



Sports Courts Multiple



Sports Court Multiple 12x22

82055099



Skate Park Modules



Skate Park A
5 elements - minimum 11x17

82055099



Skate Park B
7 elements - minimum 10x27

82055071



Skate Park C
9 elements - minimum 17x27

82055072



Skate Park D
11 elements - minimum 20x27

82055073

FITNESS ELEMENTS



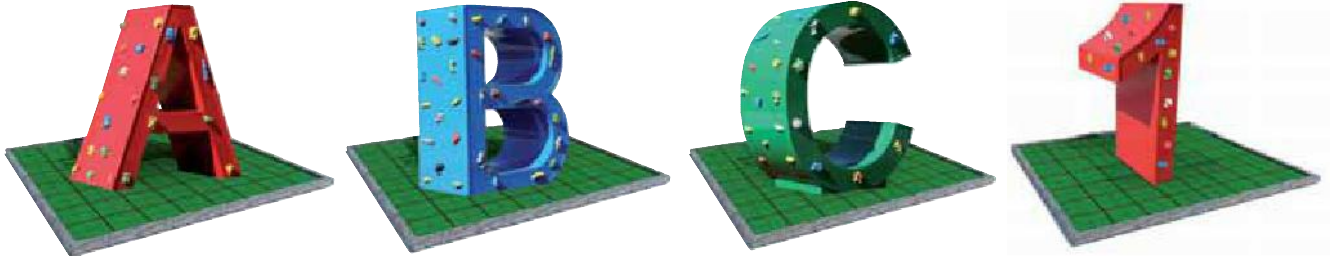
HEALTHY ELEMENTS



ROCKCLIMB CHARACTERS



CHARACTERS

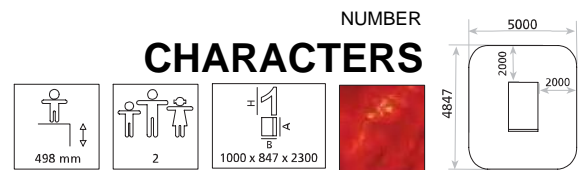


Moodie web item 82055022, 82055024, 82055026 - 82055032

ROCKDROMES LETTER-NUMBER EACH
JBU1NPE

ROCKDROMES LETTER BOULDER Set of 3 Characters ABC- Moodie web item 82055020
JBUABC

ROCKDROMES NUMBER BOULDER Set of 3 Characters 123- Moodie web item 82055030
JBU123

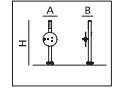


HEALTHY ELEMENTS

All 5 Elements Moodie web item 82054905



+12



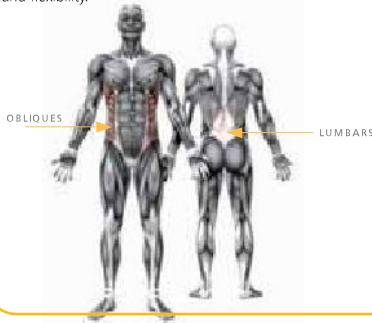
WAIST

JSA001N



Moodie web item 82055001

Instructions: Works out waist and back muscles, relaxes previously mentioned muscle groups. Enhances waist agility and flexibility.



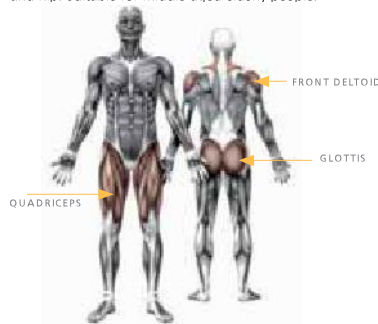
STEERING WHEELS

JSA005N



Moodie web item 82055005

Instructions: Increases mobility of upper and lower limbs and hip. Suitable for middle-aged elderly people.



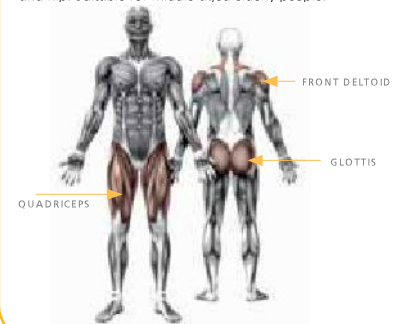
RUDDER

JSA009N



Moodie web item 82055009

Instructions: Increases mobility of upper and lower limbs and hip. Suitable for middle-aged elderly people.



