

## GHD FOR RIG



**DIMENSIONS** Foam - 600 mm x 500 mm x 200 mm  
Footrest - 450 mm x 298 mm x 300 mm

**WEIGHT** Foam - 4 kg  
Footrest - 9 kg  
Total - 12 Kg

**Composition:** Rectangular, round tube and iron plate. Micro textured electrostatic powder coating finish. Stainless steel sheets. Foam in recycled cotton covered with artificial leather (PVC). Cylindrical polyurethane foams.

**Color:** Black. Other colors on request.

**Components:**

- 1x pillows with ribbons and clips;
- 4x padded foot cylinders;
- 2x pin bolts.

Height adjustable footrest by drilling the BOXPT post with pin bolts. Adapted for 70 mm square posts only.

Foam to support the pelvis and/or legs. This must be allocated to a BOXPT plyobox (not included).

We advise you to use the box on a non-slip floor.

**FUNCTION** For training of the glutes and core area: abdominal, oblique and lumbar.

**MAINTENANCE** Apply a disinfectant liquid to a damp cloth immediately after use. Dirt cleaning should be performed weekly, depending on its use, focusing especially on the application of a lubricant and anti-rust.

For end consumers: 3 years.

**WARRANTY** For business consumers: 1 year.

Exclusion of Warranty: When misuse is verified. When not properly cleaned and serviced as described in maintenance.