


<h1>FLZ</h1>	
<h2>Fitness Centre</h2>	
PROD. CODE	6230-001
SIZE	2.6 x 3.2 x 2.7
AGE RANGE	14 years to adult
F/ FALL HEIGHT	Approx 1.5m
HEAVIEST PART	Approx 24 kg
TOTAL WEIGHT	Approx 271 kg
	

SPECIFICATION

Solid steel plate to EN 10025-2: 2004
 Steel CHS to EN 10255-2: 2004
 Aluminium casting to EN 1706: 2010
 Welding to EN ISO 14341: 2011
 HDPE to EN ISO 14632: 1998

Paint to EN 13438
 Standard fixings to BS 3692: 2001 and
 BS 4190: 2001
 Non-standard fixings are anti-vandal and
 corrosion resistant

INSTALLATION INSTRUCTIONS

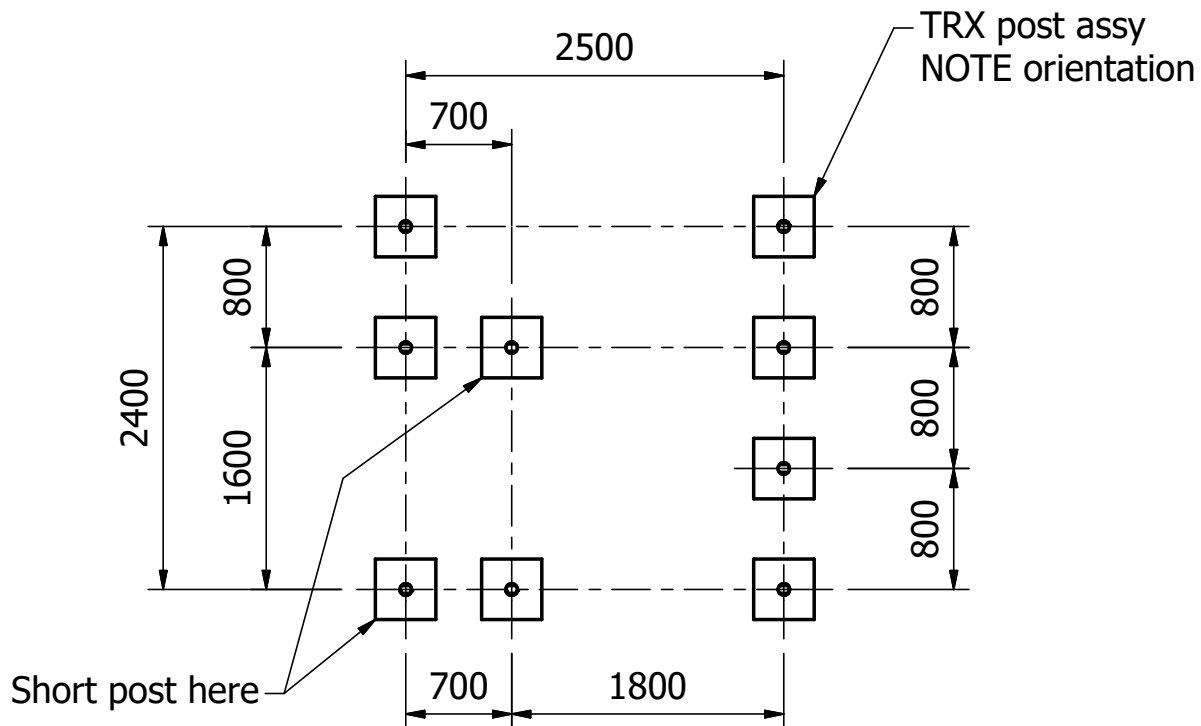
- 1 Read instructions thoroughly before commencing installation of unit
- 2 Excavate foundations ensuring orientation of unit
- 3 Position the uprights on a brick in the excavated holes, ensuring they are vertical and at the correct height
- 4 Attach the accessories, using the clamps and fixings shown **but not the pins**, at the heights shown
- 5 When the unit is assembled, check the posts are vertical and accessories at the correct height. Check the fixings are tight. Using the holes in the clamps, drill through into the upright posts (dia 6mm) and then fit the pins, ensuring they are flush with the clamps
- 6 Backfill the foundations with 0.94m³ concrete (4 parts gravel/2 parts sand/1 part cement) and allow concrete to set for 48 hours before first use

