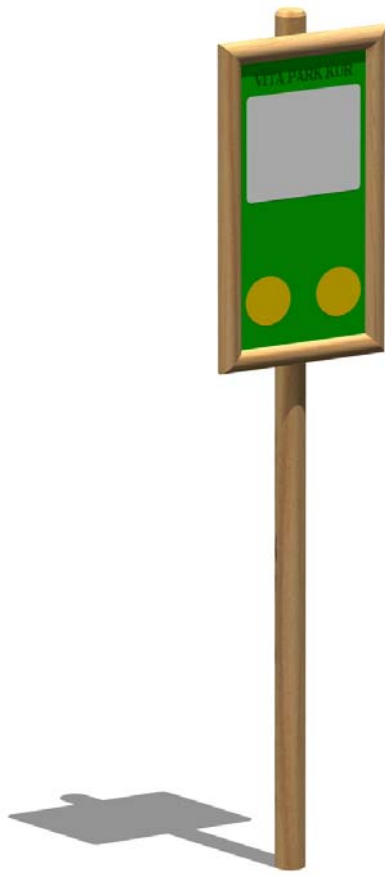
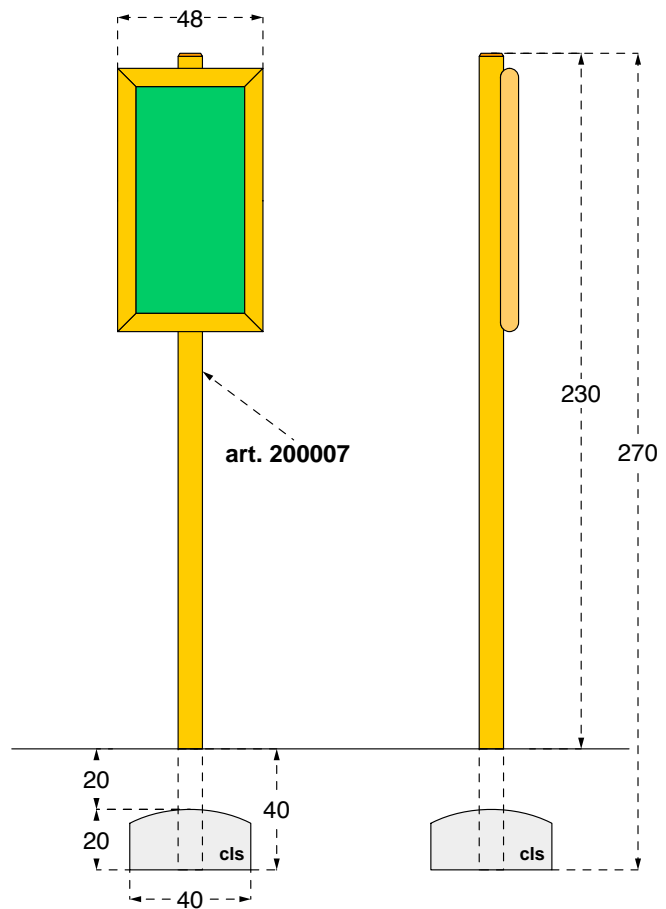


| Pz. | Descriz. | |
|-----|---------------------|--|
| 1 | tabella art. 200007 | |



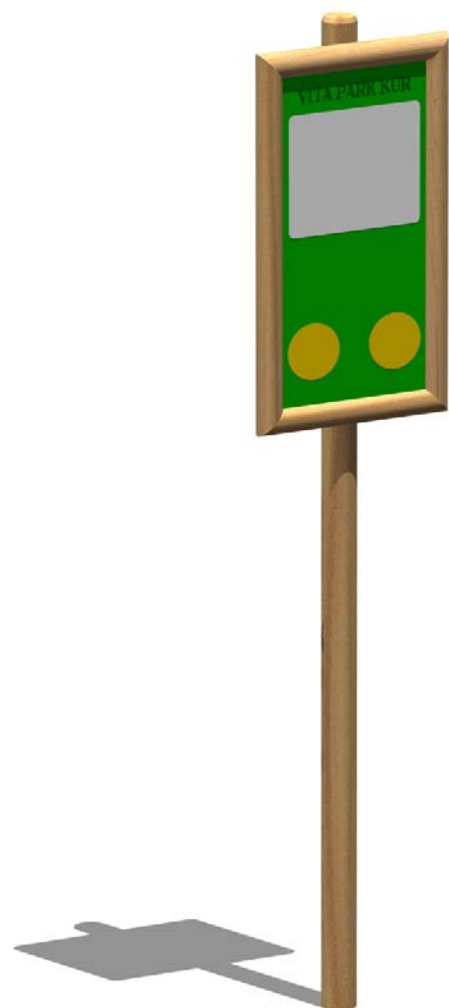
**FISSAGGIO A TERRA
TABELLE VITA PARK KUR
VALIDO PER TUTTE LE STAZIONI**



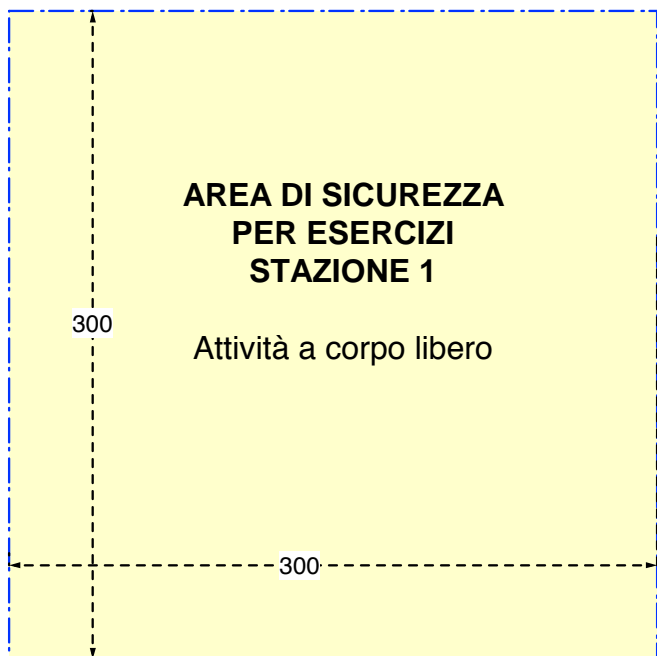
Posizionare la tabella fuori dall'area di sicurezza in un punto ben visibile dal percorso



