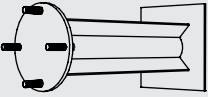

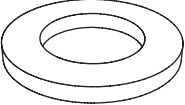
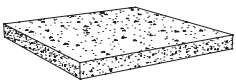
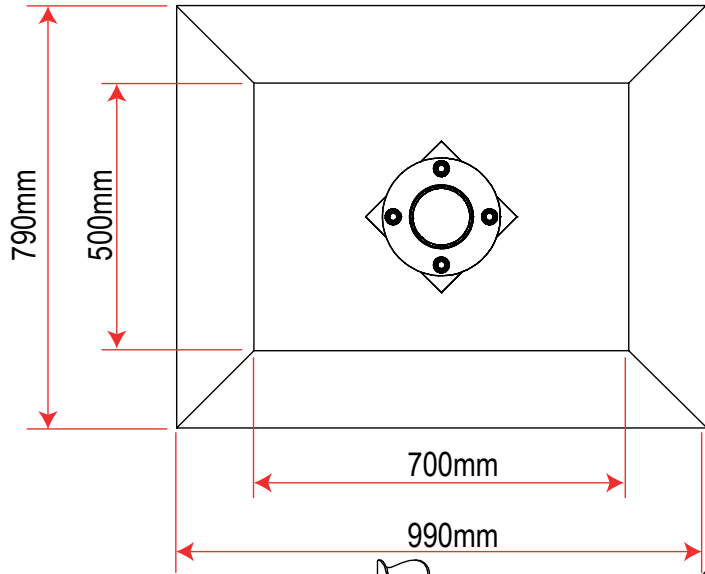


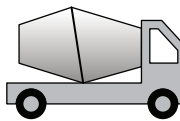
## Fitness Range


FS001N, FS004N, FS007N, FS009N,  
FS010N, FS015N, FS016N, FS030, FS031,  
FS032, FS033, FS034, FS035, FS036,  
FS037, FS038, FS040, FS100, FS101,  
FS102, FS103, FS104, FS105, FS106,  
FS107, FS108, FS112, FS113




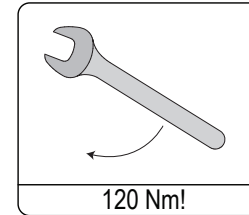
ITEM	REF	PART	Qty	ITEM	REF	PART	Qty
1	940301		1	2	10261600	 M16	4
3	10291600	 M16	4	4	<del>INCL INCL</del>	 500 x 500 x 50mm	1



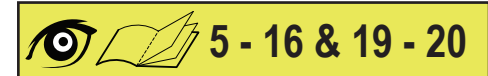
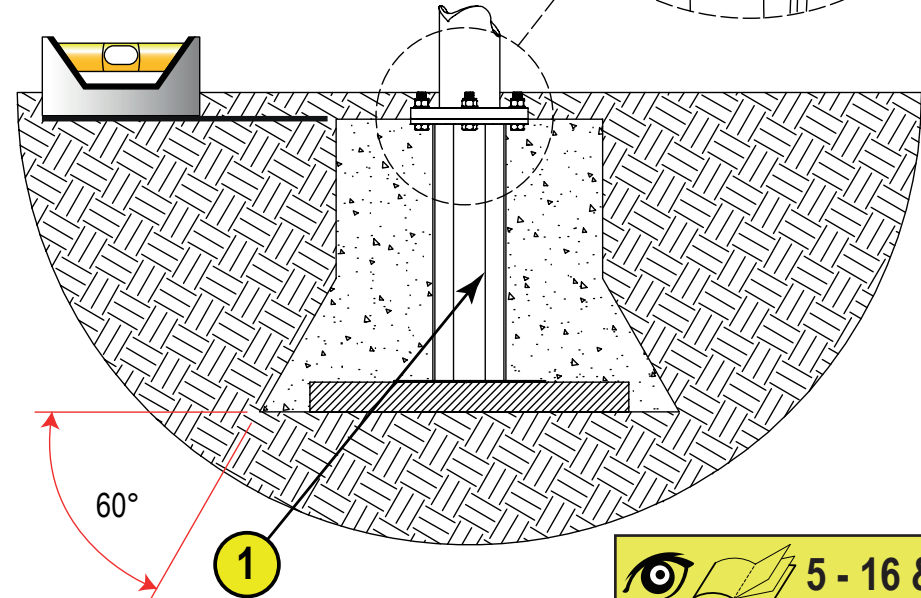
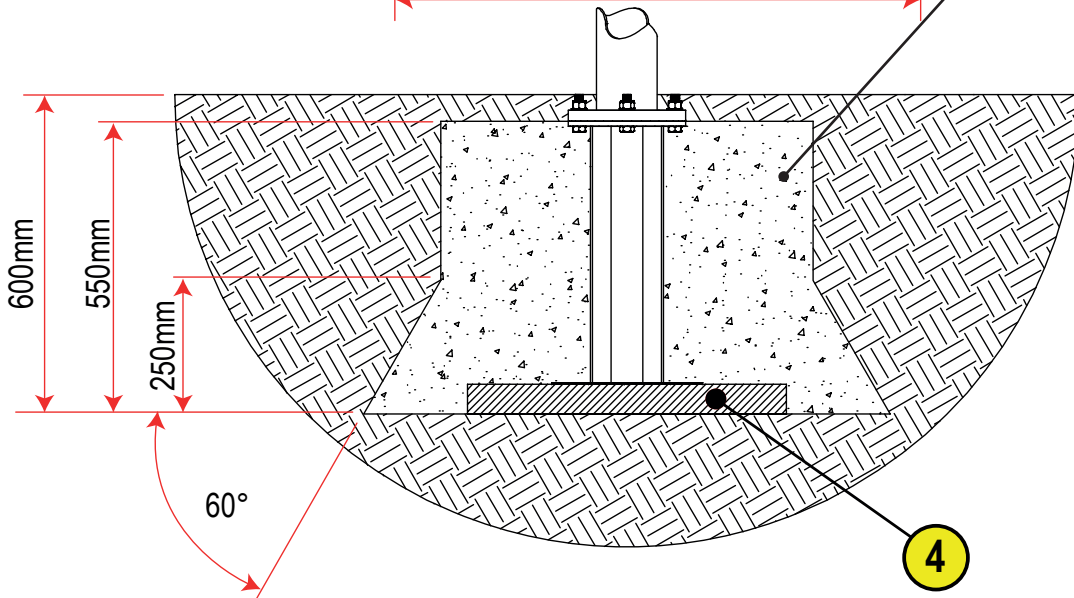
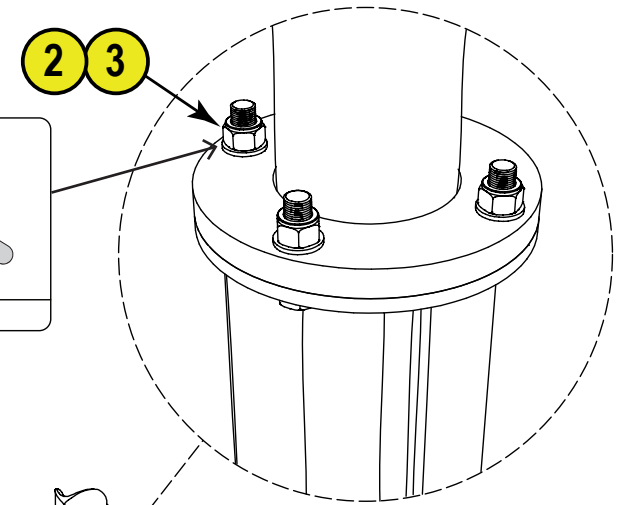
  
S2 (50mm)  
≥C20-25

 7 x 24h

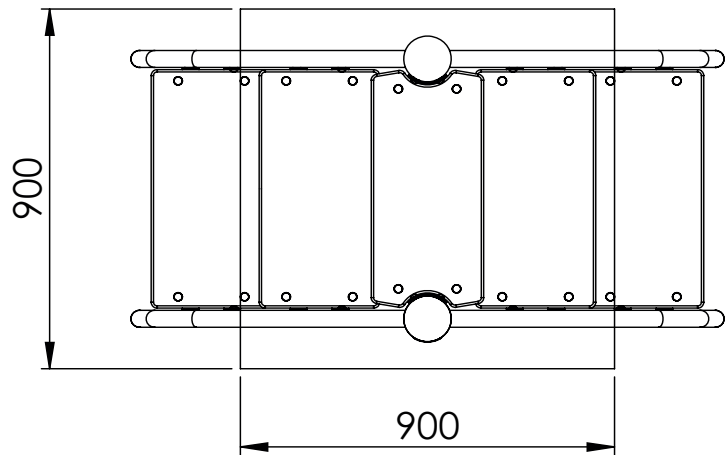
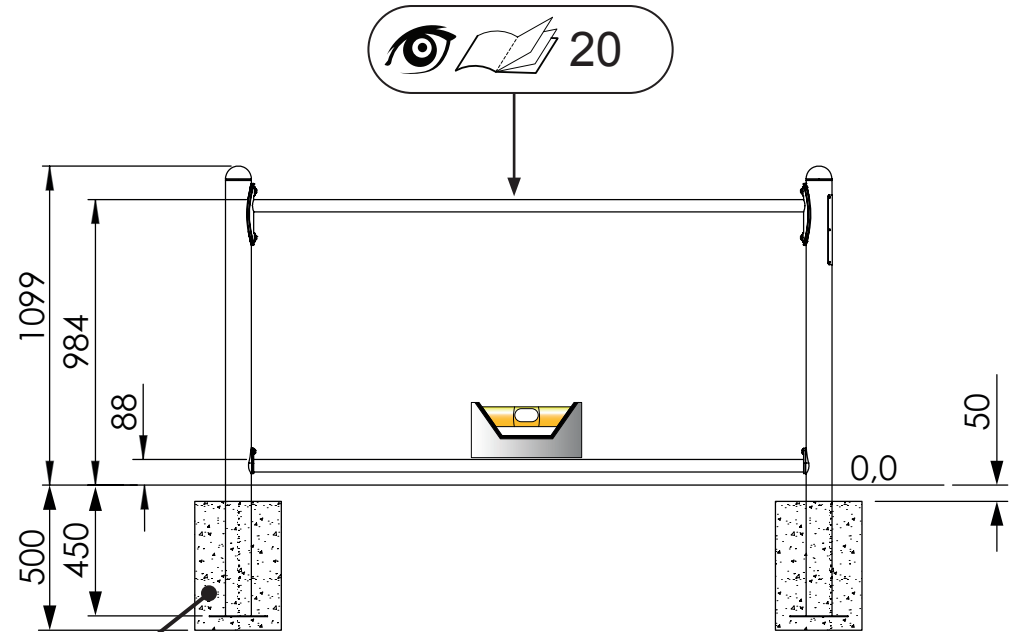
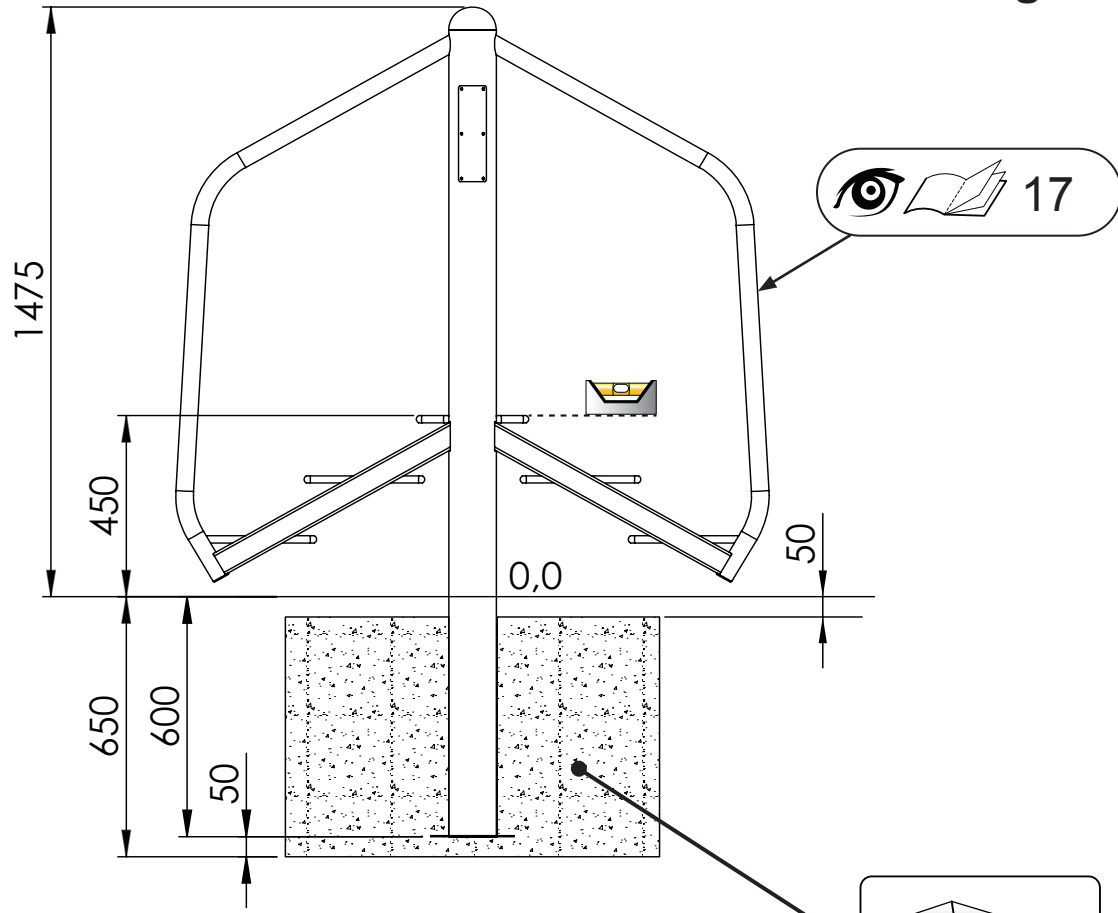
 101






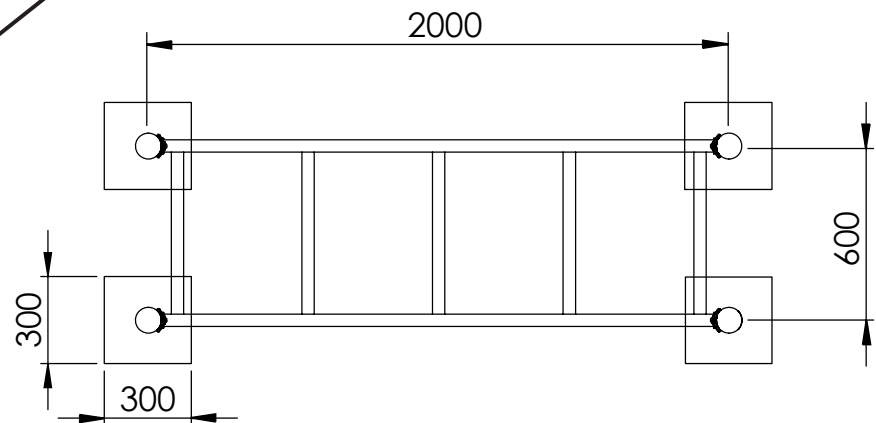
## Fitness Range Ground Anchor



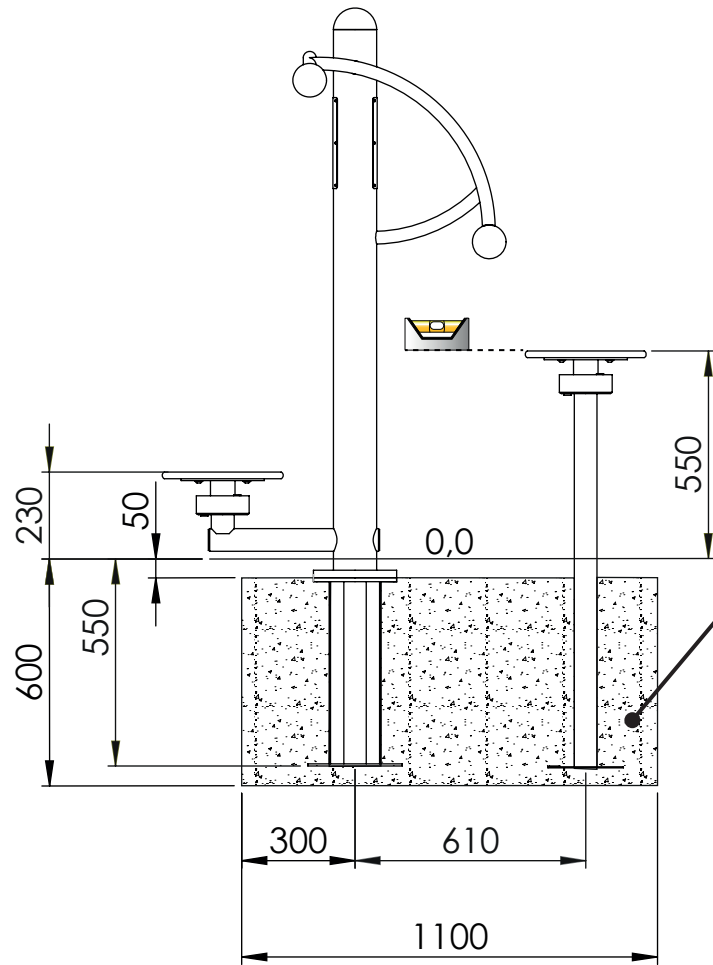
# Footing detail for FS035 Step Challenge & FS037 Ladder

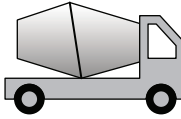




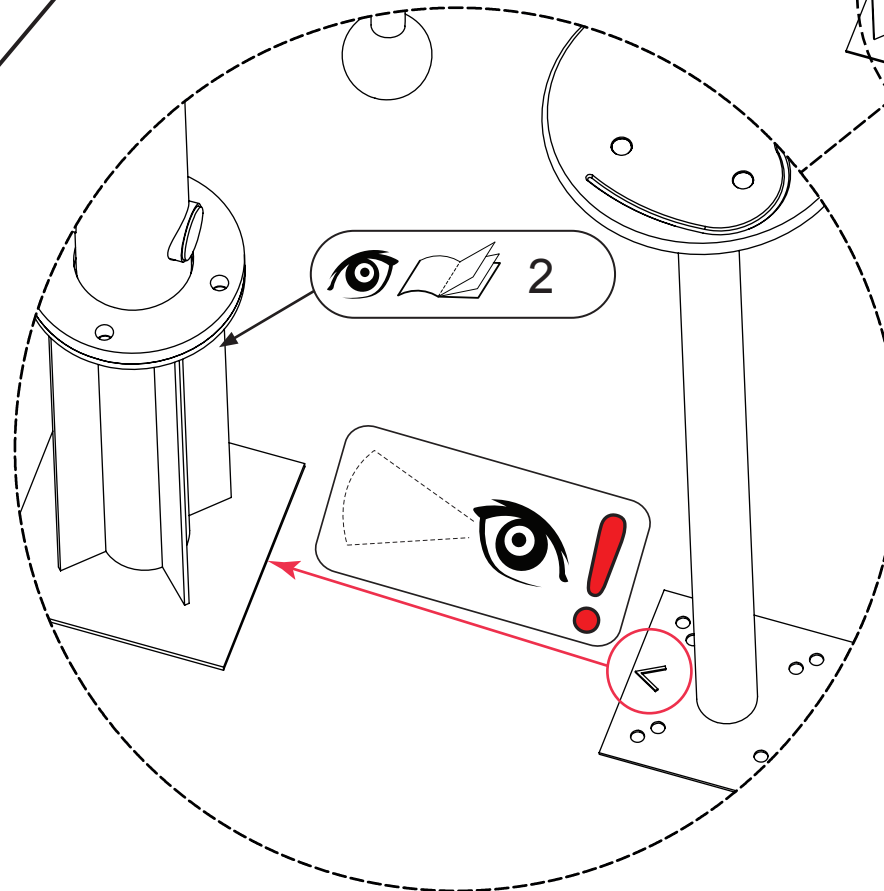
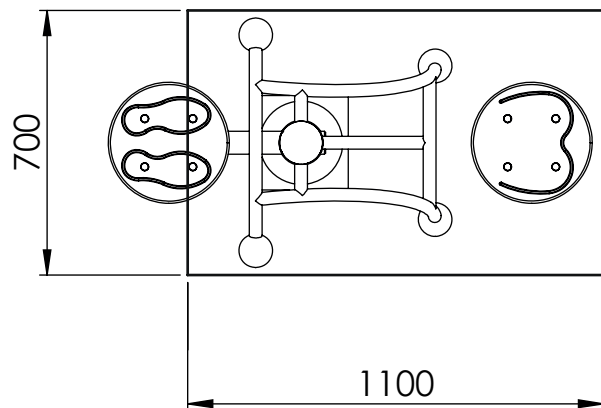
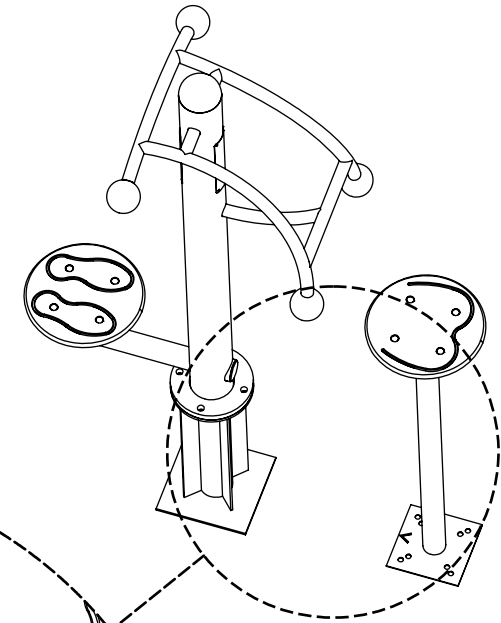