Note

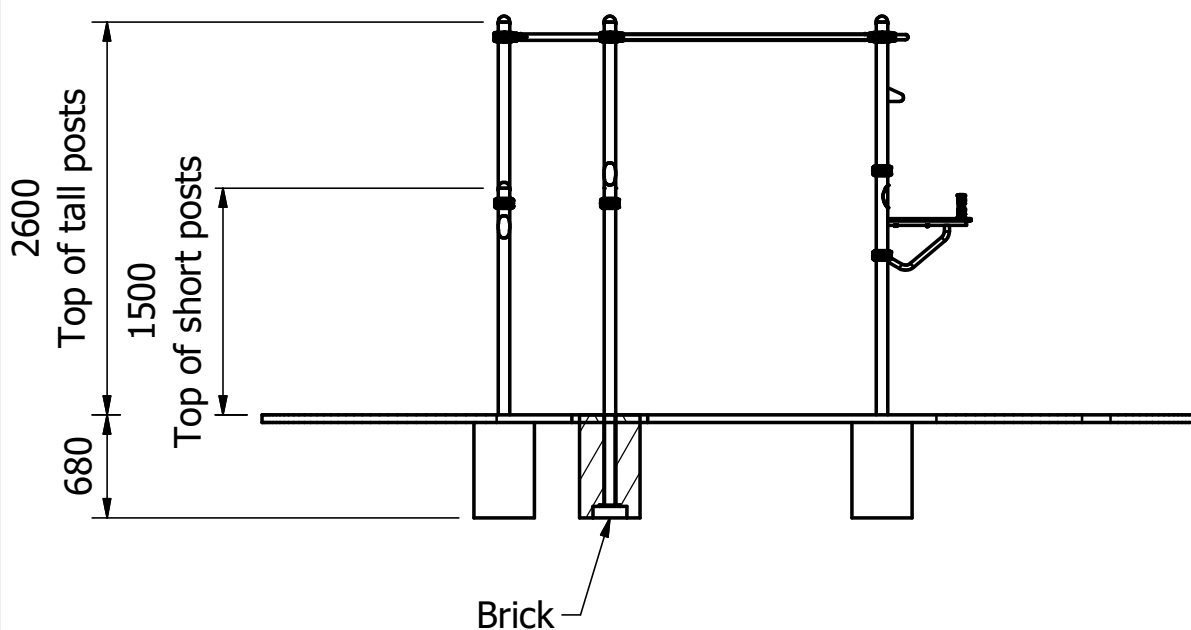
Note ENSURE ALL INSTALLATION AIDS ARE REMOVED BEFORE FIRST USE

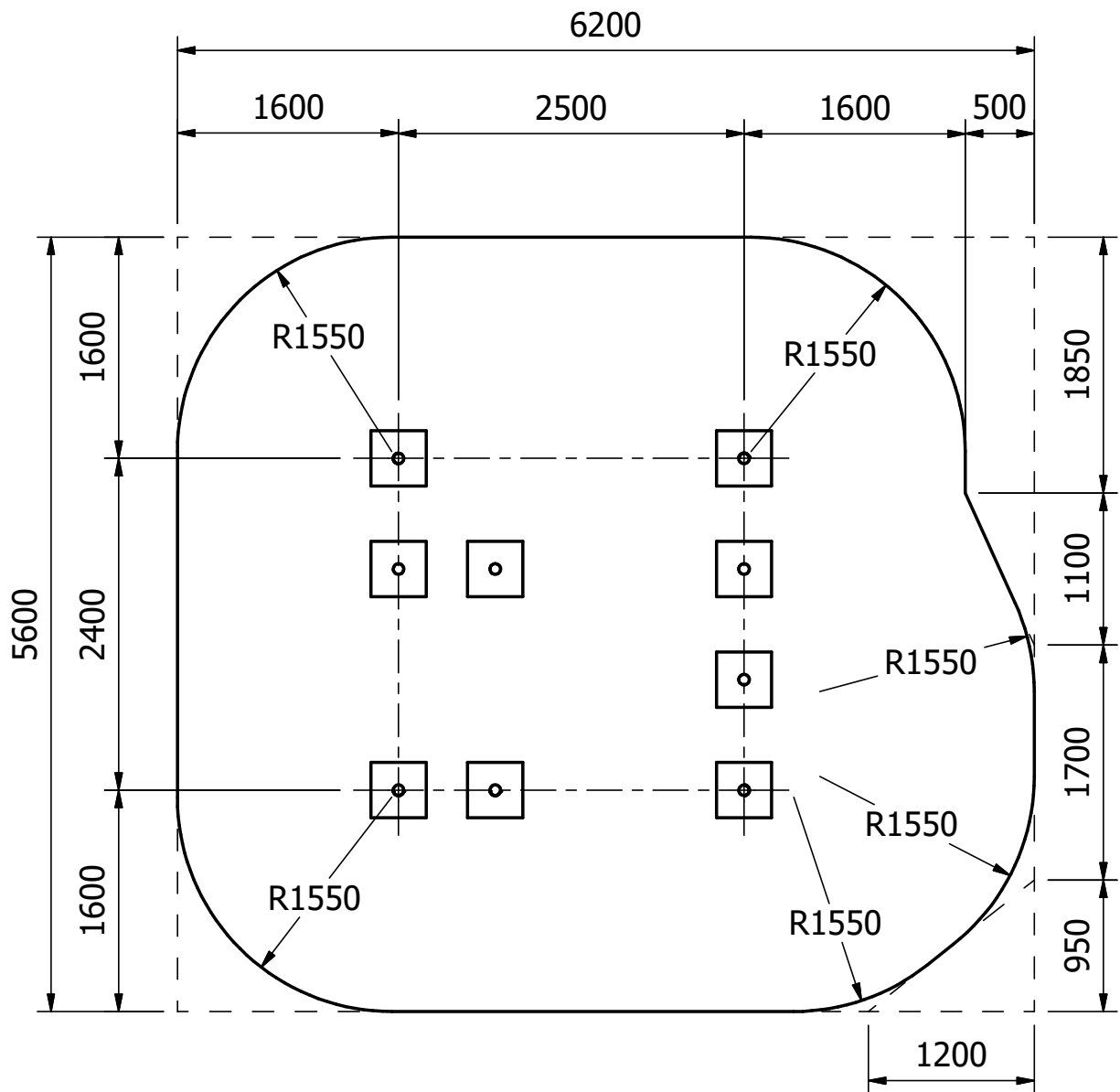
Foundation details

Care must be taken in abnormal conditions



