



## Data sheet Karta katalogowa Scheda di dati Fiche Technique Datenblatt

### EN Equipment for the outdoor exercise

**Device category:** Building muscles

**Training effect:** Strengthening of straight and slanting abdomen muscles

**Method of use:** Lie down on the bench, face up. The legs should be bent at knees, lean your feet against the lower crossbar. Put your hands under your head. Lift the torso in the following order: first the head then the shoulders and then the rest of your body. A torso twist can be performed at the end. Slowly lower your torso to the bench. Make full, smooth movements.

**Exercise difficulty:** Hard.

**Configuration:** double Bench, single Bench

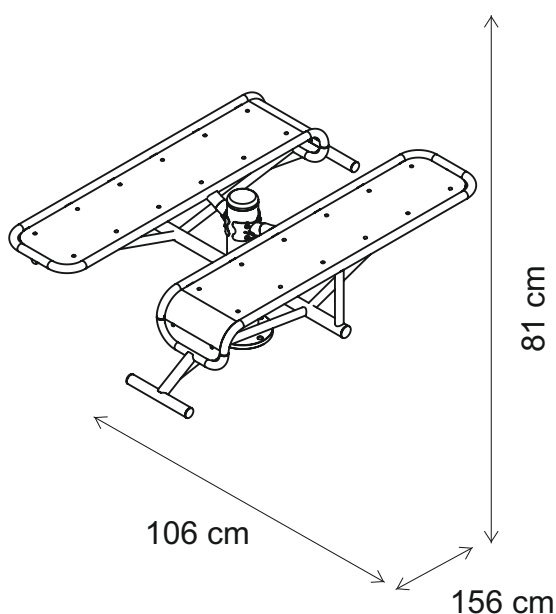
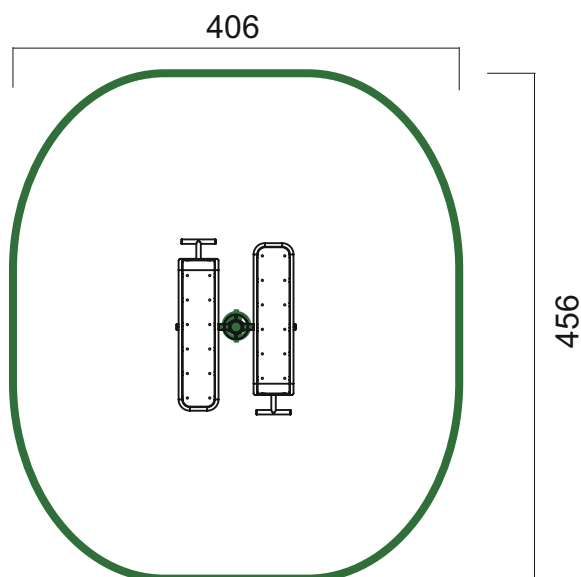
A total safety and functionality of equipment can only be kept when the inspections are made on regular basis. A subject of control should be potential damages and use. Always observe the maintenance and installation guide.

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](mailto: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](mailto:fitness@outdoorfitness.pl).

