

<b>Fitness Legacy Zone</b>	
<b>Body Twister</b>	
PROD. CODE	6210-067
SIZE	1545x1205x1380mm
AGE RANGE	14 to Adult
F/ FALL HEIGHT	<600mm
HEAVIEST PART	Approx 29Kg
TOTAL WEIGHT	Approx 115Kg
	

### SPECIFICATION

Steel plate to EN 10025  
 Steel CHS to EN 10219  
 Steel RHS to EN 10219  
 Welding to EN ISO 14341:2011

Polyester powder paint to EN 13438:2005  
 Standard fixings to BS 3692:2001 and BS 4190:2001  
 Non-standard fixings are anti-vandal and corrosion resistant

### INSTALLATION INSTRUCTIONS

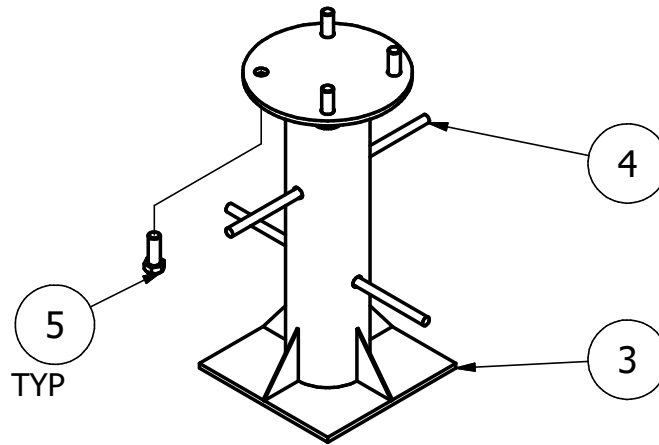
- 1 Read installation instructions thoroughly before commencing installation of unit.
- 2 Excavate holes to size and depth - see page 2.
- 3 Position and assemble the centre below ground fixing with spragging irons (see page 2) centrally in the excavated hole so the four bolts are pointing upwards ensuring that the top plate is flush with the finished surface level.
- 4 Position the Twister Footplate Assembly centrally in the excavated holes so the Arrow on the top of the footplate points towards the central below ground fixing allowing equal rotation to the left and right. Ensure all moving parts move freely without obstruction and bearings are greased. Ensure it is plumb, at the correct height and distance - see page 2.
- 5 Check alignment of bolts and backfill the holes with concrete (0.45 cu Metres) (4 parts gravel, 2 parts sand and 1 part cement) ensuring the parts are perpendicular to the finished surface level.
- 6 Allow the concrete to set for 48 hours.
- 7 Position the unit on the below ground fixings and fit using one M20 washer, one M20 spring washer and one M20 nut per bolt as shown on page 3. Ensure unit is perpendicular to the ground surface. Centre punch thread in two places on all four M20 Bolts and then fit nut cap (see page 3).

Note

Note Ensure all installation aids are removed before first use.