S2 (50mm) ≥C20-25
 7 x 24h
 101



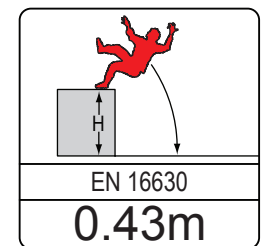
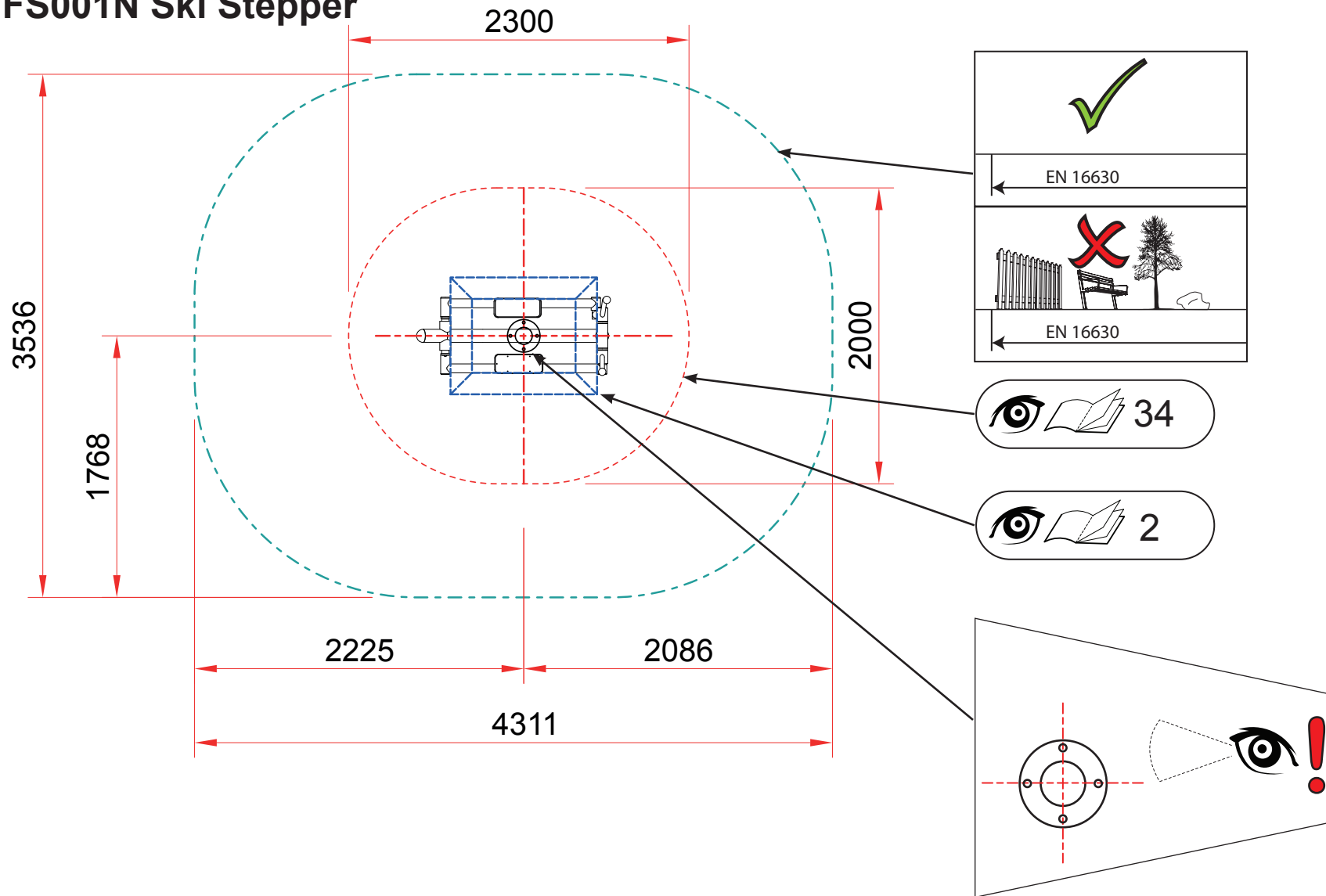
# Footing detail for FS038 Twister



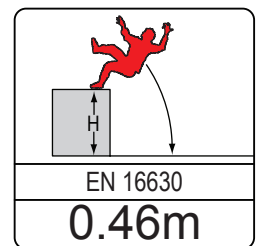
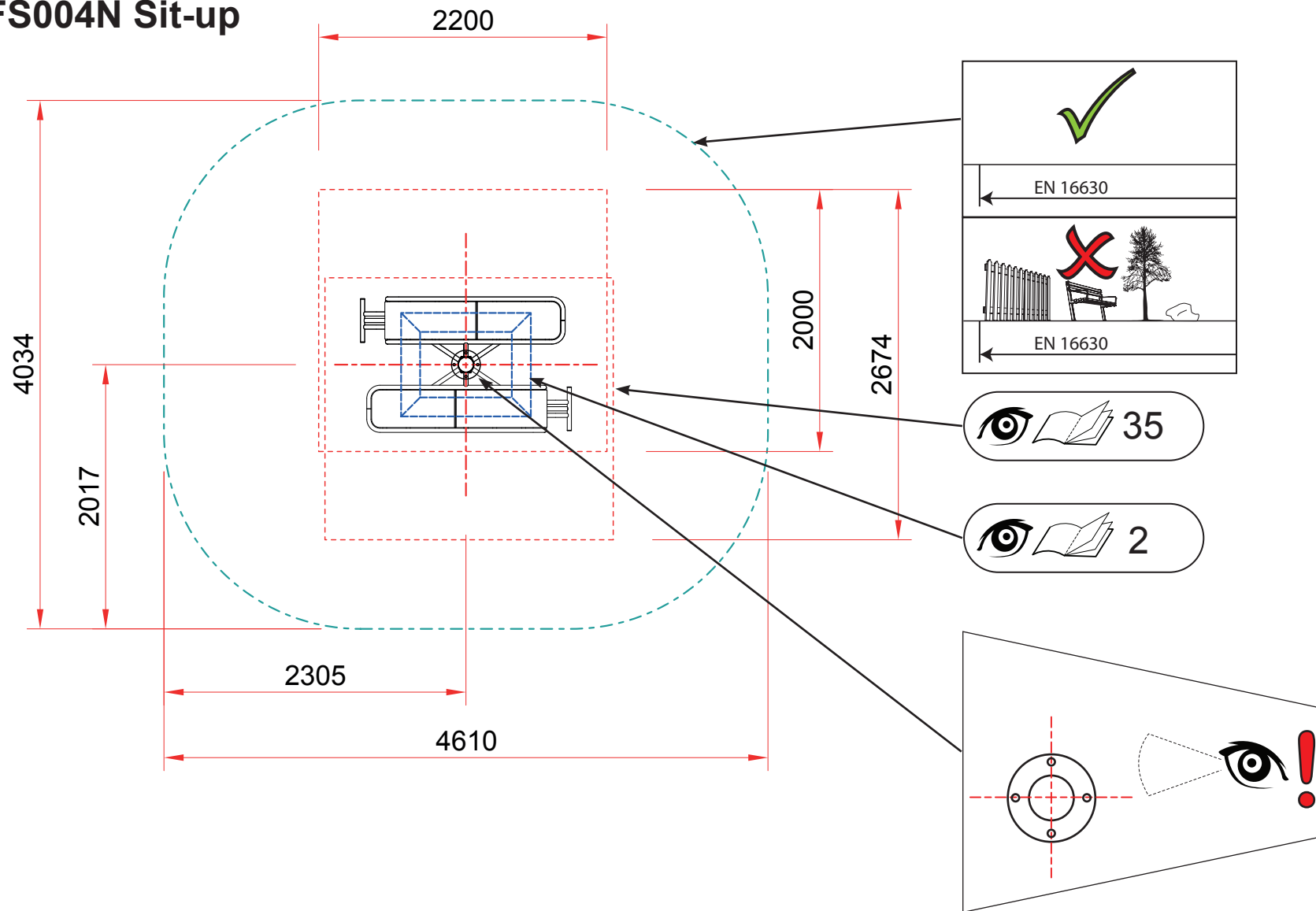

