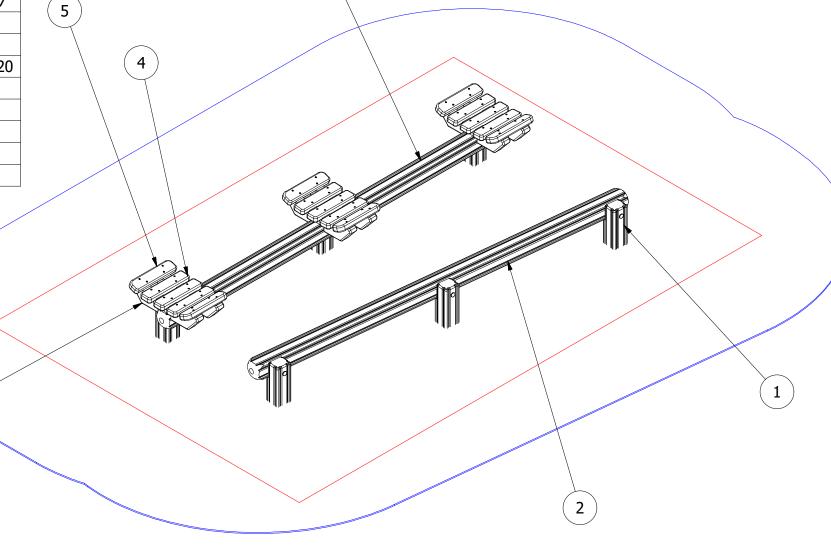
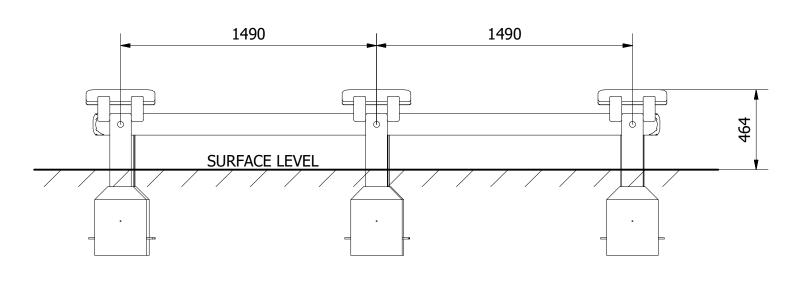
PARTS LIST				
ITEM	QTY	PART NUMBER	DESCRIPTION	STOCK NUMBER
1	6	TB-200-335	825mm x 125mm SAFALOG	COMTIMSAF0001
2	2	TB-200-743	3300mm x 125mm SAFALOG	COMTIMSAF0001
3	6	TB-200-756	640 x 145 x 70	COMTIMSAW0003
4	9	TB-200-757	400 x 95 x 45	COMTIMSAW0007
5	6	TB-200-758	400 x 95 x 45	COMTIMSAW0007
6	60	M6 X 80 TORX WOODSCREW	80MM TORX WOODSCREW	COMA2WS6X80
7	6	M8 X 100 TORX WASHER HEAD	100MM WASHER HEAD	COMA2WH8X100
8	6	M12 X 220 COACH BOLT	M12 X 220 (DIN 603)	COMA2CBM12X220
9	6	M12 WASHER	M12 WASHER (DIN 125)	COMA2FWM12
10	6	M12 NYLOC NUT	M12 NYLOC NUT (DIN 985)	COMA2NNM12
11	6	30MM BOLT COVER	30MM BLACK CAP	COMPLACAP0001
12	12	GROUND IRON	FOUNDATION GROUND IRON	
13	6	300 x 300 x 400	0.036M <sup>3</sup> CONCRETE FOUNDATION	

	FITNESS INDICATOR SIGN				
ITEM	QTY	PART NUMBER	DESCRIPTION		
1	1	TB-200-399	1650 x 112mm (FC281650P)		
2	1	PE-400-035	COMSIGSIG0032		
3	4	M3 X 25 POZI PAN SCREW	COMHARSTA0009		
4	1	GROUND IRON	FOUNDATION GROUND IRON		
5	1	300 x 300 x 400	0.036M <sup>3</sup> CONCRETE FOUNDATION		





NOTES:

STEELWORK: **EXPORT - ALUMINIUM** 

U.K - STAINLESS STEEL

INDICATOR SIGN: EXPORT - COMSIGSIG0042

U.K - COMSIGSIG0032

UNLESS OTHERWISE SPECIFIED: DIMENSIONS ARE IN MILLIMETERS TOLERANCES:

LINEAR: ±2MM 1 DECIMAL PLACE: ±0.5MM ANGULAR: ±1°

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Title:	PRO-500-188 BENCH SIT UPS (FC12)
	PRU-300-100 DENCH 311 UP3 (FC12)

Product Range: FITNESS TRAIL

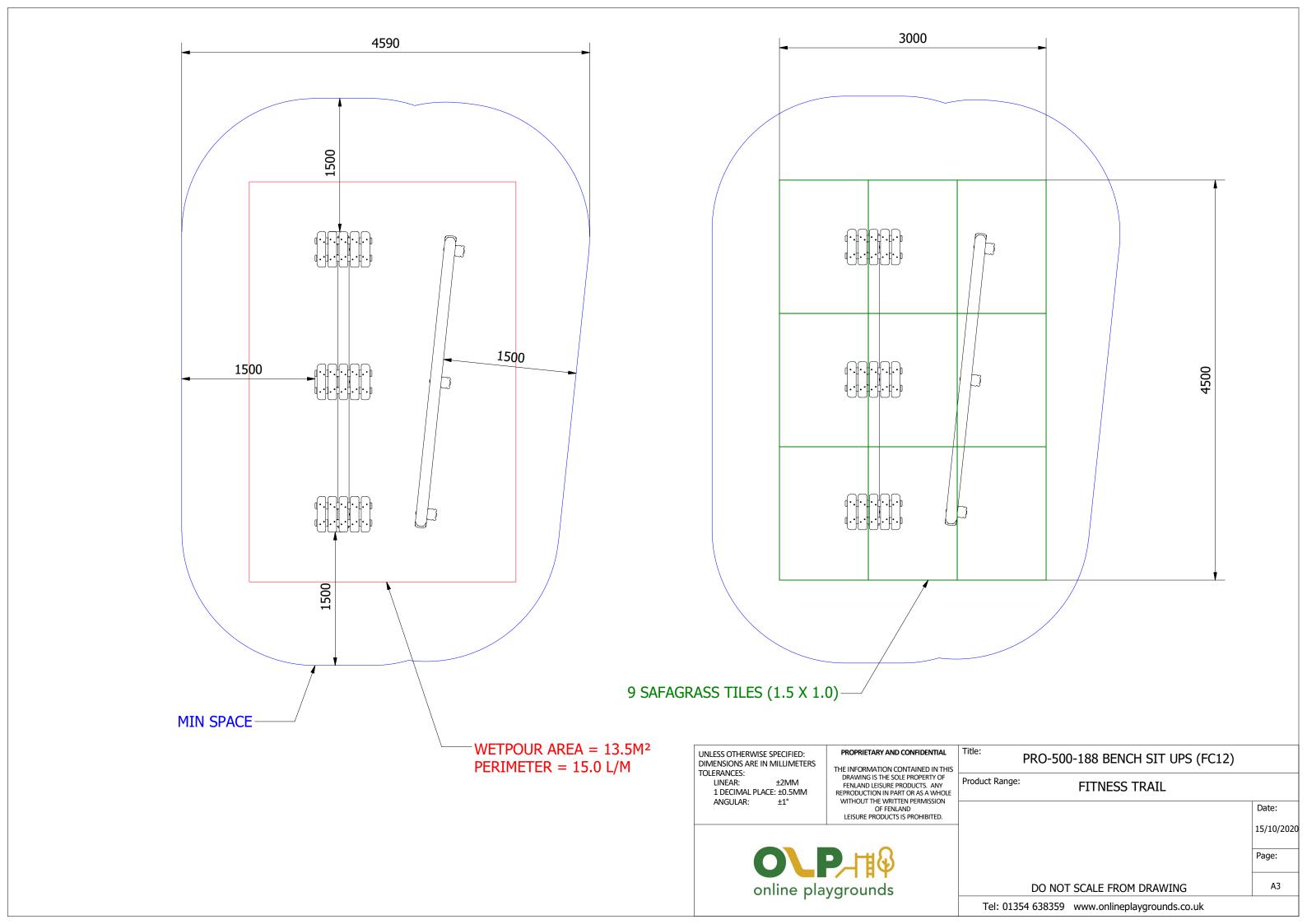
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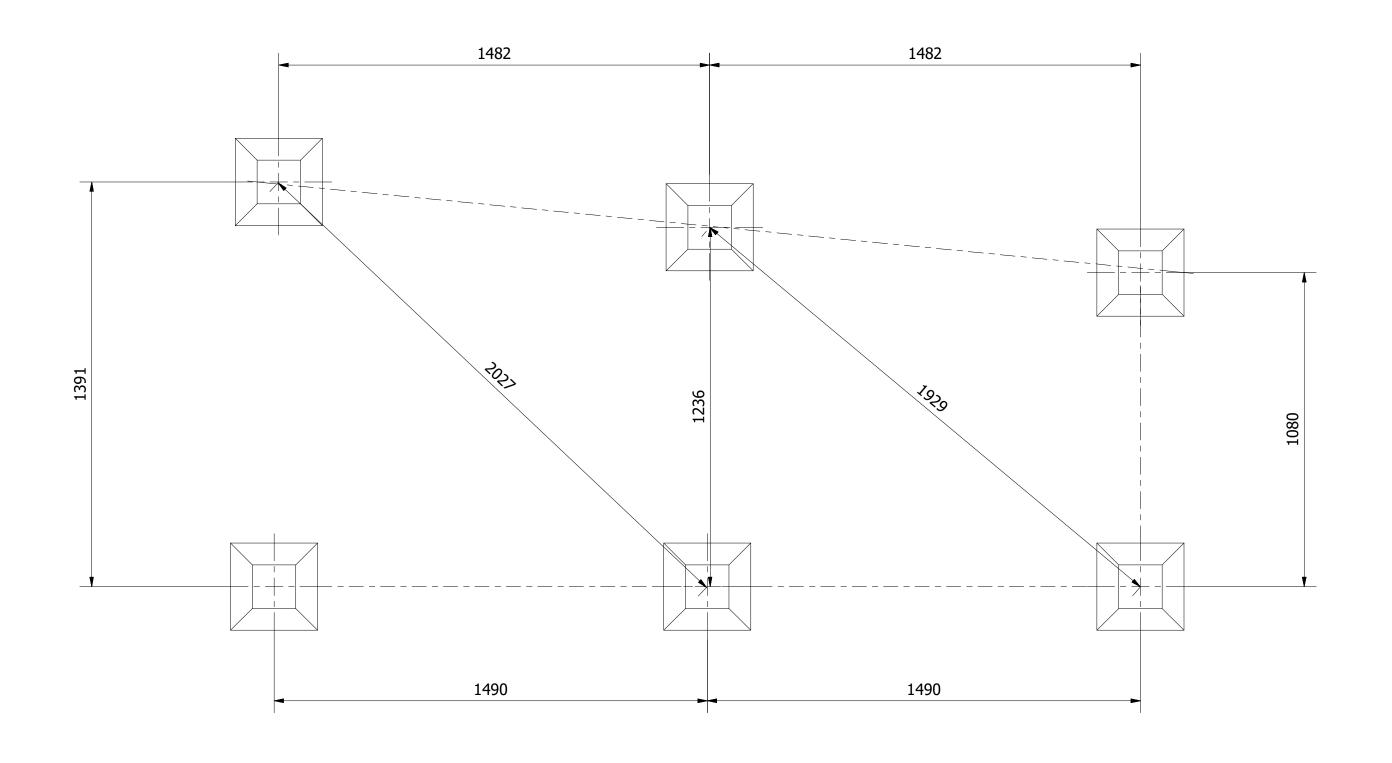
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Title: PRO-500-188 BENCH SIT UPS (FC12)