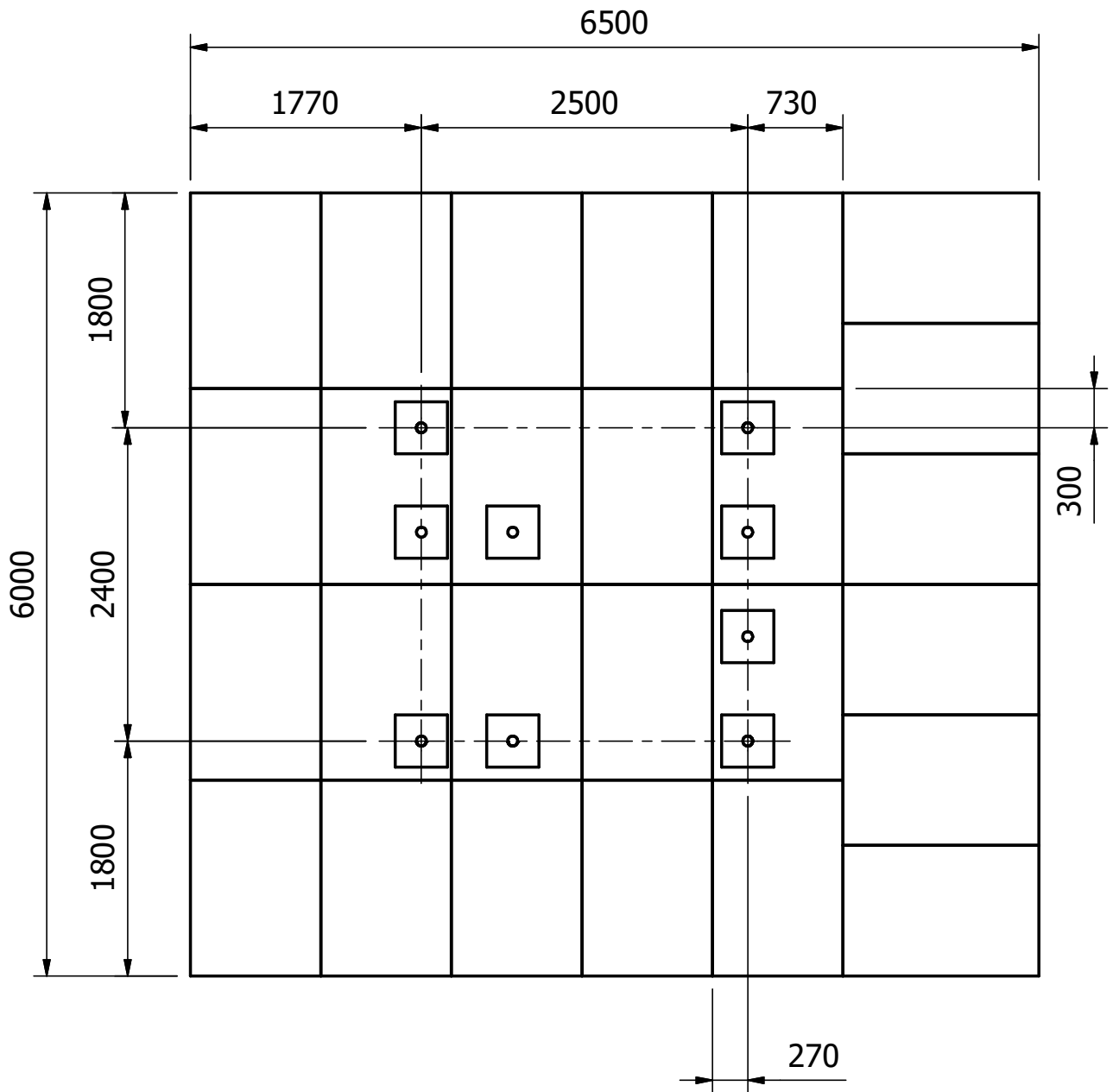
All foundations are 400 x 400 x 680 deep





Safety surfacing

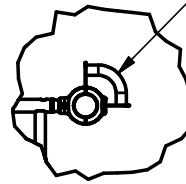
31.5m² of 60mm wetpour with 20.5m edging



Safety surfacing
 26 grassmats (1m x 1.5m)

A (1 : 25)