# Centre Below Ground Fixing Details

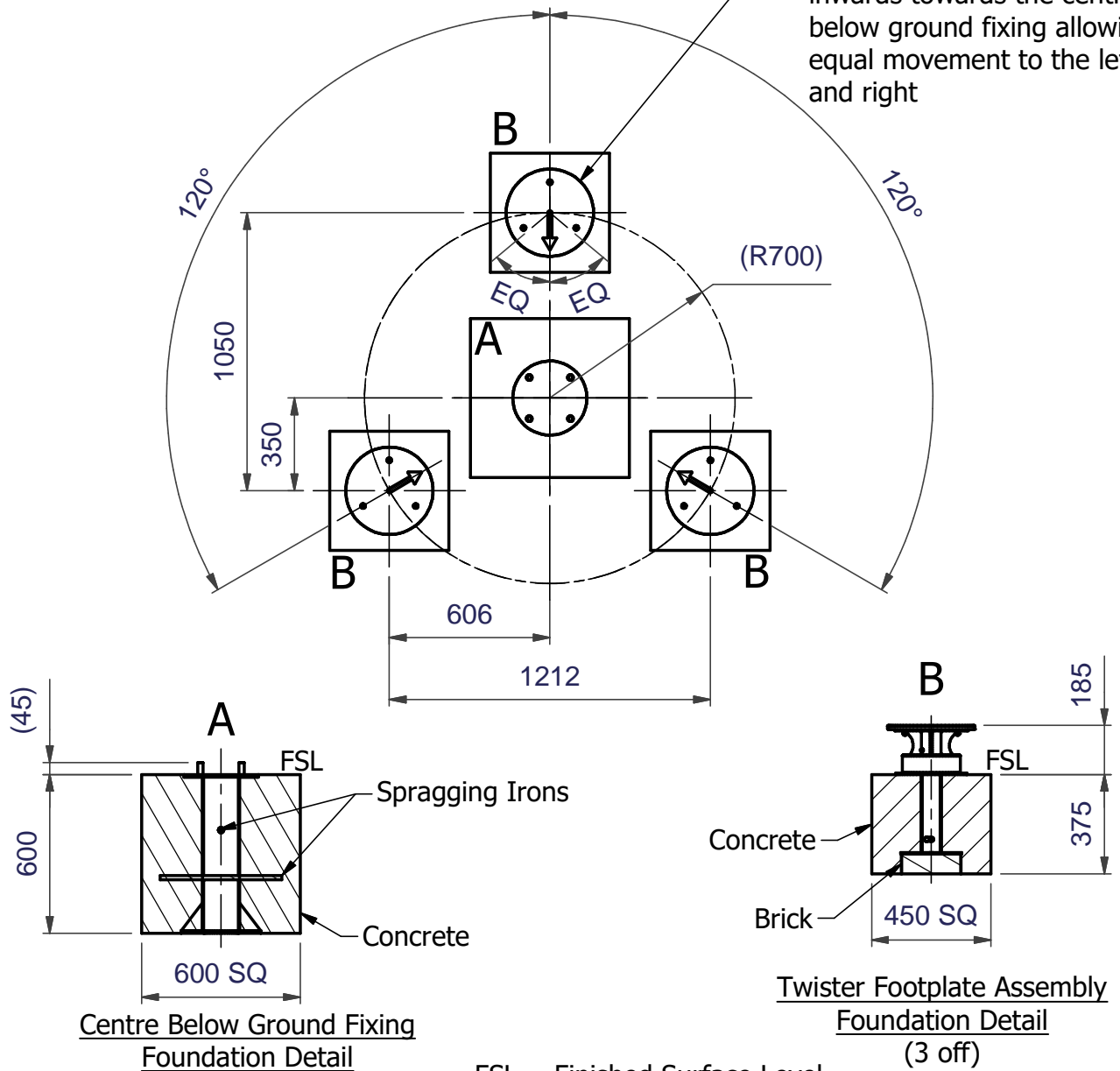
(1 off)



## Foundation Detail

(Care must be taken in abnormal conditions)

Note:- Point Arrows on the Twister Footplate Assembly inwards towards the central below ground fixing allowing equal movement to the left and right

