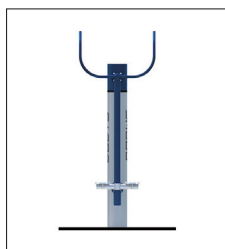
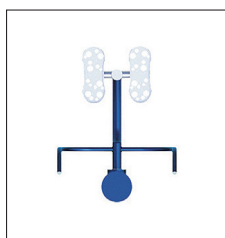
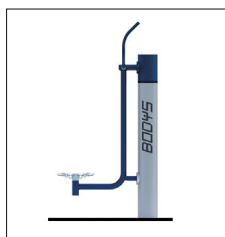


# Body Twister

Catalog No. **PA 00998**

**BODYS**  
activity • energy • joy



## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Hold your hands on the handle. Place your feet on the platform. Using the abdominal and hip muscles set the platform into a twisting motion.

## RESULTS OF THE EXERCISE

It strengthens the abdominal muscles, activates the work of the hip joints, improves motor coordination.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

The machine has a label with instructions of use.

## TECHNICAL DATA

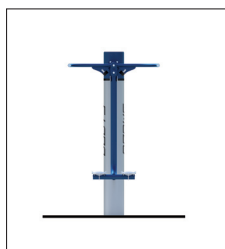
SIZE WITH THE PILLAR	length: 858 mm x width: 612 mm x height: 1679 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	22 kg (weight with the pillar: 72 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	



# Air Skier

Catalog No. **PA 01779**

**BODYS**  
activity • energy • joy



## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Hold your hands on the handle. Place your feet on the platform. Using the abdominal and hip muscles set the platform into a twisting motion.

## RESULTS OF THE EXERCISE

It strengthens the muscles of the hip belt.

**CERTIFICATE**



**2019**  
**TÜV Rheinland Polska Sp. z o.o.**

The machine has a label with instructions of use.

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 882 mm x width: 812 mm x height: 1455 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	22 kg (weight with the pillar: 72 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	



# Chest Press

Catalog No. **PA 00437**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Sit back. Place your feet on the platform. Grab both handles with your hands. Push them with a strong but smooth motion, straightening your arms.

## RESULTS OF THE EXERCISE

It strengthens the muscles of arms, chest and back.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 1314 mm x width: 836 mm x height: 2020 mm height of the pillar above the ground level: 2020 mm
WEIGHT OF THE DEVICE	45 kg (weight with the pillar: 107 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 (X5CrNi18-10). Rubber shock-absorbing parts (buffers) fastened with a metric thread screw. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

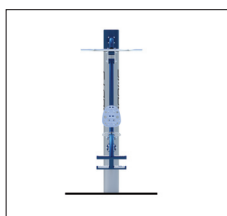
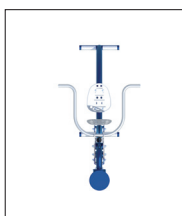
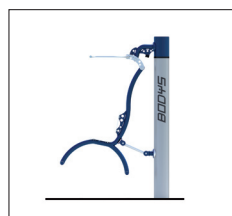
04-832 Warsaw, ul. Patriotów 174, tel.: +48 22 290 68 74, +48 507 175 332, e-mail: biuro@bodys.pl, www.bodys.pl  
KRS: 0000448974, REGON: 146516957, NIP: 952-21-22-899



# Pull Down Challenger

Catalog No. **PA 00431**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Sit back. Place your feet on the platform. Grab both handles with your hands. Pull them downwards one smooth motion, bending your hands.

