

Data sheet  
Karta katalogowa  
Scheda di dati  
Fiche Technique  
Datenblatt

**EN Training effect:** Exercise upper parts of the muscle. It uprates the efficiency of the upper limbs and the muscles of the shoulder girdle. Excellent general practice.

**Method of use:** Catch the small wheel with both hands and rotate to the left or right.

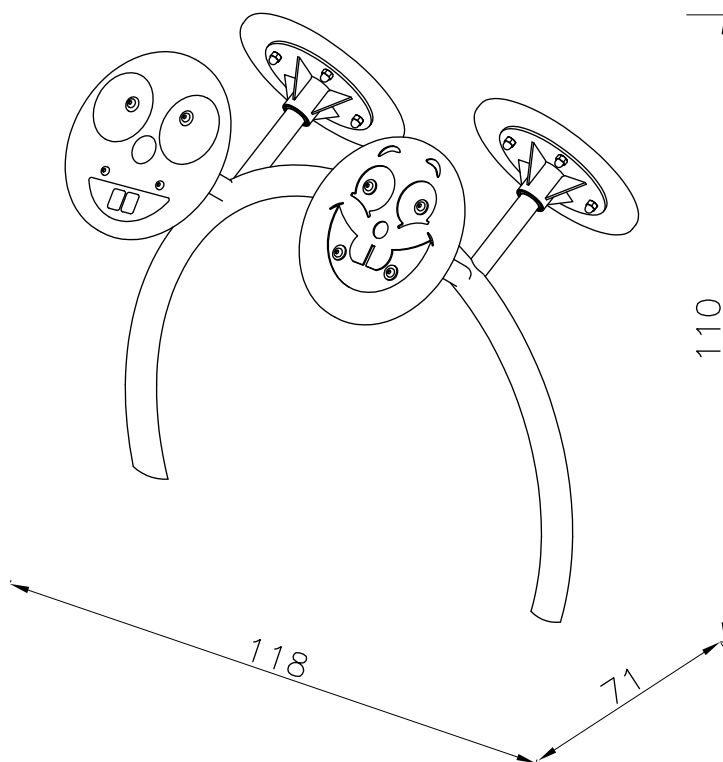
**Exercise difficulty:** Easy

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.  
Fitness device for youth over 1,4 m.

Intended for one person. Maximum weight of user 100 kg.

Prepared on the basis of the following standards: PN-EN 16630: 2015

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](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.



## Impact Area

Strefa upadku

Zone d'Impact

Area de Impacto

Fallraum

Required surface: lawn, bark mulch, woodchip, sand, gravel

Wymagana nawierzchnia: gleba, trawnik, mulcz z kory, drobno pokrojone kawałki drewna, piasek, żwir

