



Data sheet Karta katalogowa Scheda di dati Fiche Technique Datenblatt

EN Equipment for the outdoor exercise

Device category: Building muscles, Coordination

Training effect: Trains the hip muscles. Aids the activity of hip joints and of the lumbar spine. Trains the sense of balance and affects the abdomen and back muscles.

Method of use: Set both legs on the feet and firmly grab the holders. Move the legs to the right and left performing a pendulum movement.

Exercise difficulty: Easy

Configuration: double-sided, one-sided, or Ski Trainer with Twister

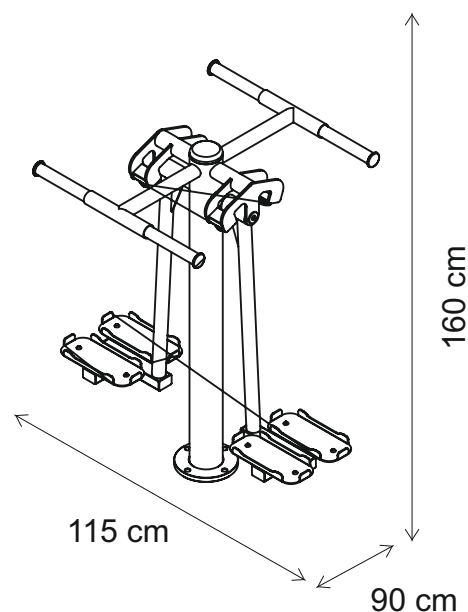
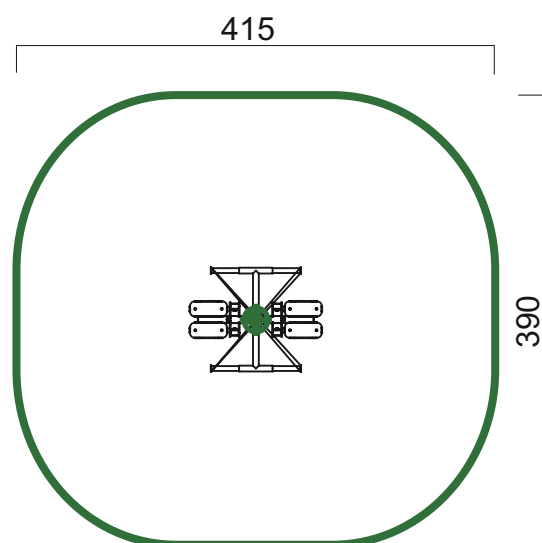
A total safety and functionality of equipment can only be kept when the inspections are made on regular basis. A subject of control should be potential damages and use. Always observe the maintenance and installation guide.

This device is designed for people over 1.4 m tall.

For single person use only. Maximum user's weight 120 kg.

Made followed the EN 16630:2015 norm

Made in Poland





Maintenance manual
Instrukcja konserwacji
Manuel de maintenance
Manuale di manutenzione
Wartungshandbuch

EN

A inspection is carried out as follows:

Routine inspection:

Visual inspection device is intended to detect visible damage and risks that could arise for reasons such as: misuse, vandalism or weather conditions.

NOTE 1 For outdoor fitness installed in areas with intensive use of equipment, and also in areas characterized to frequent damage caused by vandalism, may be required daily inspection.

NOTE 2 During the inspection routine and operational should pay attention to: cleanliness, level ground state of the ground, exposed (mobile) foundations, sharp edges, missing parts, excessive used (mobile and disperse the parts), structural strength of construction.

Operational control:

More accurate than a routine inspection of facilities for checking the functionality and stability of exercise equipment. You should do this every 1 to 3 months according to guidance of manufacturer

Main annual inspection:

Control of defining the overall condition for safe exploiting of equipment (main annual review).

NOTE 3 Main annual inspection may need to dig or decompose (spin) of individual equipment or their parts.

The annual inspection should be performed by the manufacturer or an authorized repairer Outdoor Fitness Center. Submissions annual inspection the following address:
fitness@outdoorfitness.pl

Failures

In the absence of damage or exploiting of the device must be immediately replaced or repaired. If this is not possible, secure the unit before use. Contact the site Outdoor Fitness Center: fitness@outdoorfitness.pl.