## RESULTS OF THE EXERCISE

It strengthens the muscles of arms, chest and back.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 1391 mm x width: 846 mm x height: 2020 mm height of the pillar above the ground level: 2020 mm
WEIGHT OF THE DEVICE	43 kg (weight with the pillar: 105 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel seat and backrest 1.4301 (X5CrNi18-10). Rubber shock-absorbing parts (buffers) fastened with a metric thread screw. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

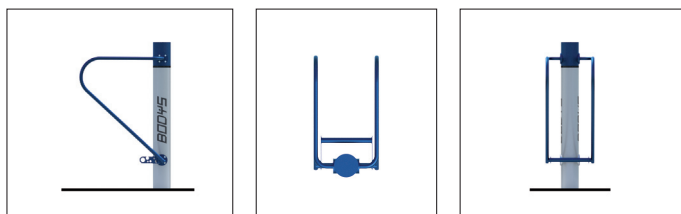
04-832 Warsaw, ul. Patriotów 174, tel.: +48 22 290 68 74, +48 507 175 332, e-mail: [biuro@bodys.pl](mailto:biuro@bodys.pl), [www.bodys.pl](http://www.bodys.pl)  
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# Rails

Catalog No. **PA 00458**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

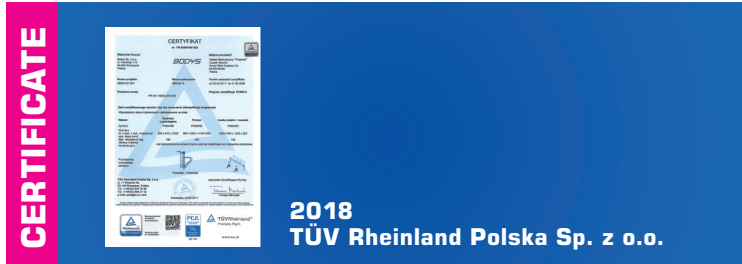
The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Stand back to the device. Lean your hands bent at the elbows on the bars. Lift your feet off the ground and pull up to form a right angle. Face the device, grab the handles with your hands. Bending your elbows at right angles, do the push-ups. Return to the starting position.

## RESULTS OF THE EXERCISE

It strengthens the muscles of arms and abdomen, and improves coordination of the shoulders.



## TECHNICAL DATA

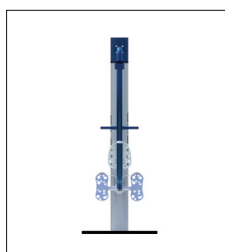
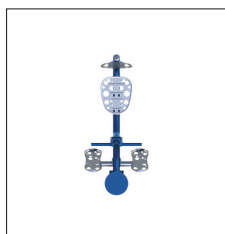
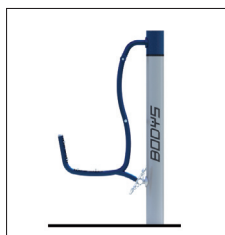
SIZE WITH THE PILLAR	length: 880 mm x width: 526 mm x height: 1520 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	16 kg (weight with the pillar: 66 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	



# Leg Press

Catalog No. **PA 00441**

**BODYS**  
activity • energy • joy



## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Sit back on the seat. Place your feet on the platform. Straightening your legs, push off the device with one smooth motion.

## RESULTS OF THE EXERCISE

It strengthens the muscles the abdominal muscles and muscles of lower limbs, builds up the quadriceps muscle, improves joints flexibility and blood circulation.

The machine has a label with instructions of use.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 1031 mm x width: 512 mm x height: 2020 mm height of the pillar above the ground level: 2020 mm
WEIGHT OF THE DEVICE	25 kg (weight with the pillar: 87 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel seat and backrest 1.4301 (X5CrNi18-10). Rubber shock-absorbing parts (buffers) fastened with a metric thread screw. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

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KRS: 0000448974, REGON: 146516957, NIP: 952-21-22-899

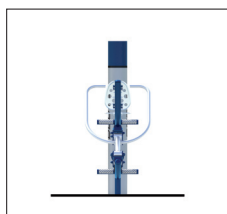
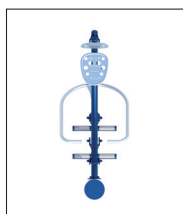
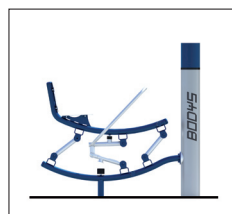




# Rower

Catalog No. **PA 01008**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Sit on the seat, grasp the handles with your hands, place your feet on the platforms. Straighten your body pulling the handles toward your chest at the same time. Get back to the starting position.

