

## Data sheet

### Karta katalogowa

### Scheda di dati

### Fiche Technique

### Datenblatt

EN

#### **BICYCLE**

**Training effect:** An outdoor exercise bike with built-in resistance setting is a perfect instrument for legs and gluteus muscles development. It is a great fun for toddlers too, especially those who can't ride a bicycle yet. Using the exercise bike they learn all the habit motors and work on intensity and smoothness, before the first ride.

**Method of use:** Sit down on the sit and handle the bar. Put your feet on the pedals and press them alternately.

**Exercise difficulty:** Medium

#### **STEPPER**

**Training effect:** Alternately balancing movement from one leg to another, gives a child opportunity to understand what is a body specific gravity and forms sens of ballance. It is a good exercise for legs and gluteus muscles as well.

**Method of use:** Handle the bar and put your feet on the pedals. Press the pedals alternately, using your legs muscles, or balance.

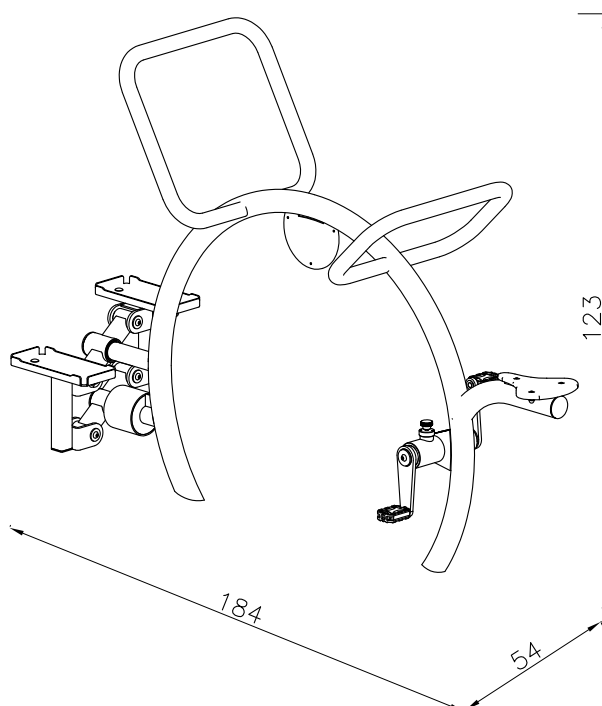
**Exercise difficulty:** Medium

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.



