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FACTORY

Five exercise stations to completely stretch and exercise the muscles of the whole body, to gain body strength, flexibility and balance, or a variant of two extended stations as an alternative to the original program. This is the concept of functional exercise outdoors in nature. The exercises use the body's own body weight, without the use of mechanical components on the stations. The sets of exercises are described on boards in three fitness categories located at each station. The exercises are intended for users over 10 years of age. More than one user can exercise at the same time at each station.

MATERIALS

Supporting structure made of glued larch timbers 10 x 10 cm. The top part of the stands is equipped with a stainless steel cap. The connections are made using stainless steel or galvanized fasteners sized according to the load and the load method. Straight or bent steel tubes coated with hot-dip galvanized steel. The surface of the horizontal and tilted landings of the stations is made of anti-slip surfaces made of coloured rubber granulate. The instruction boards are made of 'dibond' material, the surface of which is designed in such a way that any soiling and spraying can be removed. The stations do not contain any complex mechanical parts that require maintenance.

SURFACE FINISH:

Wooden parts are coated with 2 coatings based on pigmented plant-based oils containing UV absorber. The steel parts of the structure are coated with hot-dip galvanizing. EPDM surfaces are uncoated. The information boards are made of durable dibond boards with direct printing and anti-vandal foil. All materials used for the surface treatment meet both hygienic and ecological requirements.

ANCHORING:

The anchoring is made by concreting steel, hot-dip galvanized stands. It is possible to choose anchoring by means of chemical anchors on pre-prepared concrete slabs/footings.

SAFETY:

The fitness sets meet the safety requirements defined by the standard ČSN EN 16630 "Fitness equipment for adults for outdoor use".