## RESULTS OF THE EXERCISE

It strengthens and builds muscles of upper and lower limbs, chest and abdomen. It improves the flexibility of the lumbar spine.

**CERTIFICATE**



**2019**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 1520 mm x width: 664 mm x height: 1122 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	50 kg (weight with the pillar: 100 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel seat and backrest 1.4301 (X5CrNi18-10). Rubber shock-absorbing parts (buffers) fastened with a metric thread screw. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

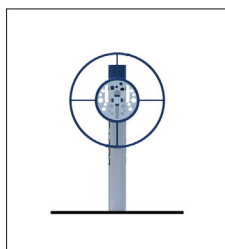
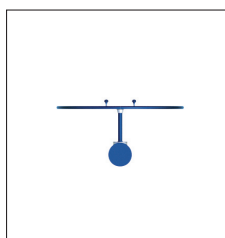
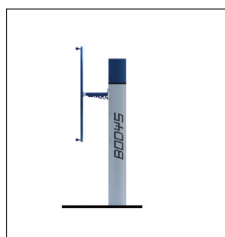
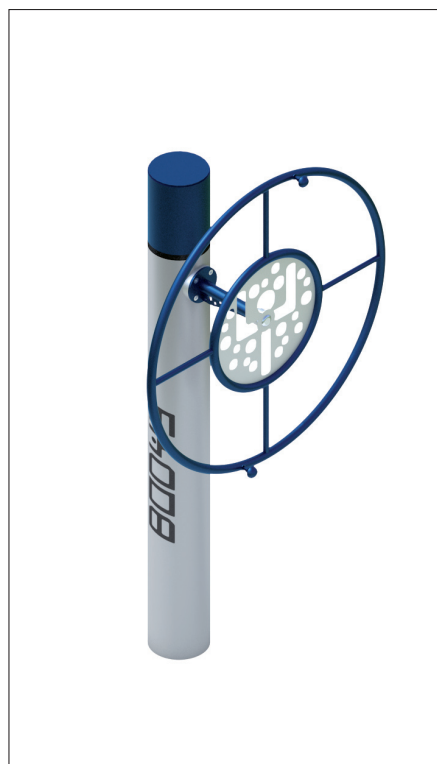
04-832 Warsaw, ul. Patriotów 174, tel.: +48 22 290 68 74, +48 507 175 332, e-mail: [biuro@bodys.pl](mailto:biuro@bodys.pl), [www.bodys.pl](http://www.bodys.pl)  
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# Big Tai Chi Spinner

Catalog No. **PA 00457**

**BODYS**  
activity • energy • joy



## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Stand facing the device. Grab the handles with your hands and turn the wheel to the right and then to the left.

## RESULTS OF THE EXERCISE

It strengthens and improves the shoulder and back muscles.

The machine has a label with instructions of use.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 483 mm x width: 1020 mm x height: 1900 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	14 kg (weight with the pillar: 64 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