Note position of attachment point



Swingalong

TRX post

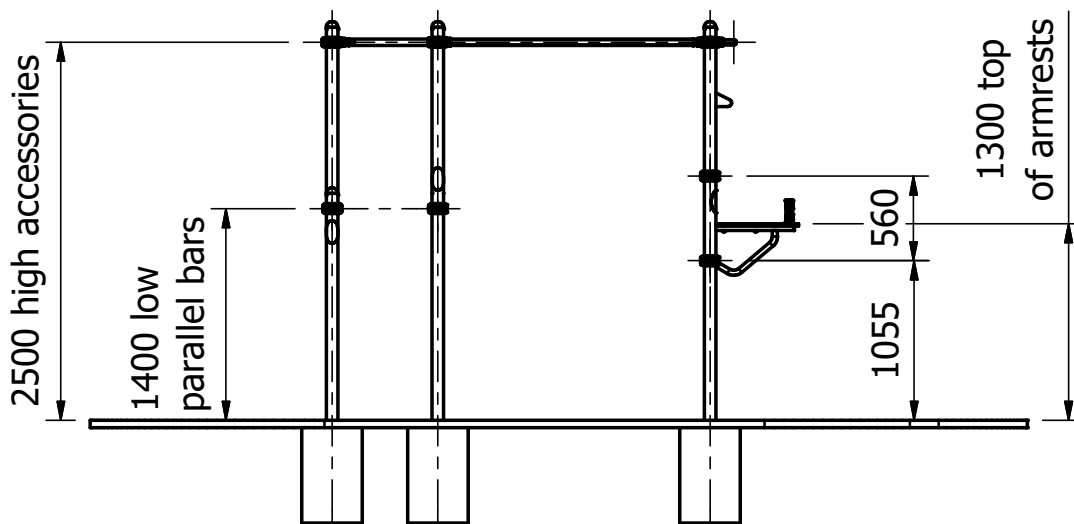
A

High narrow bar

Low parallel bars