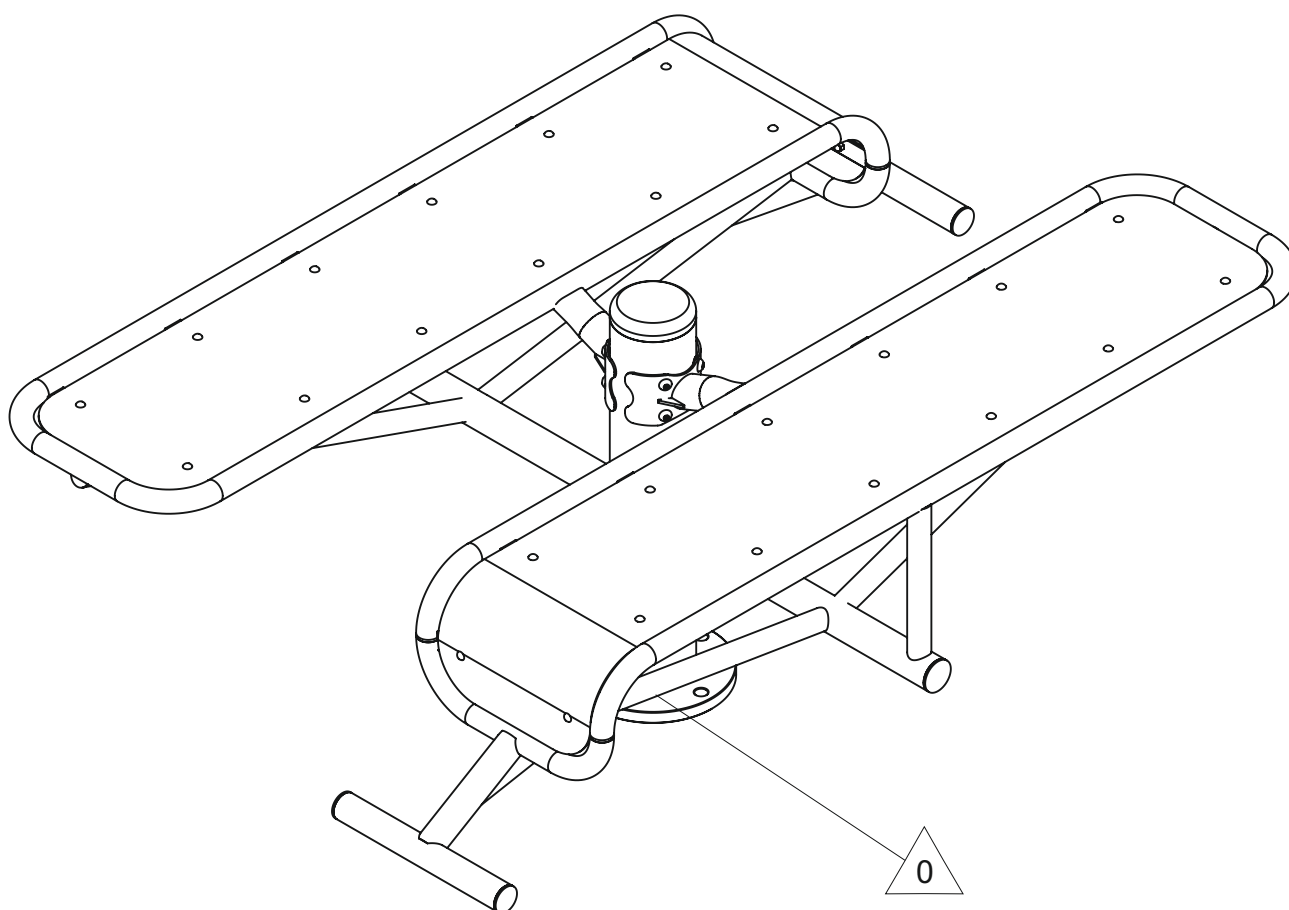
Use only original spare parts. Repair and replacement of parts may only make the manufacturer or its authorized representative.