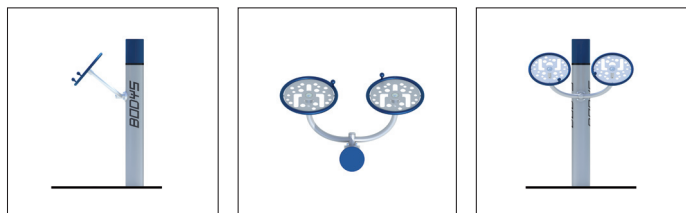
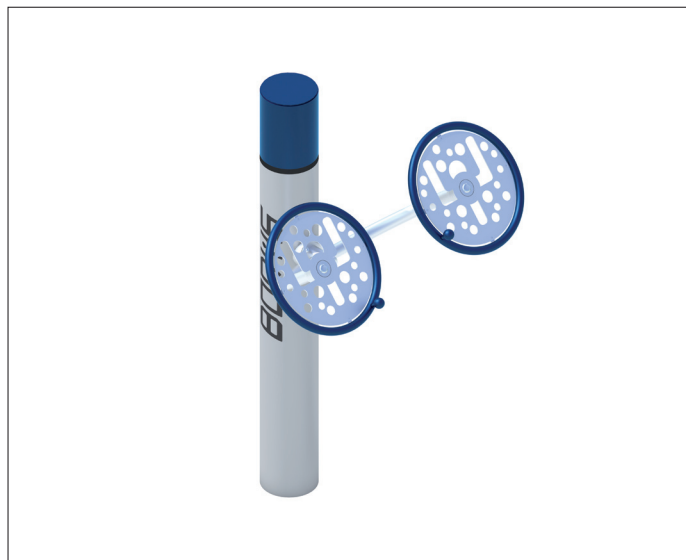




# Small Tai Chi Spinners

Catalog No. **PA 00456**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Stand facing the device. Grab the handles with your hands and turn the wheels to the right and to the left.

## RESULTS OF THE EXERCISE

It strengthens and activates the work of wrists, elbow and shoulders.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 687 mm x width: 1208 mm x height: 1520 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	19 kg (weight with the pillar: 69 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

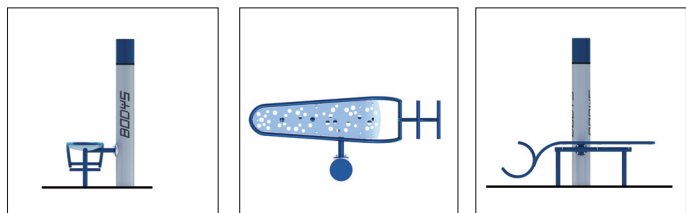
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KRS: 0000448974, REGON: 146516957, NIP: 952-21-22-899



# Sit-up Bench

Catalog No. **PA 01000**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Lie on a bench, place your legs under the bars, clasp your hands behind your head. Lift your body slightly straining abdominal muscles. Lower your body to the starting position and repeat the exercise.

## RESULTS OF THE EXERCISE

It strengthens and builds abdominal muscles.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 622 mm x width: 1629 mm x height: 1520 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	29 kg (weight with the pillar: 79 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel seat and backrest 1.4301 (X5CrNi18-10). Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

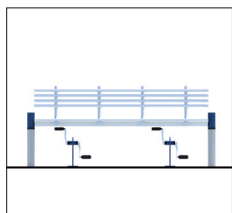
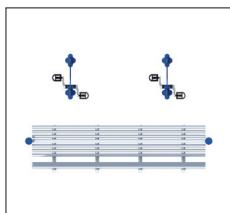
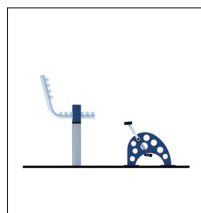
04-832 Warsaw, ul. Patriotów 174, tel.: +48 22 290 68 74, +48 507 175 332, e-mail: [biuro@bodys.pl](mailto:biuro@bodys.pl), [www.bodys.pl](http://www.bodys.pl)  
KRS: 0000448974, REGON: 146516957, NIP: 952-21-22-899



# Bench With A Bike

Catalog No. **PA 00462**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall..

## OPERATION MANUAL

Sit back on the bench. Rest your feet on the pedals and start cycling.

## RESULTS OF THE EXERCISE

It strengthens and builds leg muscles, improves blood circulation.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length of the bench: 1954 mm, height of the bench: 1203 mm height of the seat: 837 mm, pedal distance from the bench: 566 mm, foot pedal distance: 1010 mm
WEIGHT OF THE DEVICE	113 kg
NUMBER OF TRAINEES	2 persons at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

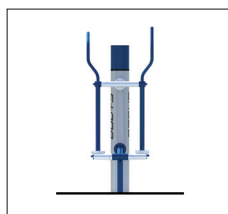
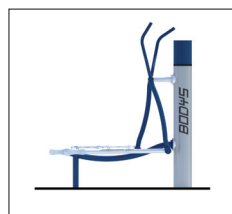
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# Elliptical Cross Trainer

Catalog No. **PA 00465**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Hold your hands on the handle. Place your feet on the platforms. Straighten your back and perform front-back alternating movements of your legs.

