



Data sheet Karta katalogowa Scheda di dati Fiche Technique Datenblatt

EN Equipment for the outdoor exercise

Device category: Coordination

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

Method of use: Take a position on one of the discs with both legs, grab the holder with your hands and then move your hips in a uniform fashion from the right side to the left.

Exercise difficulty: Easy

Configuration: Tripple Twister ot Twister with Ski Trainer

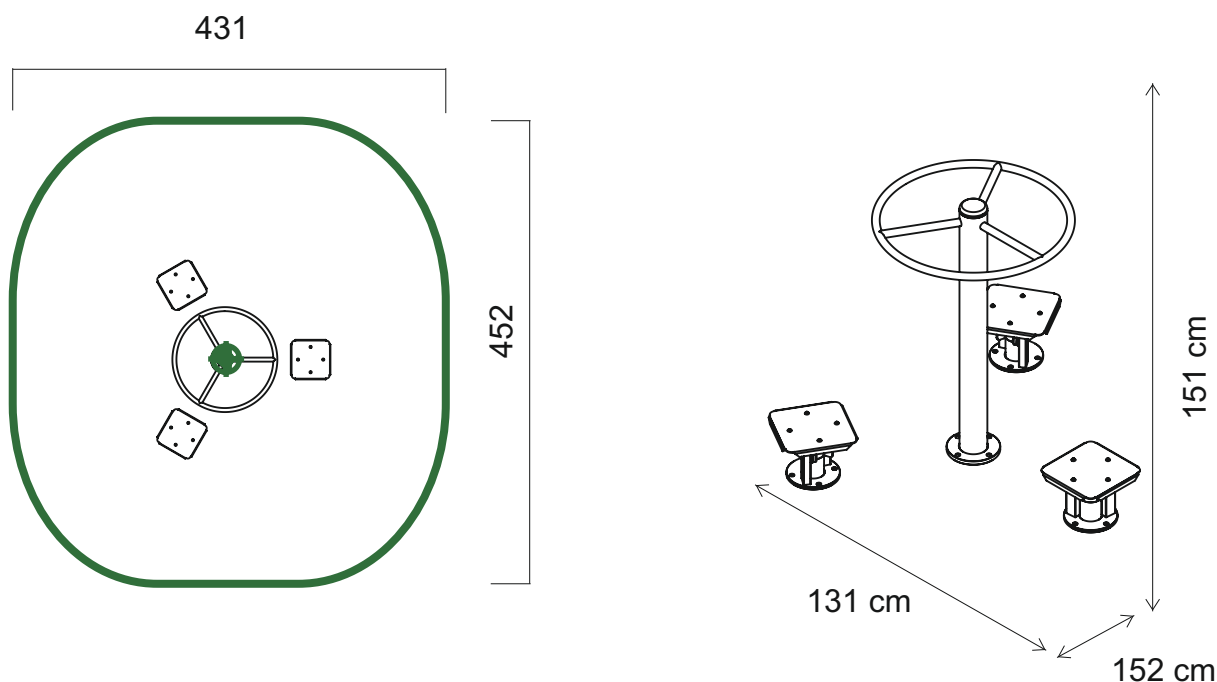
Full safety of the equipment use can be maintained only as a result of regular control concerning damage and wear. Devices should be regularly checked for security and functionality.

The devices can be used by adults and children from 10 years of age. Children to 14 years of age should be supervised by guardians.

Intended for one person. Maximum weight of user 120 kg.

Use class: S Accuracy class: B

Prepared on the basis of the following standards: PN-EN 1176-1:2009, DIN 79000, PN-EN 16630 .
Manufactured 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

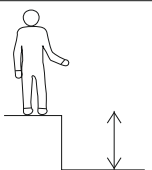
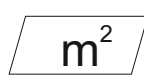

In the absence of damage or exploiting of the device must be immediately replaced or repaired. If this is not possible, secure the unit before use. Contact the site Outdoor Fitness Center: fitness@outdoorfitness.pl.

