

Flex Multi-Stretch

#OF-100-08



The Flex Multi-Stretch provides stretching and recovery movements through static stations and a dynamic rubber roller.



Targets:
Flexibility, Mobility



GENERAL SPECIFICATIONS

Ages 13+
User Capacity: 1
Number of Stations: 4
Number of Exercises: 18+

FLEX
MULTI-STRETCH

INSTALLATION SPECIFICATIONS

Equipment (LxWxH):
36 in x 38 in x 56 in
(91 cm x 97 cm x 142 cm)
Weight: 155 lbs (70 kg)
ASTM Fall Height: 0 in (0 cm)
Use Zone: 13 ft x 7 ft (3.9 m x 2.1 m)
ASTM Pad Size: 19 ft x 13 ft (5.8 m x 4.0 m)
ASTM Safety Surfacing Area: 205 ft² (19.1 m²)

COLOR OPTIONS



Technical Design Features

Frame

Constructed of 3/16" and 1/4" thick heavy-duty steel.

All fasteners are tamperproof stainless steel carriage bolts with a smooth, rounded head and square neck.

The locking nuts are shielded behind a padlocked access hatch.

Multi-Step Coating Process

Abrasive Blast with Aluminum Oxide: Surfaces are blasted with aluminum oxide to remove contaminants and create a textured profile that promotes strong adhesion of coatings.

Pre-Treatment Wash: Parts undergo a steam rinse, a zirconium-based chemical conversion coating for corrosion resistance and adhesion, a clean water rinse, and are then oven-dried to eliminate all moisture before coating.

Zinc-Rich Primer: A zinc-rich primer is applied (2.5-3.5 mil thickness) to provide corrosion protection and is oven-cured to form a durable bond with the metal surface. It is rated for 4000 hours of salt spray.

Top Coat: The final topcoat is applied for color, UV, and weather protection, then cured in an oven to create a long-lasting, high-performance finish. The polyester powder is applied with TGIC-Free super durable polyester, exterior grade powder.

Instructional Placards

Instructional placards are 0.25" thick Lexan and reverse printed with UV stabilized ink.

The Lexan is anchored to the column with a stainless steel trim ring and tamperproof rounded head carriage bolts.

Engineered with Real Exercise Biomechanics

Safe and effective exercise biomechanics are built into every product through adjustable resistance systems, ergonomically designed bodyweight stations, and configurable bench and seat height adjustments.

Available Exercises

UPPER BODY STRETCHES

Standing Cat Stretch
Shoulder Flexion Stretch
Side Bending Stretch
Chest Stretch
Bicep Stretch
Upper Trap Stretch
+ More

UPPER BODY STRETCHES

Hip Swings
Standing Hip Flexor/Calf Stretch
Standing Hip Opener
Figure Four Glute Stretch
Inner Thigh Stretch
Deep Calf Stretch
+ More

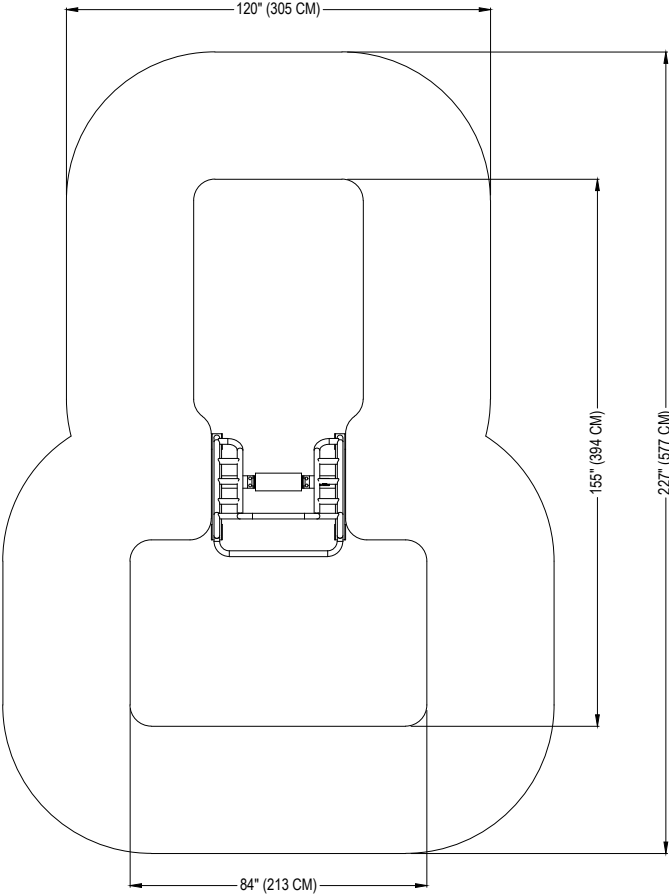
RECOVERY STRETCHES

Quadriceps Release
Glute Release
Hamstrings Release
Lateral Hip Release
Calf Release
Mid-Back Release
+ More

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ASTM Fall Height: 0 in (0 cm) | **Total Height:** 56 in (142 cm) | **ASTM Safety Surfacing Area:** 205 ft² (19.1 m²)



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