## RESULTS OF THE EXERCISE

It strengthens the muscles of legs, arms and the torso. It has a positive effect on the cardio-respiratory system. It improves motor coordination.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 1414 mm x width: 714 mm x height: 1710 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	52 kg (weight with the pillar: 102 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

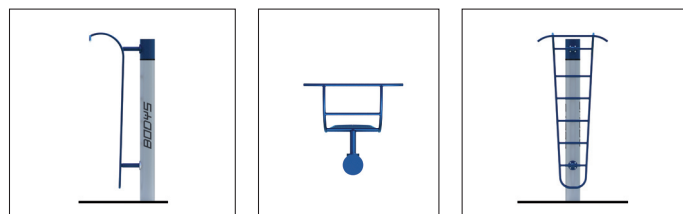
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KRS: 0000448974, REGON: 146516957, NIP: 952-21-22-899



# Leg Lift Station

Catalog No. **PA 00469**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Grab the bar handles with your hands and, avoiding pendular movements, pull your legs to your chest. Then evenly lower your legs. Return to the starting position or rest your foot on the step at waist height. Bend down to reach the foot placed on the step and the one standing on the ground.

## RESULTS OF THE EXERCISE

It strengthens the muscles of your arms, stomach and back or it stretches your muscles.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

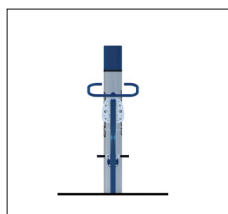
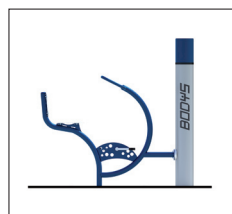
SIZE WITH THE PILLAR	length: 842 mm x width: 912 mm x height: 2222 mm height of the pillar above the ground level: 2020 mm
WEIGHT OF THE DEVICE	25 kg (weight with the pillar: 87 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	



# Classical Bike

Catalog No. **PA 00476**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Sit on the seat, grab the handles with your hands, place your feet on the pedals. Move your legs as if you were riding a bike.

## RESULTS OF THE EXERCISE

It strengthens the muscles of your lower limbs and improves blood circulation.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 1635 mm x width: 592 mm x height: 1520 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	30 kg (weight with the pillar: 80 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel seat and backrest 1.4301 (X5CrNi18-10). Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

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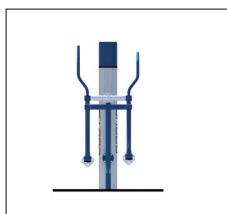
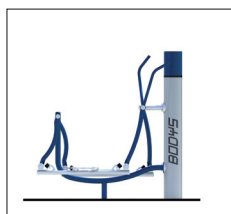




# Cross Country Skier

Catalog No. **PA 00467**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Grasp the handle with both hands. Step on the platforms. Stretch your back and move your legs forward and backward.

## RESULTS OF THE EXERCISE

The machine strengthens the legs, arms and the core muscles. It improves the circulatory and respiratory systems. It improves the movement coordination.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 1344 mm x width: 714 mm x height: 1640 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	62 kg (weight with the pillar: 112 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Rubber shock-absorbing parts (buffers) fastened with a metric thread screw. Stainless steel screws A2 Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings..
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

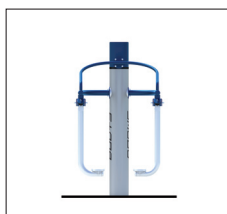
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# Air Walker

Catalog No. **PA 00468**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Hold your hands on the handle. Place your feet on the platforms. Set the device into a left-right swinging motion.