| Pz. | Descriz. | |
|-----|---------------------|--|
| 1 | tabella art. 200007 | |



Posizionare la tabella fuori dall'area di sicurezza in un punto ben visibile dal percorso



VITA PARK KUR





x10



x10

Gambe unite: ruotare le braccia avanti e indietro.

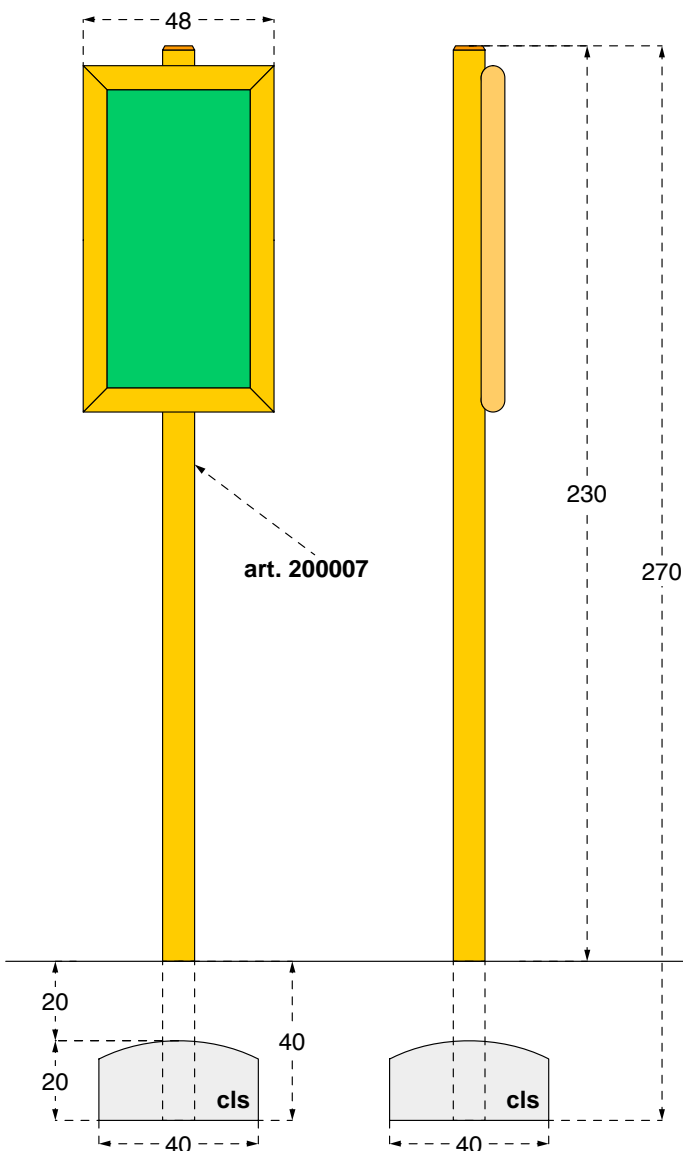
Legs together: rotate the arms forward and backward.

Füße geschlossen: mit den Armen vorwärts und rückwärts kreisen.

1

➔

LEGNOLANDIA



| Pz. | Descriz. | |
|-----|---------------------|--|
| 1 | tabella art. 200007 | |

VITA PARK KUR



x 8



x 15

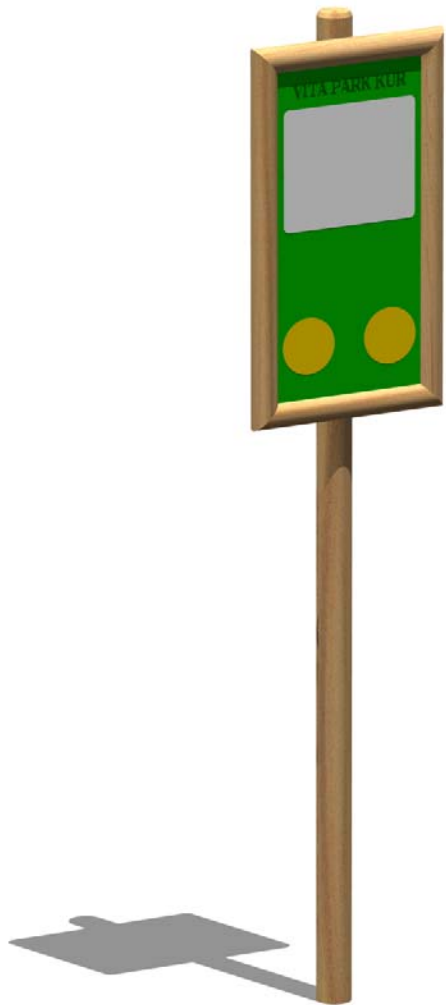
Posizione eretta con i piedi uniti: flettere il busto in avanti con le braccia e le gambe tese.

