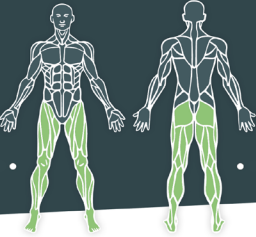


Muscle Groups Worked



How to use

- 1) Place one hand on the central post.
- 2) With one foot, stand on the lowest of the posts.
- 3) Slowly step from post to post circling the central post.
- 4) Keep one hand on the central post at all times.
- 5) Repeat workout by walking around the post in the opposite direction using your other hand.

Workout Ideas

Easy	2-3 minutes
Medium	4-7 minutes
Hard	7-10 minutes



AGYM001 - Circle Steps



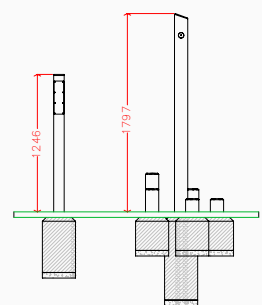
Product Features

- Laminated & tanalised redwood timber
- Zinc plated fixings
- Includes full instructions for use and ideas to make the activity harder or easier

Product Information

	Under 5	5 - 7	7 - 11	11 - 16	Over 16
Intended age range					
Free fall height	n/a				
Minimum surfacing area (if applicable)	n/a				
Minimum space required (length x width)	3700mm x 3700mm				
Dimension of largest part (length x width)	2600mm x 120mm				
Mass of heaviest part (kg)	14.86				
Wheelchair accessible	No				
Spare Part availability	2-4 Weeks				
Minimum persons required for assembly	1				

Side elevation



Plan elevation