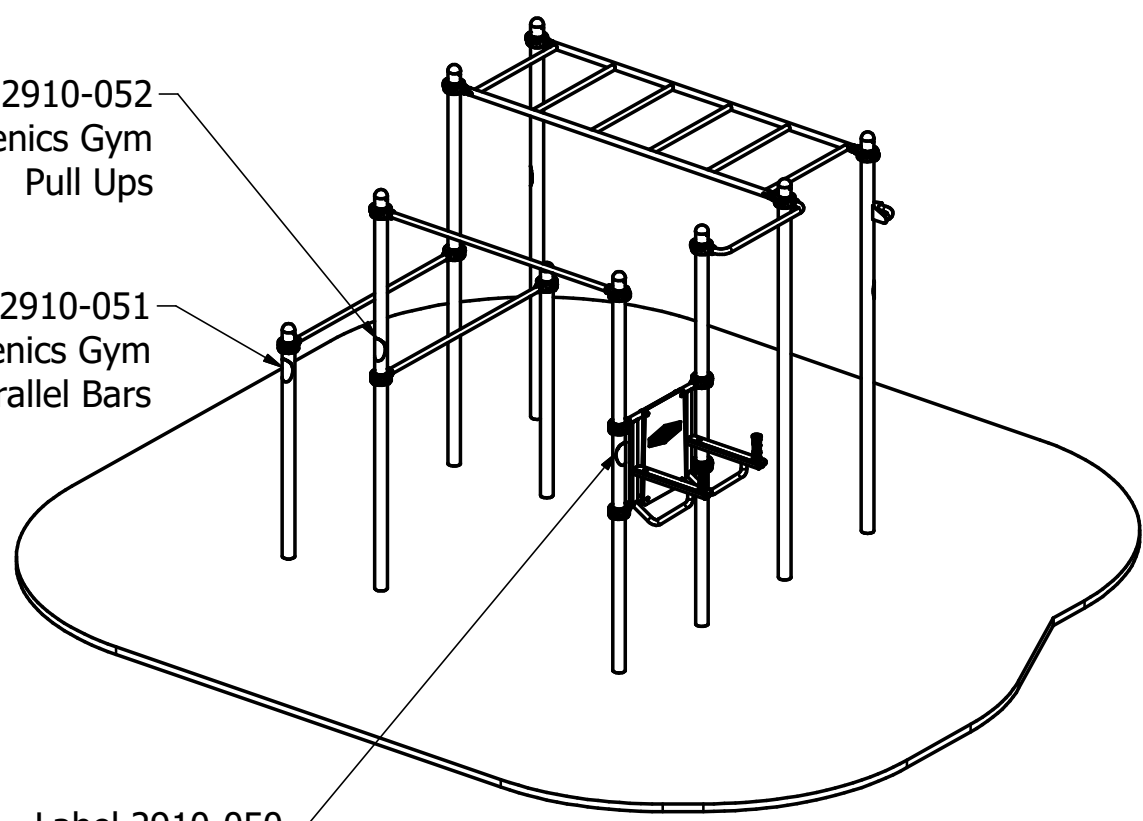
Leg raiser

High wide bar



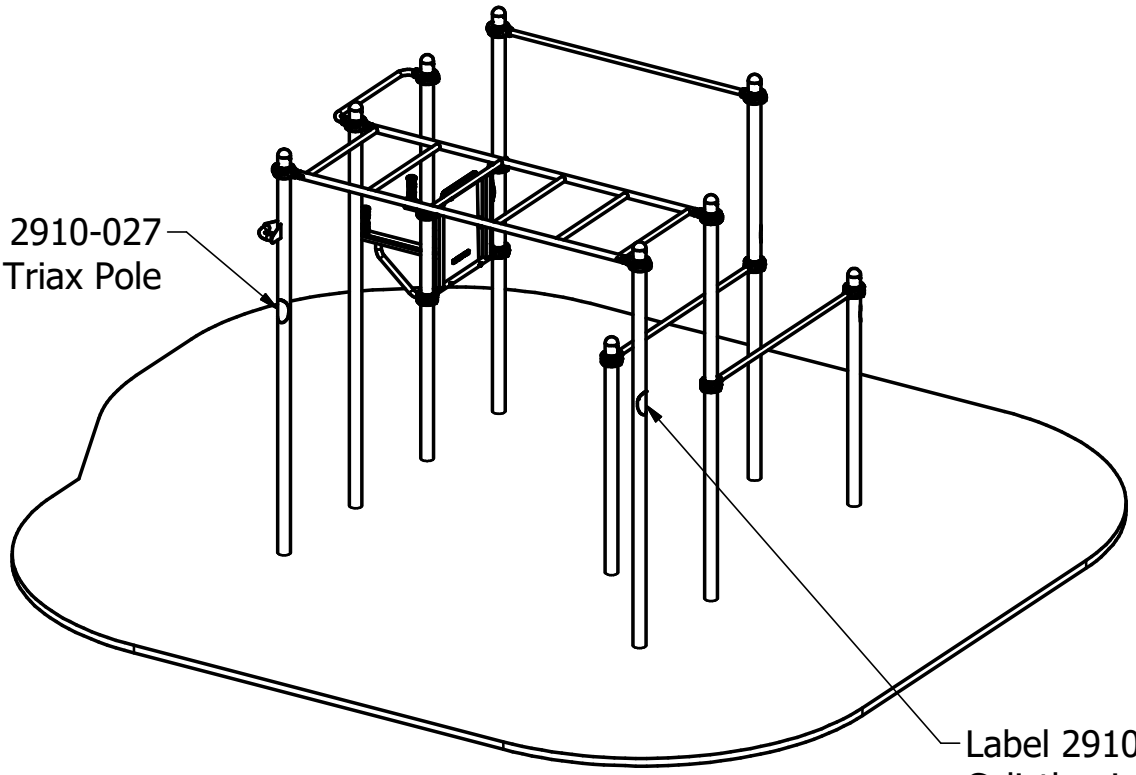
Label 2910-052
Calisthenics Gym
Pull Ups