Standing straight up with feet together: band forward at the waist with arms and legs straight.

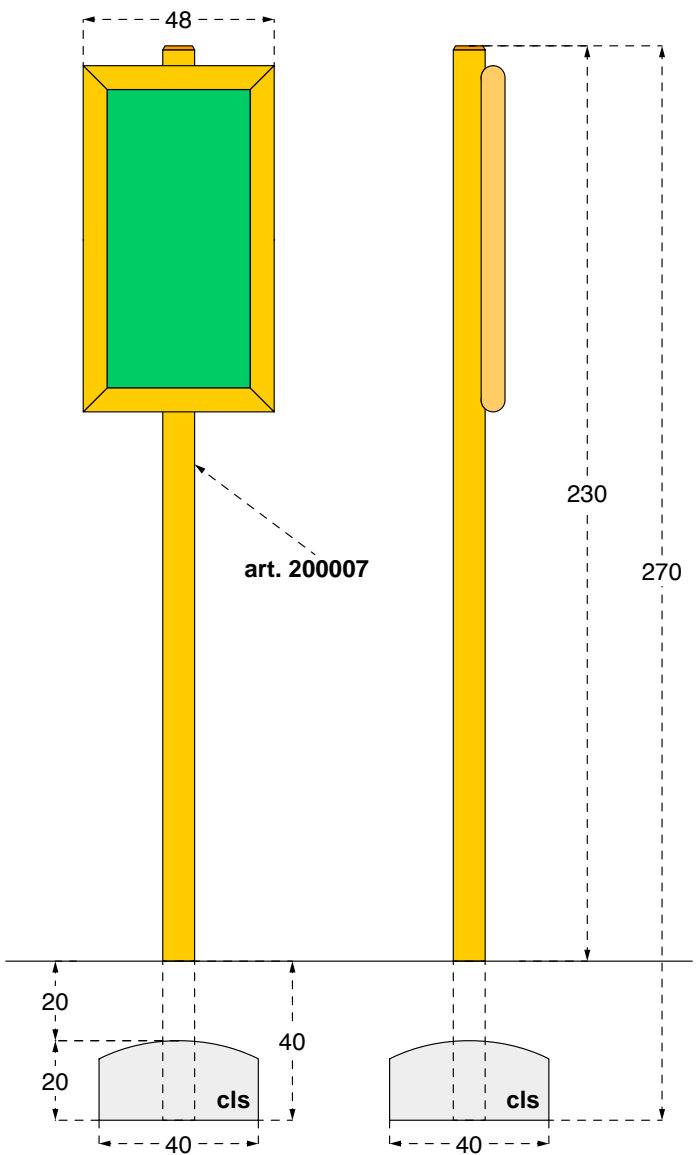
Ausgangsposition aufrecht mit geschlossenen Füßen: mit gestreckten Armen die Füße berühren.

2 

LEGNOLANDIA



Posizionare la tabella fuori dall'area di sicurezza in un punto ben visibile dal percorso

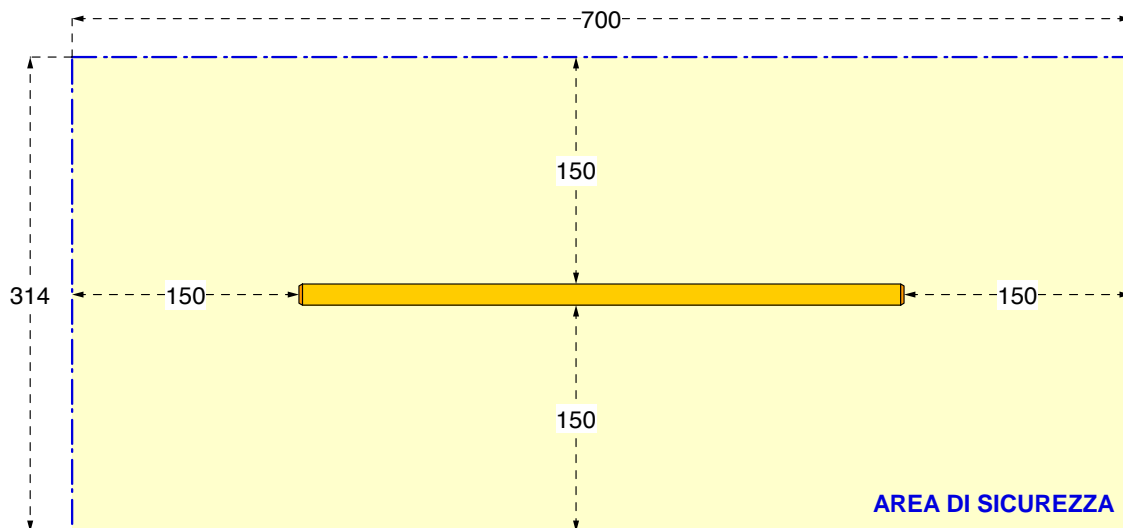
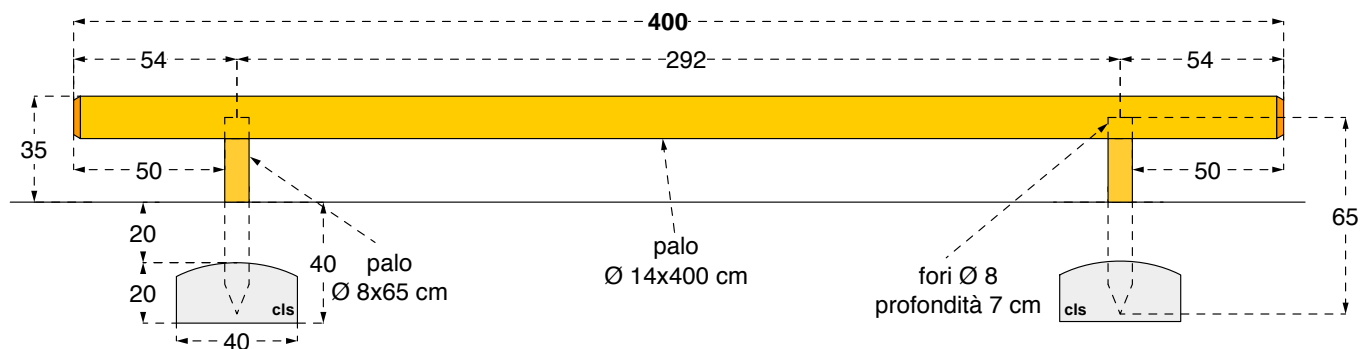
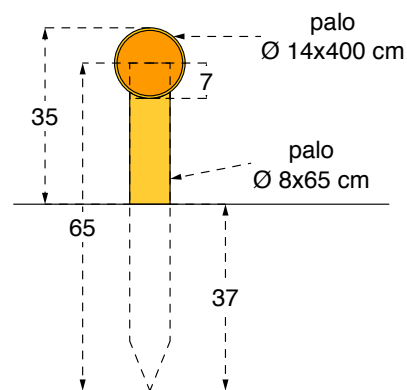
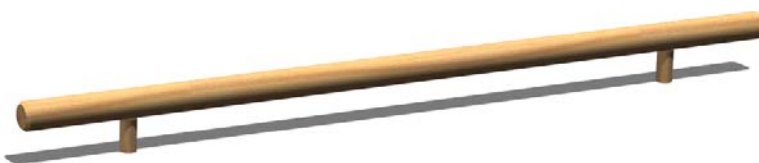