# Bicycle+Stepper

## Impact Area

Strefa upadku

Zone d'Impact

Area de Impacto

Fallraum

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

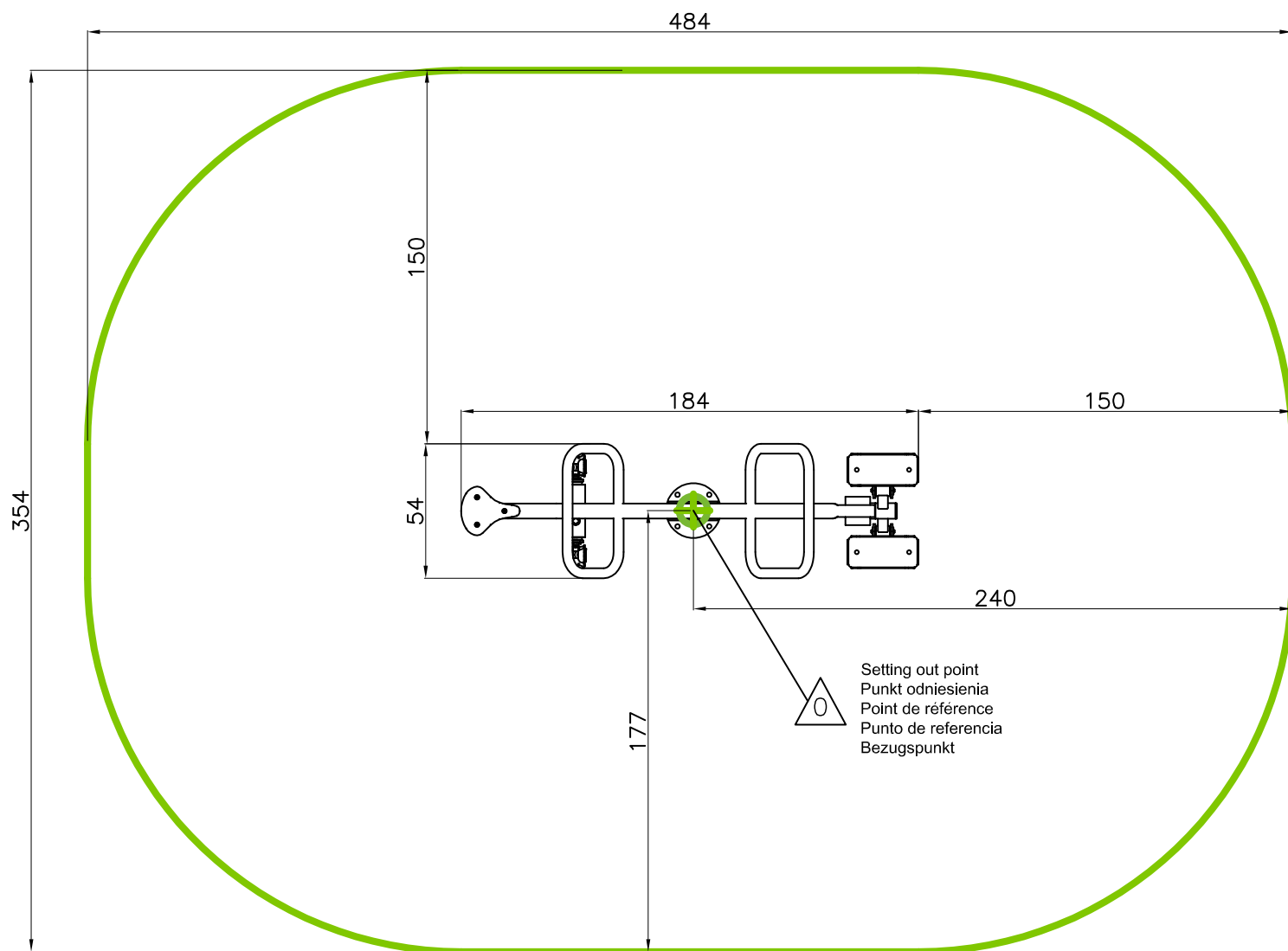
Wymagana nawierzchnia: gleba, trawnik, mulcz z kory, drobno pokrojone kawałki drewna, piasek, żwir

Requis de surface: la pelouse, le paillis d'écorce, copeaux de bois, sable, gravier