Label 2910-051
Calisthenics Gym
Parallel Bars

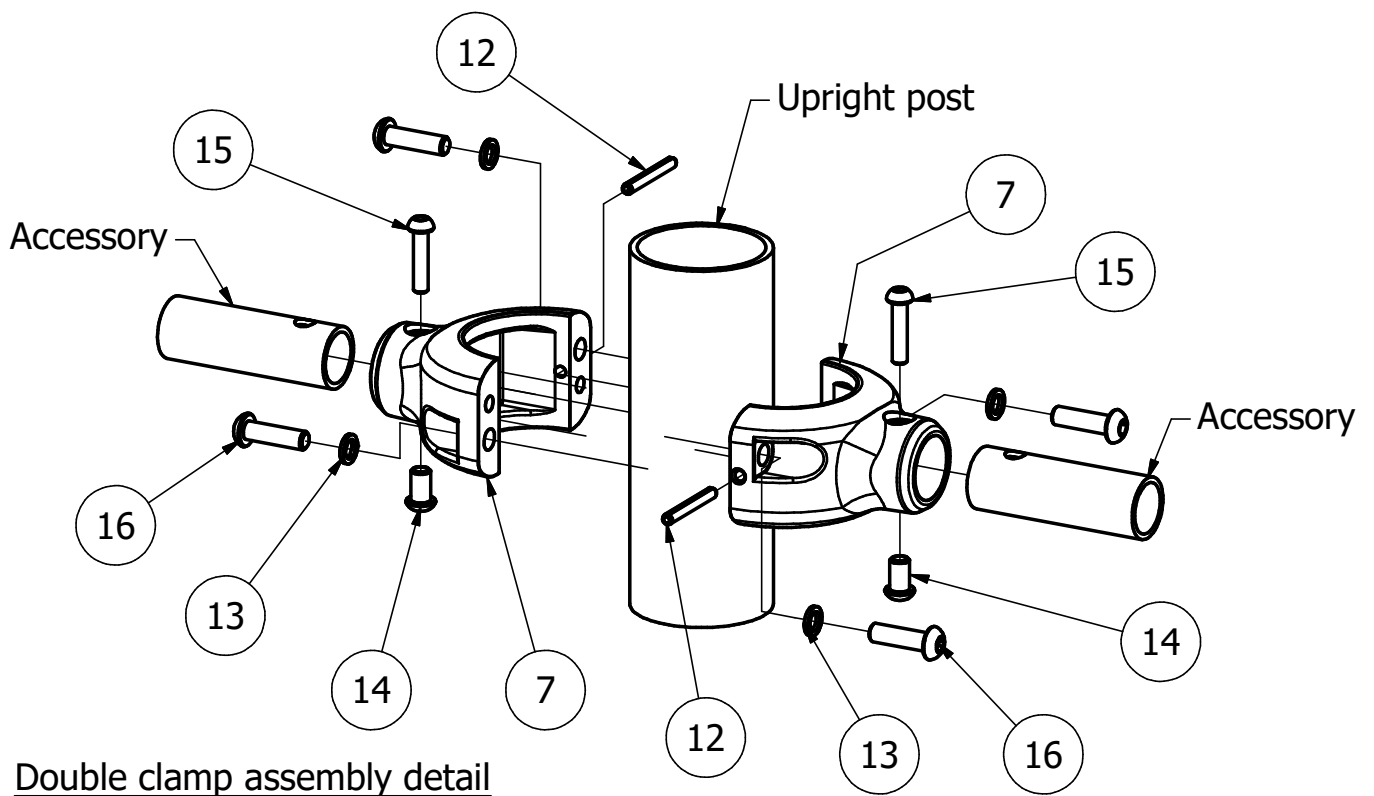
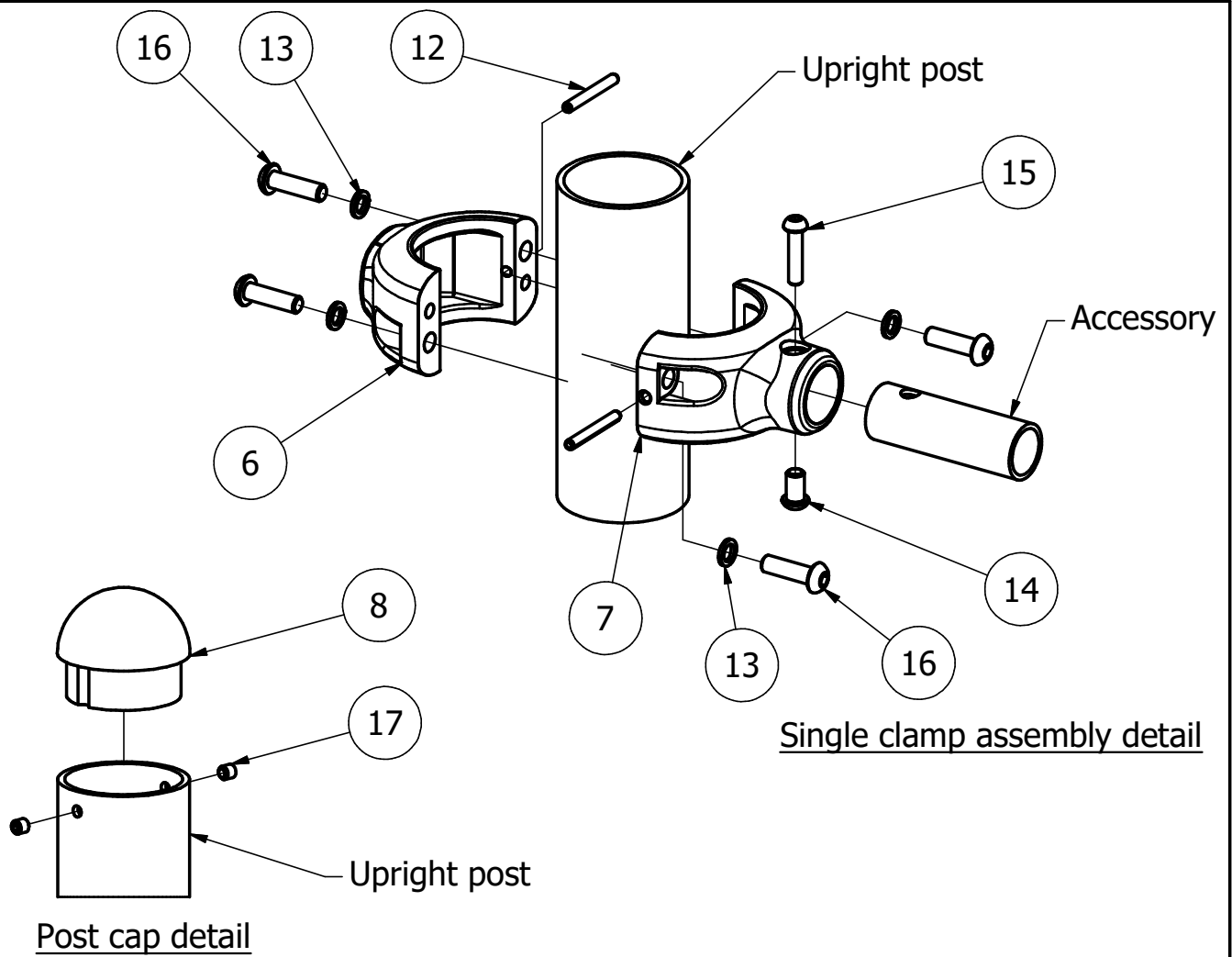