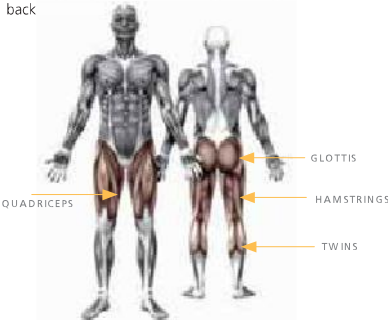
HOCKEY

JSA007N



Moodie web item 82055007

Instructions: Take hold of the handle and stand on the pedal. Adjust the barycentre of your body, and then walk back



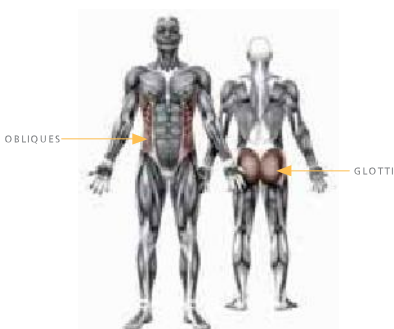
SKIING

JSA011N



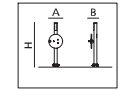
Moodie web item 82055011

Instructions: Hold handles on both sides with hands, put your feet on the pedal and swing from side to side.



FITNESS ELEMENTS

All 6 Elements Moodie web item 82054906
All 11 Elements Moodie web item 82054911



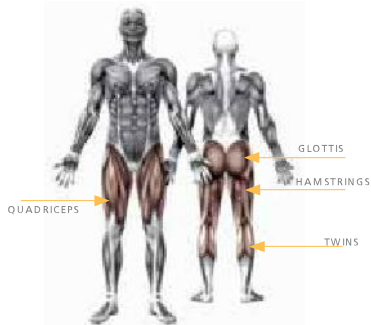
EXTENSION

JSA002N



Moodie web item 82055002

Instructions: Sit on the base plate, bend both legs, put both hands on knees and pedal with full strength to the utmost position. Repeat.



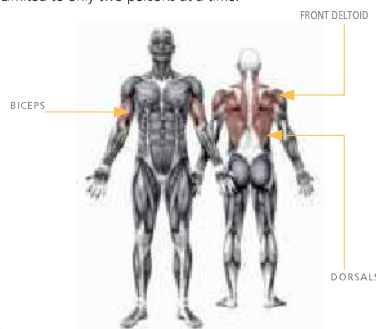
PULL DOWN

JSA010N



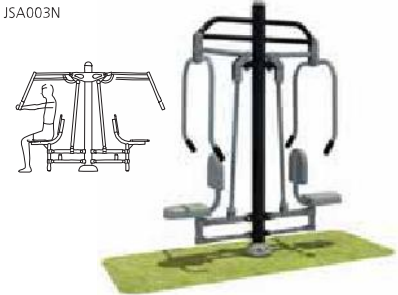
Moodie web item 82055010

Instructions: Sit with your back against the equipment and take hold of the handgrip with both hands, then pull it down with your full strength. Revert slowly. Suitable for people of all ages. Limited to only two persons at a time.



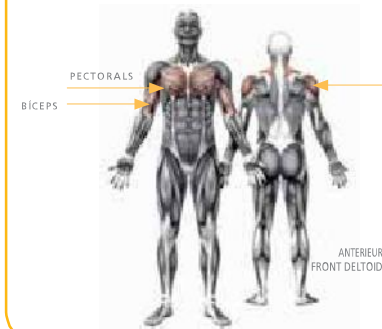
CHEST PRESS

JSA003N



Moodie web item 82055003

Instructions: Sit with your back against the equipment and take hold of the handgrip with both hands, then pull it down with your full strength. Revert slowly. Suitable for people of all ages. Limited to only two persons at a time.



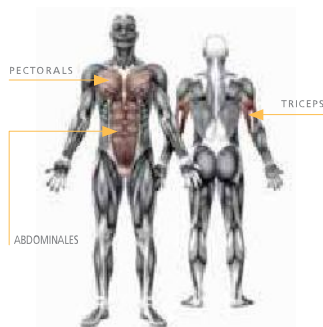
BARS

JSA004N



Moodie web item 82055004

Instructions: Mount on the stirrup y grab handles, move limbs as if you were walking.



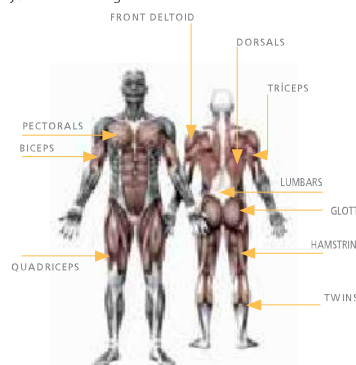
CLIMBER

JSA006N



Moodie web item 82055006

Instructions: Mount on the stirrup y grab handles, move limbs as if you were walking.



ROWING

JSA008N



Moodie web item 82055008

Instructions: Sit on the rider, hold handles with both hands and push forward.