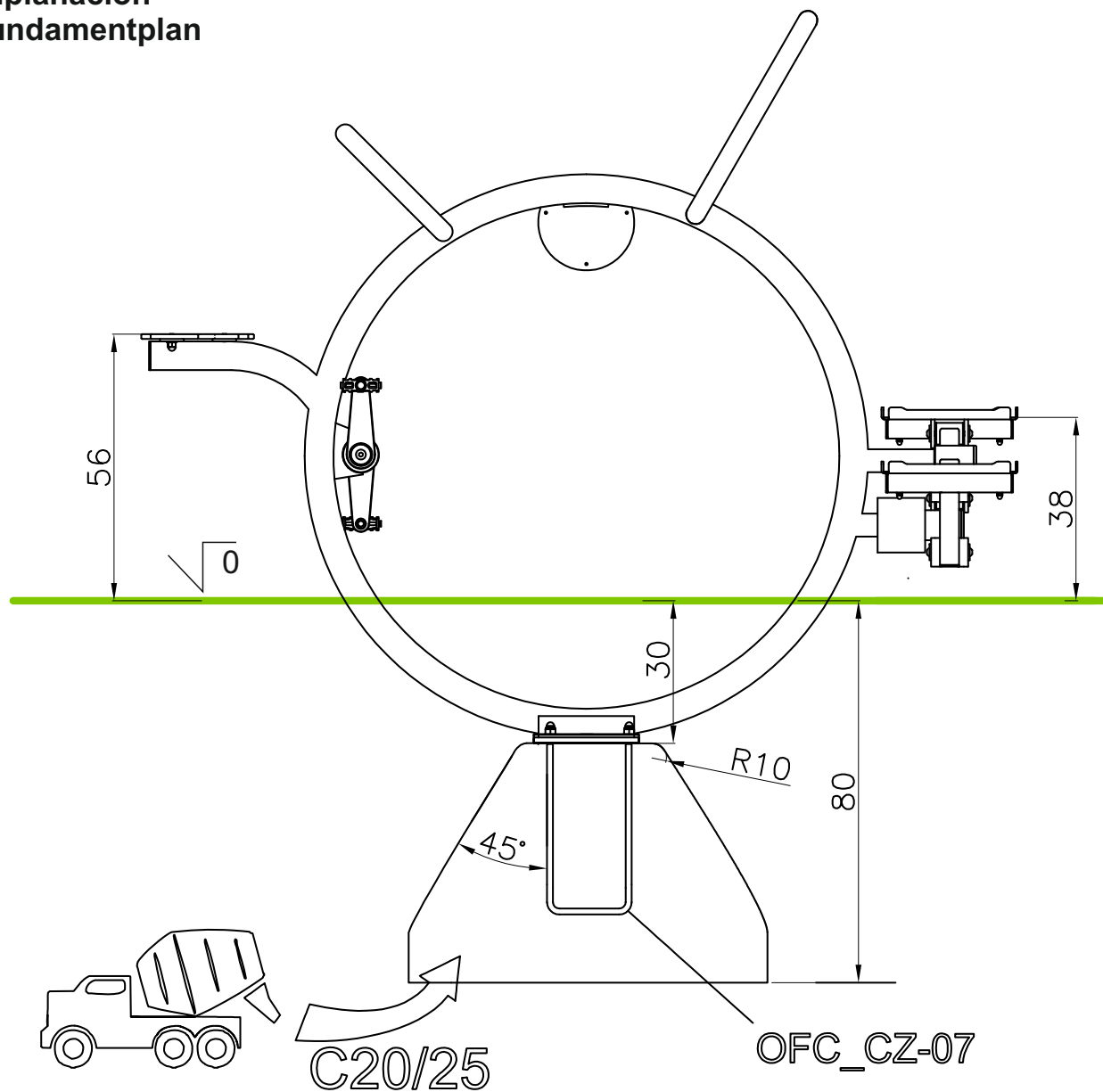
Superficiale necessaria: erba, pacciame di corteccia, finemente tritato pezzi di legno, sabbia, ghiaia



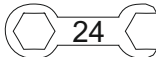
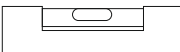

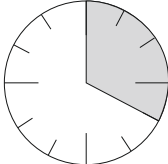
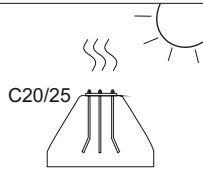
Erforderliche Oberflächen: Gras, Rindenmulch, fein gehackt Holzstücke, Sand, Kies