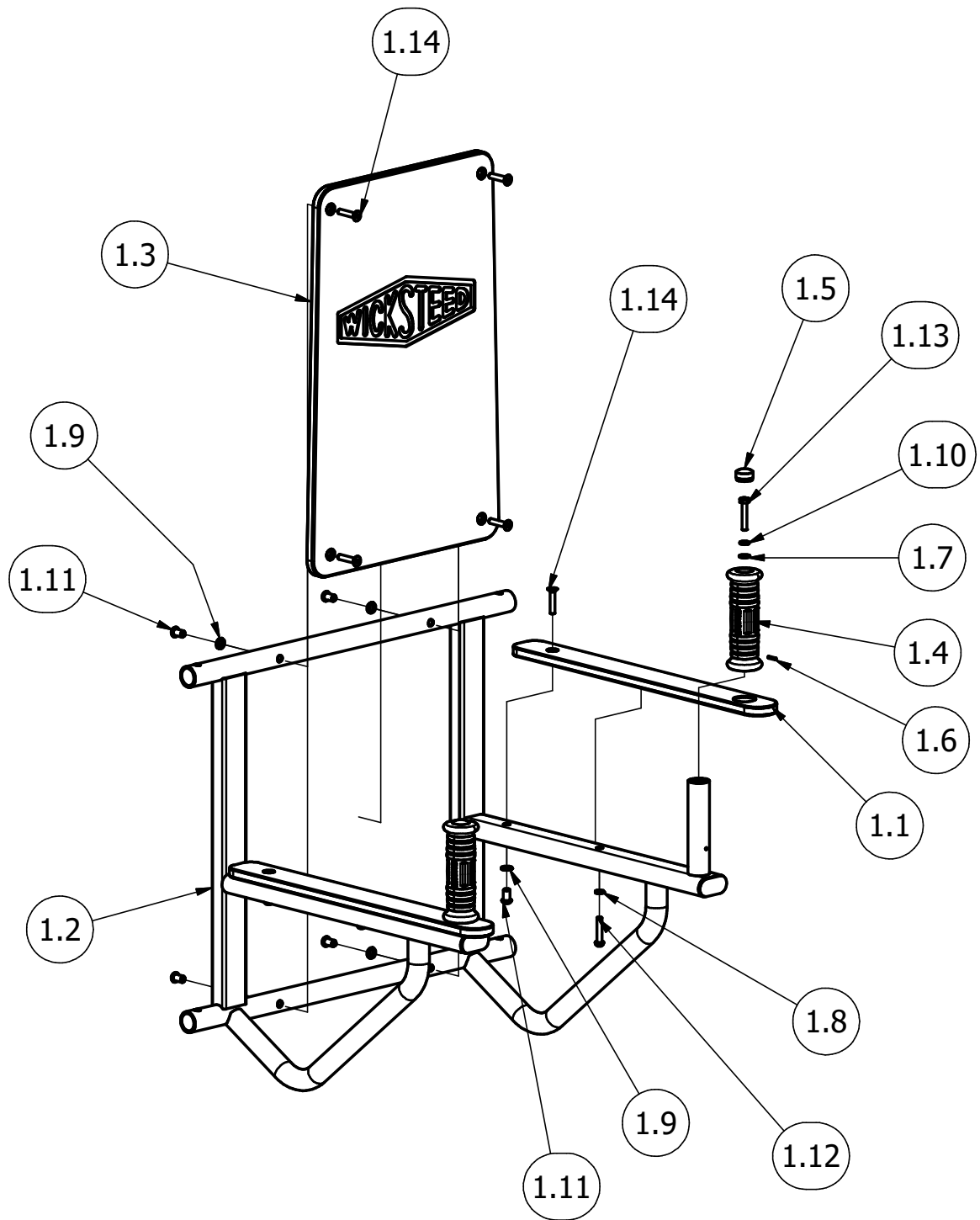
Label 2910-050
Calisthenics Gym
Leg Raises

Label 2910-027
High Triax Pole



Label 2910-053
Calisthenics Gym
Swingalong





Leg raiser assembly details

PARTS LIST

ITEM	QTY	PART NUMBER	DESCRIPTION
1	1	4202-492	LEG RAISER ASSY
1.1	2	4202-494	ARMREST PANEL ASSY
1.2	1	4202-491	LEG RAISER FRAME
1.3	1	3756-019	BACK PANEL
1.4	2	3730-161	Handle
1.5	2	2611-031_Cap	Black Poeppelmann Cap
1.6	2	2223-023	DIA 1/8" x 5/8" LG SELLOK PIN
1.7	2	2215-507	M8 Washer
1.8	2	2212-214	M8 NORD LOCK WASHER
1.9	6	2212-212	M10 NORD LOCK WASHER
1.10	2	2212-202	M8 Spring Washer
1.11	6	2177-001	M8 Safety Fastener
1.12	2	2176-155	M8 x 45 Pent Btn Head (Cut Down to 40mm)
1.13	2	2175-109	M8 x 45 LG HEX HD SCREW
1.14	6	2171-189	M8 x 40 C'SK SKT HD SCREW c/w PIN
2	1	4202-490	TRX UPRIGHT ASSY
3	1	4202-485	SWINGALONG
4	2	4202-484	SHORT POST ASSY
5	6	4202-483	TALL POST ASSY
6	14	3711-065	Dia 76.1 Clamp - Blank half
7	16	3711-063	Dia 76.1 Clamp - Tube fitting
8	9	3711-002	Aluminium End Cap
9	1	3021-762	PULL-UP TUBE
10	1	3001-606	STRUT (1800 CTRS)
11	2	3001-604	STRUT (1600 CTRS)
12	30	2223-026	DIA 6 x 50 LG SELLOK PIN BZP
13	60	2212-203	M10 Spring Washer
14	16	2177-001	M8 Safety Fastener
15	16	2176-154	M8 x 35 Pent Button Head
16	60	2176-127	M10 x 35 Pent Button Head
17	18	2171-111	M8 x 8 LG CUP POINT GRUB SCREW