Cod. 011303 VITA PARK KUR STAZIONE 3

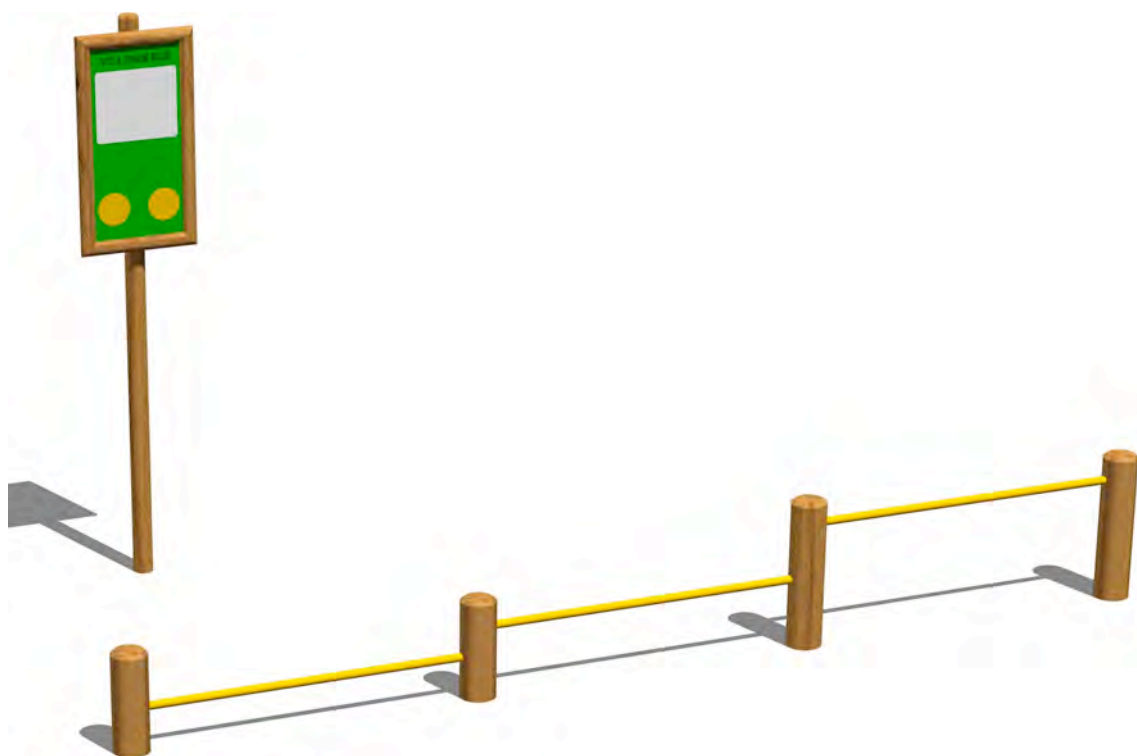
LEGNOLANDIA

Rev. 0

| Pz. | Descriz. | Lungh. | 1^Lav. |
|-----|---------------------|--------|---------------|
| 1 | palo Ø 14 | 400 | SV 2 + 2 fori |
| 2 | pali Ø 8 | 65 | PT 1 |
| 1 | tabella art. 200007 | | |



Posizionare la tabella fuori dall'area di sicurezza in un punto ben visibile dal percorso



VITA PARK KUR

x 6 **x 15**

Appoggio frontale a terra: flettere e tendere le braccia mantenendo rigidi il corpo e le gambe.