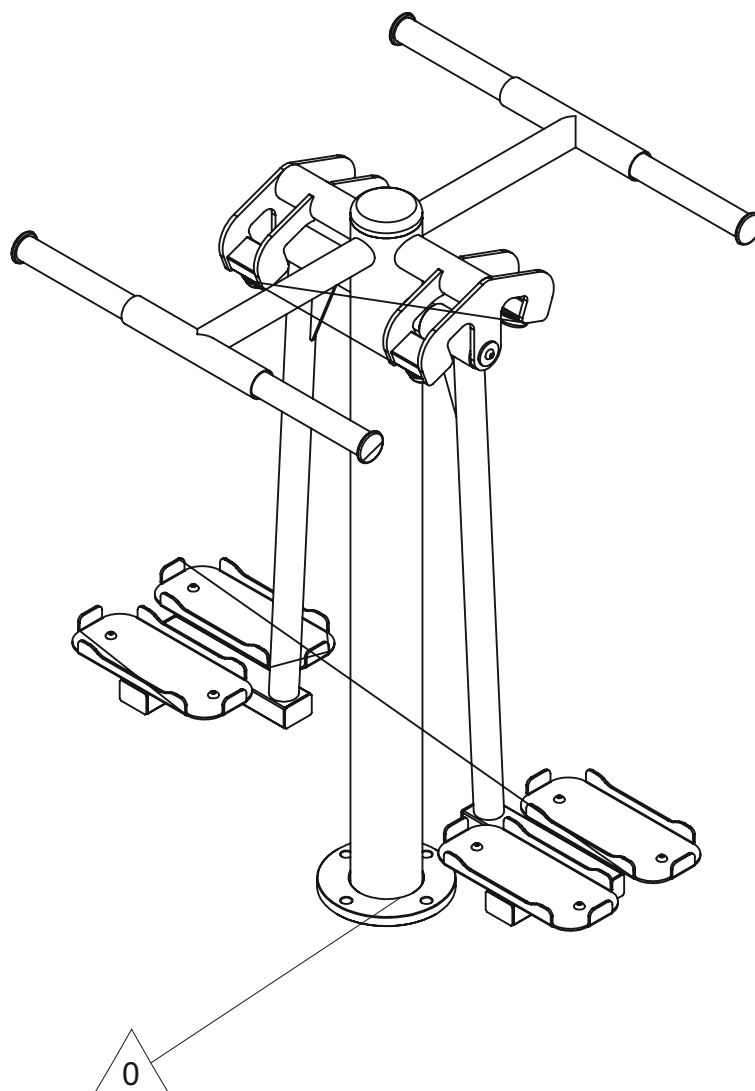
Use only original spare parts. Repair and replacement of parts may only make the manufacturer or its authorized representative.

OF2-12 Ski Trainer



Installation manual
Instrukcja instalacji
Manuel d'installation
Manuale di installazione
Installationshandbuch