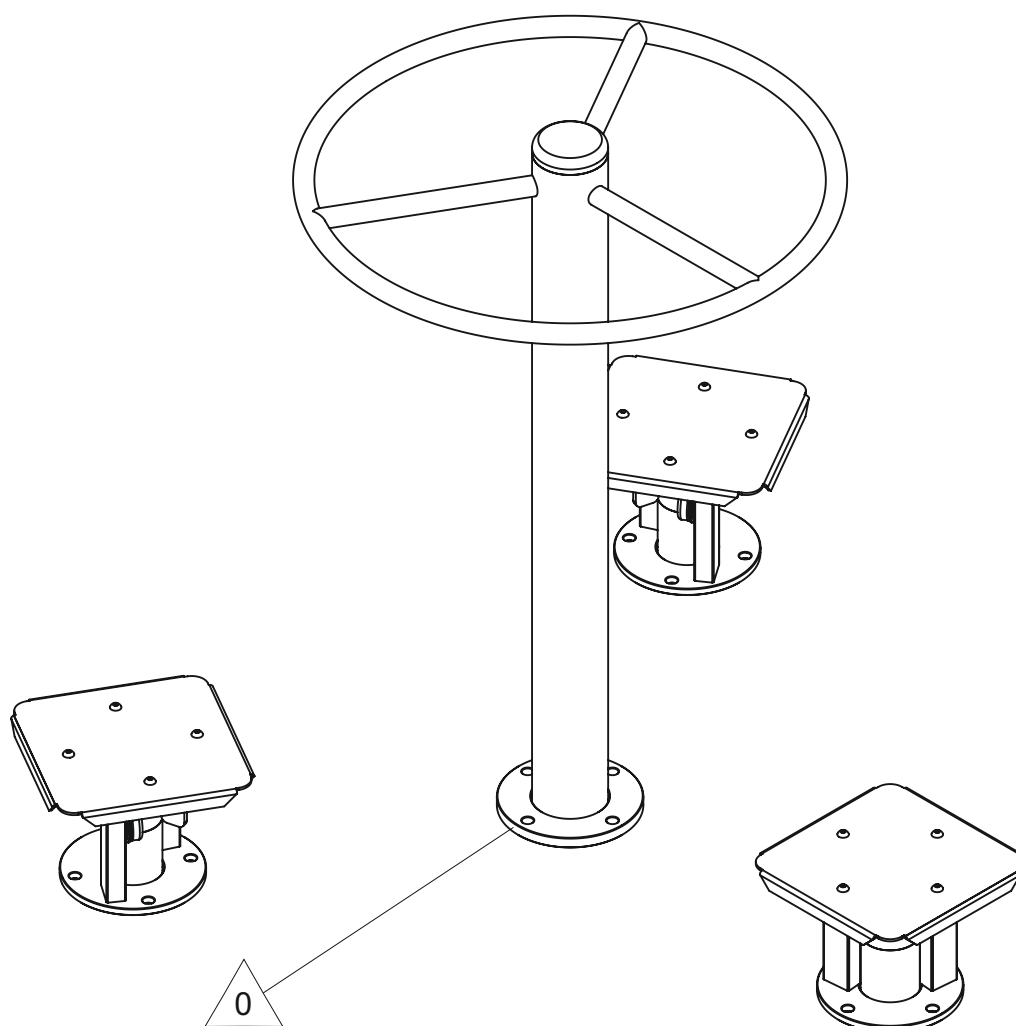
Use only original spare parts. Repair and replacement of parts may only make the manufacturer or its authorized representative.