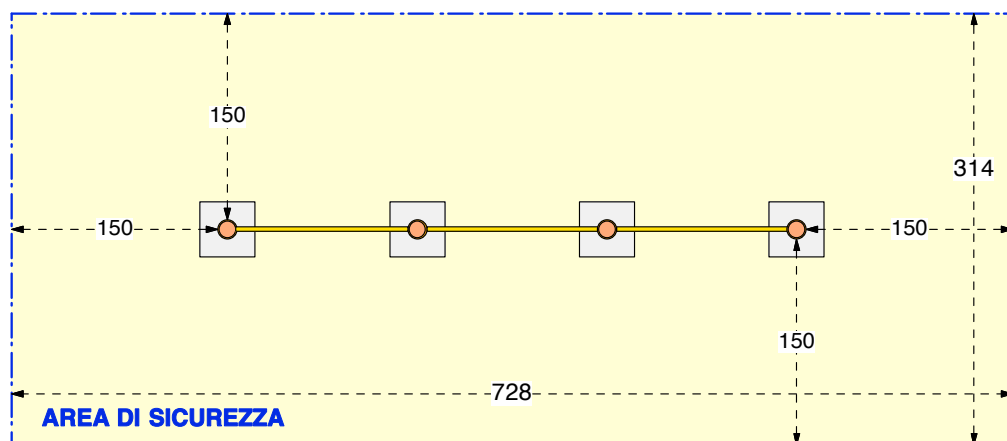
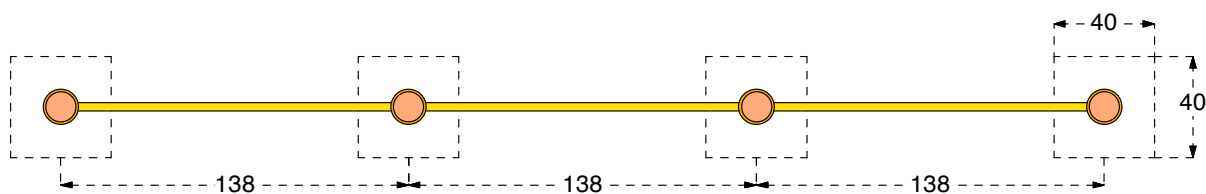
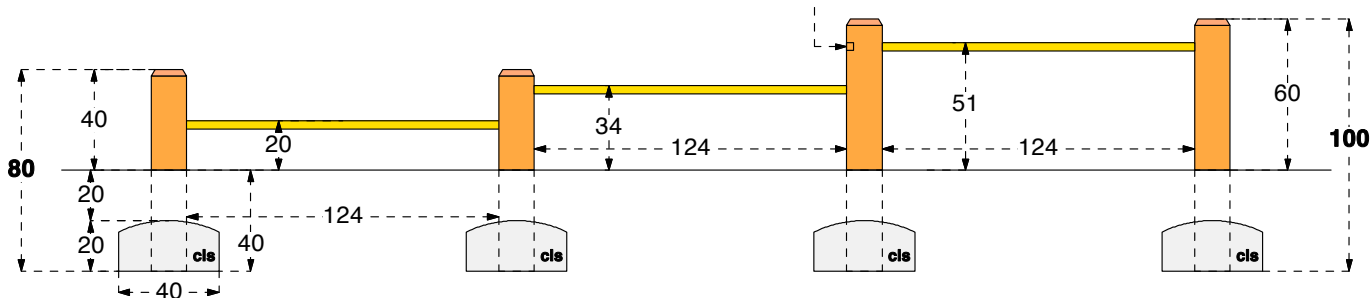
Holding onto the bar, with legs and body rigid, push up and down with arms.

Liegestützen, dabei Koerper und Beine versteifen.

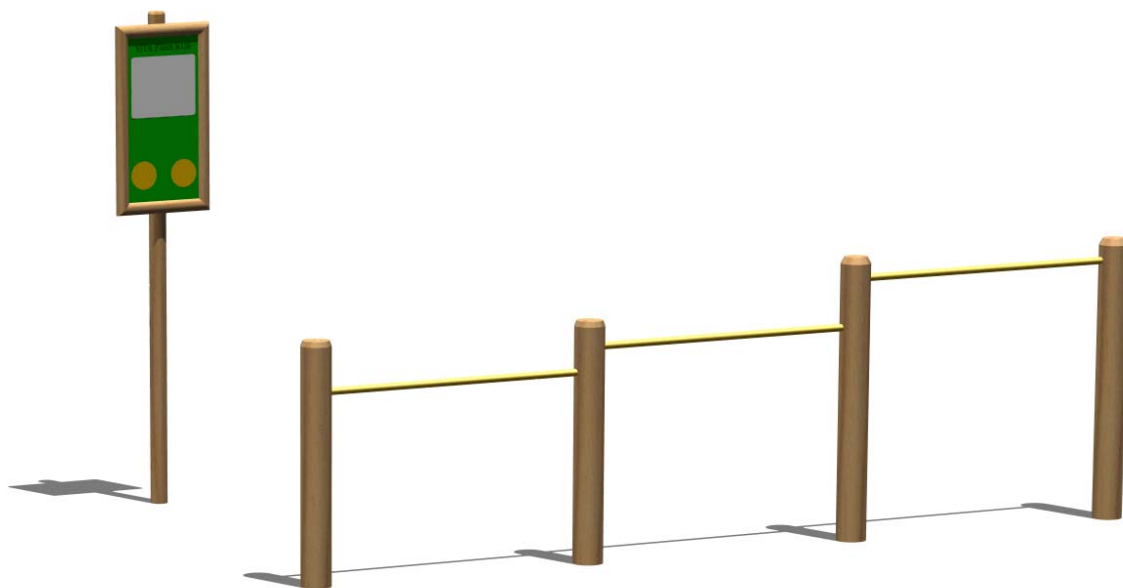
4

LEGNOLANDIA

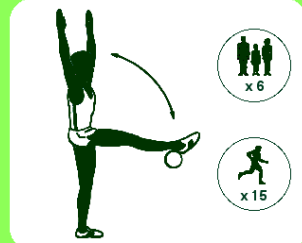
barra interna Ø 10mm
 passante con dadi
 incassati e tappi



Posizionare la tabella fuori dall'area di sicurezza in un punto ben visibile dal percorso.