Requis de surface: la pelouse, le paillis d'écorce,

copeaux de bois, sable, gravier

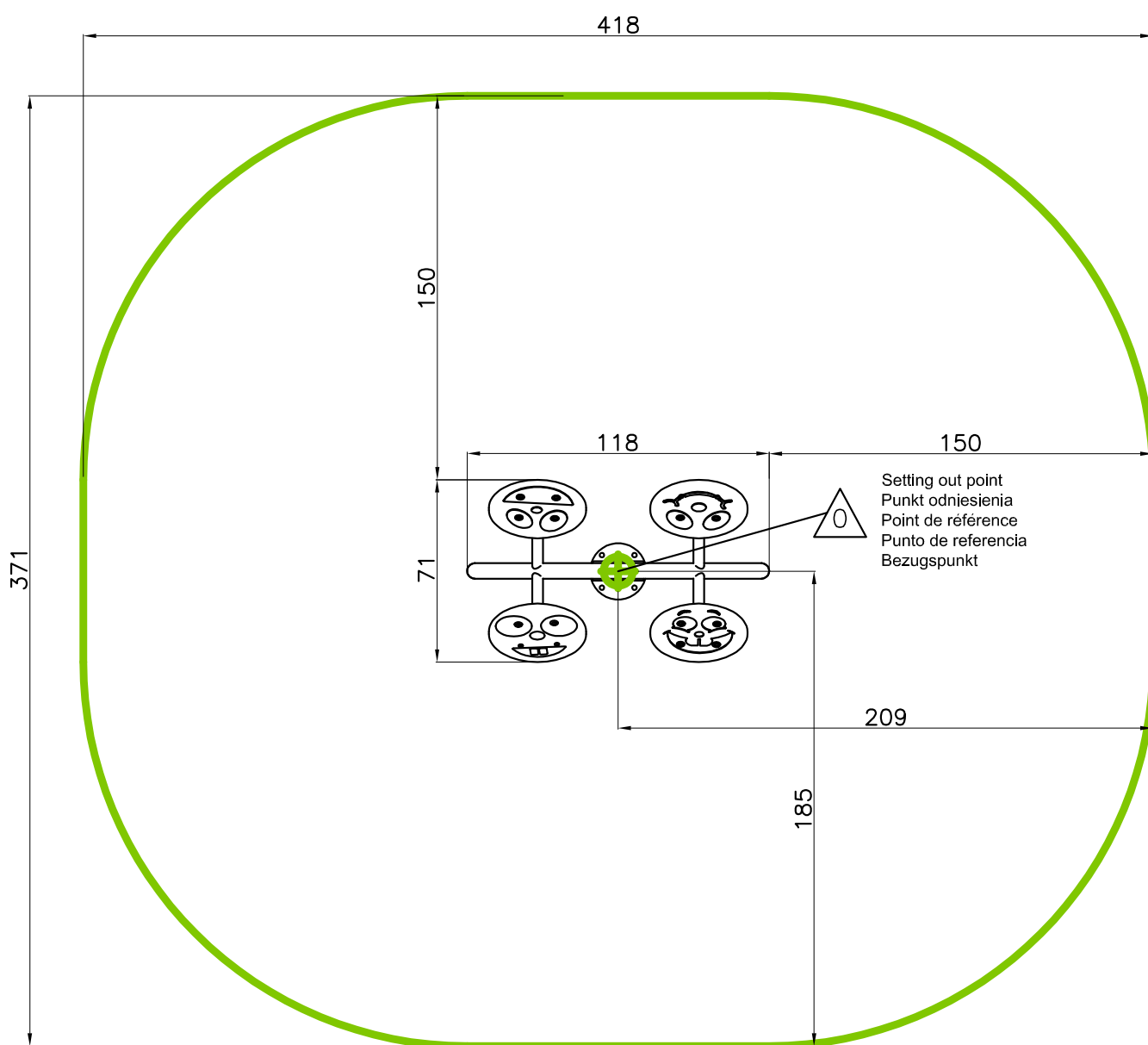
Superficie necessaria: erba, pacciame di corteccia, finemente tritato

