

TRAINER

OUTDOOR GYM

INSTALLATION INSTRUCTIONS

The safety of using products is dependent on proper installation carried out according to the instructions provided with the device by the producer. Only properly installed devices may be used. Before releasing devices to the public it is imperative to check that the installation has been carried out correctly.

TRAINER external fitness devices are designed, installed, serviced and delivered to the enduser based on the requirements of norms PN-EN 13485:2012 and PN-EN 16630:2015.

GENERAL REMARKS

The recommended minimal distance (so called safe area) between external fitness devices and other objects situated in their vicinity should be:

- for devices with a fall height up to 150cm – the safe area is 150cm from each side of the device
- for devices with a fall height greater than 150cm – the safe area = $0.5m + 0.67 \times$ the height of the device

Due to a small fall height under the fitness devices various sorts of surfaces may be used such as: earth, turf, concrete, sand, gravel, bark or other materials.

PART I – THE FOUNDATION



1. Select the place for the foundation.

Measure the distance from neighbouring devices and other objects (e.g. trees, fences, benches, bins, playground devices etc.) to ensure that the minimum safe areas have been conserved.

The minimal safe distance is 1500 mm (it is recommended to use 1800-2000 mm). When measuring the minimum safe area remember to add to it the dimensions of the device.



2. Measure out the dimensions of the foundation on the surface of the ground.

The foundation is normally **100 mm** lower than ground level

The typical dimensions of the foundation are: length 500mm, width 500mm, and depth 500mm, but it may be larger.



3. Dig a hole for the foundation.
If the ground is granular use boarding



4. Make sure that the hole is of the right dimensions. It should be at least 500mm long, 500mm wide and **600 mm deep**.



5. The foundations should be made from B20 or B25 concrete.
Make the concrete on location or order it from a concrete plant.
Pour the ready concrete into the foundation hole.



6. Pour in enough concrete to leave **100 mm from the surface of the concrete to ground level**.

When installing only a few fitness machines it makes sense to prepare the concrete on site. A 500x500x500mm hole requires approx. 10 bags of 25kg ready mix concrete mixed with water.



7. Insert the metal anchor provided with the fitness device into the concrete.



8. Move the anchor around in the concrete to ensure proper positioning.



9. Align the anchor in the concrete so the **threaded poles stick out 40-45 mm** above the level of the concrete and the anchor is mounted vertically. Make the surface of the concrete even.



10. **Secure the construction area** and wait a few days until the concrete has hardened.

PART II – INSTALLATION OF A PYLON DEVICE



1. Clean the surface of the foundation and position the pylon on the ready hard foundation.



2. Place the pylon on the threads of the anchor sticking out of the foundation.

Be sure not to damage the threads of the anchor.



3. In order to mount the pylon to the anchor you will need: **4 galvanized standard washers, 4 galvanized split washers, 4 galvanized nuts 16mm diameter and a no. 24 wrench.**

All the washers and nuts are supplied in a set



4. Make sure that the device is properly mounted. It should adhere well to the foundation (the foundation should be smooth and level)

Place the wide washers on the threaded bolts of the anchor, then apply the split washers (the

with the device.

Finally, remember to install the plastic end covers on the nuts (they will also protect the bolts from moisture and damage).

smaller ones) and to finish screw on the appropriate nuts to the thread of the anchor.

Finally tighten the nuts with a no. 24 wrench.

The pylon is ready to accept the fitness device (or 2).



6. The pylon (as shown to the left) **has 2 places to mount devices (1 upper and 1 lower).**

Depending on the device, it is mounted to both places, or only to the lower one.

In order to install a device to 1 place you will need: **4 bolts 12mm diameter 35mm in length (40mm in the case of mounting 2 devices) 8 washers, 4 cap nuts and a no. 19 wrench.** The bolts, washers and nuts must be galvanized or made of stainless steel. **Washers must be applied to both sides of the pylon, flat side to the pylon, rounded side to the nut.**

5. After installing the pylon to the foundation, you can now start to install the fitness device or two if that is the case.