VITA PARK KUR



Appoggiare alternativamente una gamba e l'altra sull'asta e flettere il busto avanti e indietro.

Leaning first one leg then the other on the bar, bend at the waist forward and backward.

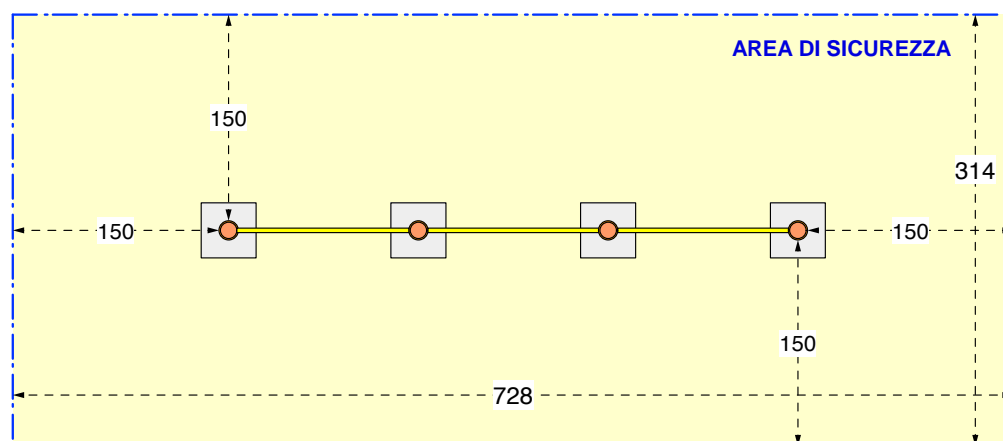
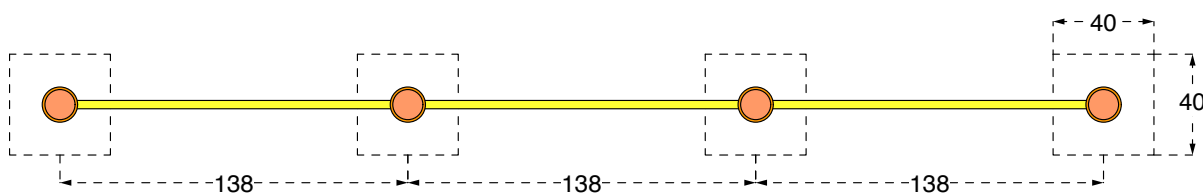
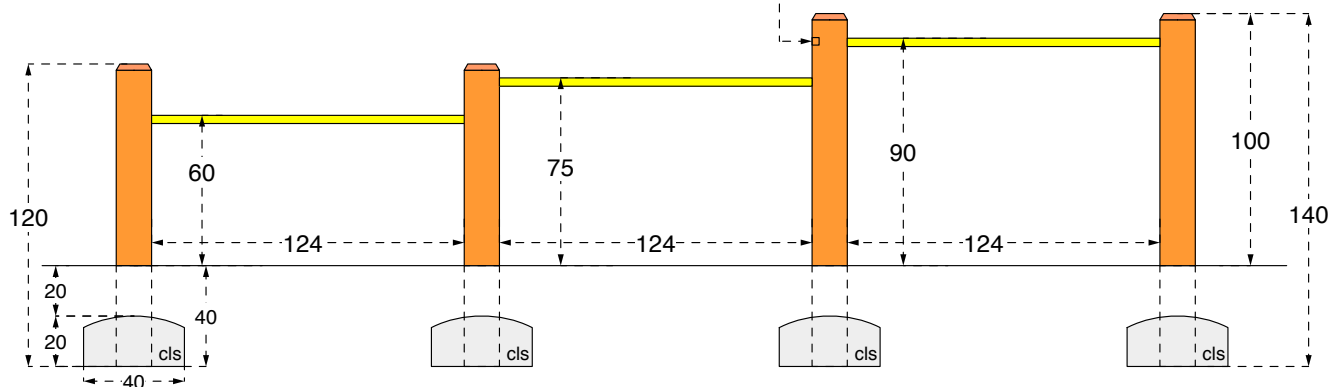
Das gestreckte Bein auf den Balken legen, den Oberkörper vor- und rückwärts bewegen, nach 5 x Beinwechsel.

5



LEGNOLANDIA

barra interna Ø 10 mm
passante con dadi
incassati e tappi



Posizionare la tabella fuori dall'area di sicurezza in un punto ben visibile dal percorso



Stesi sulla panchina: flettere il busto e le gambe e ritornare alla posizione iniziale.