pezzi di legno, sabbia, ghiaia

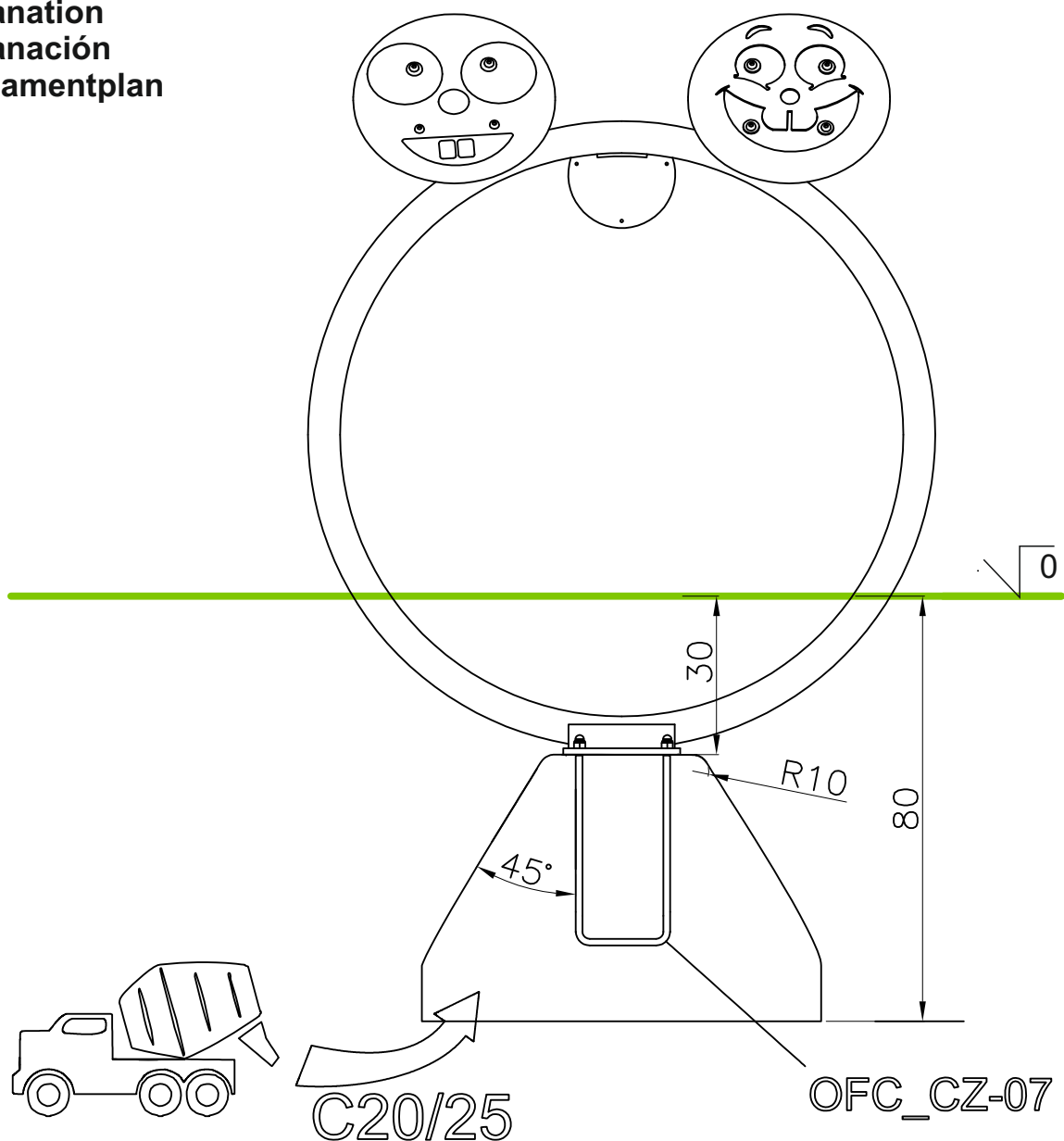
Erforderliche Oberflächen: Gras, Rindenmulch, fein gehackt