## RESULTS OF THE EXERCISE

It strengthens the muscles of the hip belt.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 920 mm x width: 945 mm x height: 1520 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	40 kg (weight with the pillar: 90 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Rubber shock-absorbing parts (buffers) fastened with a metric thread screw. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

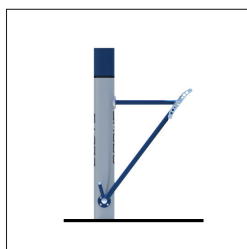
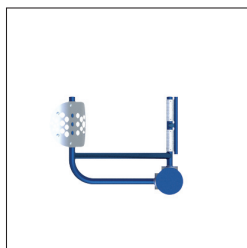
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# Back Stretcher

Catalog No. **PA 00566**

**BODYS**  
activity • energy • joy



## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Stand on the footrest, lean your body against the bench, facing downwards. Hold your hands behind your head. Slowly, smoothly lift and lower your body.

## RESULTS OF THE EXERCISE

It strengthens the back muscles in the lumbar section and abdominal muscles.

The machine has a label with instructions of use.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 657 mm x width: 918 mm x height: 1520 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	16 kg (weight with the pillar: 66 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel seat and backrest 1.4301 (X5CrNi18-10). Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

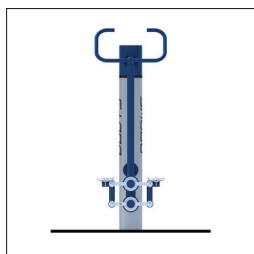
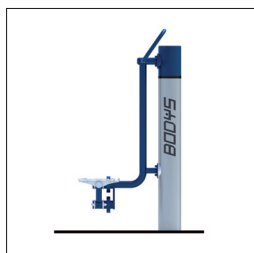
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# Stepper

Catalog No. **PA 01596**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Place your feet on the risers. Slightly bend your knees and move your legs alternately, as if you were climbing the stairs. The feet must closely adhere to the ground. The body should be upright and abdominal muscles-tense.

## RESULTS OF THE EXERCISE

It slims down the buttocks, increases the strength of leg muscles and general efficiency of the body and cardiovascular system.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 777 mm x width: 672 mm x height: 1688 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	28 kg (weight with the pillar: 78 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Rubber shock-absorbing parts (buffers) fastened with a metric thread screw. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

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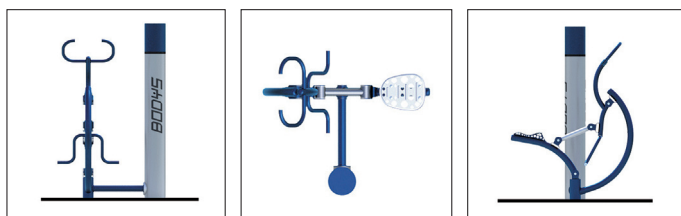
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# Horse Rider

Catalog No. **PA 00478**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Sit on the seat, grab the handles with your hands, put your feet on the platforms. Stretch your legs, at the same time pulling the handles close. Then return to the starting position.

## RESULTS OF THE EXERCISE

It strengthens the muscles of your arms, stomach and legs. Improves general condition and blood circulation.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 906 mm x width: 1368 mm x height: 1520 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	38 kg (weight with the pillar: 88 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel seat and backrest 1.4301 (X5CrNi18-10). Rubber shock-absorbing parts (buffers) fastened with a metric thread screw. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