COMPILED AB	REV	0	1	2	3				
	ECN	1731	minor	minor	minor				
DATE: 18/09/15	SIG.	AB	AB	MC	MC				
	DATE:	22/01/16	05/02/16	06/06/18	15/11/18				



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1	1	4202-492	LEG RAISER ASSY
1.1	2	4202-494	ARMREST PANEL ASSY
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1.4	2	3730-161	Handle
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1.6	2	2223-023	DIA 1/8" x 5/8" LG SELLOK PIN
1.7	2	2215-507	M8 Washer
1.8	2	2212-214	M8 NORD LOCK WASHER
1.9	6	2212-212	M10 NORD LOCK WASHER
1.10	2	2212-202	M8 Spring Washer
1.11	6	2177-001	M8 Safety Fastener
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2	1	4202-490	TRX UPRIGHT ASSY
3	1	4202-485	SWINGALONG
4	2	4202-484	SHORT POST ASSY
5	6	4202-483	TALL POST ASSY
6	14	3711-065	Dia 76.1 Clamp - Blank half
7	16	3711-063	Dia 76.1 Clamp - Tube fitting
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10	1	3001-606	STRUT (1800 CTRS)
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12	30	2223-026	DIA 6 x 50 LG SELLOK PIN BZP
13	60	2212-203	M10 Spring Washer
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15	16	2176-154	M8 x 35 Pent Button Head
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COMPILED AB	REV	0	1	2					
	ECN	1731	minor	minor					
DATE: 18/09/15	SIG.	AB	AB	MC					
	DATE:	22/01/16	05/02/16	06/06/18					



DESPATCH LIST

Product: 6230-001 Fitness Centre

Date of Issue: 05/10/15

Order No:

Issue: A

Item	Unit Qty	Description	Part No.	Checked
Items marked * to be fitted before despatch				
1	6	Tall post assy (3205mm lg)	4202-483	
2	2	Short post assy (2105mm lg)	4202-484	
3	1	TRX upright assy (3205mm lg)	4202-490	
4	1	Swingalong	4202-485	
5	1	Pull-up tube	3021-762	
6	1	Strut (1800 ctrs)	3001-606	
7	2	Strut (1600 ctrs)	3001-604	
8	1	Leg raiser frame	4202-491	
9	2	Armrest panel *	3756-021	
10	1	Back panel *	3756-019	
11	2	Handle *	3730-161	
12	1	Fixing pack		
		Fitness Instruction Label		
13	1	(High Triax Pole) *	2910-027	
14	1	(Calisthenics Gym - Leg Raises) *	2910-050	
15	1	(Calisthenics Gym - Parallel Bars) *	2910-051	
16	1	(Calisthenics Gym - Pull Ups) *	2910-052	
17	1	(Calisthenics Gym - Swingalong) *	2910-053	

Total No. of Items

Picked By:

Checked By:

COMPILED BY: AB	REV	0	1				
	ECN No.	1731	Minor				
DATE: 05/10/15	DATE	22/01/2016	06/06/2018				
	SIGN	AB	MC				

FIXINGS LIST

Product: 6230-001 Fitness Centre

Date of Issue: 05/10/15

Order No:

Issue: A

Item	Unit Qty	Description	Part No.	Checked
		Leg raiser assy		
1	2	Insert M8 (Tappex-002M8) *	2115-013	
2	2	Black Poeppelmann cap *	2611-031	
3	2	M8 washer *	2215-507	
4	2	M8 Nord lock washer *	2212-214	
5	6	M10 Nord lock washer *	2212-212	
6	2	M8 spring washer *	2212-202	
7	6	M8 safety fastener *	2177-001	
8	2	M8 x 45 pent button head (CUT DOWN TO 40mm) *	2176-155	
9	2	M8 x 45 hex head screw *	2175-109	
10	6	M8 x 40 c'sunk socket head screw c/w pin *	2171-189	
11	2	Sellok pin Ø1/8" x 5/8" *	2223-023	
12	14	Dia 76.1 clamp - bottom half	3711-065	
13	16	Dia 76.1 clamp - top half	3711-063	
14	30	Dia 6 x 50 lg sellok pin BZP	2223-026	
15	60	M10 spring washer	2212-203	
16	16	M8 safety fastener	2177-001	
17	16	M8 x 35 pent button head screw	2176-154	
18	60	M10 x 35 pent button head screw	2176-127	
19	9	Aluminium end cap *	3711-002	
20	18	M8 x 8 cup point grub screw *	2171-111	
21	2	M8 pent key	2372-003	
22	2	M10 pent key	2372-008	
		Items marked * to be fitted before despatch		

Total No. of Items

Picked By:

Checked By:

COMPILED BY: AB	REV	0				
	ECN No.	1731				
DATE: 05/10/15	DATE	22/01/2016				
	SIGN	AB				