# OF2-05 Bench



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

0,51m	18,5 m <sup>2</sup>	1,4m → +



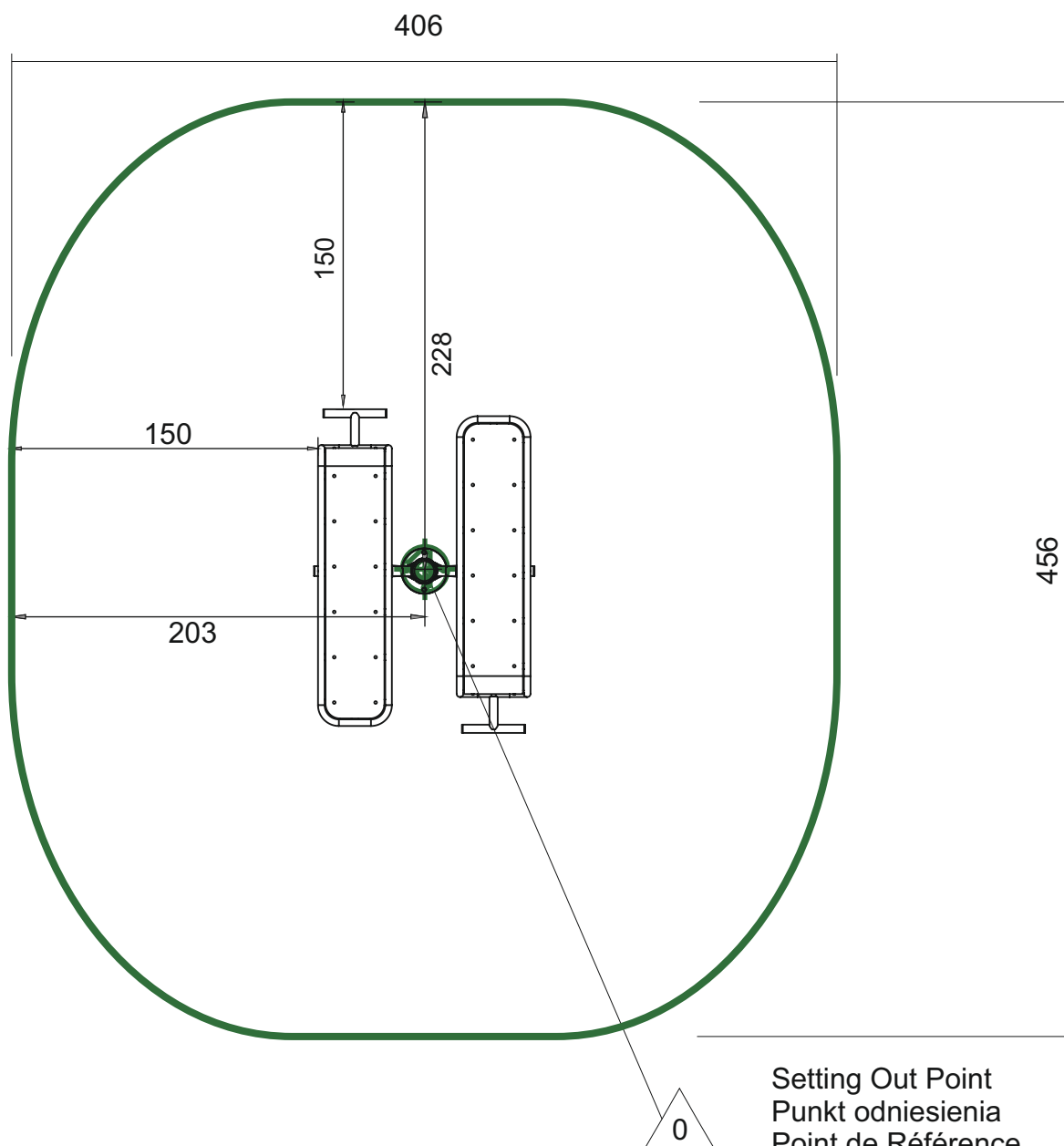
# OF2-05 Bench



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

## 18,5 m<sup>2</sup>



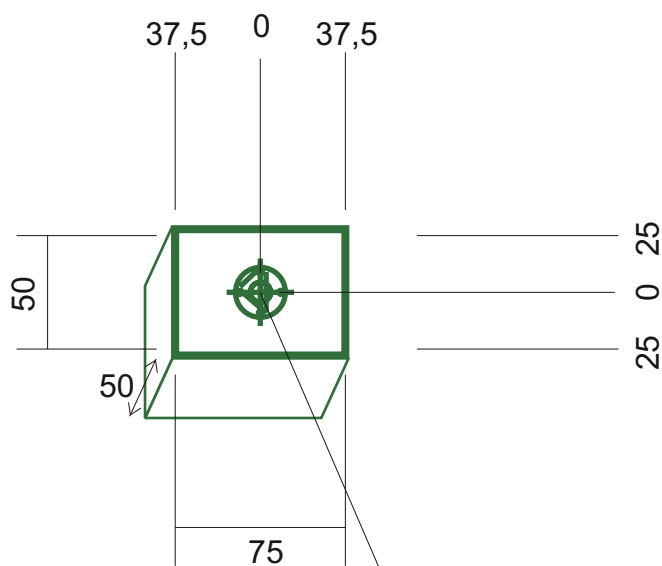
Setting Out Point  
Punkt odniesienia  
Point de Référence  
Punto de referencia  
Bezugspunkt

# OF2-05 Bench



Concrete pad  
Fundament betonowy  
Dalle béton  
Solera de Hormigón  
Beton Bodenplatte

0,37 m<sup>2</sup> / 0,19 m<sup>3</sup>