# 17 m<sup>2</sup>

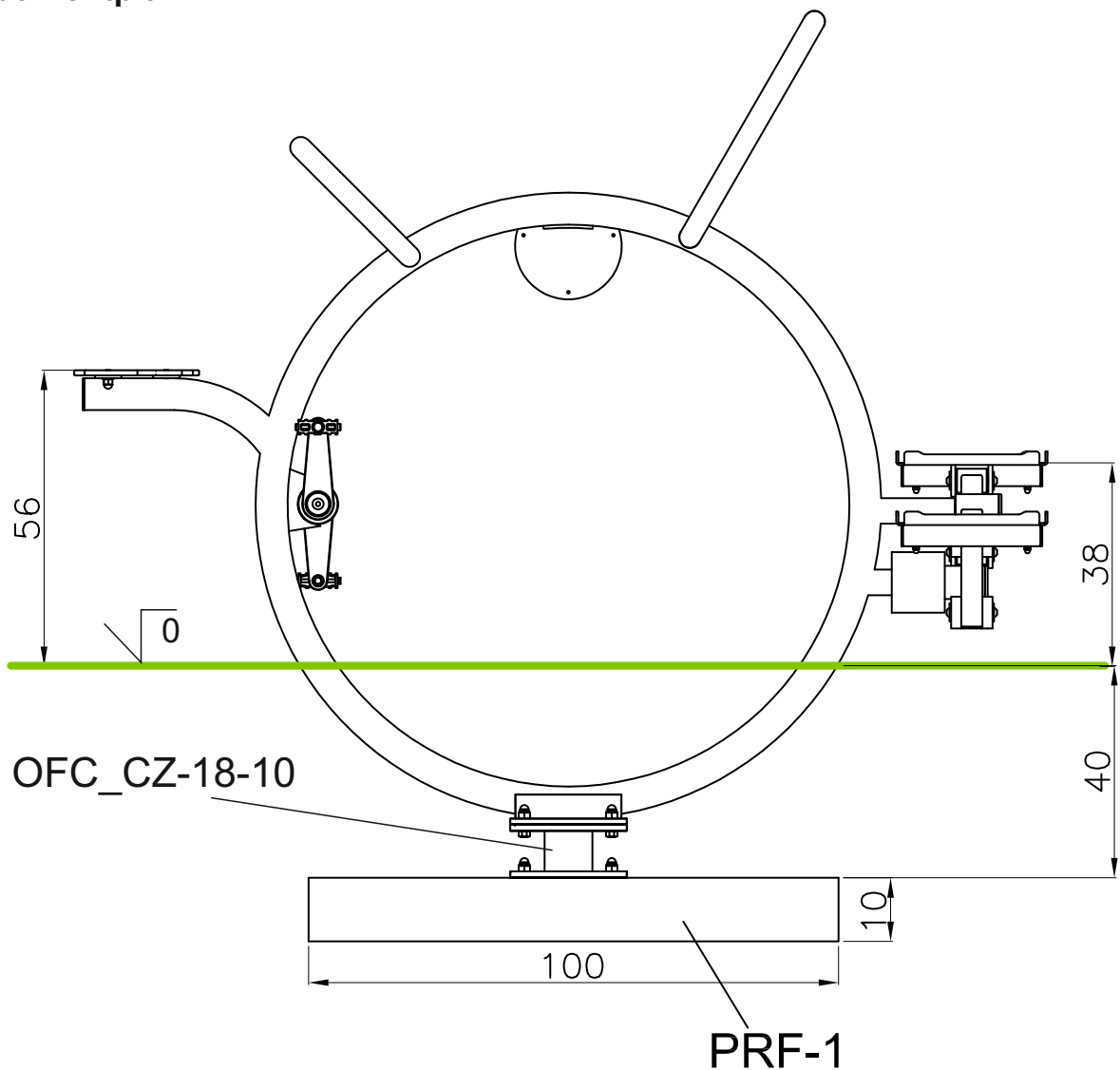



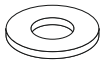
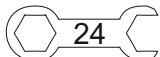


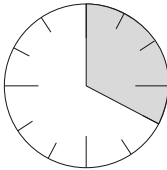
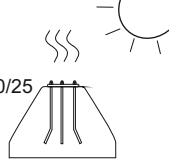
Footing plan  
Plan fundamentowania  
Implanation  
Implanación  
Fundamentplan



4xM16 	4xM16 	 24 	2x 		 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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