0,64m	16 m ²	14 → +



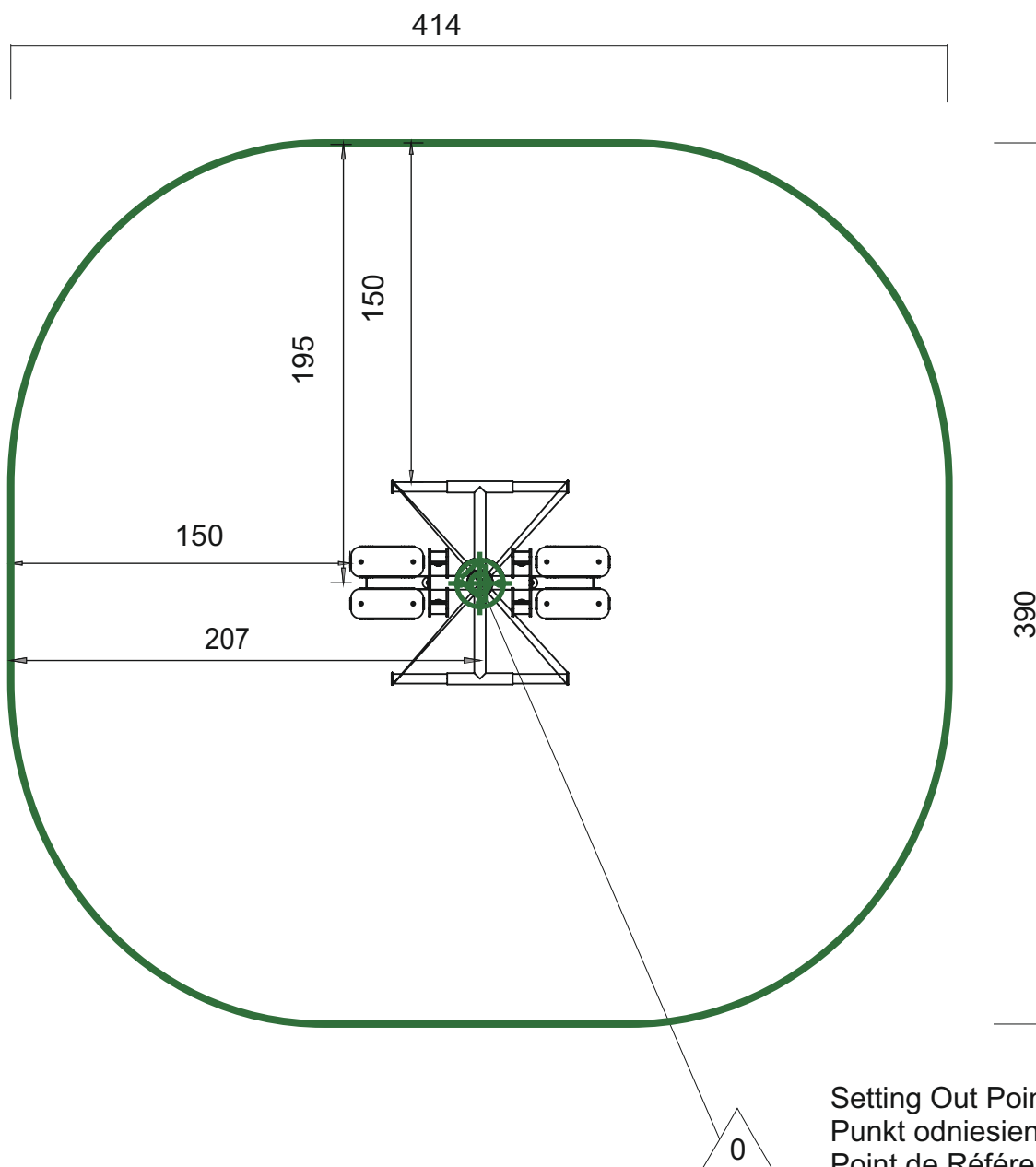
OF2-12 Ski Trainer



Impact Area
Strefa upadku
Zone d'Impact
Area de Impacto
Fallraum

Required surface: Any
Wymagana nawierzchnia: dowolna
Toute surface nécessaire
Superficie necessaria: Qualsiasi
Erforderliche Oberflächen: Jede

16 m²



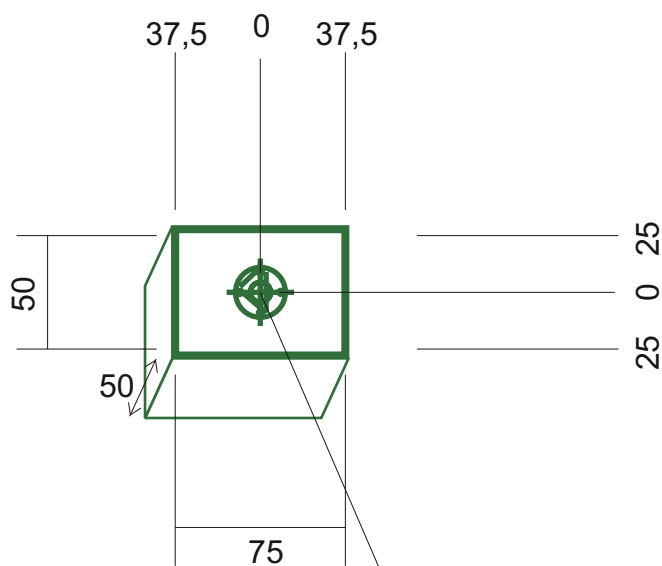
Setting Out Point
Punkt odniesienia
Point de Référence
Punto de referencia
Bezugspunkt