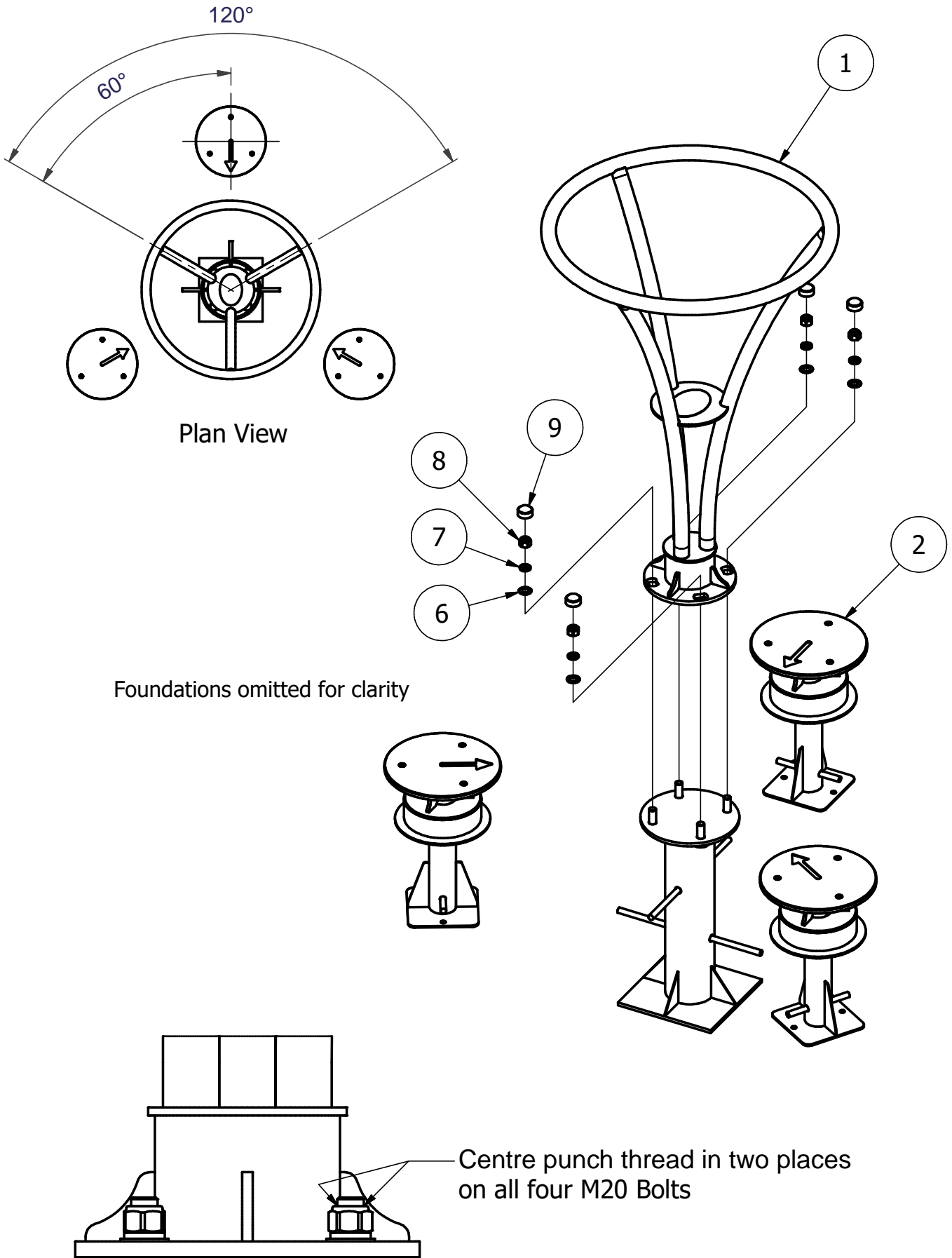


Centre Below Ground Fixing Foundation Detail

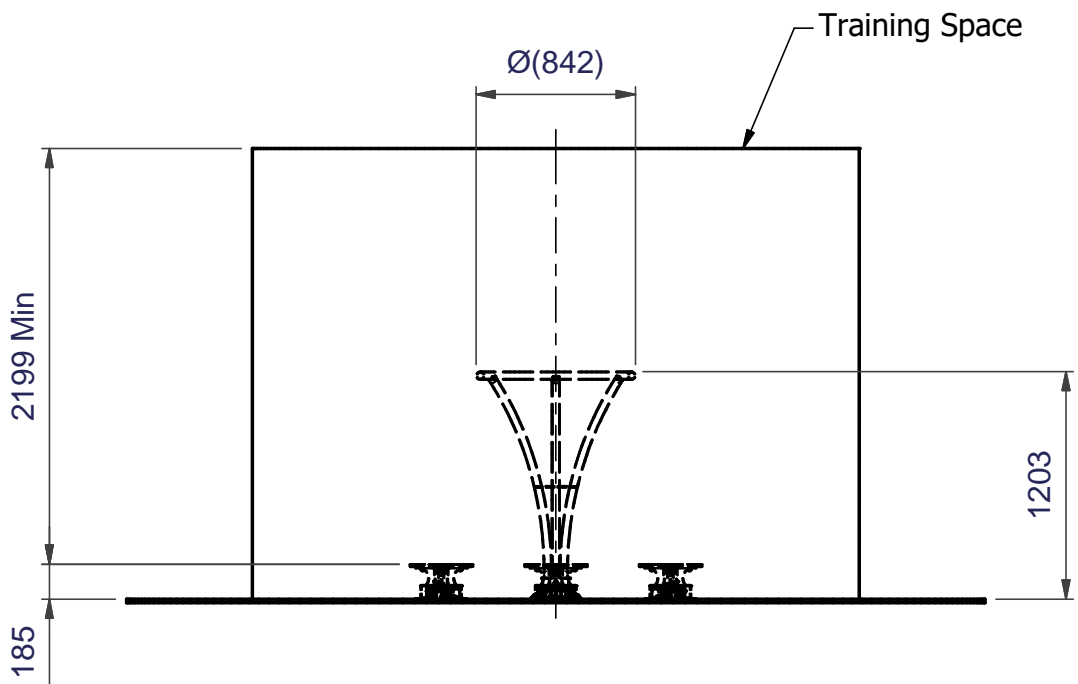