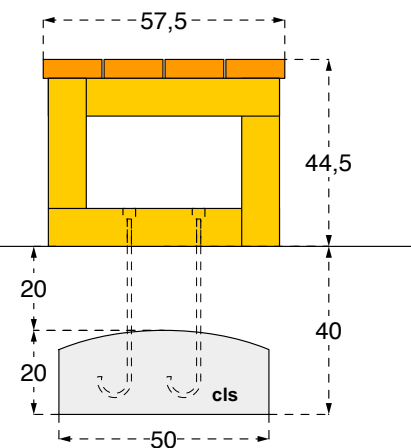
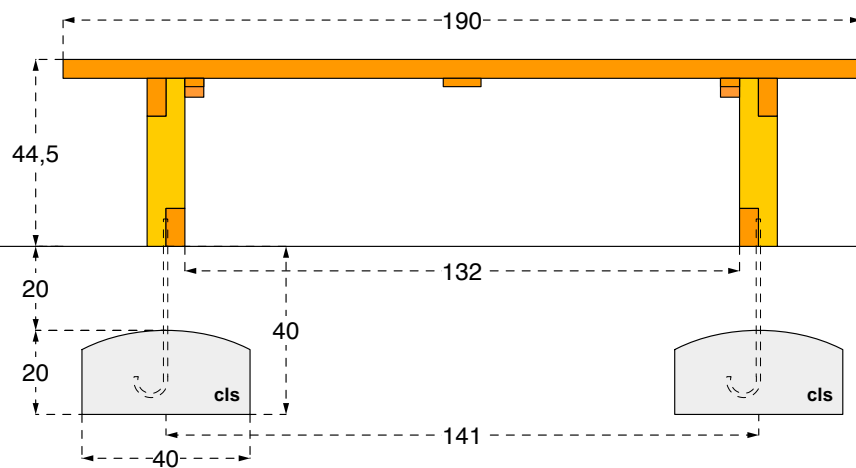
Lying down on the bench, bend knees and hug them with arms and then return to the original position.

Rückenlage auf der Bank mit ausgestreckten Armen, sich aufrichten und die angezogenen Knie umfassen, zurück in Ausgangslage.

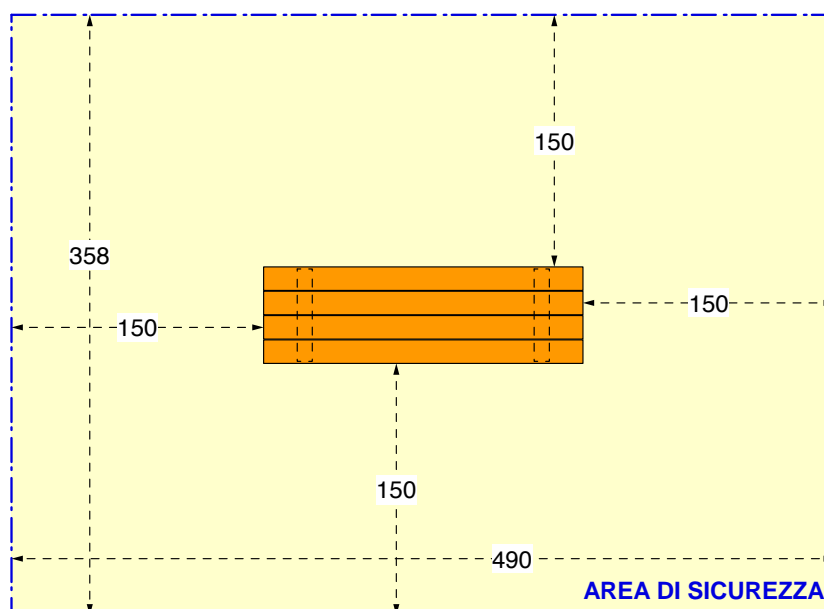
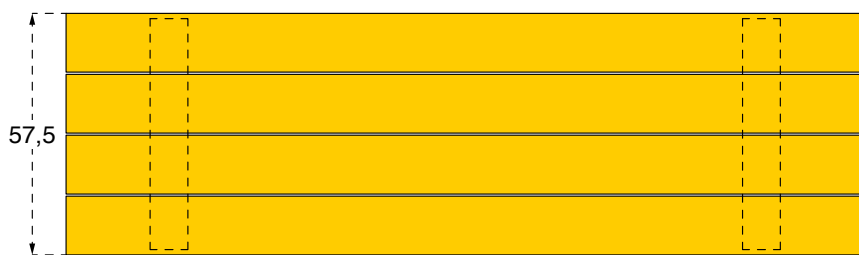
6



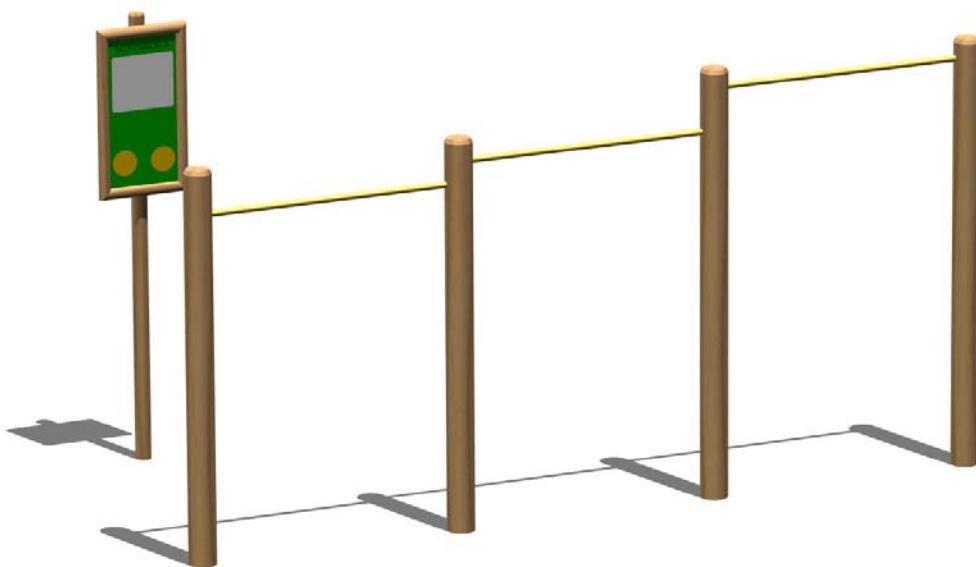
LEGNOLANDIA



PER FISSAGGIO A TERRA
usare barre annegate nel cls



Posizionare la tabella fuoridall'area di sicurezza in un punto ben visibile dal percorso



VITA PARK KUR

Saltare sull'asta con le braccia tese.