OF2-11 Triple Twister



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

		
0,23m	19,5 m ²	1,4m → +



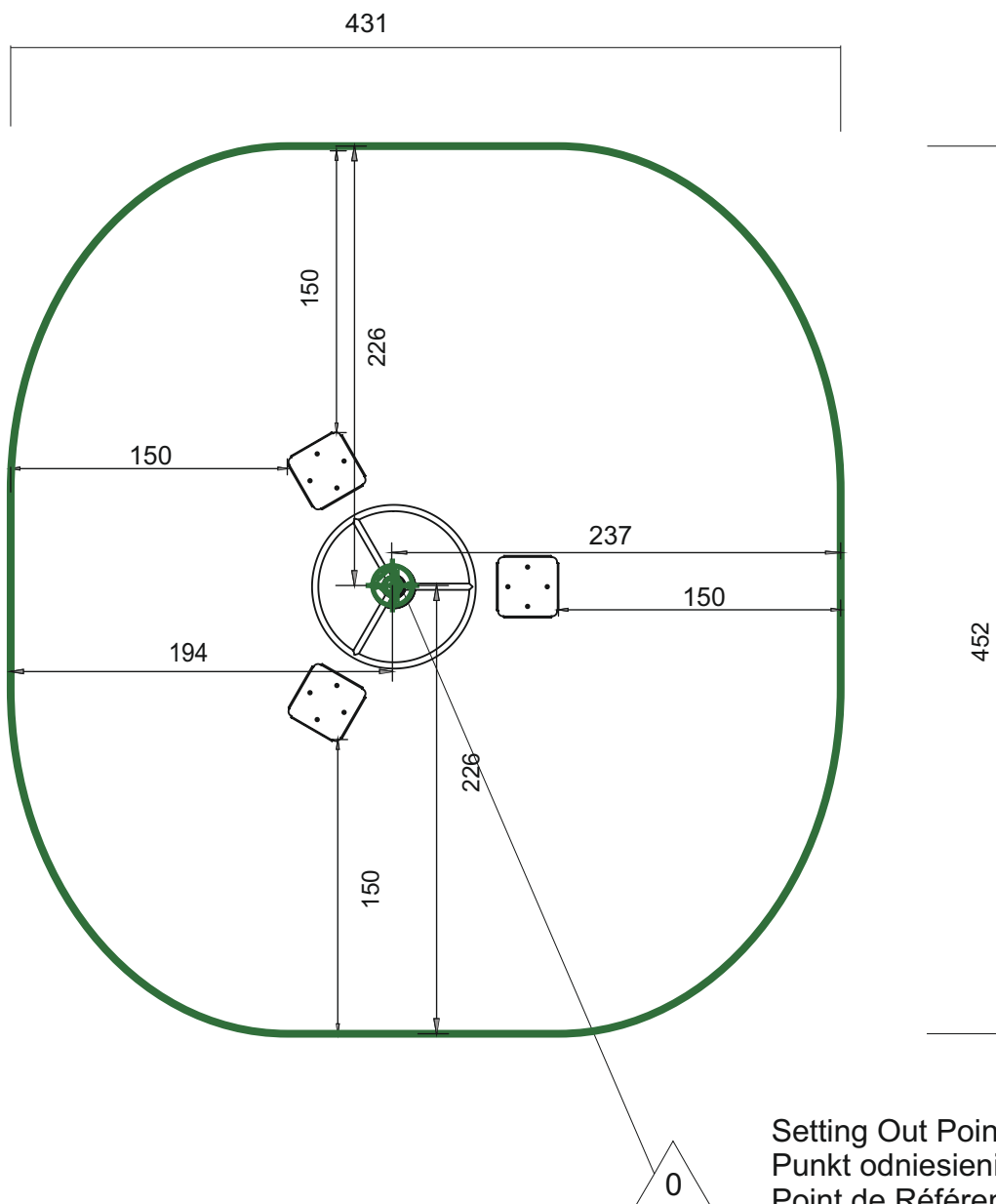
OF2-11 Triple Twister



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

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

19,5 m²



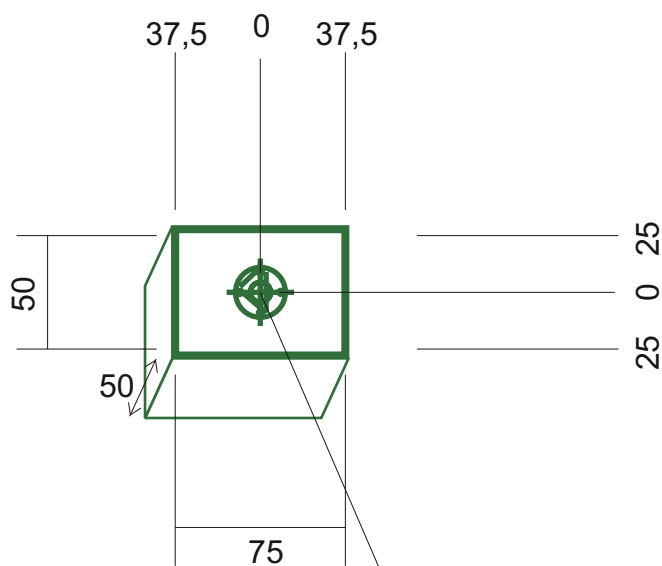
Setting Out Point
Punkt odniesienia
Point de Référence
Punto de referencia
Bezugspunkt

