ground are made of hot-dip galvanised steel or stainless steel



**For more detailed explanation of the quality characteristics see price list.**

Hot dip galvanised substructure

Grips and back rest made of stainless steel

Cushion made of EPDM, standard colour yellow

**Dimensions**

(small deviations possible)

Height	0.90 m
Length	0.95 m
Width	0.65 m
Weight	105 kg

**Safety**

This equipment is not playground equipment within the scope of DIN EN 1176 and therefore is also not subject to the requirements of this standard. Nevertheless, it is complied with where appropriate.

**Components**

- 1 Stomach and Back Trainer
- 2 Heavy duty bolts

**Installation information**

Surfacing requirements corresponding to a fall height of  $\leq 0.60$  m (please refer to price list for more detailed information)

Foundations  
 1 item 60 x 50 x 35 cm  
 Excavation depth 35 cm

**Attention:**  
**Exact measurements may vary;**  
**for all installation dimensions refer to current assembly instructions.**  
 Technical changes reserved.



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