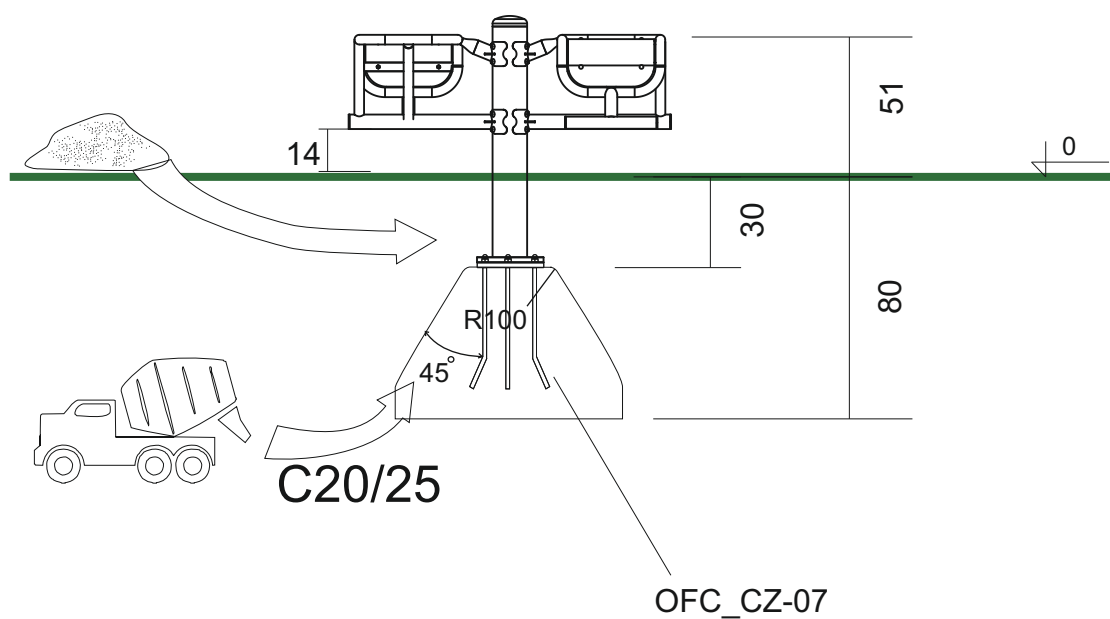


Setting Out Point  
Punkt odniesienia  
Point de Référence  
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
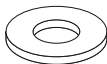
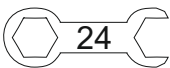


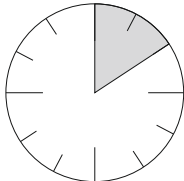
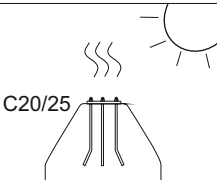
# OF2-05 Bench



Footing plan  
Plan fundamentowania  
Implanation  
Implanación  
Fundamentplan



Zalecamy dokręcać śruby fundamentowe kluczem z regulowaną siłą dokręcania.

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