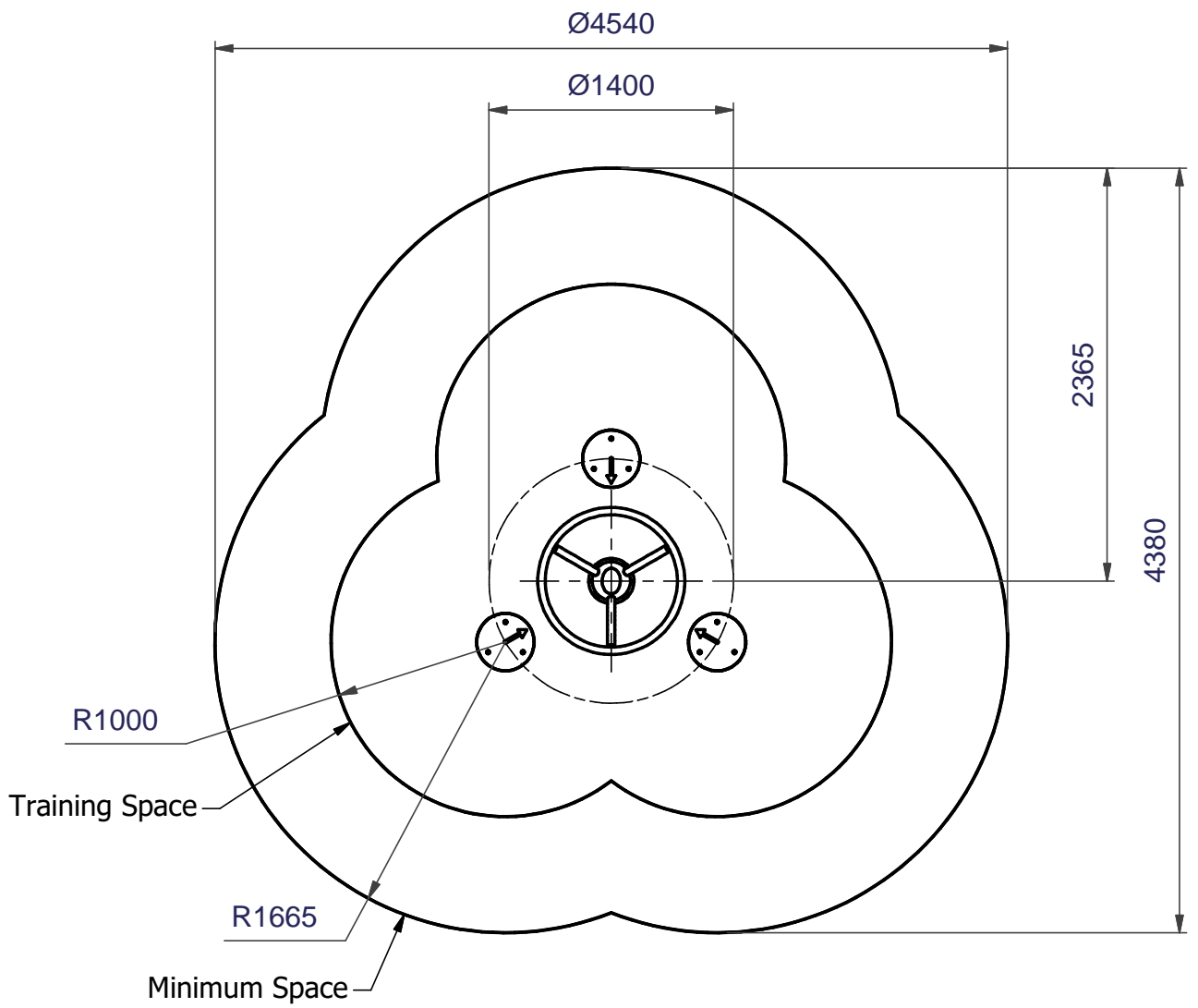
Twister Footplate Assembly Foundation Detail (3 off)