S2 (50mm) ≥C20-25
 7 x 24h
 101



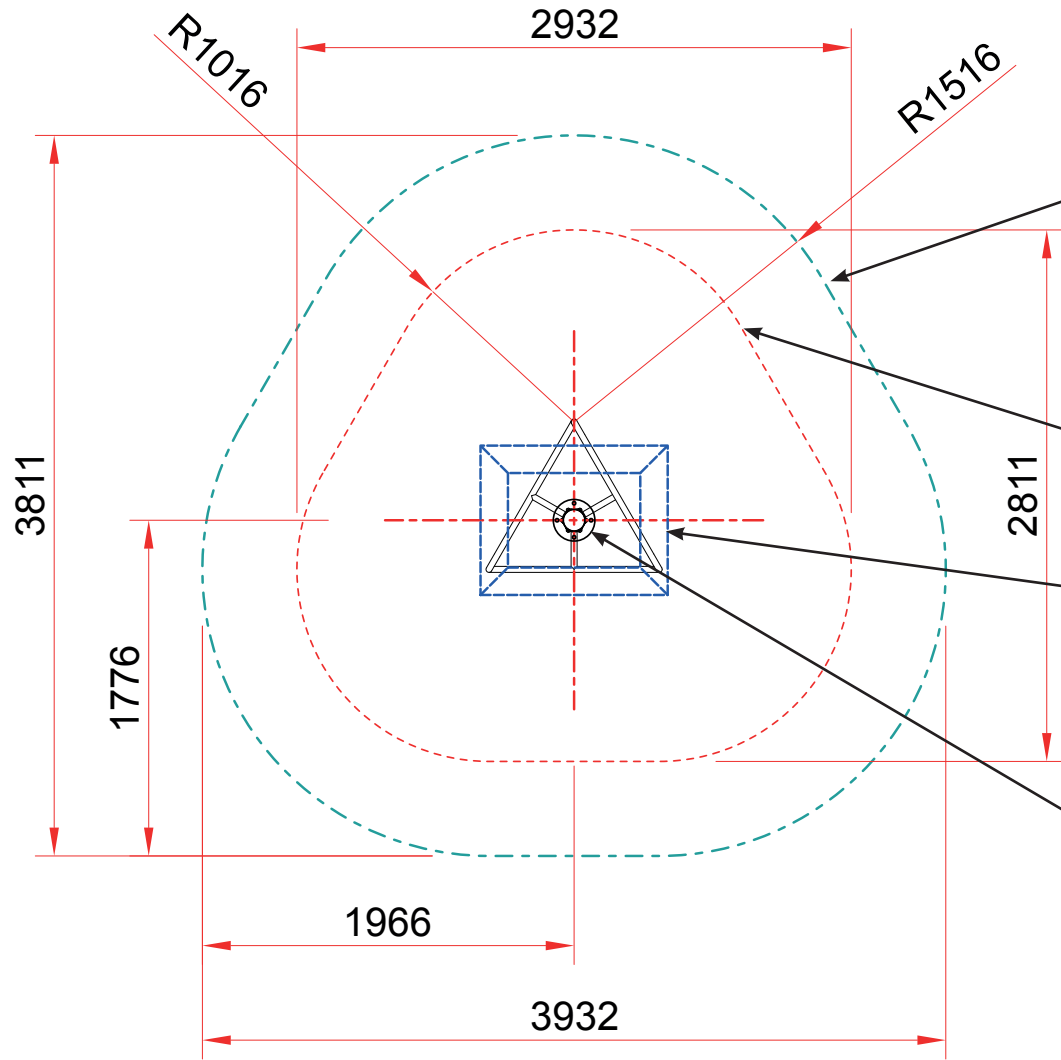
# FS001N Ski Stepper



# FS004N Sit-up



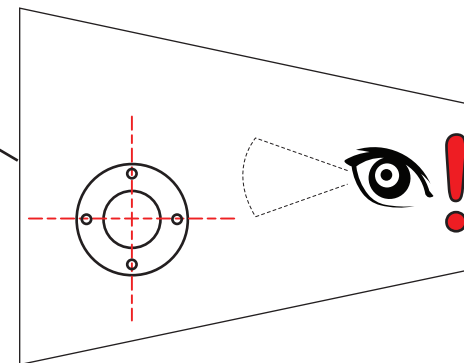
# FS007N Leg Stretch



✓
← EN 16630
✗
← EN 16630

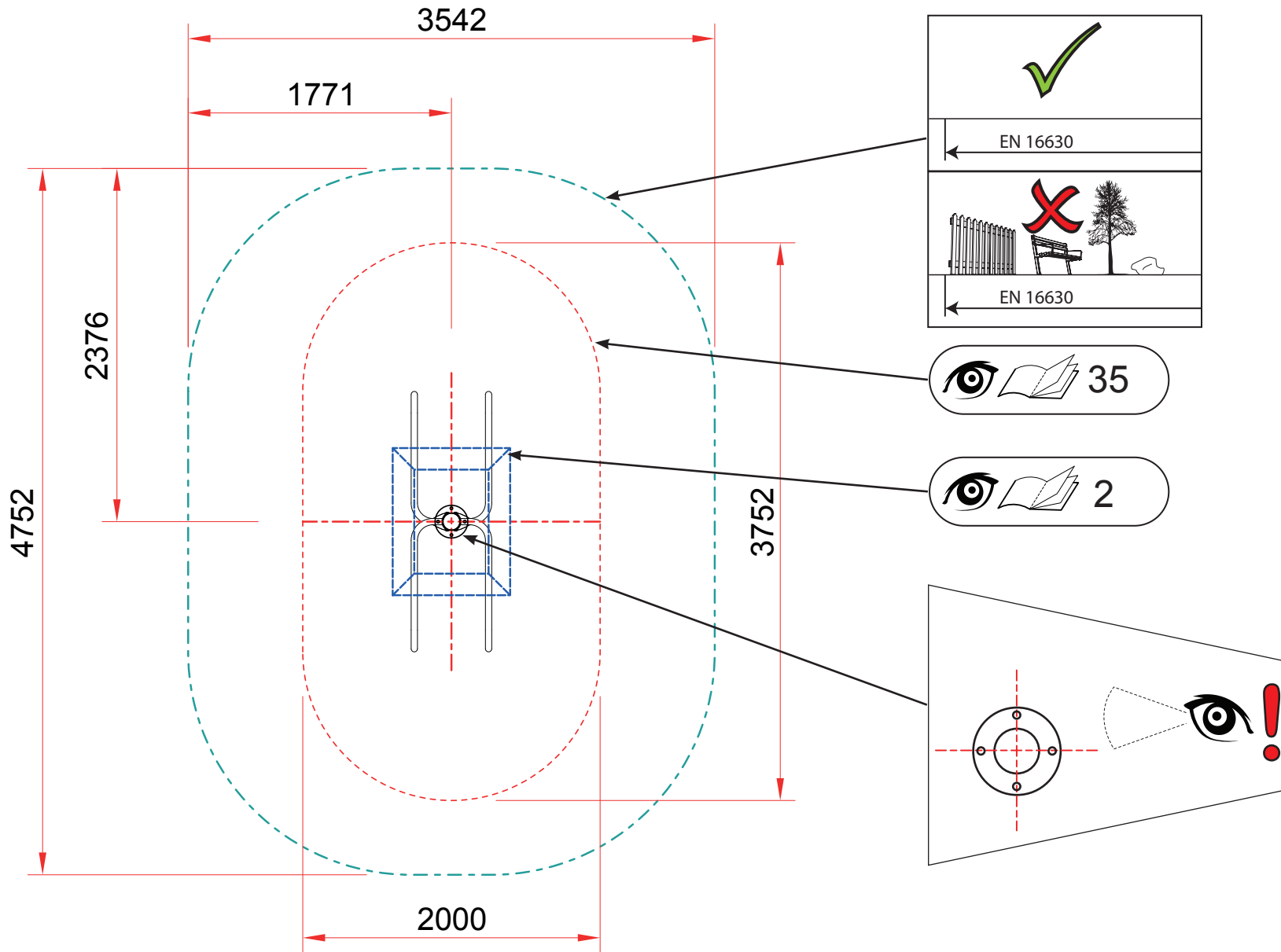
👁️ 📖 35

👁️ 📖 2



EN 16630
0m

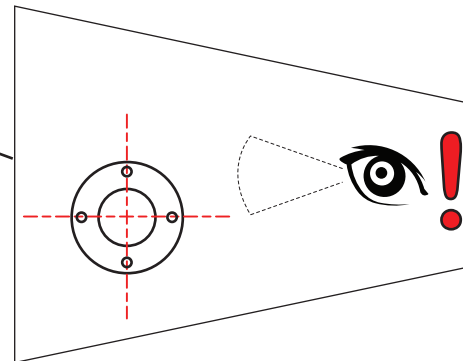
# FS009N Parallel Rails



✓
← EN 16630
✗
← EN 16630

Eye icon / Book icon 35

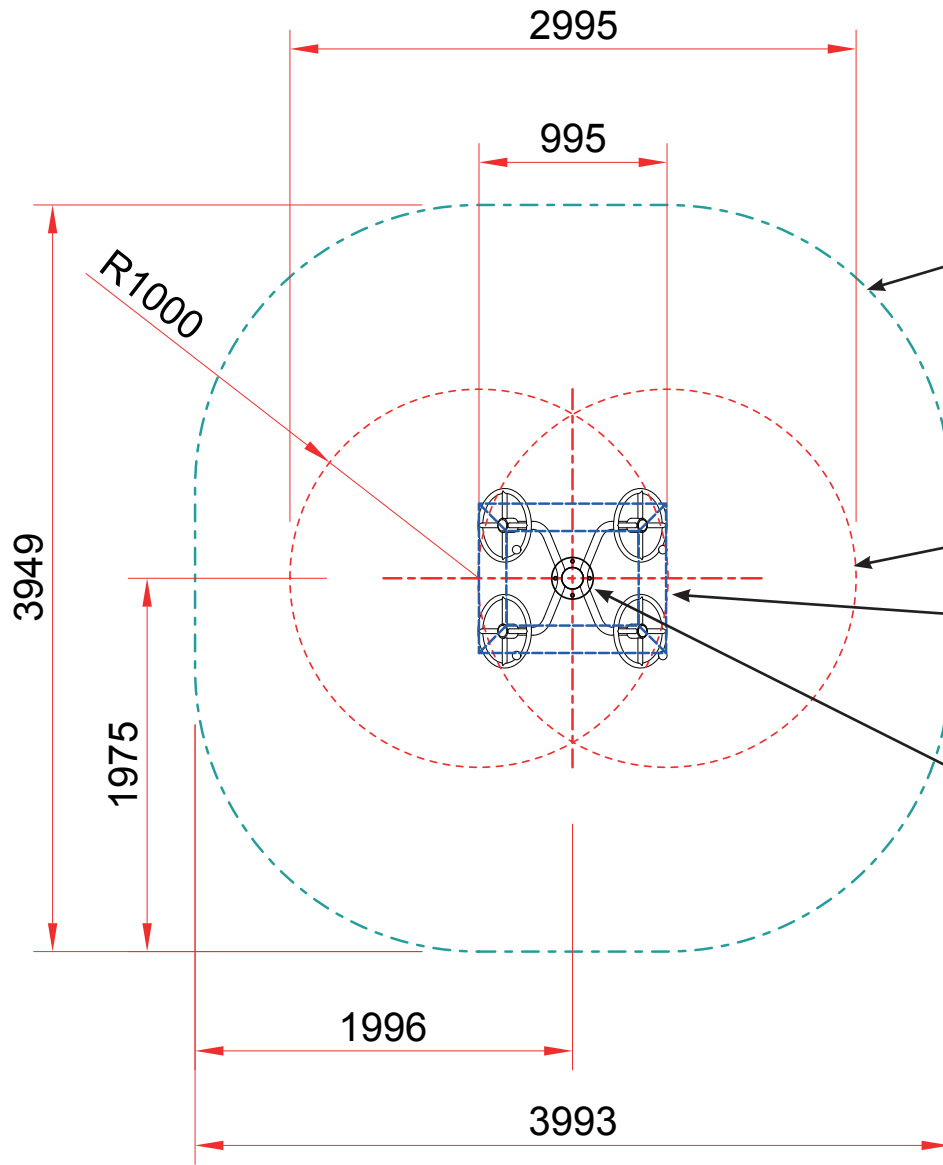
Eye icon / Book icon 2



EN 16630
<b>1.46m</b>



# FS010N Push Hands

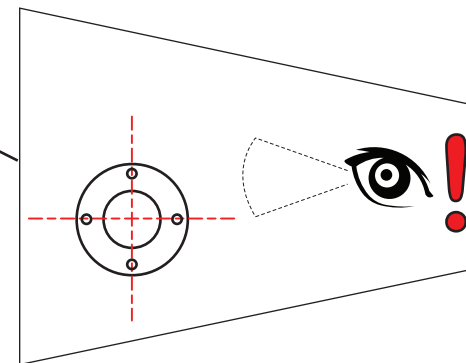


✓
← EN 16630
✗
← EN 16630



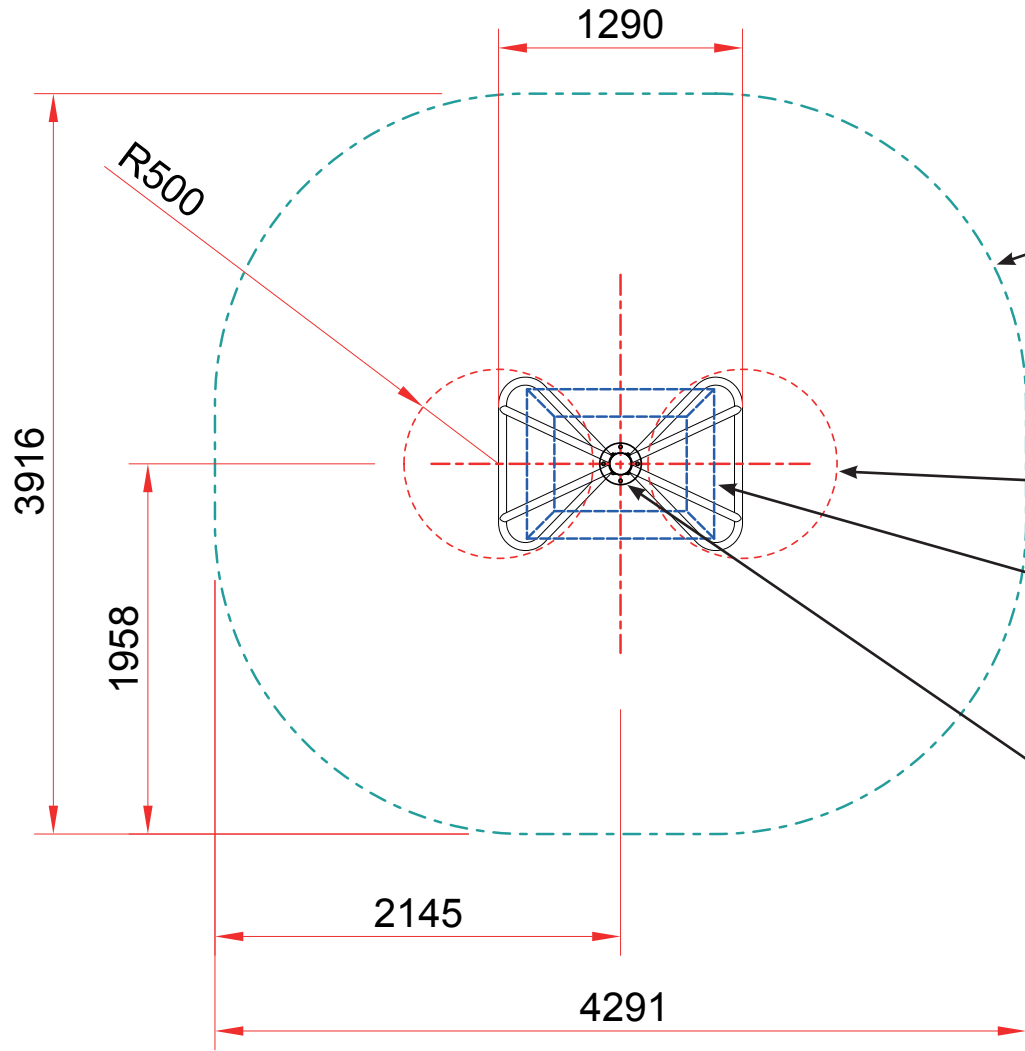
👁️ 📖 35

👁️ 📖 2



EN 16630
0m

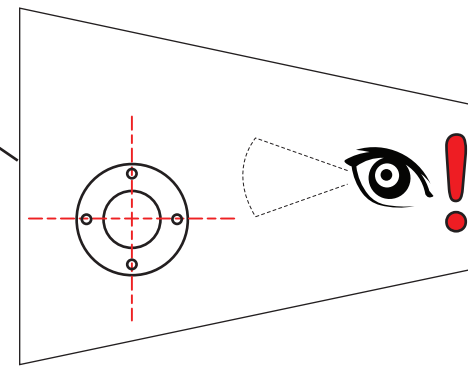
# FS015N Pull-up



✓
← EN 16630
✗
← EN 16630

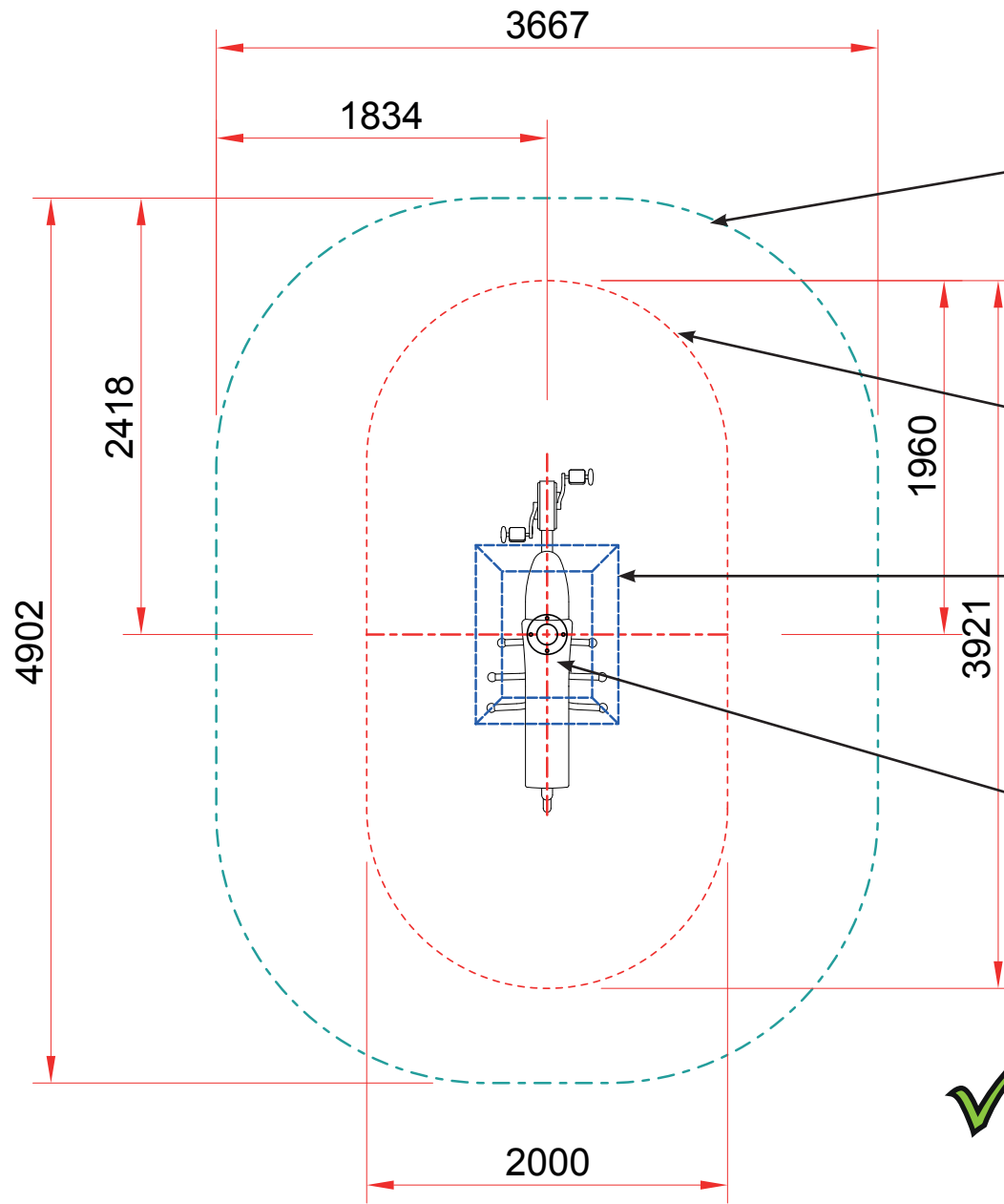
👁️ 📖 35

👁️ 📖 2



EN 16630
<b>0.87m</b>

# FS016N Trinity Cycle



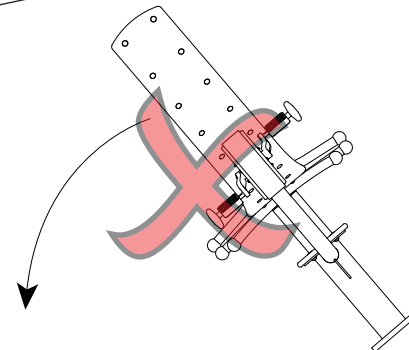
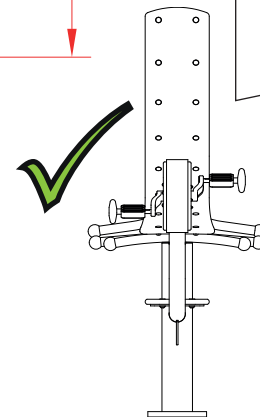
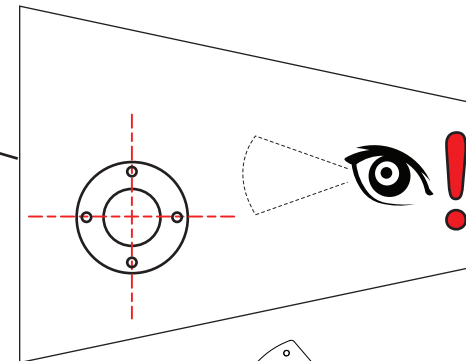
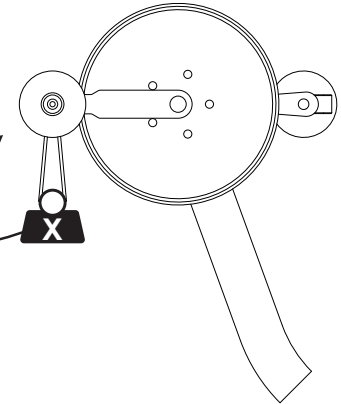
✓
← EN 16630
✗
← EN 16630



