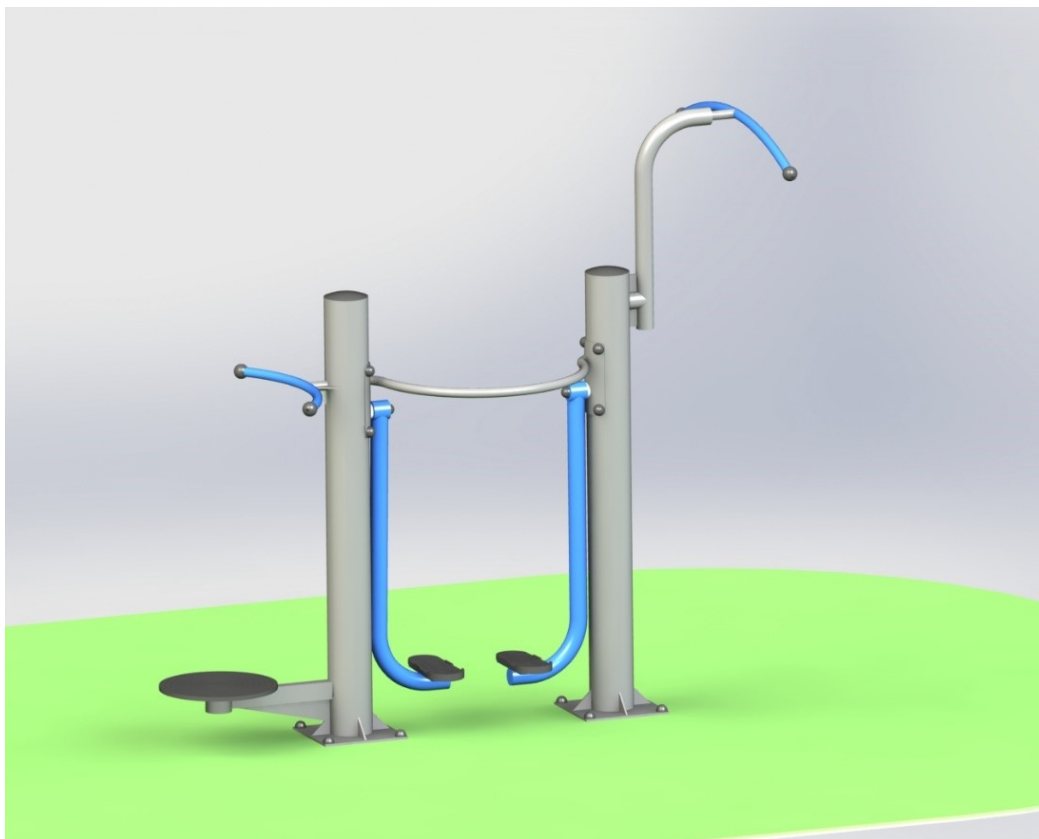


Technical Specification Installation, Operation, Maintenance and Facility Control Manual

Fitness Facility - Model FMS 19



I. TECHNICAL SPECIFICATION

1. General characteristics

Rotating disk for movement of hips and waist.

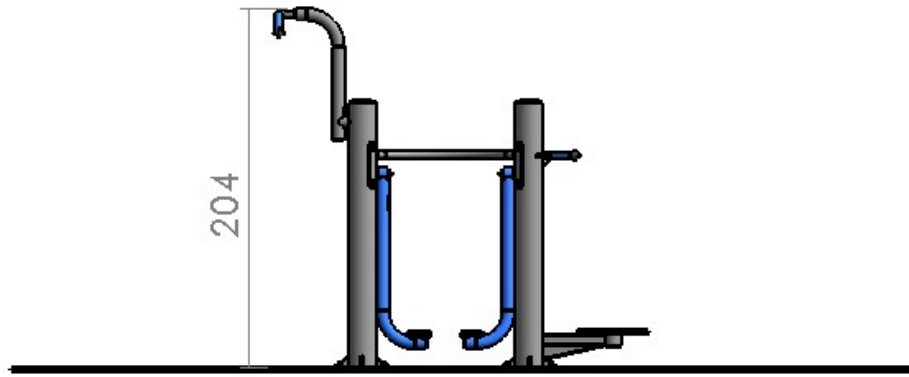
Cardio training device that is predominantly loading the lower body part.

Benefits:

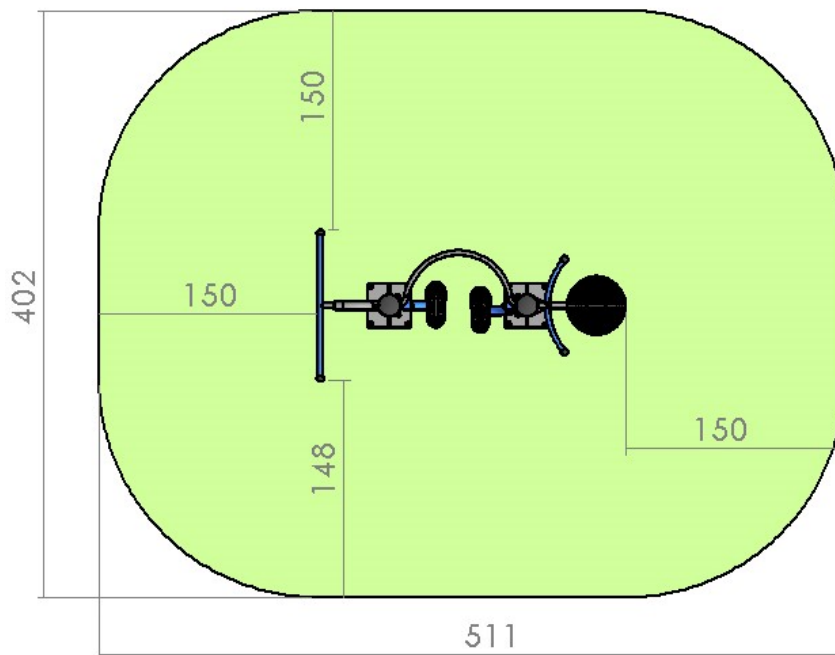
- = Strengthens the thigh muscles, lower leg and calves;
- = Improves the blood circulation and supports the saturation of the tissues with oxygen in this body part;
- = Improves the cardio-vascular operations and reduces the cardiovascular diseases risks;
- = Can be used for exercising and rehabilitation;

The bar gives the trainee the opportunity to perform various types of pull-ups through which different muscle groups are loaded, predominantly the muscles of the back and the arms (biceps). The pull-up bar allows for the more advanced trainees to perform various types of abdominal presses.

2. Overall dimension of the facility and minimum required space for positioning



Необходимо пространство - 20 м2



3. Used materials

1.) Construction of round metal profiles

The construction of the facility consists of massive metal thick-wall columns. The functional elements are also made of metal pipe profiles. The construction is designed according to the requirements of **BDS EN 16630:2015**, both in terms of consistent and variable loads and number of users per given size-volume and in relation to all requirements of that standard for fall protection and protection against all types of pinches. Two layers of paint are applied over the metal construction after degreasing and rust cleaning, with special paints with anti-corrosion ingredients and very high UV and scratching resistance. The chemical composition of the coating meets the requirements of **BDS EN 16630:2015**

2.) Polyethylene elements

All polyethylene elements (protective caps, plugs) are made through moulding of high-quality high density polyethylene with addition of required ingredients in order to provide the required plasticity and durability to weathering and UV rays and are fixed to the facility through one-piece connections.

3.) Rubber elements

All rubber elements on the facility are vulcanized over metal bases in order to ensure sufficient robustness and are made of styrene butadiene rubber SDR with hardness shore 80, meeting the requirements for resistance to weathering and UV rays.

4.) Bearing bodies

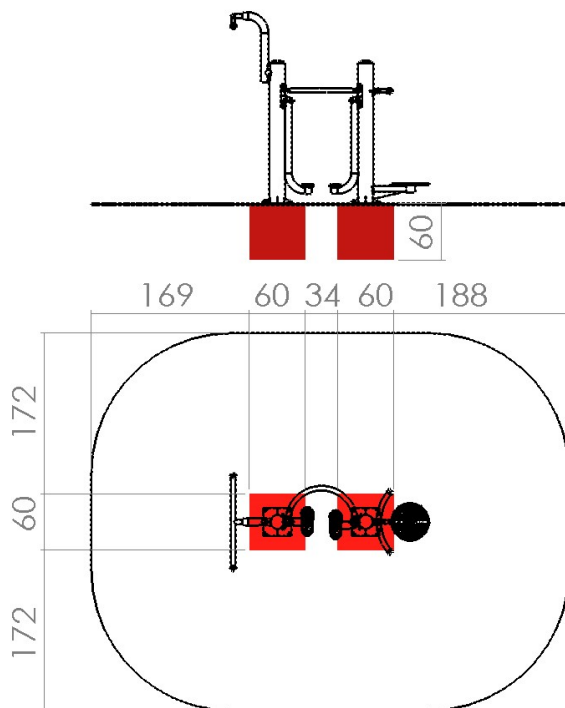
The movement of all moving parts of the facility is provided through bearing assemblies, having the required design sizes and opportunity for replacement when worn.

5.) Joints

Metal, threaded galvanized fittings with M8, M10 and M12 are used for the assembly of the individual modules and the construction. All bolts' heads and nuts which do not have flat configuration and require special tooling are hidden by special caps.

II. INSTALLATION OF THE FACILITY

The fixation of the facility to concrete foundations is performed through enough in number massive anchoring bolts, with size of M12.



III. GENERAL GUIDELINES FOR MAINTENANCE OF THE FACILITY

In order to ensure the safe operation of the facility it is required to perform periodic control of the moving and stationary functional elements and supporting modules. In case of malfunctions as a result of vandalism, tear and wear or misuse, it is required to take measures for fixing of the issues in order to ensure safe operation of the facility.

IV. WARRANTY PERIOD

The warranty period of the product is 2 (two) years and covers the following defects:

- Defects in the craftsmanship of the product;
- Defects of the materials used during craftsmanship;

The improper operation and damages to the product as result of vandalism void the warranty of the product.

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