FSL = Finished Surface Level

# Body Twister to Below Ground Fixing Details



# Minimum and Training Spaces

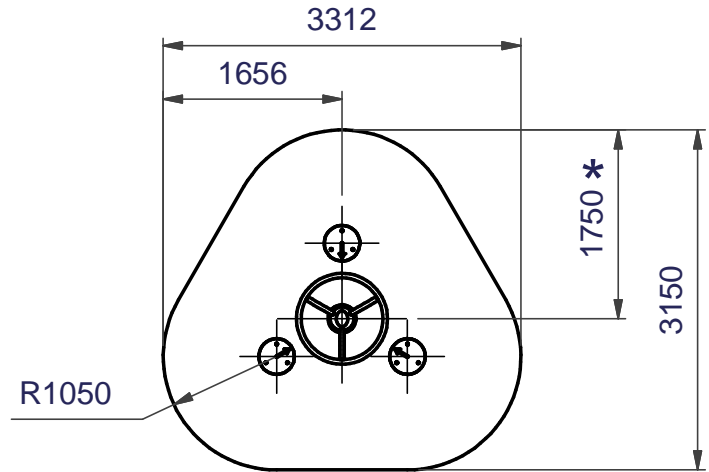


## Safety Surfacing

### Wetpour

8.0 Sq. Metres 20mm Wetpour  
10.5 Linear Metres Wetpour Edging

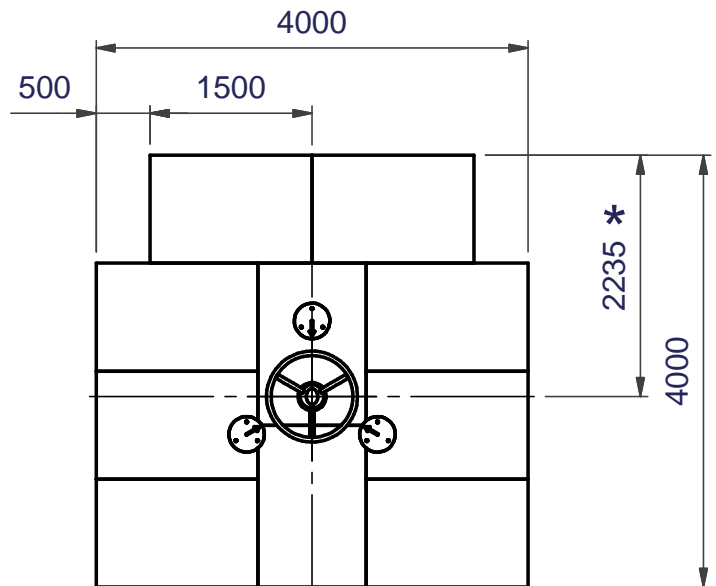
- \* Dimension from centre of Below Ground Fixing