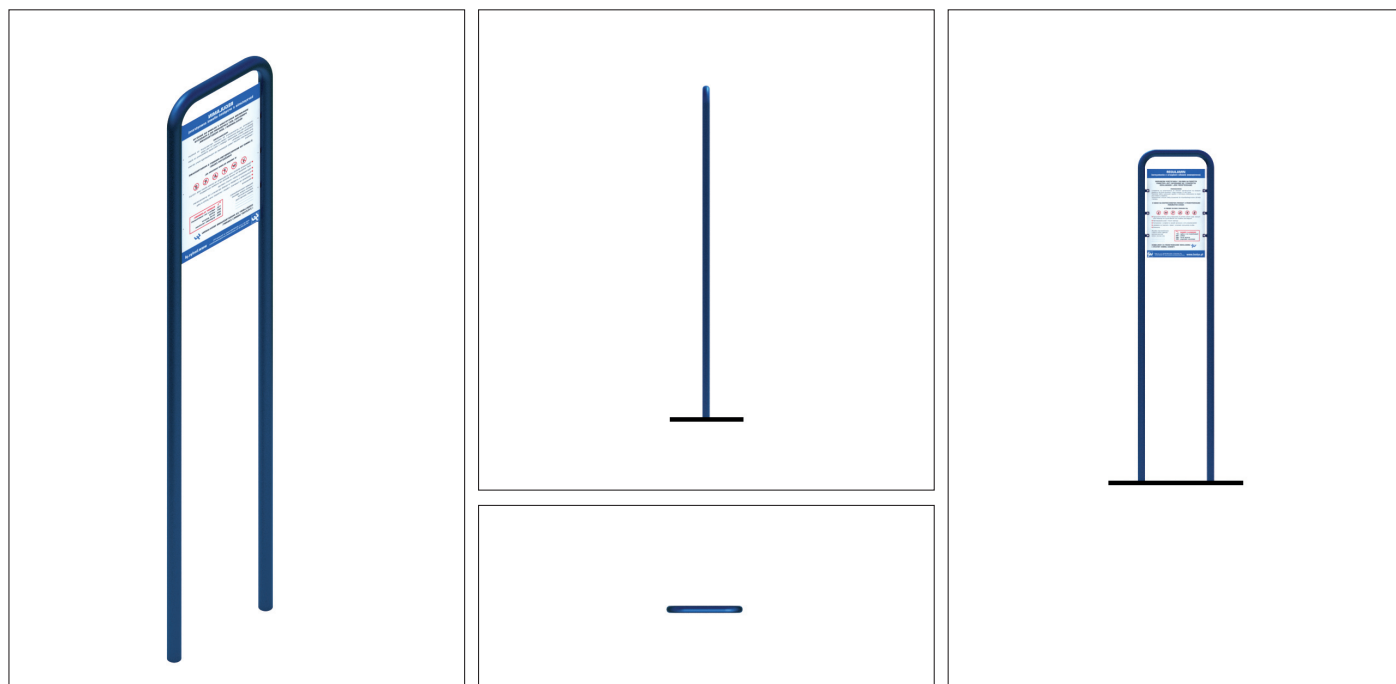
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# Table With Rules

Catalog No. **PA 00551**

**BODYS**  
activity • energy • joy



## PRZEZNACZENIE

External gym regulations.

## TECHNICAL DATA

SIZE	length: 560 mm x width: 60,3 mm x height: 2010 mm
WEIGHT OF THE DEVICE	33 kg
COLORS	active blue, energy green, happy pink
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Support structure made of galvanized steel pipes, cross section min. 30,3 mm, of wall thickness 3,2 mm. Two-sided design for two-sided content, filled with galvanized sheet of dimensions no less than 170 cm x 40 cm. Stainless steel screws A2. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

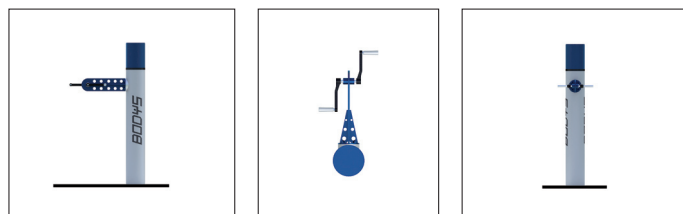




# Pedals For Disabled

Catalog No. **PA 00574**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Grab the handles with both hands and start to pedal.

