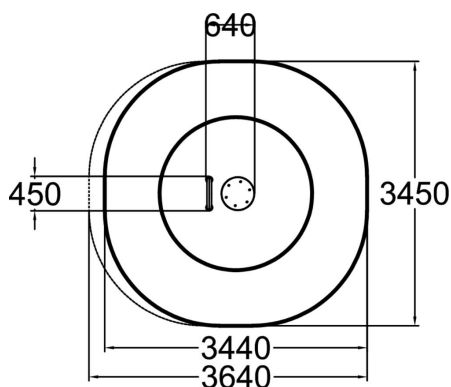
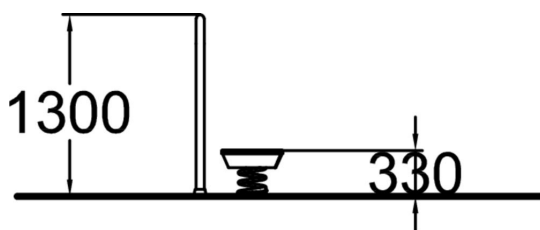


The Squat Spring is a vibrating board for balance development. The equipment consists of a vibrating round base and a curved bar for holding on to. The total height is 1,305 mm, and the base is at 330 mm. A good sense of balance keeps us from falling over and injuring ourselves. At the same time, the exercises improve leg and core muscle fitness. Squatting and standing back up requires both leg and core strength. For more of a challenge, the squats can be done without holding on, or even on one leg. The foothold plates are made of wear-resistant PE-HD plastic that also has non-slip qualities. Squat spring can be installed on loose fill material also.



Number of users	1
Product length, mm	640
Product width, mm	450
Product height, mm	1300
Falling space, m ²	10.6
Height required, mm	2530
Max. free fall height, mm	330
Safety info	EN 16630, EN 1176-1 TÜV
Foundation options	Surface mounting