Eye icon, book icon, 35

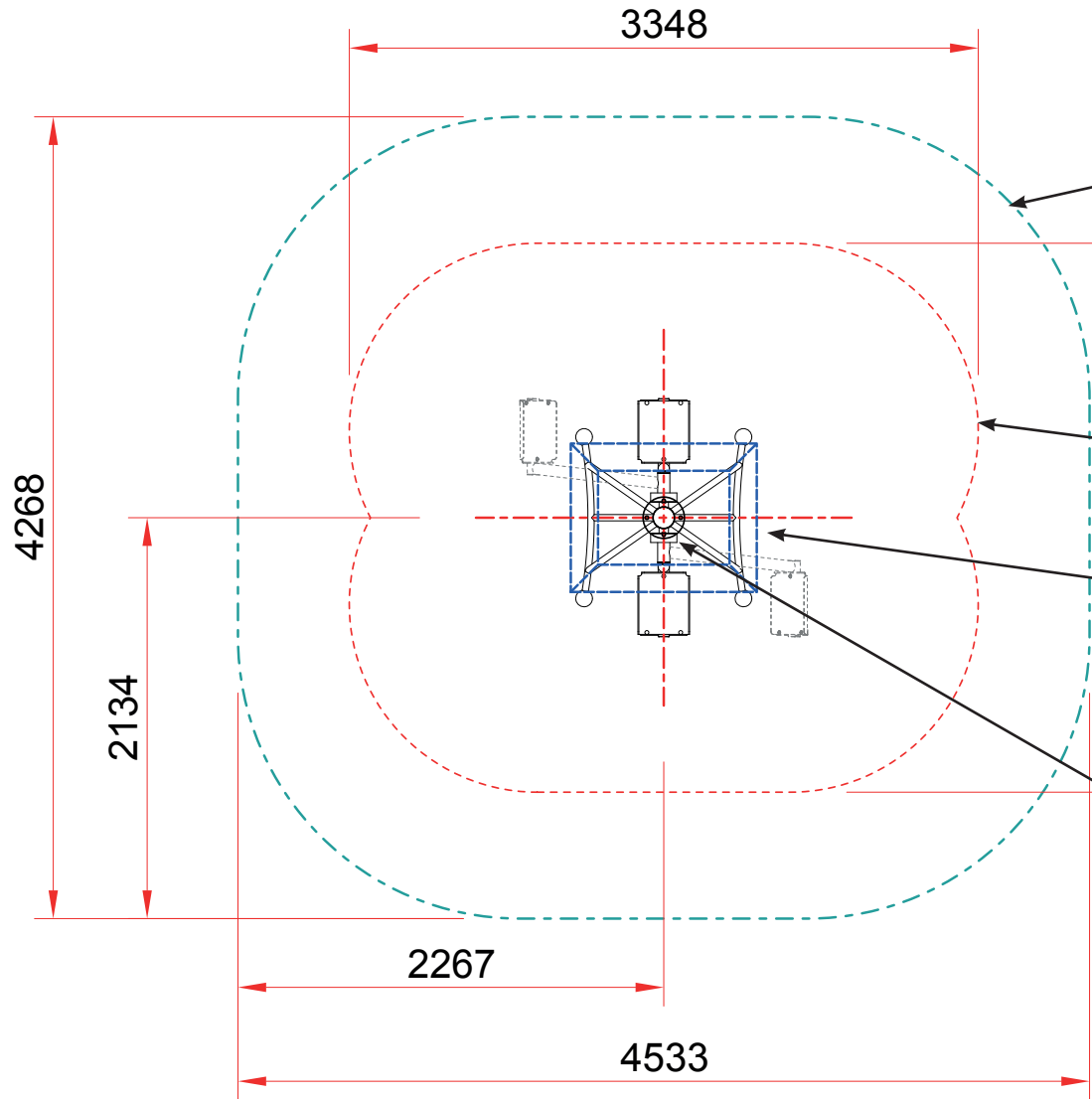
Eye icon, book icon, 2

! X ≤ 8Kg ✓  
! X > 8Kg ✗



EN 16630
0.94m

# FS030 Air Skier

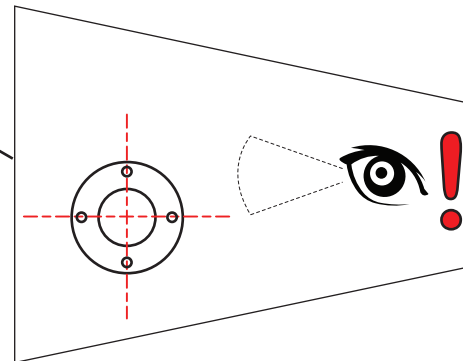


✓
← EN 16630
✗
← EN 16630



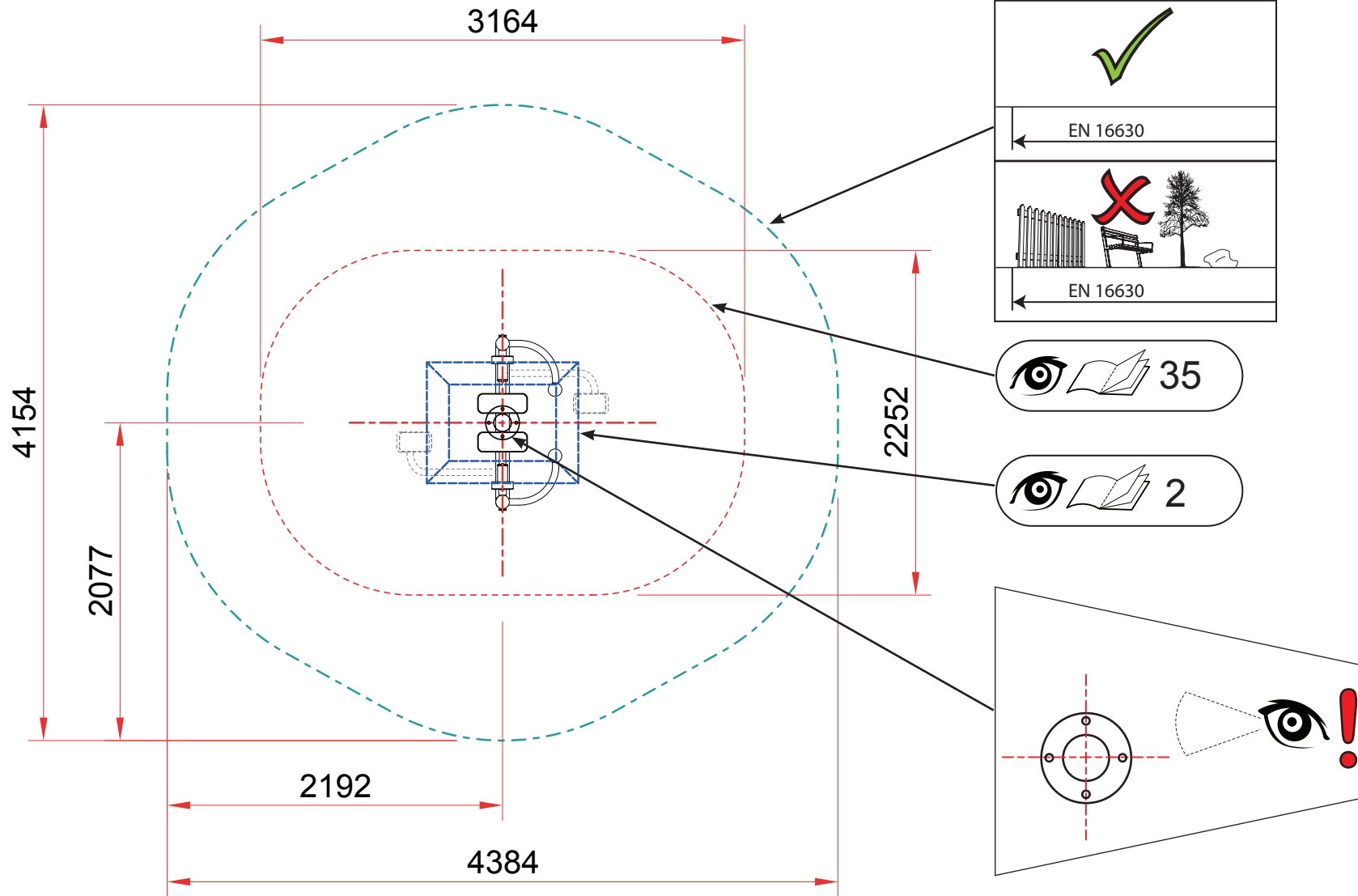
👁️ 35

👁️ 2



EN 16630  
0.48m

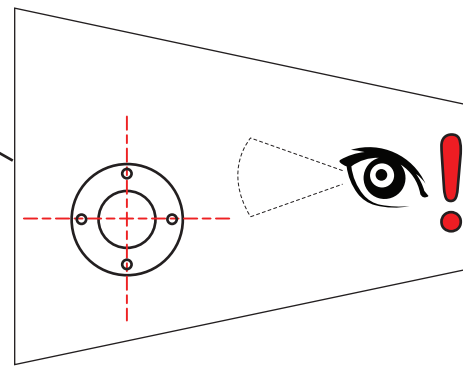
# FS031 Air Walker



✓
← EN 16630
✗
← EN 16630

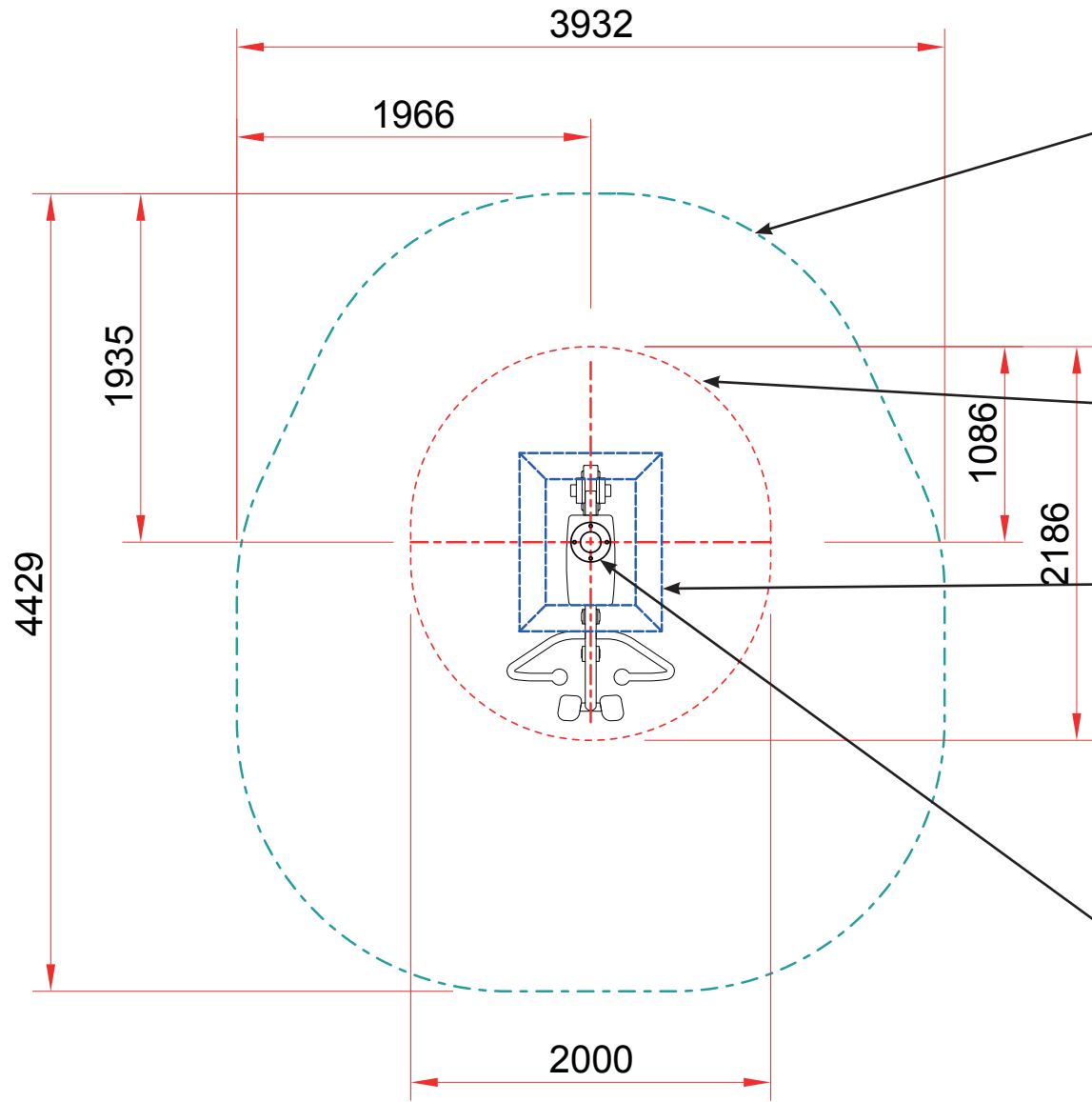
👁️ 📖 35

👁️ 📖 2



EN 16630
<b>0.55m</b>

# FS032 Rower

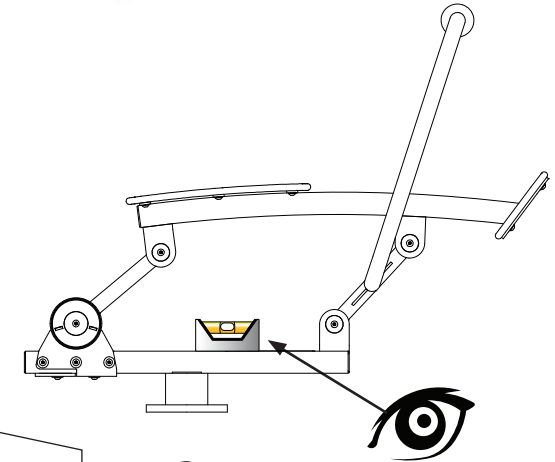
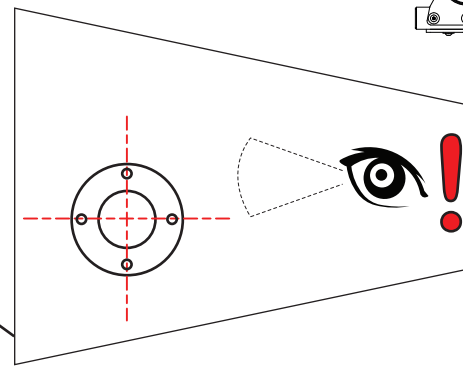