### Grass Mats (1500 x 1000mm)

10 off Total

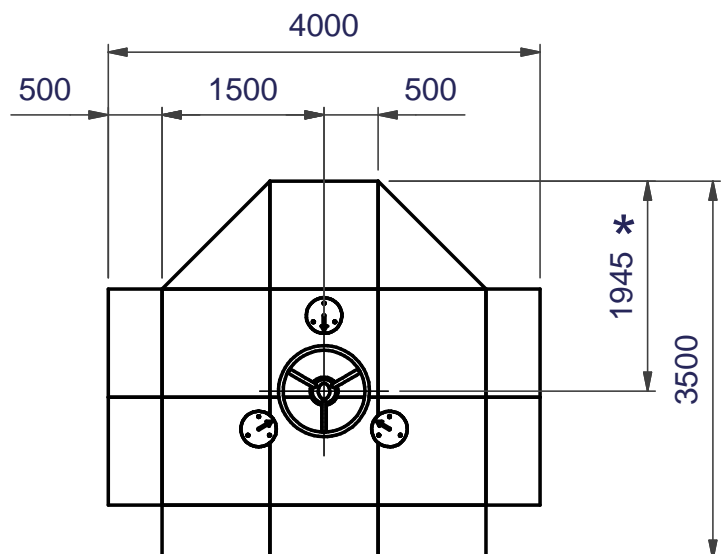
- \* Dimension from centre of Below Ground Fixing



### Safety Tiles (1000 x 1000mm)

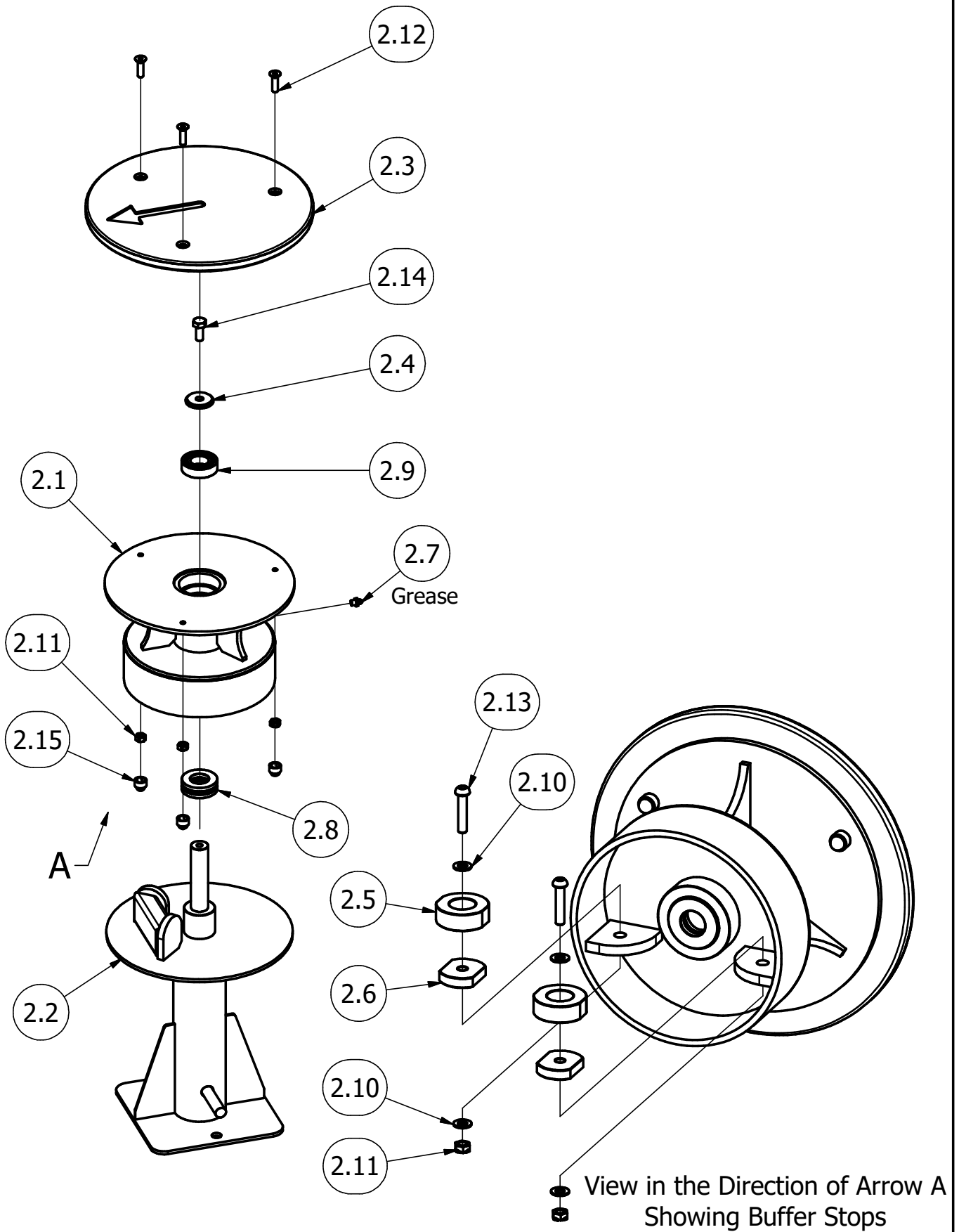
11.5 Sq. Metres  
40mm Thickness  
14.0 Linear Metres of Tile Edging