## RESULTS OF THE EXERCISE

It strengthens and builds the muscles of arms and shoulders, and improves blood circulation.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

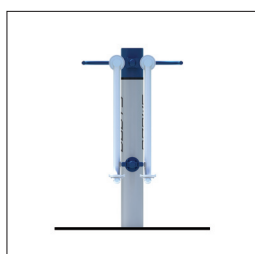
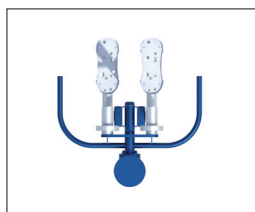
SIZE WITH THE PILLAR	length: 669 mm x width: 360 mm x height: 1520 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	8 kg (weight with the pillar: 58 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	



# Romper

Catalog No. **PA 01597**

**BODYS**  
activity • energy • joy



## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Hold your hands on the handle. Place your feet on the platforms. Straighten your back and move legs as far as possible in the side performing straddle. Get back to the starting position.

## RESULTS OF THE EXERCISE

It strengthens the muscles of arms, chest and back.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

The machine has a label with instructions of use.

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 820 mm x width: 882 mm x height: 1520 mm height of the pillar above the ground level: 1520 mm
WEIGHT OF THE DEVICE	31 kg (weight with the pillar: 81 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Rubber shock-absorbing parts (buffers) fastened with a metric thread screw. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

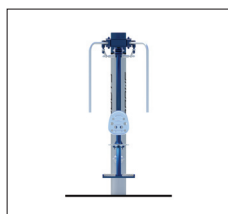
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# Butterfly

Catalog No. **PA 01046**

**BODYS**  
activity • energy • joy



The machine has a label with instructions of use.

## PURPOSE

The devices are meant for recreation in open air for youths and users over 1,4 m. tall.

## OPERATION MANUAL

Sit on the seat, grasp the handles with your hands, place your feet on the platforms. Straighten your body pulling the handles toward your chest at the same time. Get back to the starting position.

## RESULTS OF THE EXERCISE

It strengthens and builds muscles of upper and lower limbs, chest and abdomen. It improves the flexibility of the lumbar spine.

**CERTIFICATE**



**2018**  
**TÜV Rheinland Polska Sp. z o.o.**

## TECHNICAL DATA

SIZE WITH THE PILLAR	length: 1285 mm x width: 473 mm x height: 2020 mm height of the pillar above the ground level: 2020 mm
WEIGHT OF THE DEVICE	57 kg (weight with the pillar: 119 kg)
NUMBER OF TRAINEES	1 person at a time
COLORS	active blue, energy green, happy pink
LOAD	max 155 kg
SAFETY NORM	PN-EN 16630:2015
METHOD OF MOUNTING	reinforced concrete
DEPTH UNDER THE GROUND	1,2 m
MATERIALS	Construction steel with reinforced endurance S355J2G3 – $\varnothing$ 193,7 x 4,0 mm. Bearing construction made of steel pipes $\varnothing$ 60,3 x 3,2 mm. Grips and other pipe elements made of pipes $\varnothing$ 31,8 x 3,6 mm, and $\varnothing$ 48,3 x 3,2 mm. Stainless steel seat and backrest 1.4301 (X5CrNi18-10). Rubber shock-absorbing parts (buffers) fastened with a metric thread screw. Stainless steel screws A2. Zincked cap nuts and self controlling nuts secured against loosening and plastic caps for the nuts. Corrosion protection by painting with zinc-rich primer. Outer coating – polyester powder paints. All movable joints of the devices are equipped with covered 2RS type bearings.
MAINTENANCE	in accordance with conditions specified in the instruction of use and maintenance
MANUFACTURED IN POLAND	

**Bodys Sp. z o.o.**

04-832 Warsaw, ul. Patriotów 174, tel.: +48 22 290 68 74, +48 507 175 332, e-mail: [biuro@bodys.pl](mailto:biuro@bodys.pl), [www.bodys.pl](http://www.bodys.pl)  
KRS: 0000448974, REGON: 146516957, NIP: 952-21-22-899