✓
← EN 16630
✗
← EN 16630



👁️ 📖 35

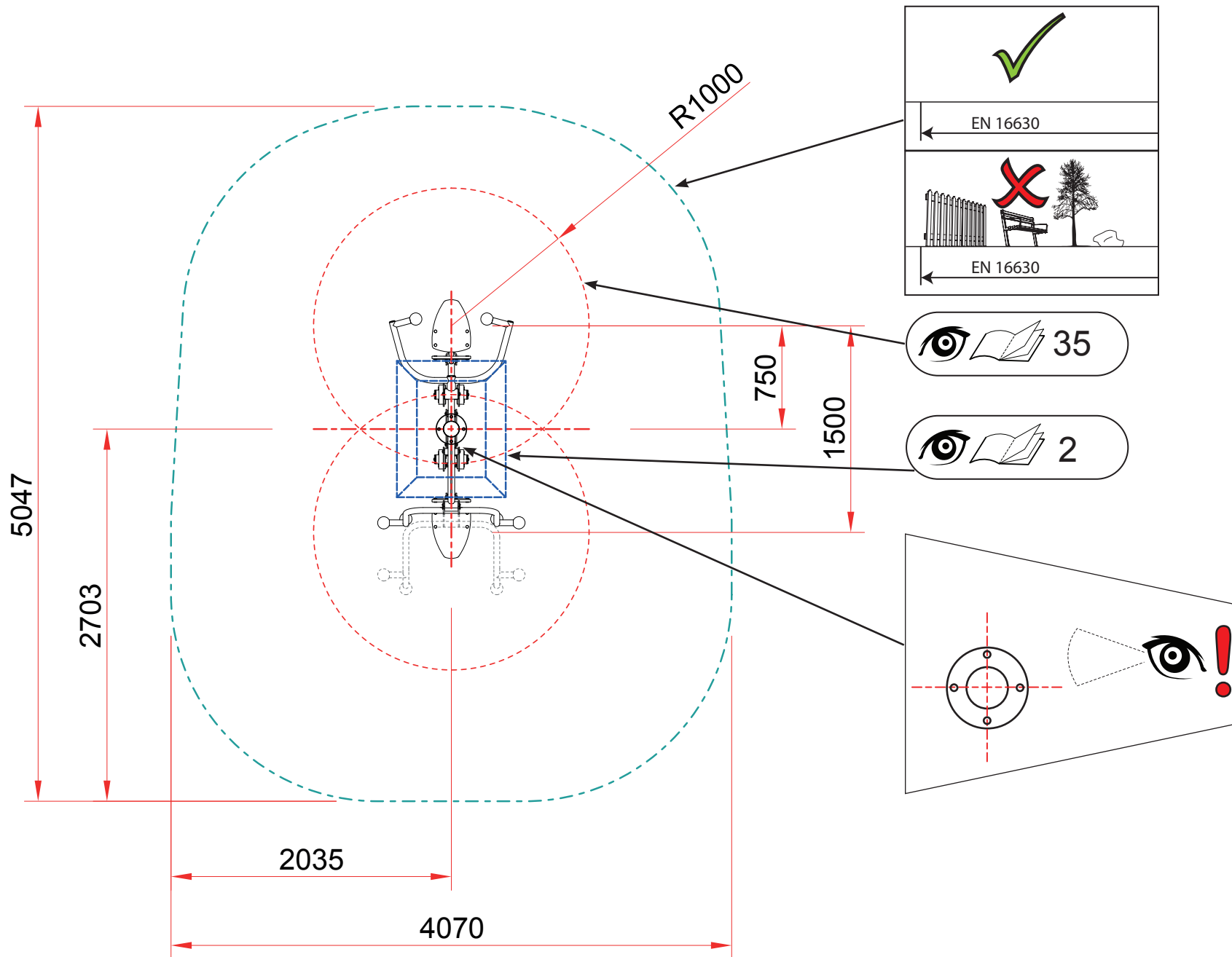
👁️ 📖 2



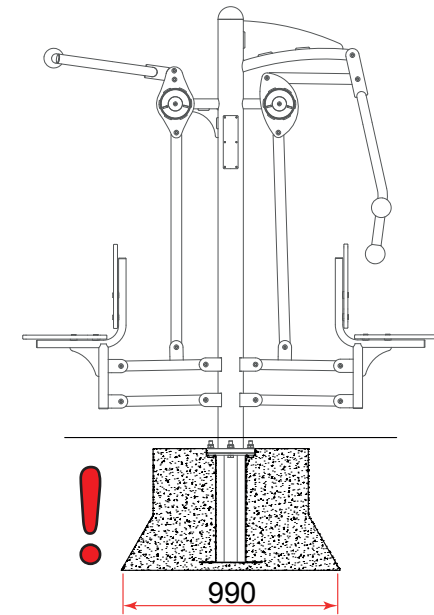
! 👁️ 📖 36

EN 16630
<b>0.61m</b>

# FS033 Lat Pull Down and Chest Press Combo

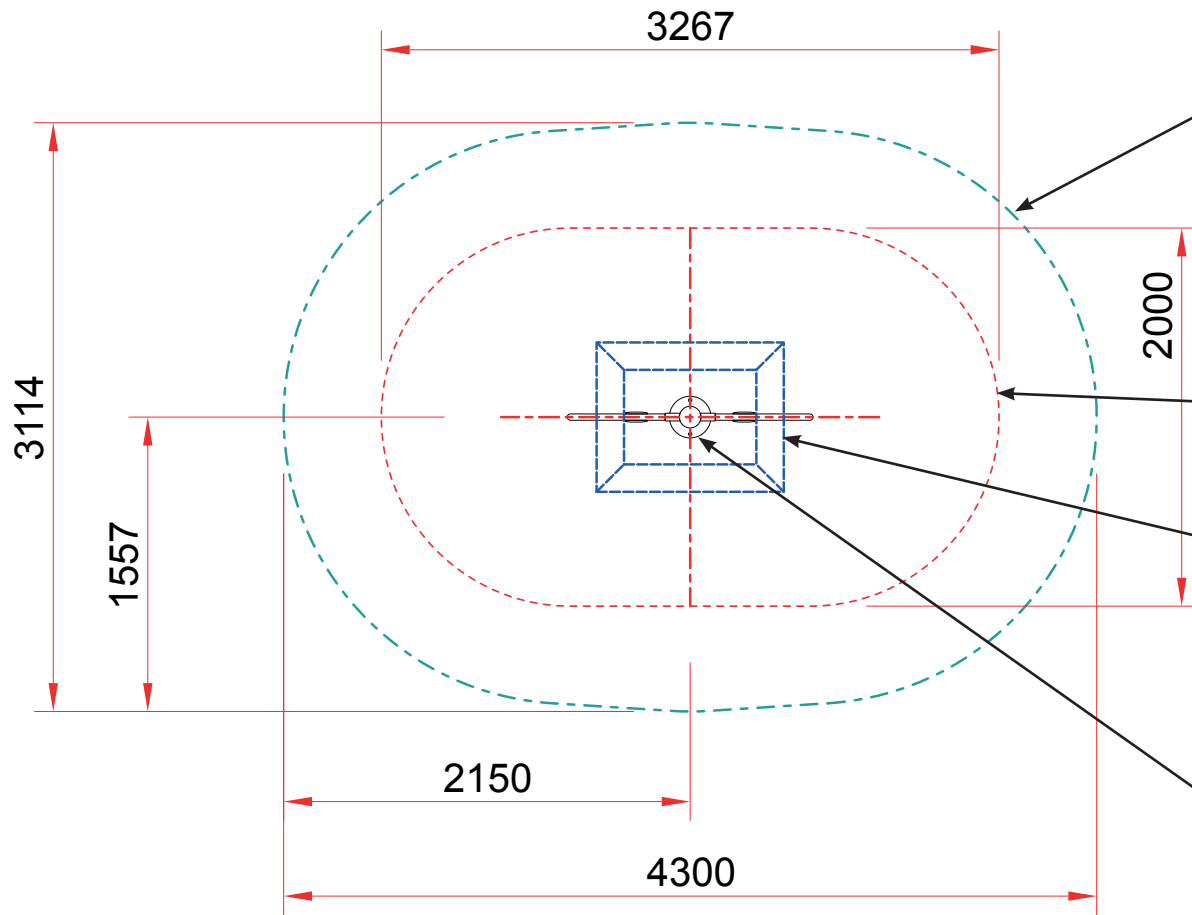


✓
← EN 16630
✗
← EN 16630



EN 16630
<b>0.59m</b>

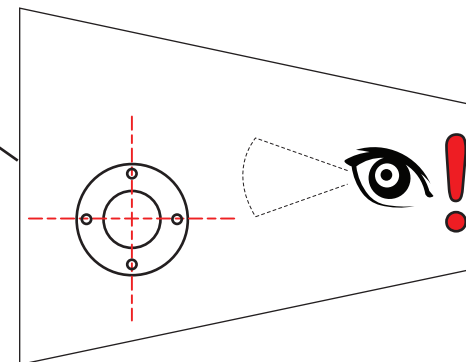
# FS034 Arm Swirl



✓
← EN 16630
✗
← EN 16630

👁️ 📖 45

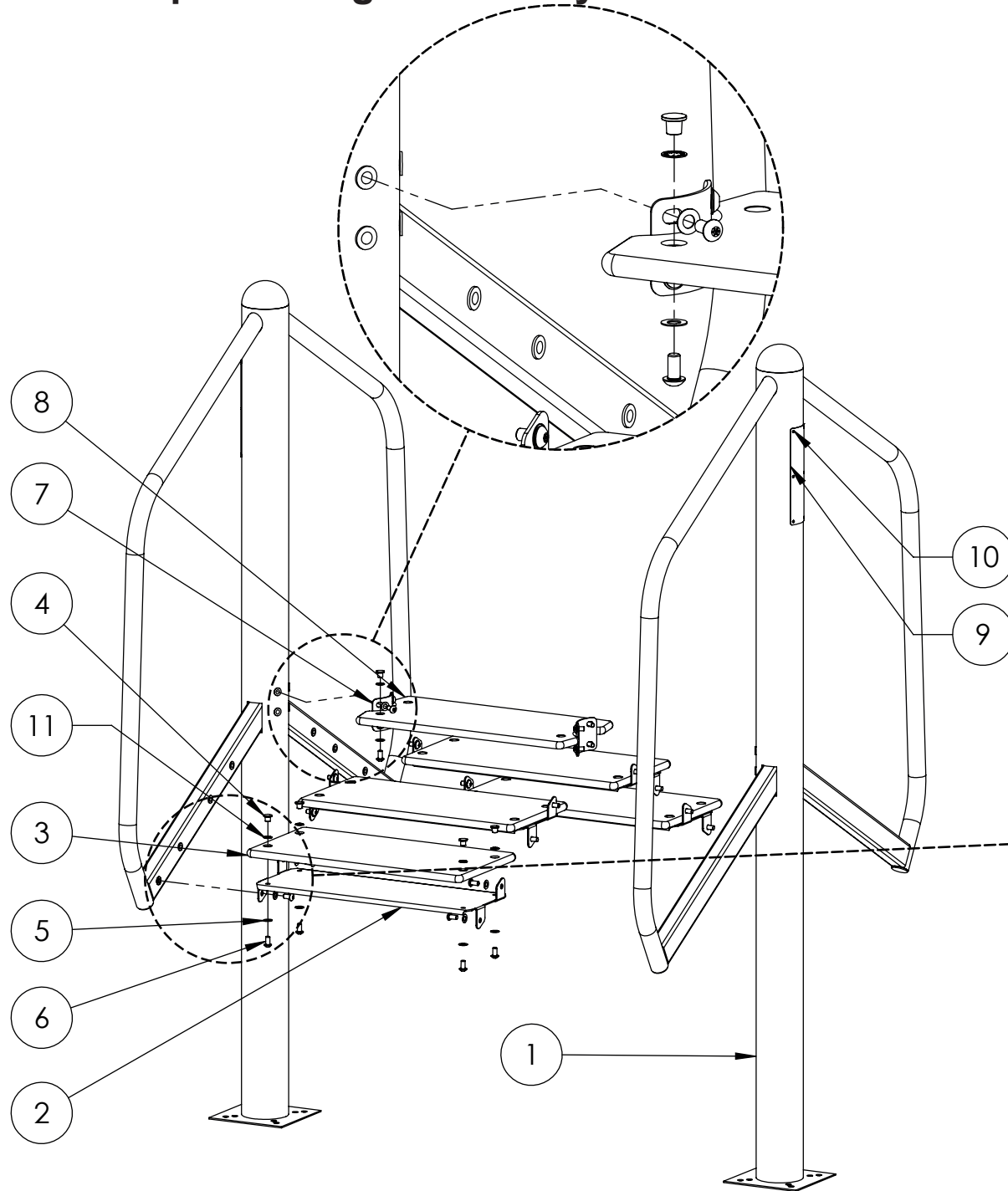
👁️ 📖 2



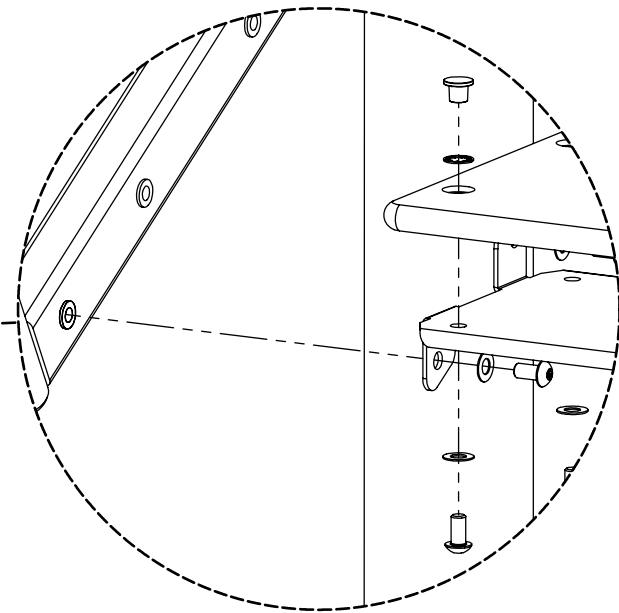
EN 16630
0m



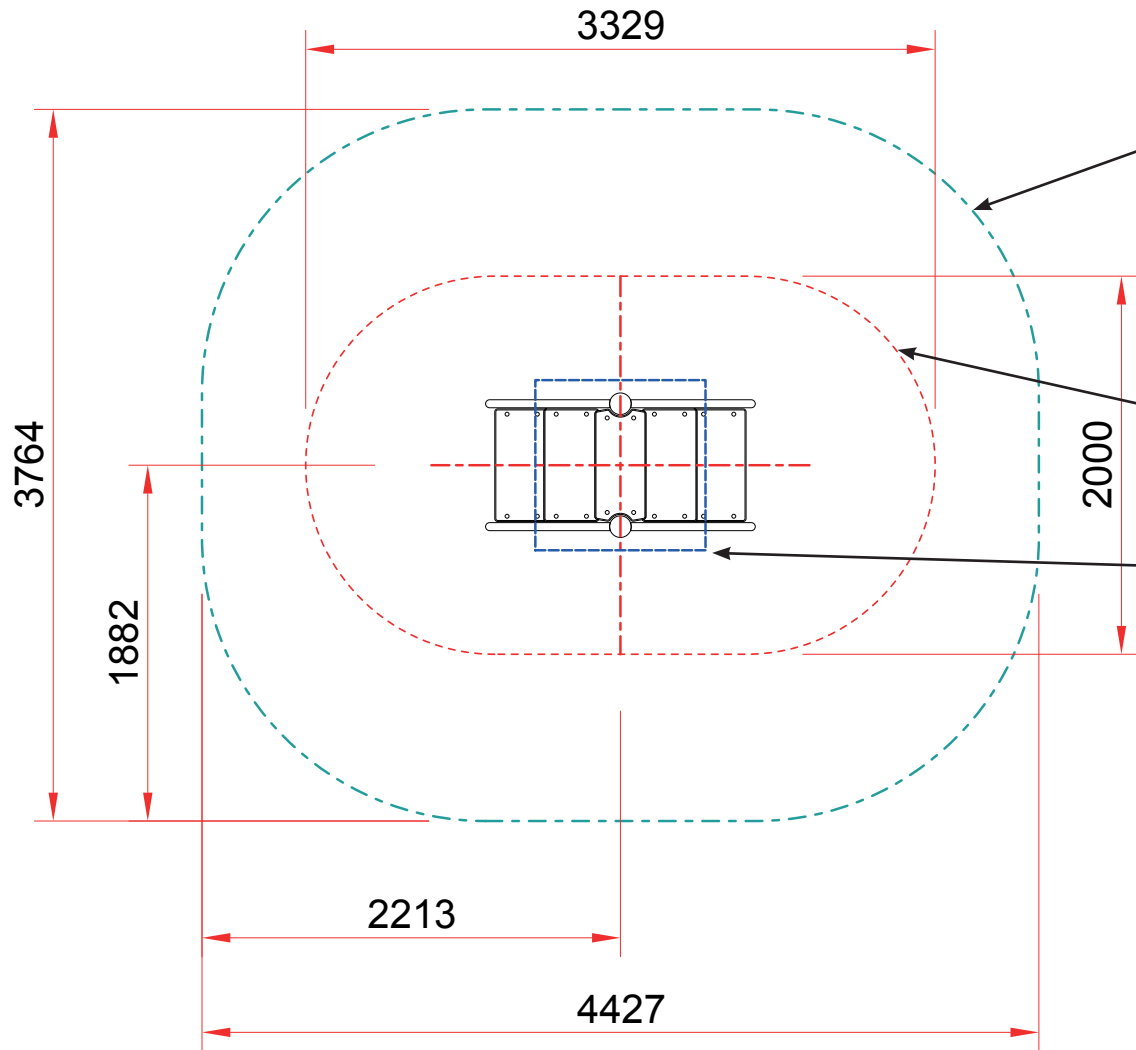
# FS035 Step Challenge Assembly



11	20	M12 INT. SH/PROOF WASHER ISO 3506 ST.ST.GRA2	10301200
10	12	4.8 x 16 ALU BLIND RIVER	10360516
9	2	Step Challenge Label	FS70000035
8	1	Step Challenge Top Step Tread	GYM1811
7	1	Step Challenge Top Tread Support	GYM1809
6	44	Raised-head screw (M10x20)	10121020
5	44	M10 Form 'B' Washer	10291000
4	20	M10 T-Nut	10931000
3	4	Step Challenge Step Tread	GYM1810
2	4	Step Challenge Tread Support	GYM1808
1	2	Step Challenge Frame Fabrication	GYM1801
Ballon	Qty	Description	Doc. ID



# FS035 Step Challenge



✓
← EN 16630
✗
← EN 16630

👁️ 📖 35

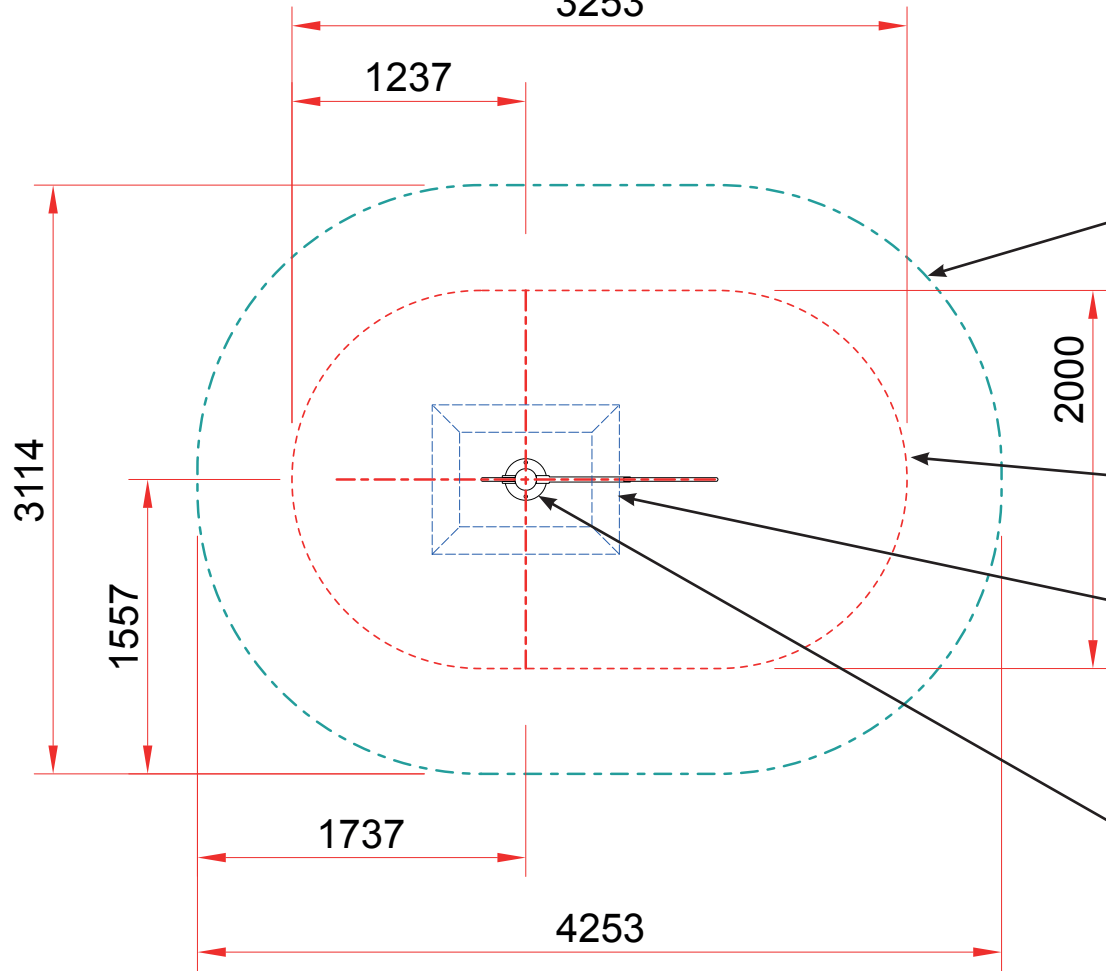
👁️ 📖 3



EN 16630
<b>0.45m</b>

# FS036 Finger & Arm Stretch

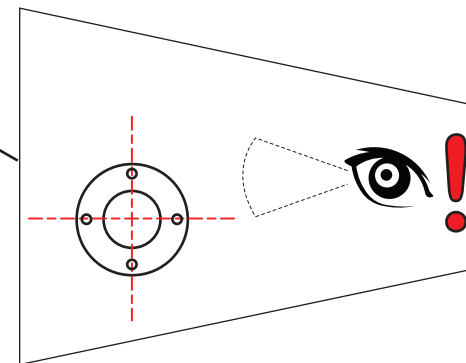
3253



EN 16630
EN 16630

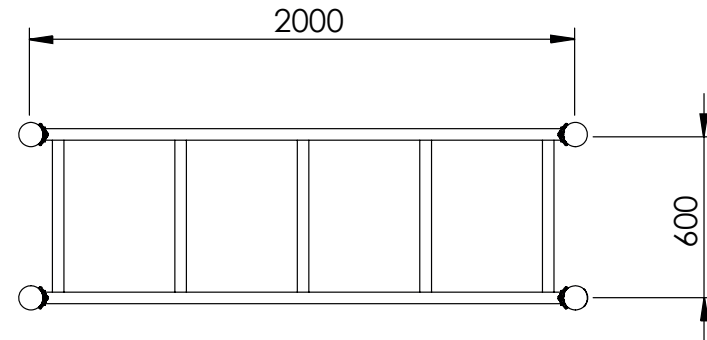
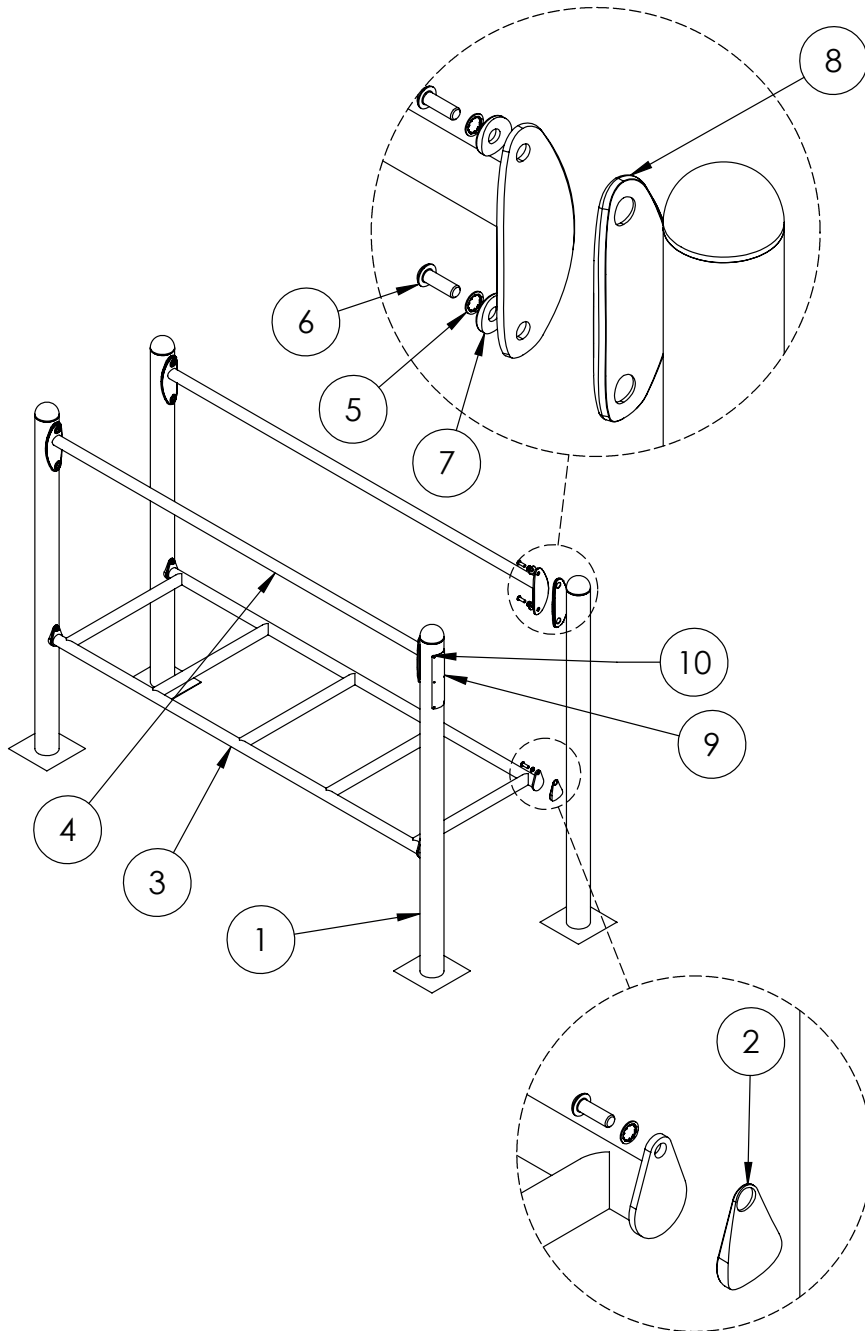
35

2



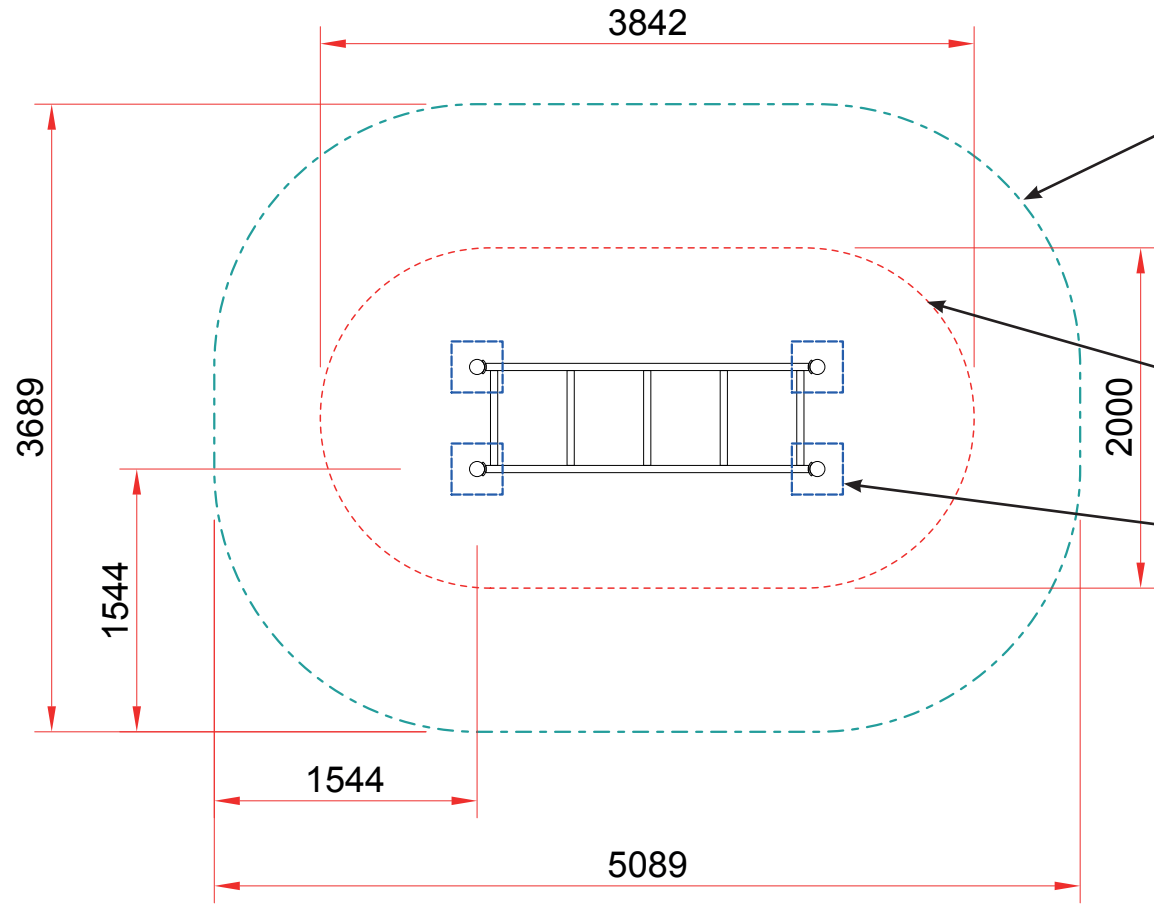
EN 16630
0m

# FS037 Ladder Walk Assembly



10	6	4.8 x 16 ALU BLIND RIVET	10360516
9	1	Ladder Walk Label	FS70000037
8	4	Tower Gasket Ø88.9	19023802
7	8	M10 SADDLE WASHER	38001019
6	12	Raised-head screw (M10x30)	10121030
5	12	M10-WASHER SH-PROOF	10301000
4	2	Ladder Walk Handrail	GYM2003
3	1	Ladder Walk Rungs	GYM2002
2	4	Sports Fixing Spacer	19025501
1	4	Ladder Walk Post	GYM2001
Balloon	Qty	Description	Doc. ID

# FS037 Ladder Walk



✓
← EN 16630
✗
← EN 16630

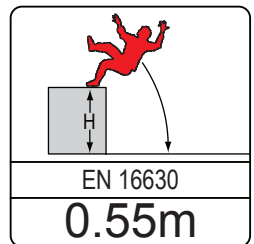
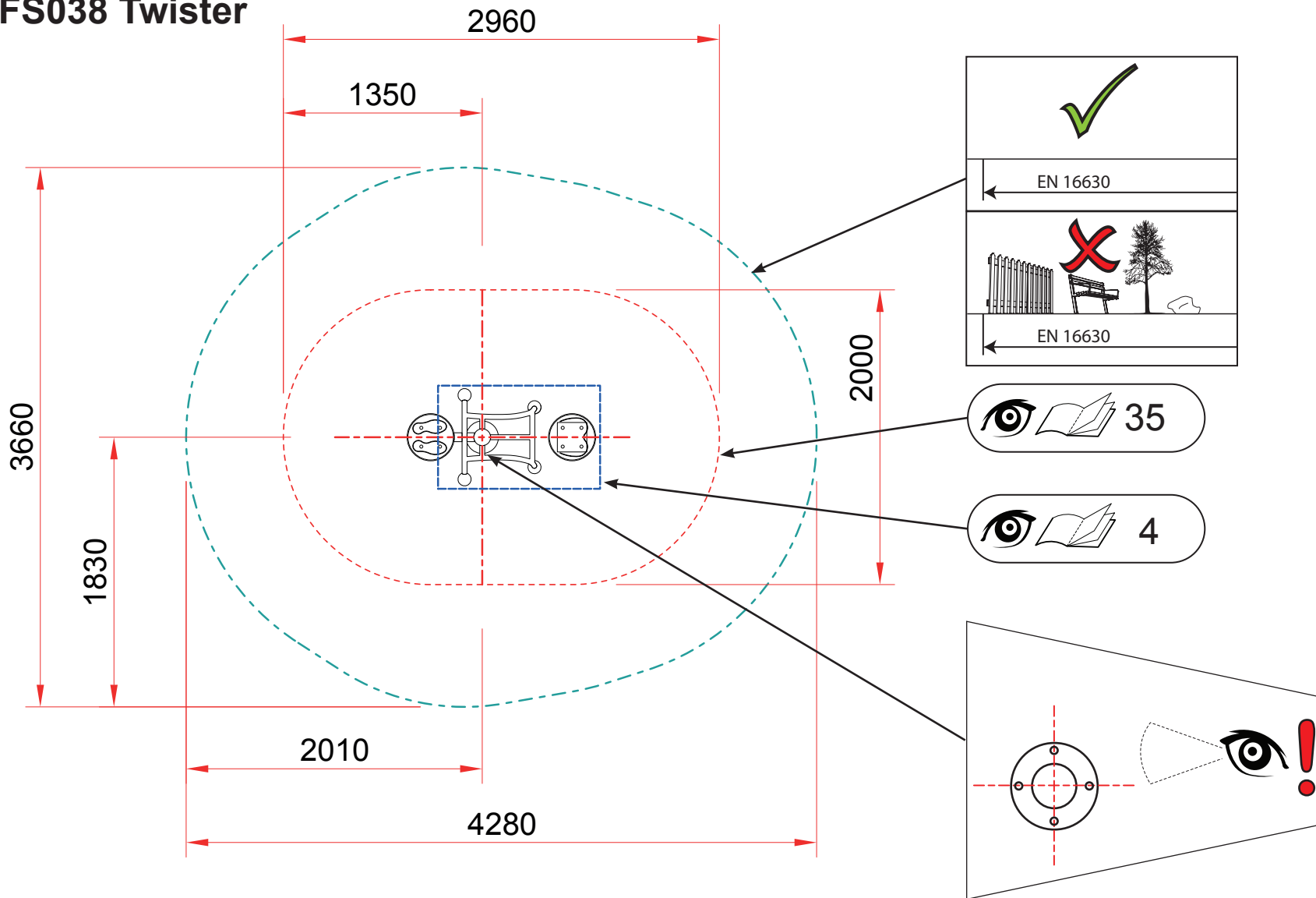
👁️ 📖 35