- \* Dimension from centre of Below Ground Fixing



# Fixing Details for Maintenance

## Twister Footplate Assembly



Parts List

ITEM	QTY	PART NUMBER	DESCRIPTION
1	1	4202-746	WELDED TWISTER W.A.
2	3	4201-940	TWISTER FOOTPLATE ASSY
2.1	1	4201-977	BEARING HOUSING ASSY
2.2	1	4201-976	BASE ASSY
2.3	1	3755-669	FOOT PANEL
2.4	1	3031-115	RETAINING WASHER
2.5	2	2906-023	Small Buffer (Top)
2.6	2	2906-024	Small Buffer (Bottom)
2.7	1	2692-003	5/16 BSW GREASE NIPPLE
2.8	1	2542-004	Axial deep groove ball bearings
2.9	1	2541-105	BALL BEARING Ø52 x Ø25 x 15
2.10	4	2215-507	M8 Washer
2.11	5	2191-009	M8 Binx Nut
2.12	3	2176-228	M8 x 30 LG PENT C'SK SCREW
2.13	2	2176-155	M8 x 45 Pent Btn Head (Cut Down to 40mm)
2.14	1	2175-115	M10 x 25 LG HEX HD SCREW
2.15	3	2613-015	M8 Protective Cap
3	1	5071-031	BELOW GROUND FIXING
4	2	3030-310	460mm Spragging Iron
5	4	2175-181	M20 x 55 HT HEX HD SCREW
6	4	2215-512	M20 WASHER 2mm THK
7	4	2212-206	20mm SPRING WASHER
8	4	2192-012	M20 nyloc nut
9	4	2613-021	M20 Nut Cap

COMPILED MC	REV	0	1						
	ECN	1752	Minor						
DATE: 23/02/17	SIG.	MC	MC						
	DATE:	23/02/17	04/12/17						

# DESPATCH LIST

Sheet 1 of 1

Product: 6210-067 Body Twister Date of Issue: 14/01/17  
 Fitness Legacy Zone

Order No: Issue: A

Item	Unit Qty	Description	Part No.	Checked
1	1	Body Twister Frame W.A	4202-746	
2	3	Twister Footplate Assembly	4201-940	
3	1	BGF upright	5071-031	
4	1	Fixing pack		
5				
6				
7		<b>Pre-assembled Panels</b>		
8	3	Foot Panel *	3755-669	
9				
10				
11		<b>Pre-assembled Labels</b>		
12	1	Fitness Instruction Label (Body Twister) *	2910-010	
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24		<b>Items marked * to be fitted before despatch</b>		
25				

Total No. of Items

Picked By: Checked By:

COMPILED BY: MC	REV	0				
	ECN No.	1752				
DATE: 14/02/17	DATE	14/02/17				
	SIGN	MC				



# FIXINGS LIST

Product: 6210-067 Body Twister Date of Issue: 14/01/17  
Fitness Legacy Zone

Order No: \_\_\_\_\_ Issue: A

Item	Unit Qty	Description	Part No.	Checked
1	2	460mm Spragging Iron	3030-310	
2	4	M20 x 55 HT Hex Head Screw	2175-181	
3	4	M20 Washer 2mm Thk	2215-512	
4	4	M20 Spring Washer	2212-206	
5	4	M20 Nyloc Nut	2192-012	
6	4	M20 Nut Cap	2613-021	
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25				

Total No. of Items

Picked By: \_\_\_\_\_ Checked By: \_\_\_\_\_

COMPILED BY:	MC	REV	0				
		ECN No.	1752				
		DATE	14/02/17				
DATE:	14/02/17	SIGN	MC				