OF2-11 Triple Twister



Concrete pad
Fundament betonowy
Dalle béton
Solera de Hormigón
Beton Bodenplatte

0,37 m² / 0,19 m³

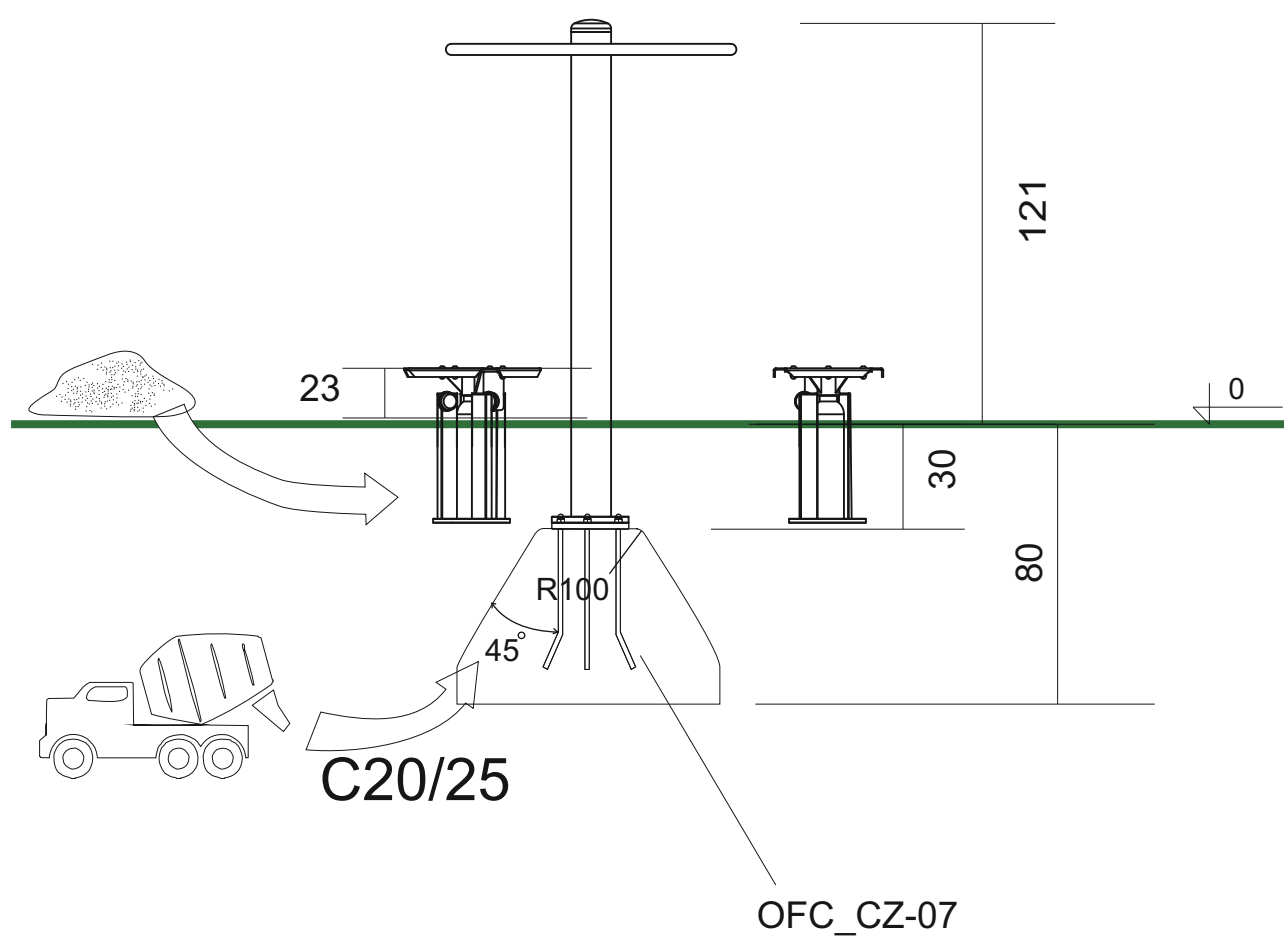


Setting Out Point
Punkt odniesienia
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OF2-11 Triple Twister



Footing plan
 Plan fundamentowania
 Implanation
 Implanación
 Fundamentplan



4xM16 	4xM16 	 24	2x 		 C20/25 Min. 48h
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