👁️ 📖 3

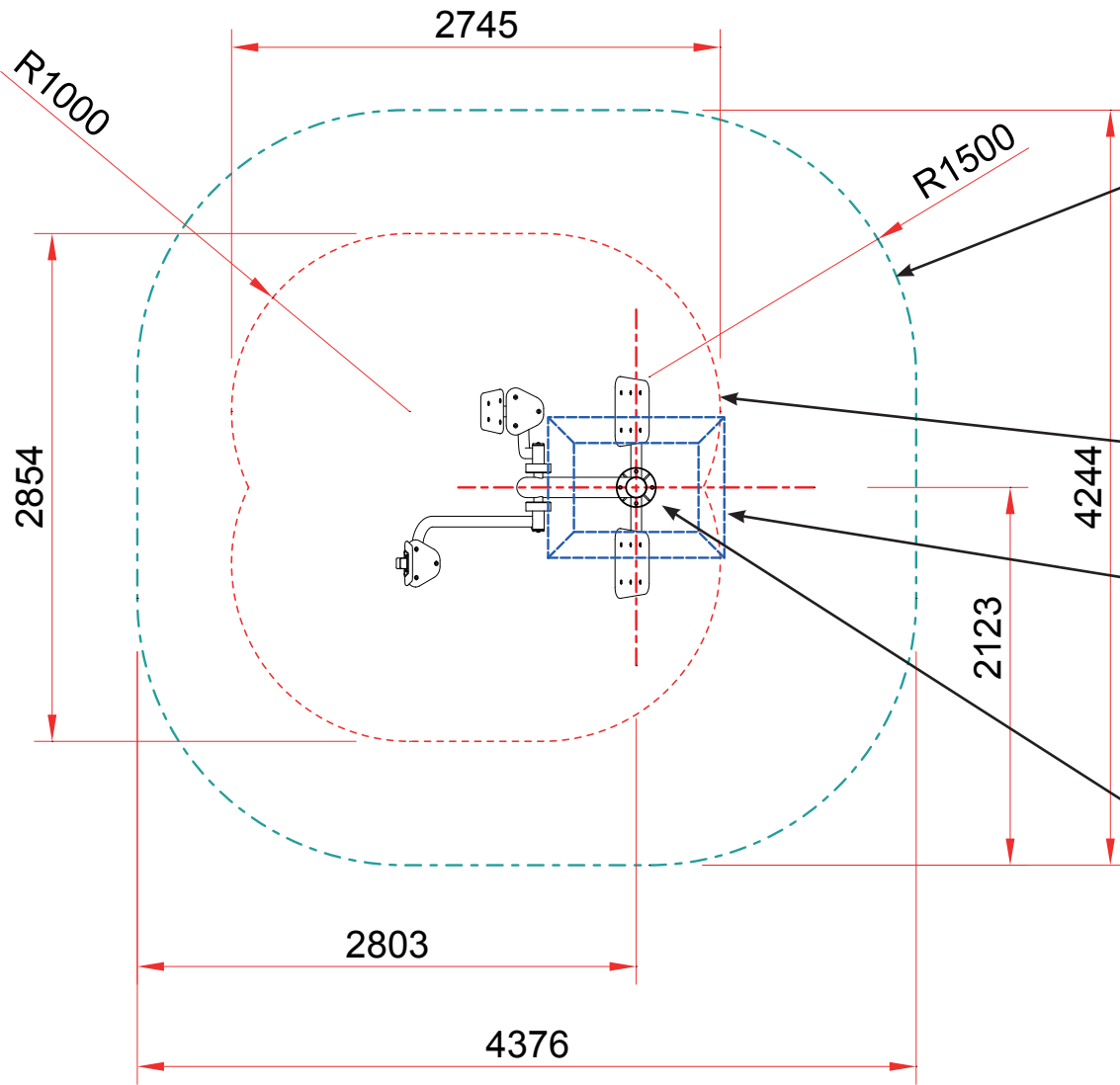


EN 16630  
0.1m

# FS038 Twister



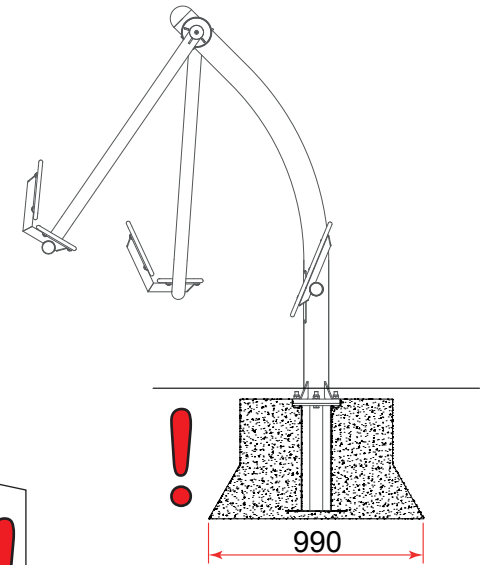
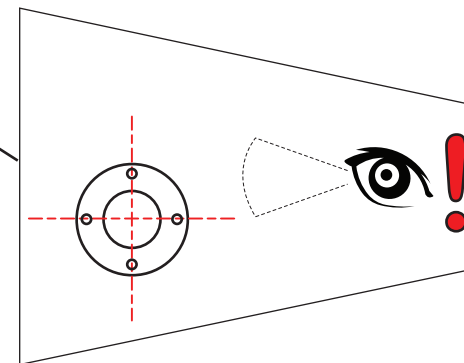
# FS040 Leg Press



✓
← EN 16630
✗
← EN 16630

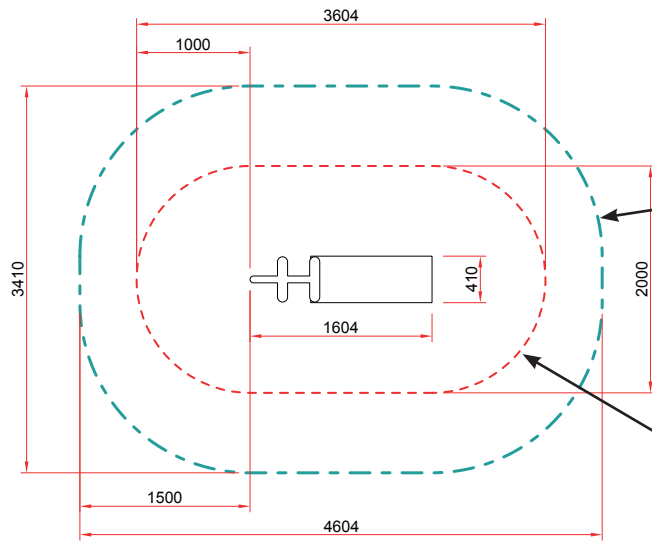
👁️ 35


👁️ 2




EN 16630
<b>0.70m</b>

# FS100 Sit-up







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EN 16630

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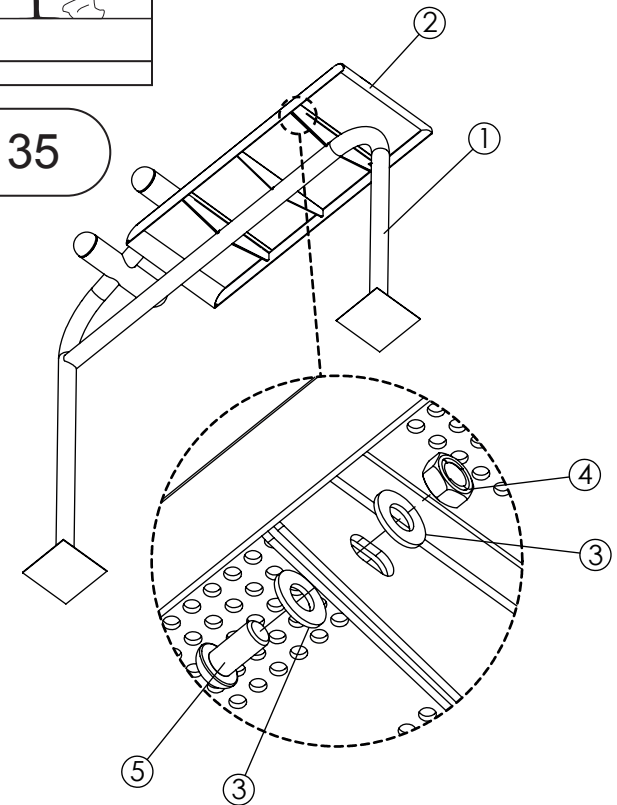
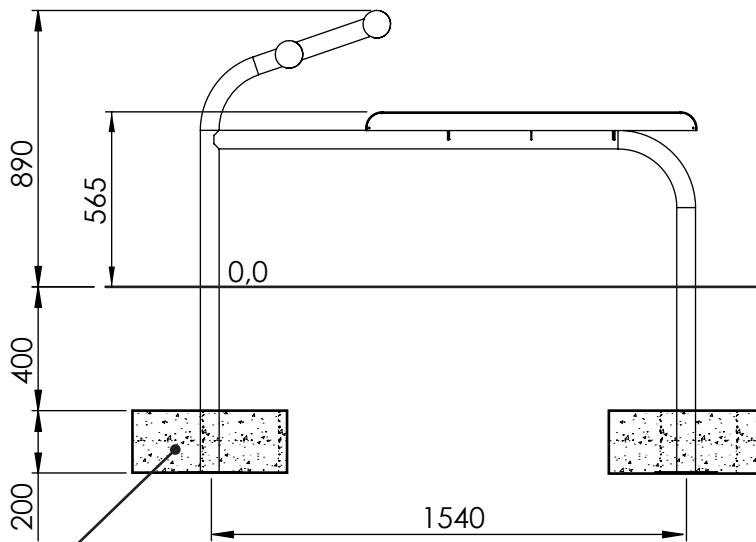
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EN 16630





35







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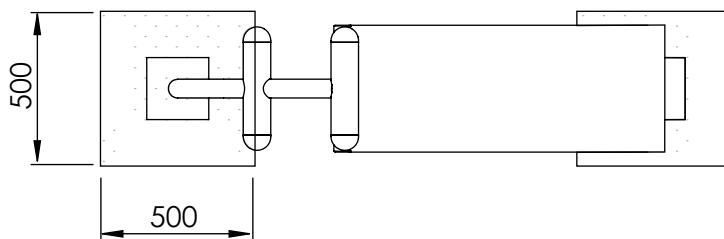
S2 (50mm)  
≥C20-25

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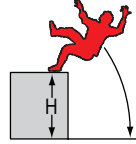

7 x 24h

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101



Key	Art No	Description	Qty
1	GYM500	Sit-up Frame	1
2	8038124	Large Seat	1
3	10291000	M10 Washer	8
4	10261000	M10 Nyloc Nut	4
5	10121030	M10 x 30 Resistorx	4



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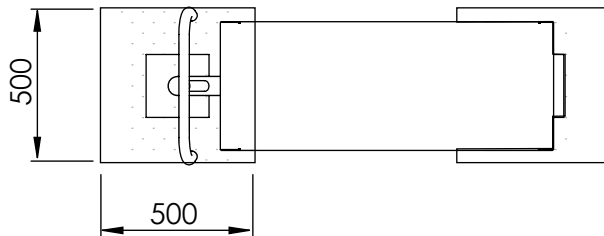
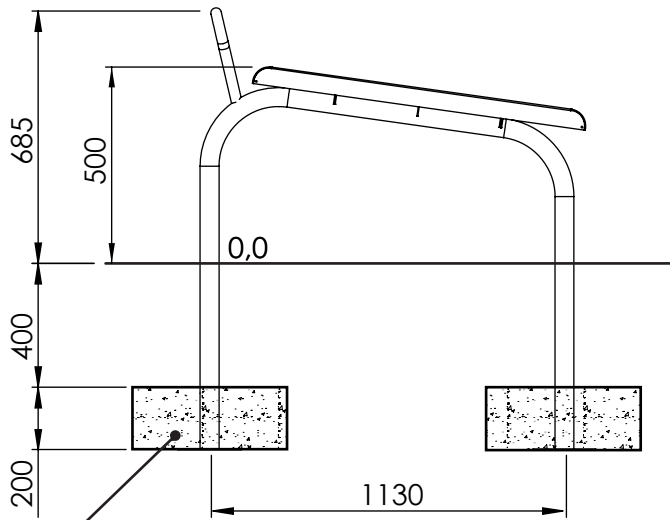
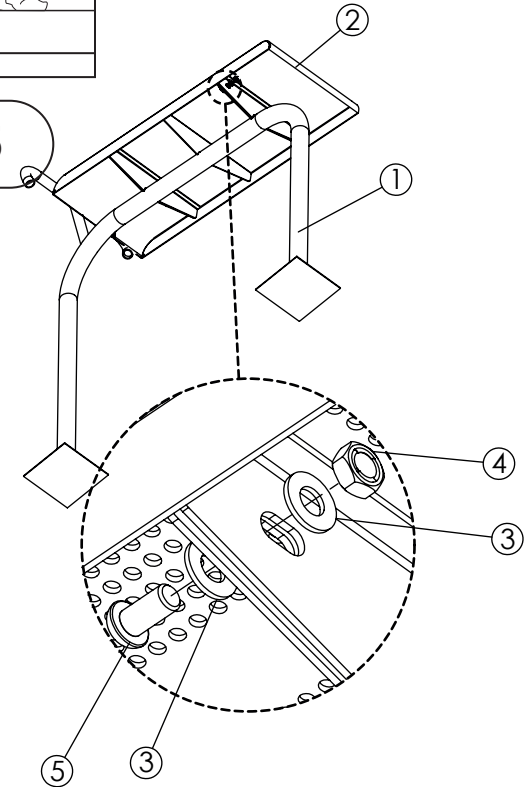
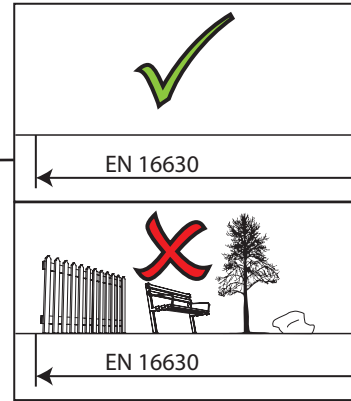
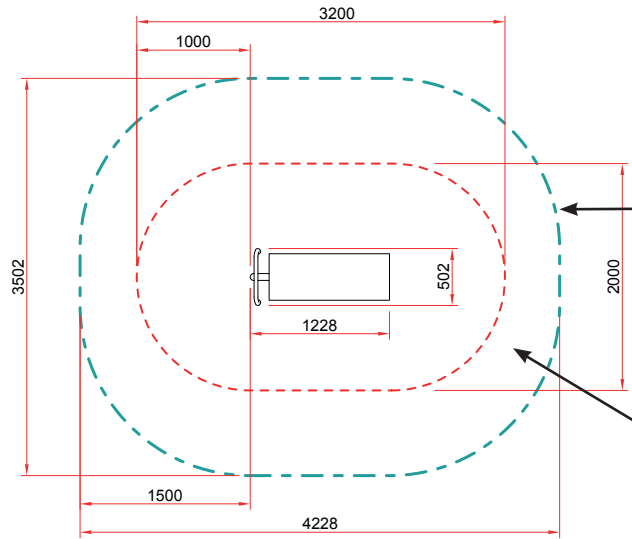
EN 16630


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0.89m




# FS101 Body Curl






S2 (50mm)  
≥C20-25

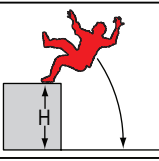


7 x 24h



101

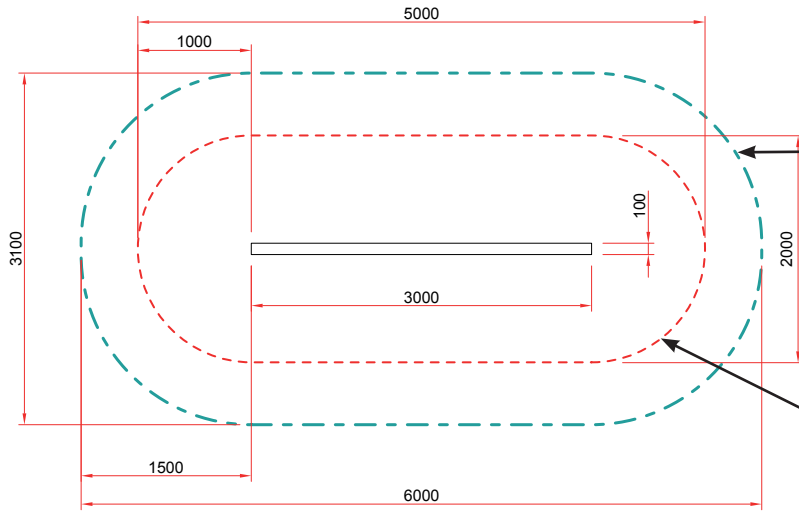
Key	Art No	Description	Qty
1	GYM501	Body Curl Frame	1
2	8038124	Large Seat	1
3	10291000	M10 Washer	8
4	10261000	M10 Nyloc Nut	4
5	10121030	M10 x 30 Resistorx	4