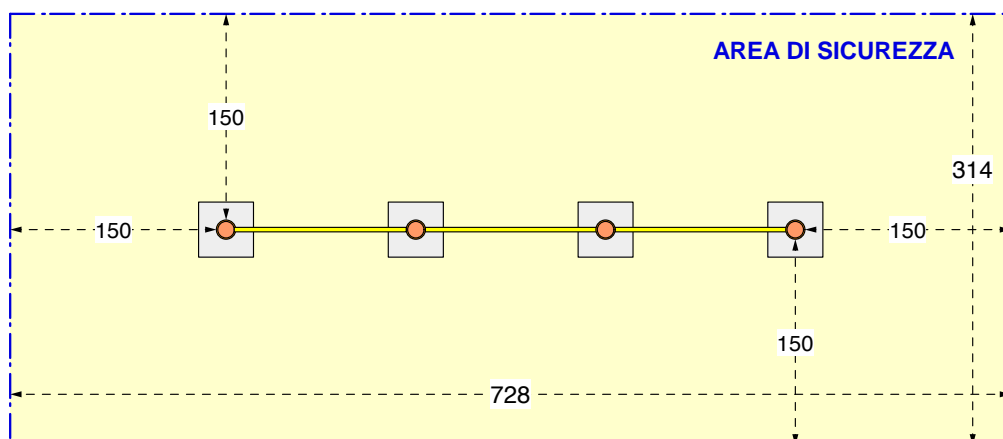
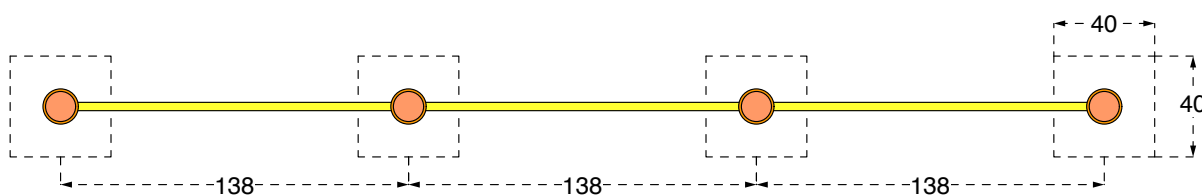
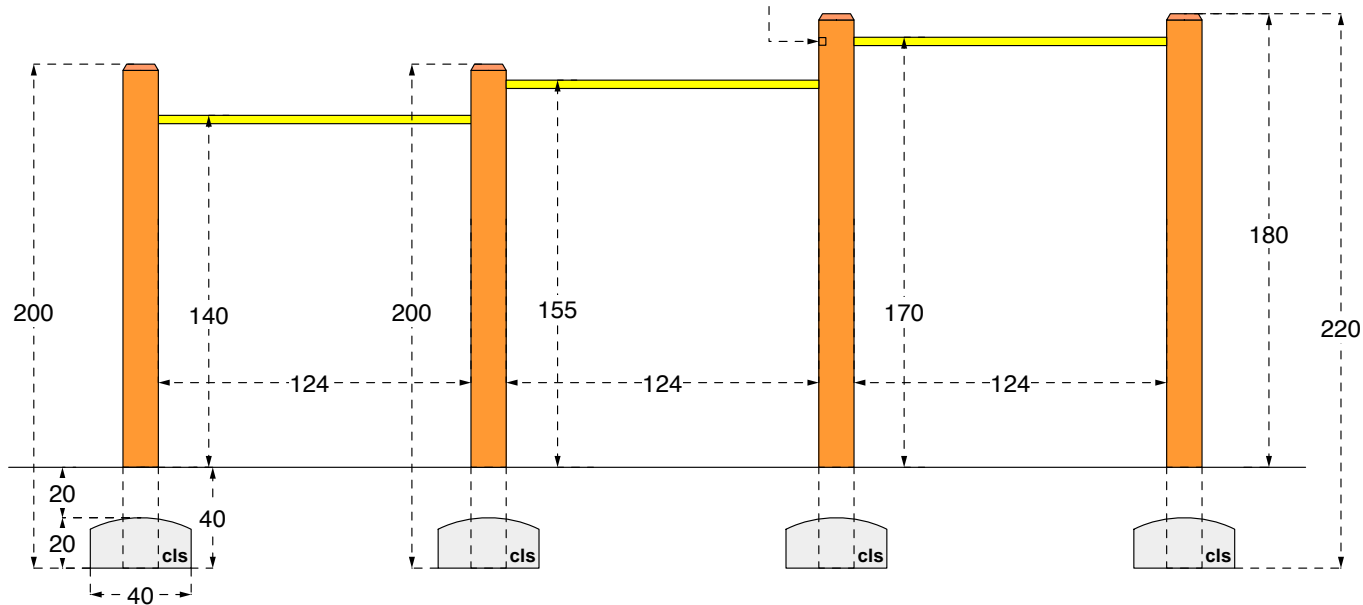
Jump onto the bar with arms straight

Auf den Balken springen mit durchgestreckten Armen.

7

LEGNOLANDIA

barra interna Ø 10 mm
 passante con dadi
 incassati e tappi



Posizionare la tabella fuori dall'area di sicurezza in un punto ben visibile dal percorso