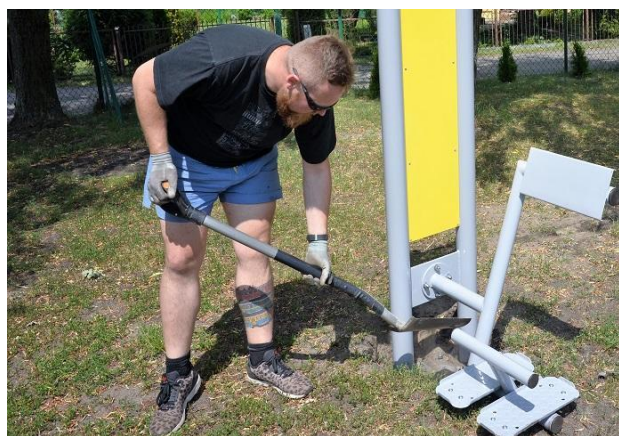
7. Bring the device to the installation area on the pylon and temporarily attach it with 1 screw.



8. When 1 screw is installed, apply the other 3 screws.

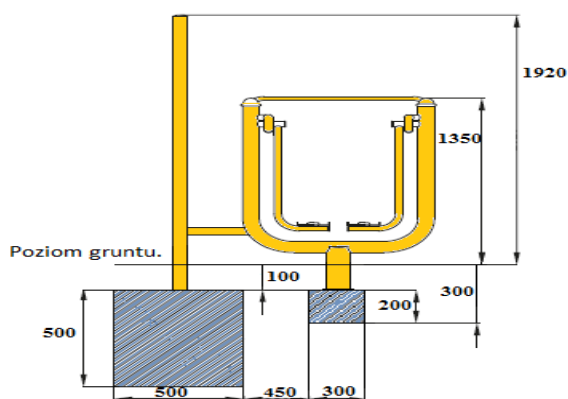


9. Tighten the screws.



10. Add a covering layer of earth under the pylon and stick the instructions of use onto the pylon.

WARNING !!!



An exemplary pylon and runner device.

Some devices mounted to a pylon have their own additional 'small' foundation of the dimensions 500x300x200 mm.

These devices are: air walker, cross trainer, ski walking, bicycle, rider, rower. This additional foundation is made 100mm below ground level.

It is easy to make such a foundation using half a curbstone. The device is mounted to it using 2 no. 12 screws and rawplugs.

PART III – INSTALLING A DEVICE ON A POLE AND FREESTANDING DEVICES.



1. Position the device on the threaded bolts sticking out of the anchor in such a way as to not damage the threads.



2. To mount the pole to the foundation you need: **4 normal galvanized washers (wide ones), 4 galvanized split washers, 4 16mm galvanized nuts and a no.24 wrench.** All the washers and nuts are supplied with the device.



3. On every thread apply: a normal wide washer, then on top of it a split washer and finish with a nut. **Tighten delicately with a no. 19 spanner.**



4. **Check to see if the device is properly mounted (vertically and horizontally) and make sure it is stable.**

If it is crooked, add more wide washers to make up for errors. **When it is level, tighten the nuts and add the plastic end covers.**



5. After tightening the nuts, place a 150mm layer of earth over the foundation. Make it level with the surface of the ground.



6. Stick on the user instructions. Do this carefully. Delicately stick the centre from top to bottom.



7. Next, using a cloth apply the rest of the sticker towards the sides. Make it adhere well (without bubbles). It must be legible.



8. The device is ready for use.

ADDITIONAL WARNING:



1. **Some devices can be mounted not only to a pylon, but also to a special pole.**
In this case they are mounted similarly to devices mounted to a pylon.



2. **We recommend buying a board with the fitness centre rules** and separating the fitness area from the playground (e.g. by a simple fence).

ADDITIONAL INFORMATION

1. In the case of an installation performed that does not conform to these instructions, ZPU Romex Sp. z o.o., holds no responsibility for medical issues arising from the use of these products.
2. All emerging variations in the technical aspect of these products: damage, failure, malfunctions caused by improper installation not abiding to these instructions do not qualify for guarantee nor warranty from the manufacturer, ZPU Romex Sp. z o.o.
3. If after reading these instructions there remain any doubts pertaining to proper installation it is imperative to contact the manufacturer ZPU Romex Sp. z o.o. to receive additional information and/or consultation.
4. Please keep the instructions, it might be necessary to read them again.



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