EN 16630

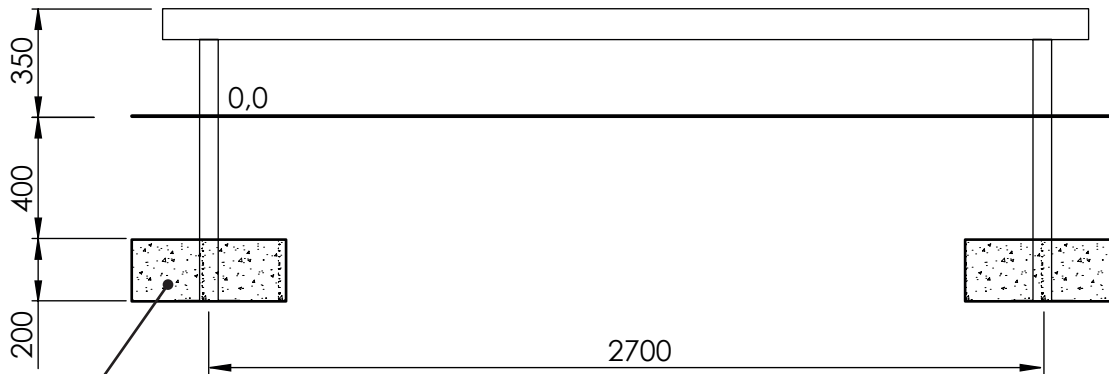
**0.69m**

# FS102 Balance Beam



✓
← EN 16630
✗
← EN 16630

35

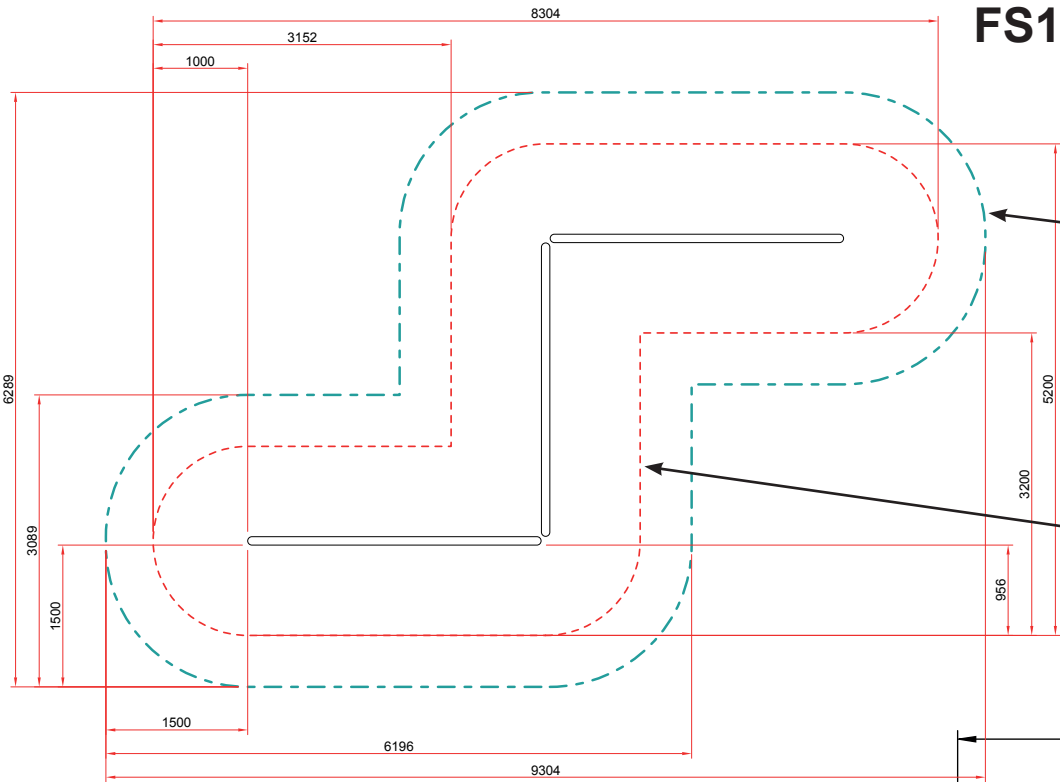


S2 (50mm) ≥C20-25
7 x 24h
101



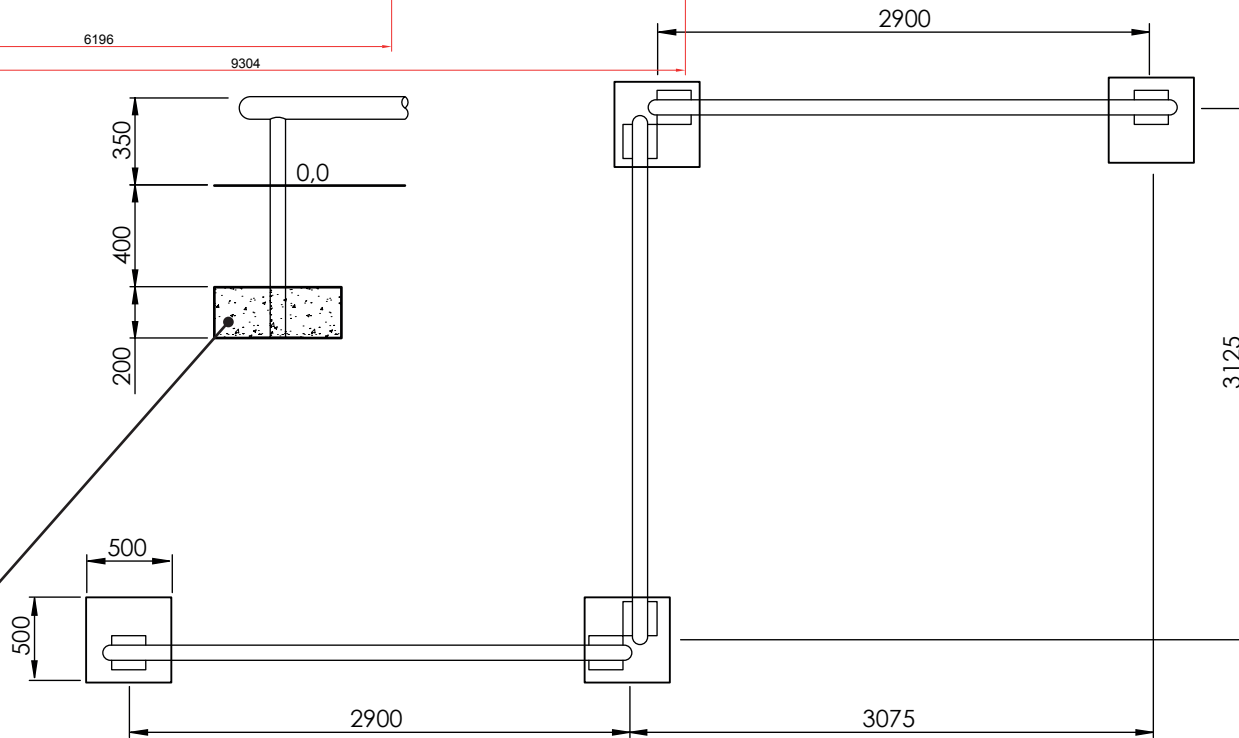
← EN 16630
0.35m

# FS103 Beam Jump



✓
← EN 16630
✗
← EN 16630

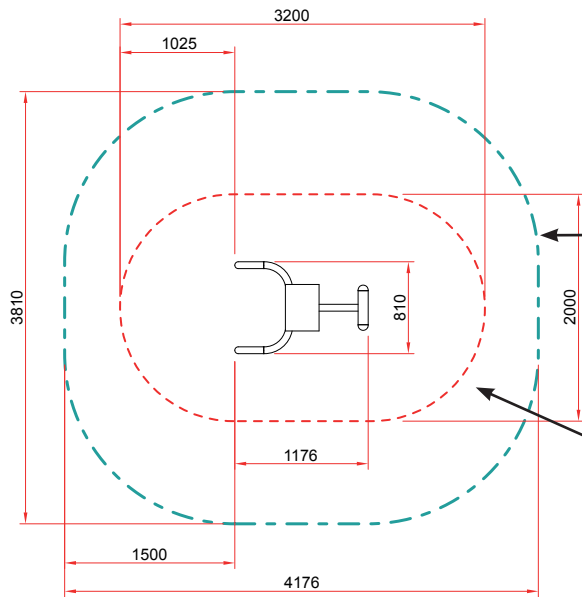
👁️ 📖 35




S2 (50mm) ≥C20-25
🕒 7 x 24h
👁️ 101

EN 16630
0.35m


# FS104 Hyper-Extension Bench






EN 16630

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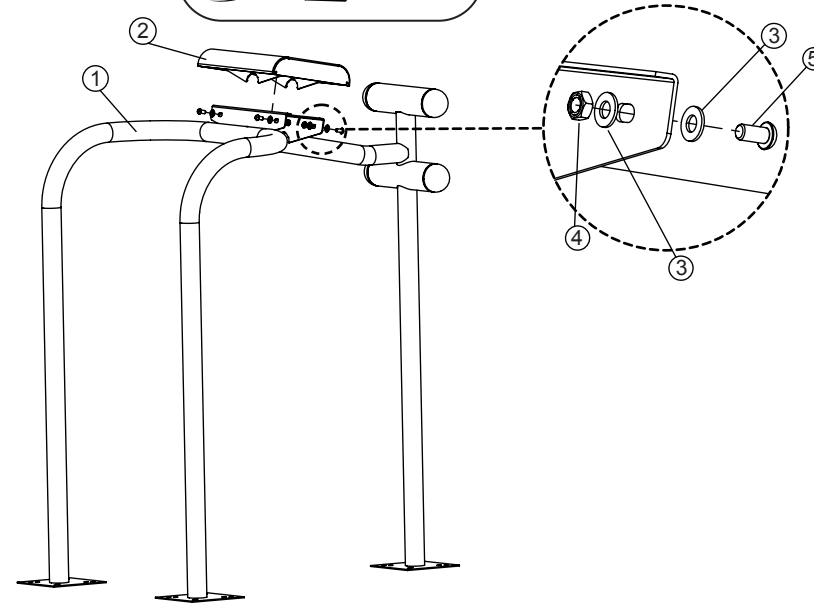
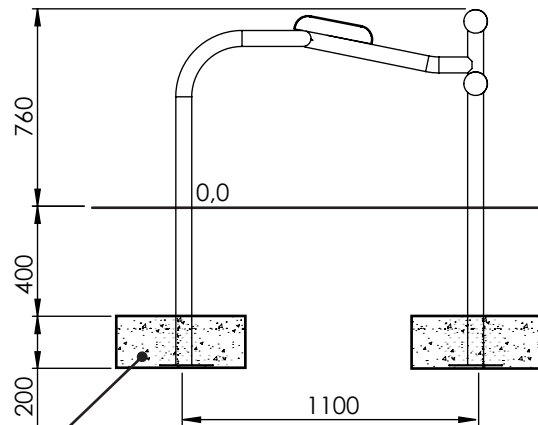



EN 16630






35




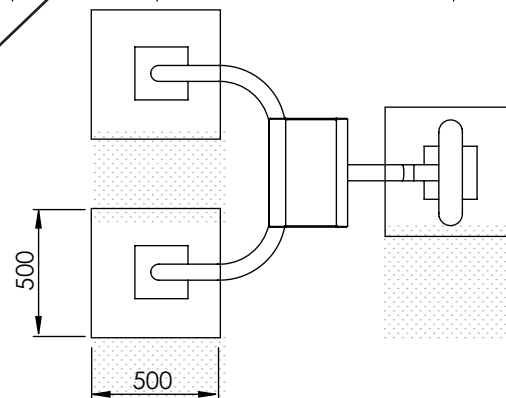


S2 (50mm)  
≥C20-25

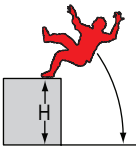


7 x 24h


101



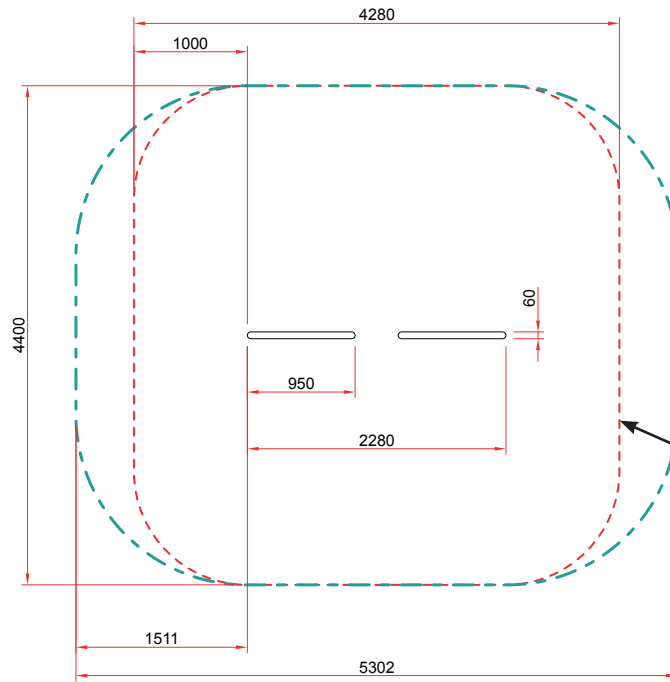
Key	Art No	Description	Qty
1	GYM504	Hyperextension Frame	1
2	8038197	Small Seat	1
3	10291000	M10 Washer	8
4	10261000	M10 Nyloc Nut	4
5	10121030	M10 x 30 Resistorx	4



EN 16630

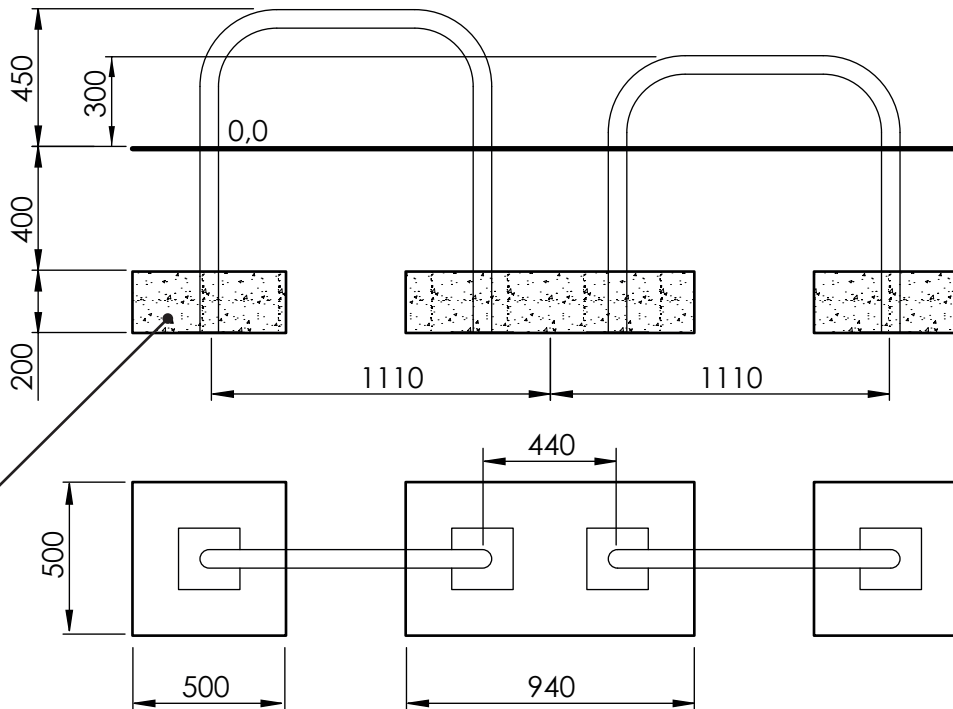
**0.76m**

# FS105 Push Up



✓
← EN 16630
✗
← EN 16630

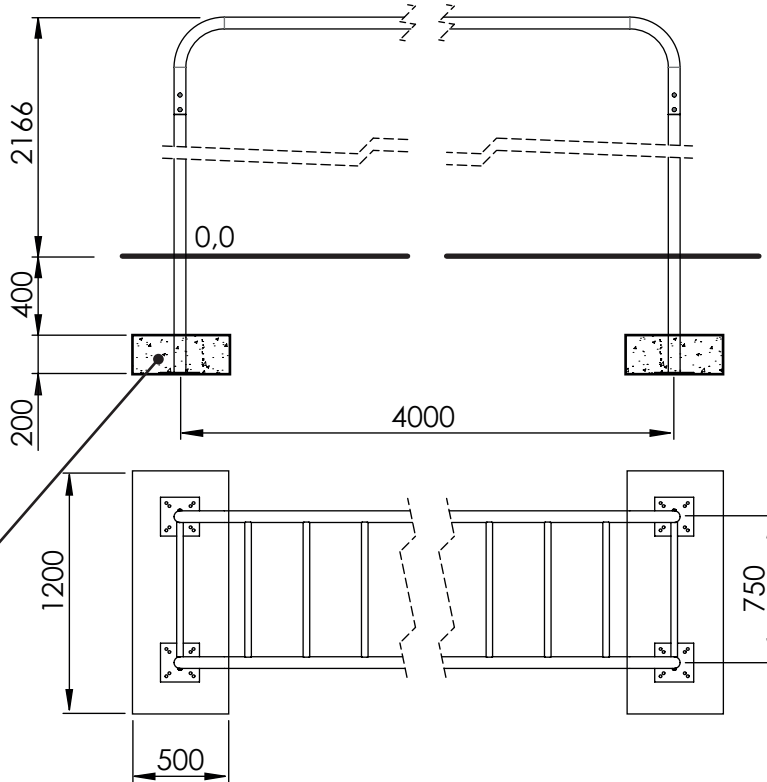
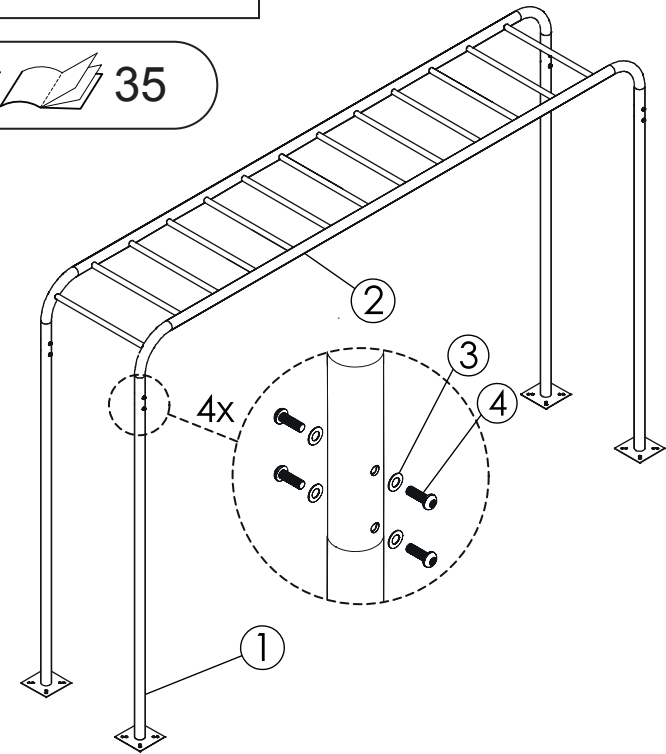
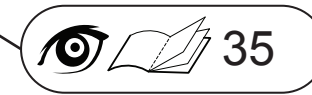
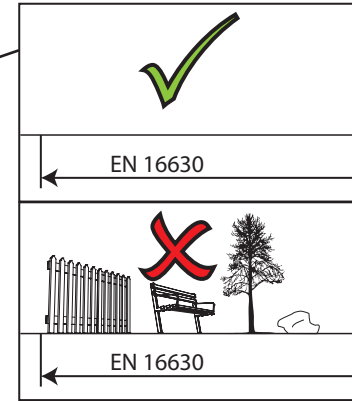
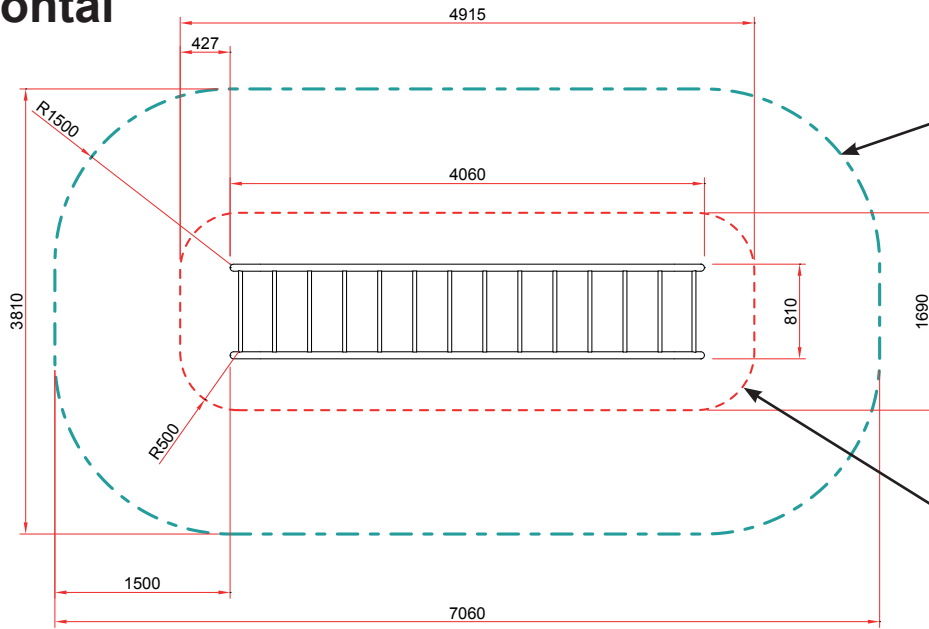
35




S2 (50mm) ≥C20-25
7 x 24h
101


← EN 16630
<b>0.45m</b>

# FS106 Horizontal Ladder






S2 (50mm)  
≥C20-25

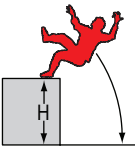


7 x 24h



101

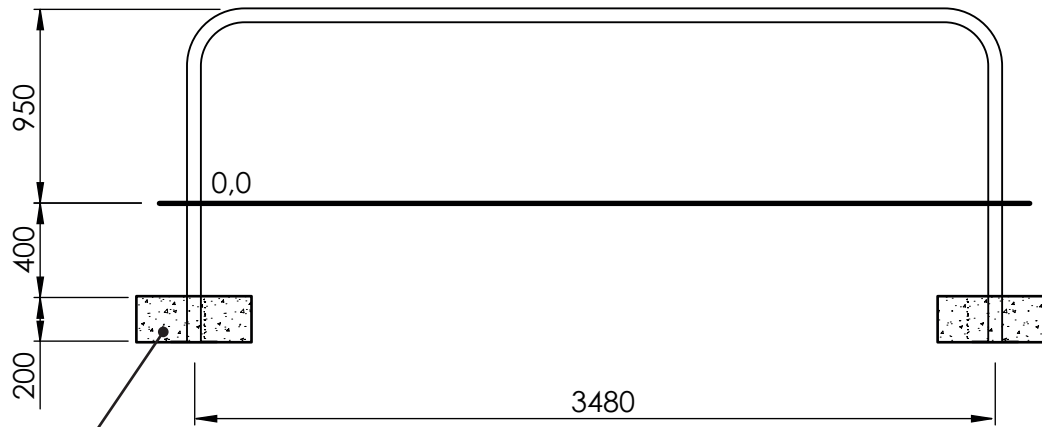
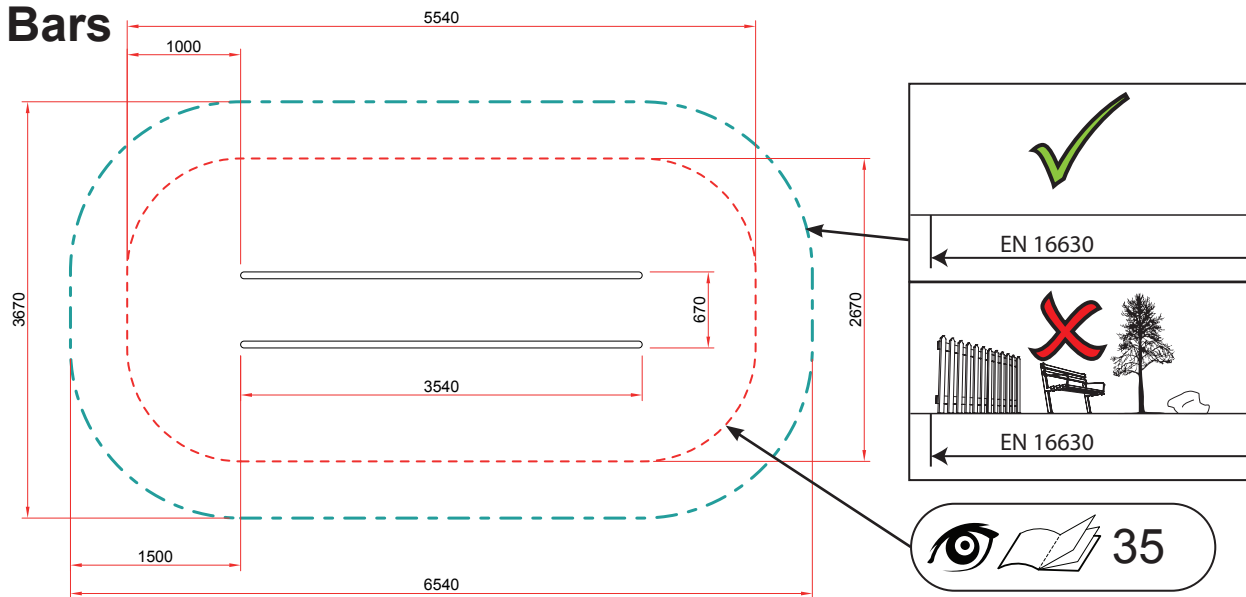
Key	Art No	Description	Qty
1	GYM570	Horizontal Ladder Upright	4
2	GYM571	Horizontal Ladder Top Frame	1
3	10291000	M10 Washer	16
4	10121030	M10 x 30 Resistorx	16