Holzstücke, Sand, Kies

# 15,5 m<sup>2</sup>

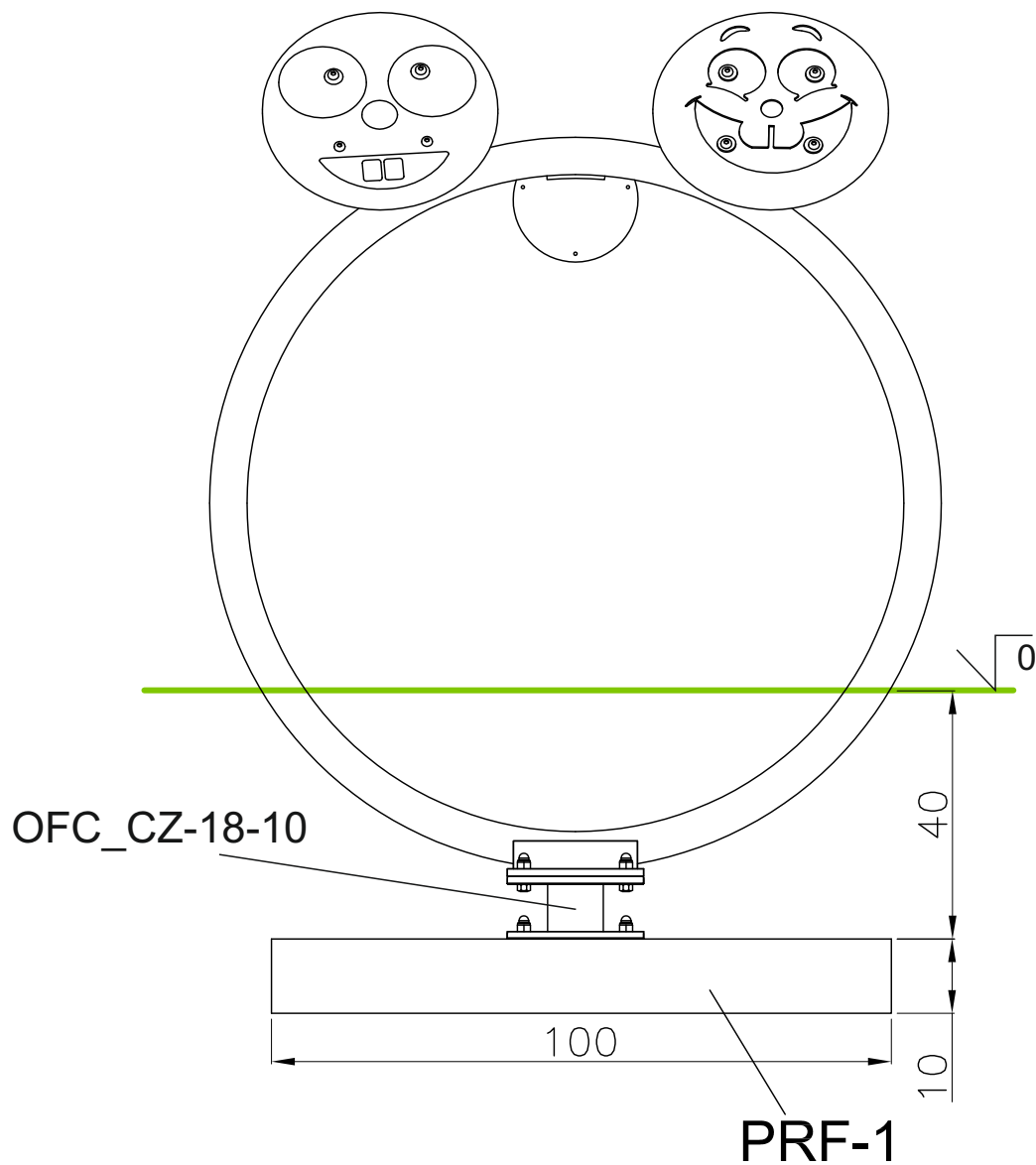




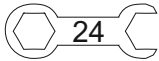
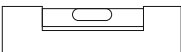

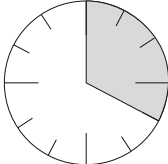
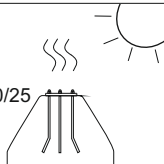
Footing plan  
 Plan fundamentowania  
 Implanation  
 Implanación  
 Fundamentplan



<b>4xM16</b> 	<b>4xM16</b> 	24 	<b>2x</b> 		 C20/25 Min. 48h
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Footing plan  
Plan fundamentowania  
Implanation  
Implanación  
Fundamentplan



4xM16 	4xM16 	 24 	2x 		 C20/25 Min. 0h
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