Product Range: FITNESS TRAIL

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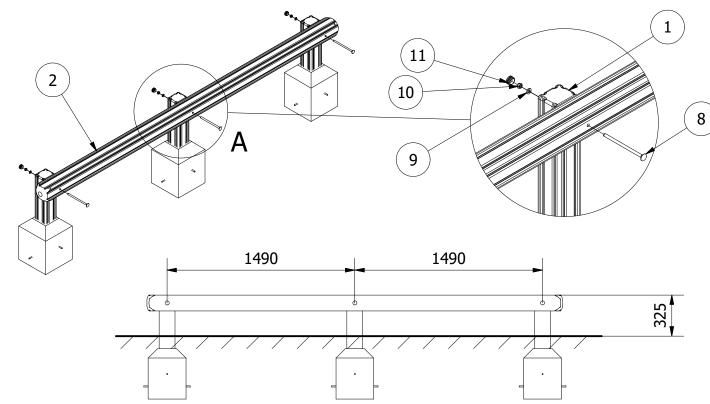
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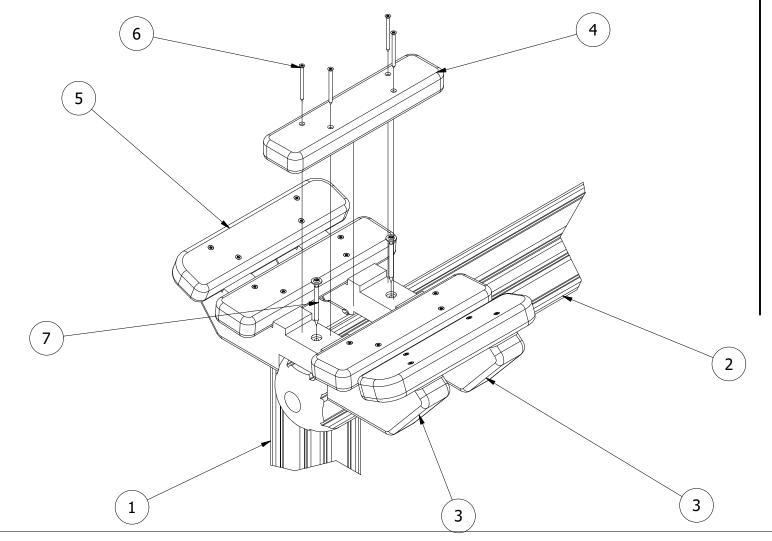
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ALL FOUNDATIONS 300 X 300 X 500 DEEP UNLESS OTHERWISE SPECIFIED

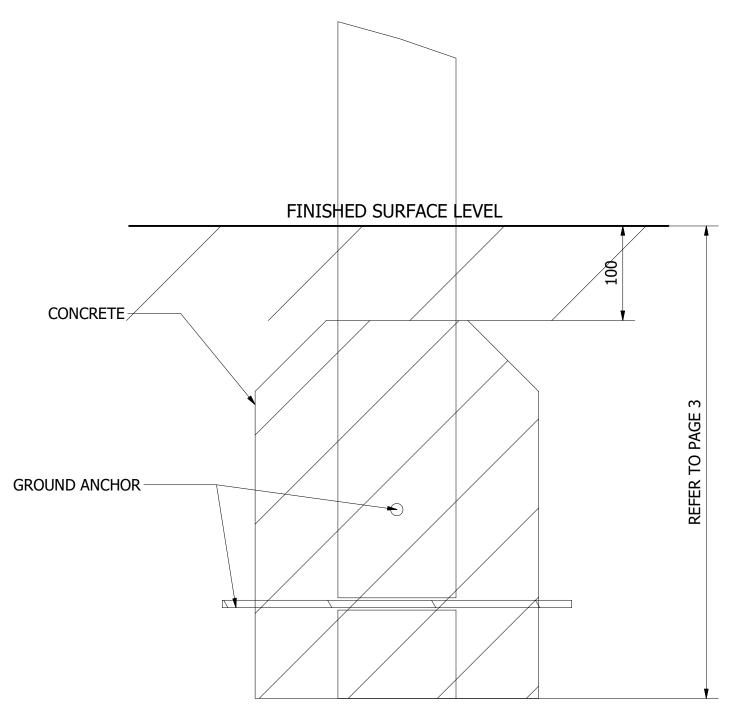
1. AS ILLUSTRATED BELOW, BUILD THE TWO SUPPORTING FRAMES AND POSITION INTO THE FOUNDATION HOLES. ENSURE THE UNIT IS LEVEL AND PLUMB. BRACE & ADD CONCRETE TO EACH FOUNDATION HOLES AND LEAVE FOR 48 HOURS.



2. IF PRE- ASSEMBLED, REMOVE THE CENTRE SEAT SUPPORT. POSITION OVER EITHER SIDE OF THE VERTICAL SUPPORT (ITEM 1) & OVER THE BEAM SUPPORT (ITEM 2). USE THE SUPPLIED SCREW TO SECURE IN PLACE.



3. FINALLY, ENSURE THE UNIT IS LEVEL AND PLUMB. ALL FIXINGS HAVE BEEN TIGHTENED AND PROTECTIVE CAPS IN PLACE.



UNLESS OTHERWISE SPECIFIED:
DIMENSIONS ARE IN MILLIMETERS
TOLERANCES:
LINEAR: ±2MM

LINEAR: ±2MM 1 DECIMAL PLACE: ±0.5MM ANGULAR: ±1° PROPRIETARY AND CONFIDENTIAL

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Title:	PRO-500-188 BENCH SIT UPS (FC12)
	FIGURE DENCIRAL OF STREET

Product Range: FITNESS TRAIL

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