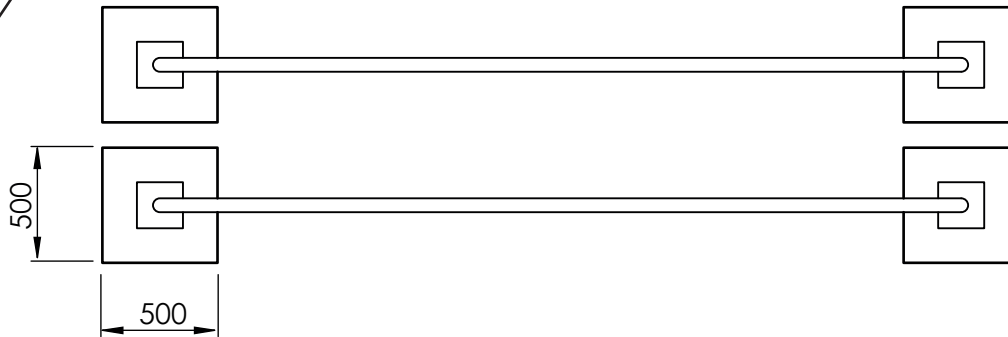
EN 16630

**1.15m**

# FS107 Parallel Bars

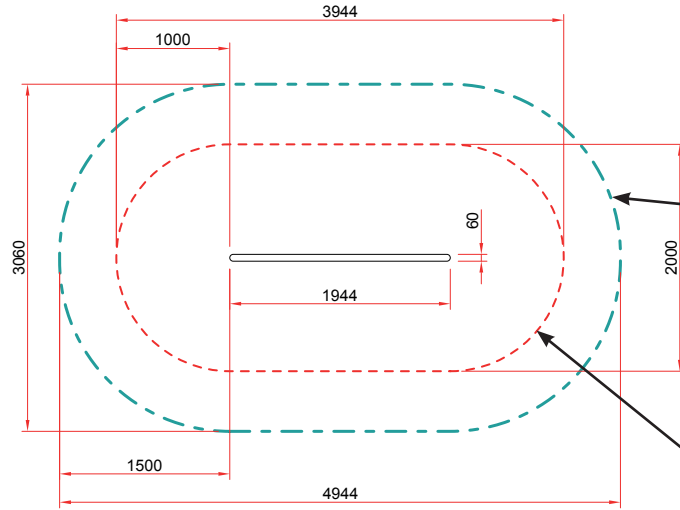


S2 (50mm) ≥C20-25
7 x 24h
101



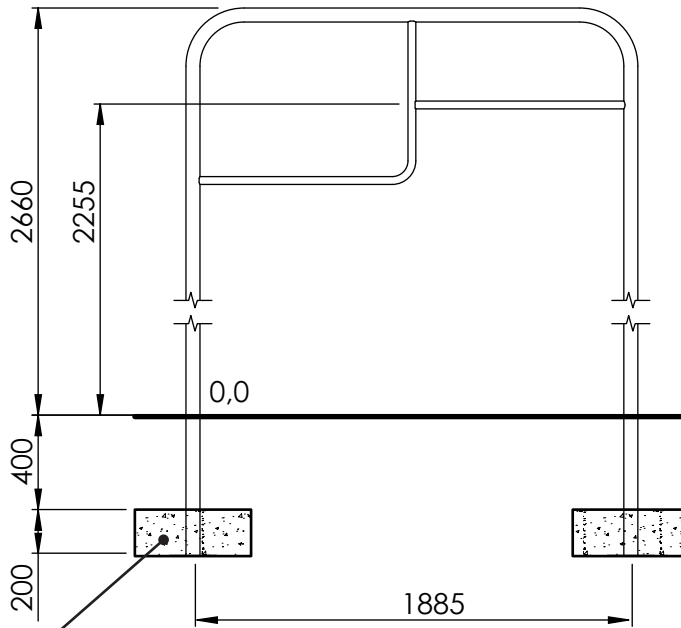
EN 16630
0.95m

# FS108 Chin Up

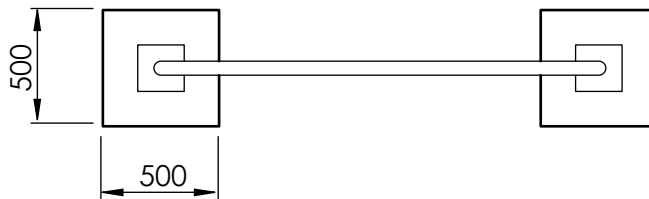


← EN 16630
← EN 16630

35



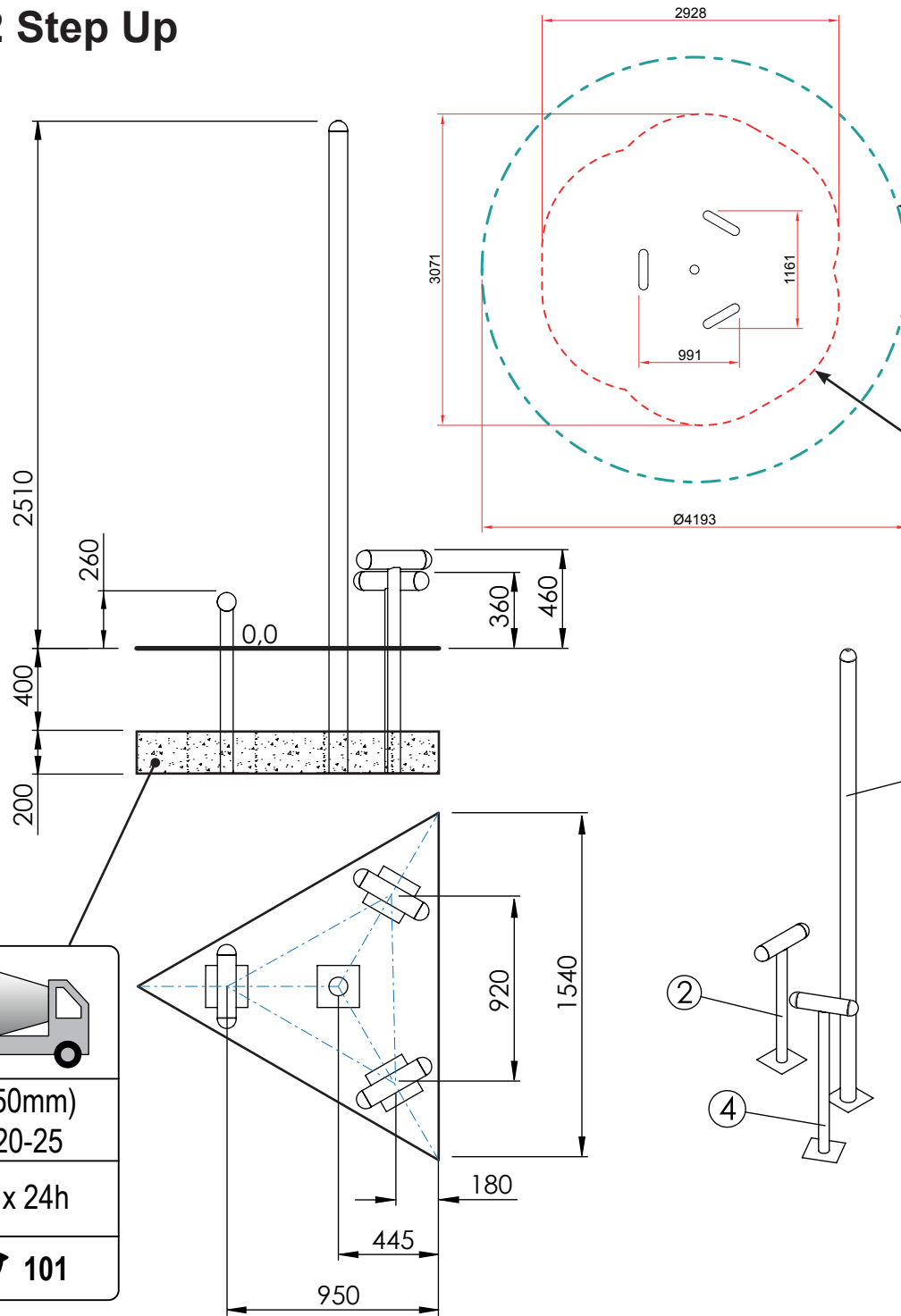
S2 (50mm) ≥C20-25
7 x 24h
101




EN 16630
1.26m




# FS112 Step Up







EN 16630




EN 16630





35






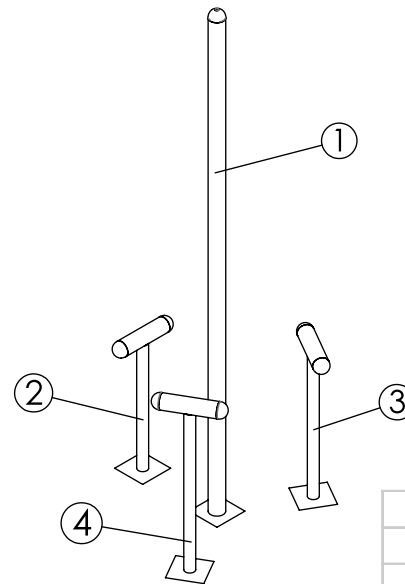
S2 (50mm)  
≥C20-25



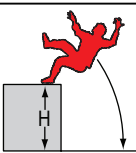
7 x 24h



101



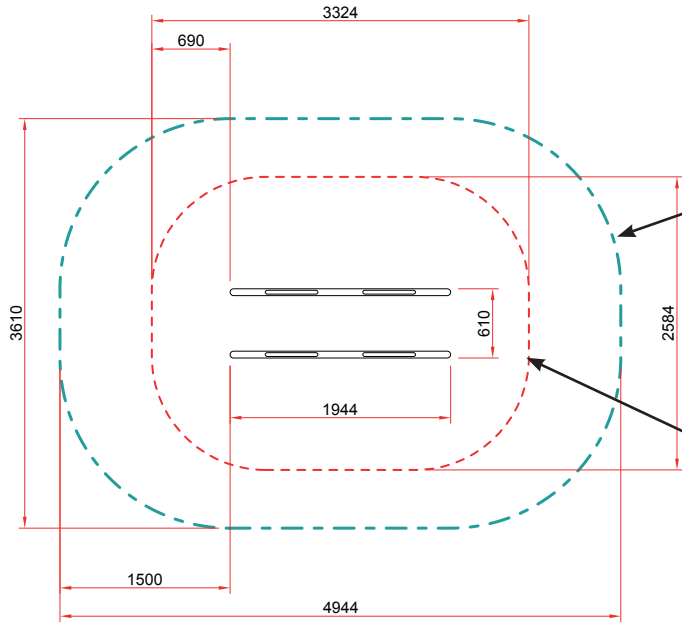
Key	Art No	Description	Qty
1	GYM512	Step Up Post	1
2	GYM556	860 Step Up	1
3	GYM557	960 Step Up	1
4	GYM558	1060 Step Up	1



EN 16630

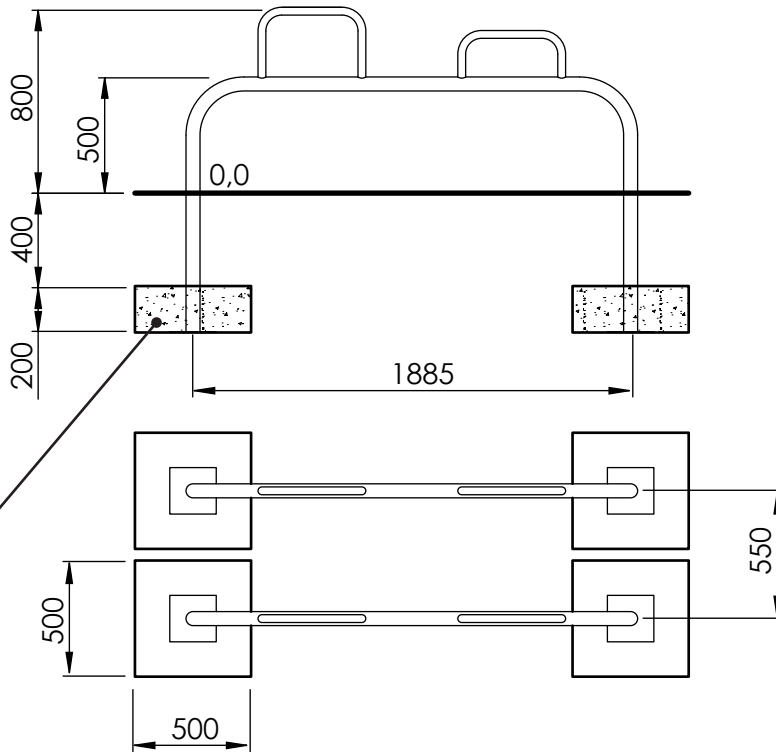
0.46m

# FS113 Dip Station



✓
← EN 16630
✗
← EN 16630

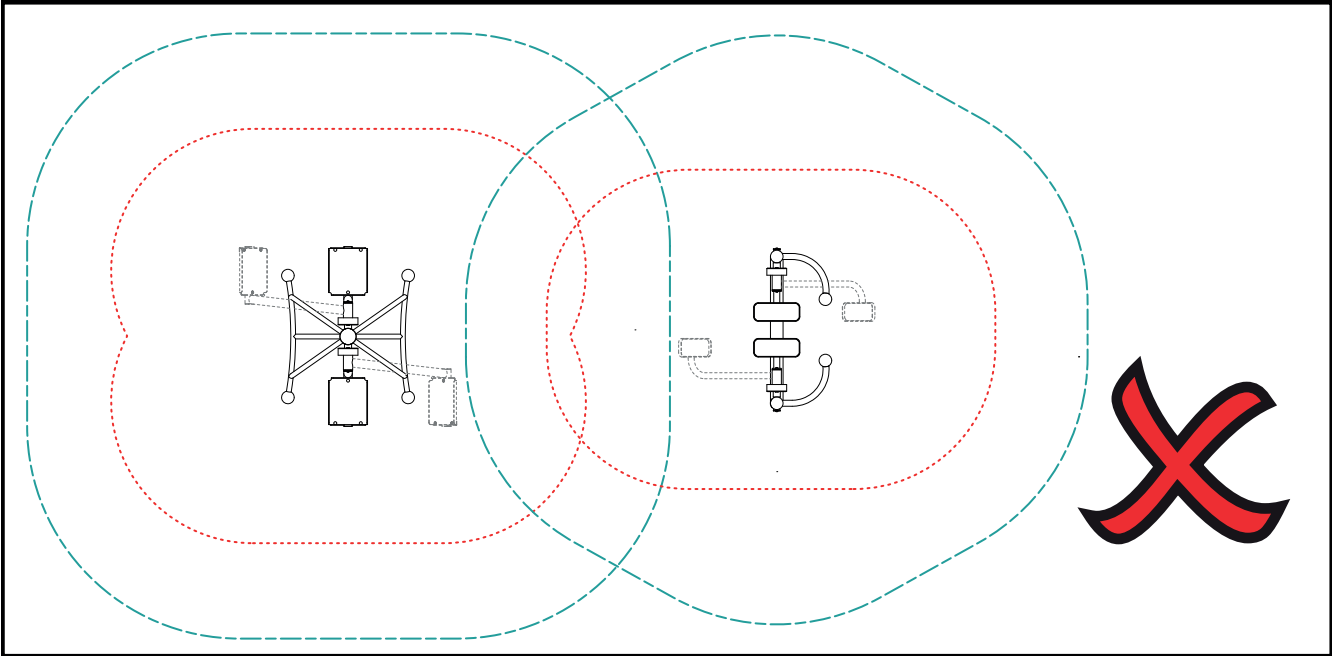
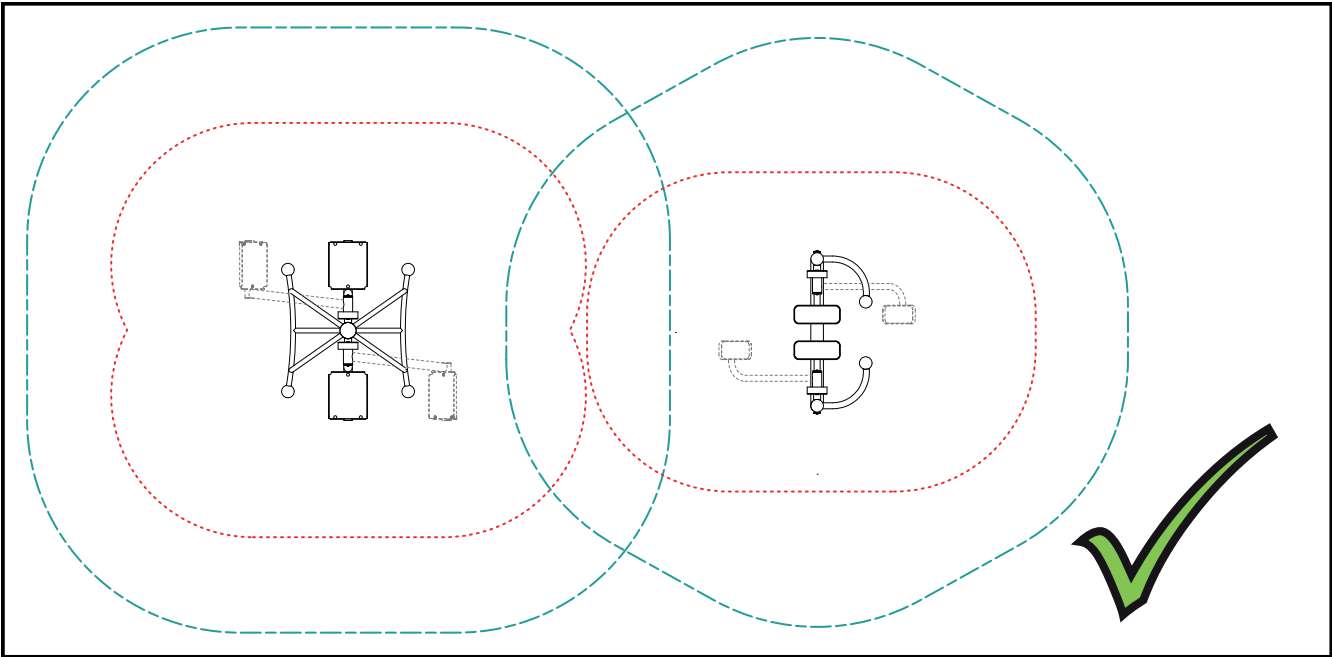
👁️ 📖 35



S2 (50mm) ≥C20-25
🕒 7 x 24h
👁️ 101

EN 16630
<b>0.8m</b>

# Appendix A\_EN 16630 Zones



# Appendix B\_Rower-Position Check