OF2-12 Ski Trainer



Concrete pad
Fundament betonowy
Dalle béton
Solera de Hormigón
Beton Bodenplatte

$0,37 \text{ m}^2 / 0,19 \text{ m}^3$

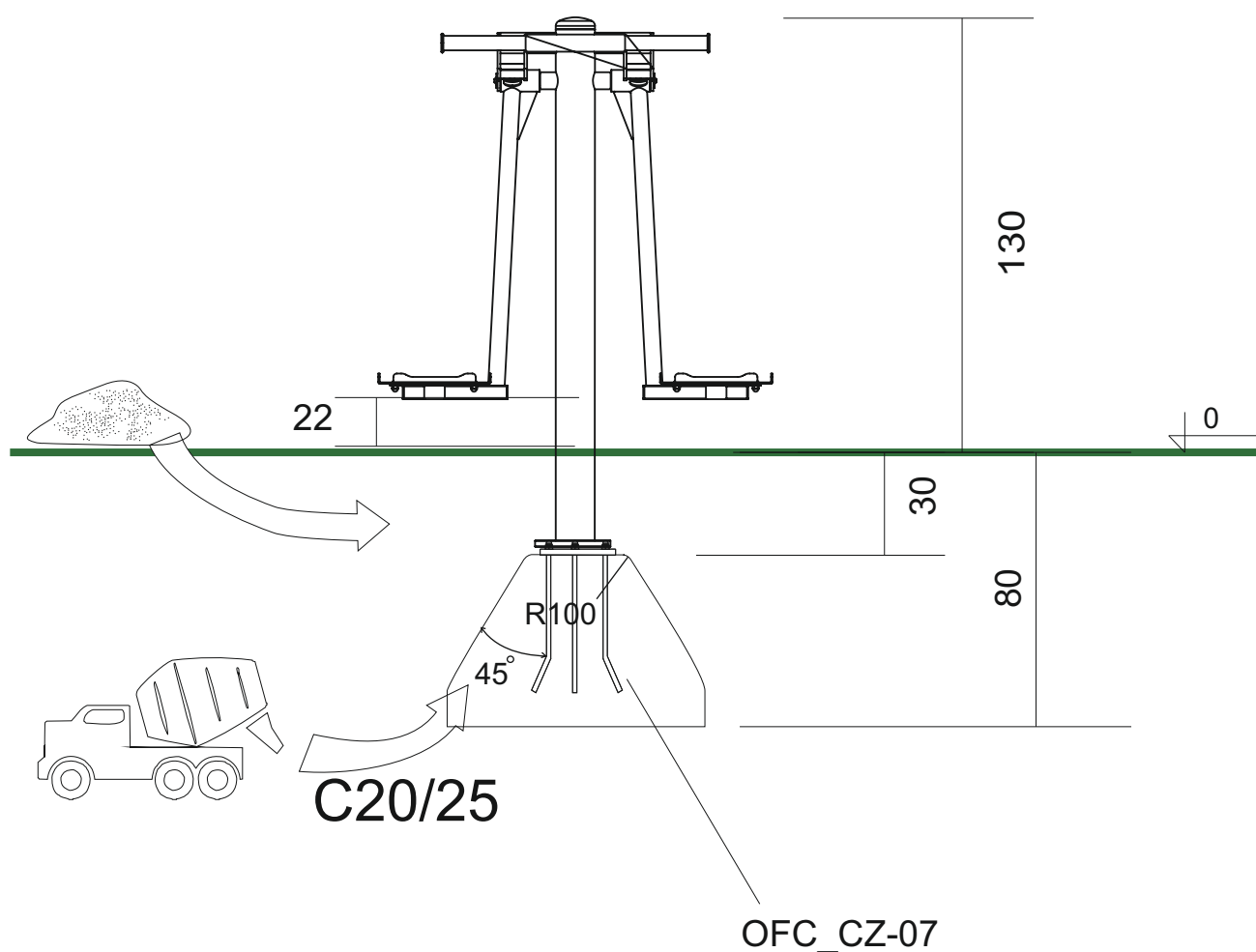


Setting Out Point
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OF2-12 Ski Trainer



Footing plan
 Plan fundamentowania
 Implanation
 Implanación
 Fundamentplan



4xM16 	4xM16 		2x 		 Min. 48h
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