

VitaGym

Outdoor Fitness Equipment

- TrackGym



- TwistGym



- PedalGym



- RotoGym



- MotoGym



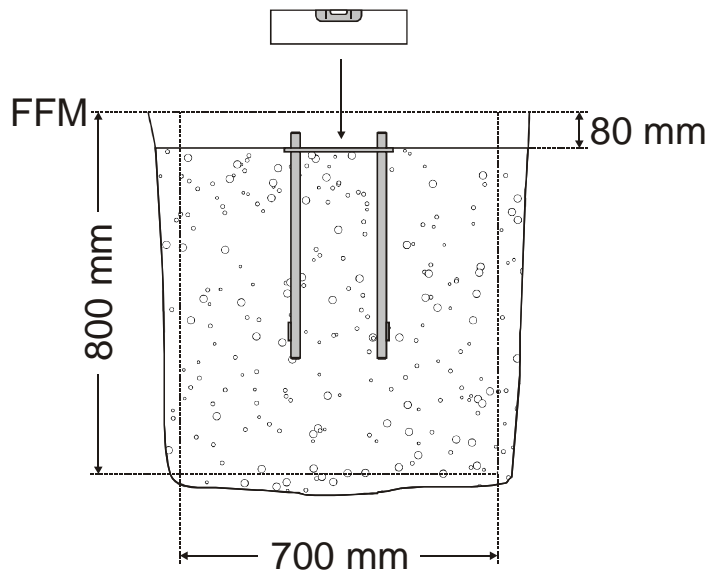
- StretchGym



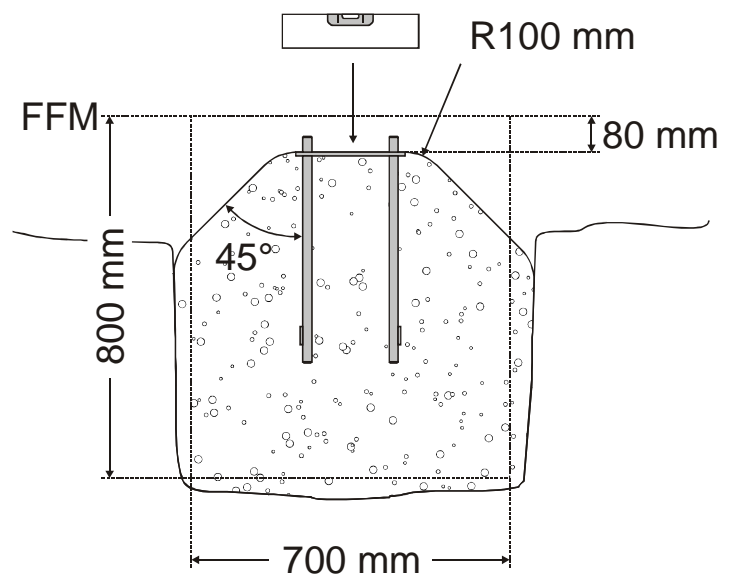
Installation Guide

Laying the foundations:

1. For each foundation anchor, make a hole with dimensions of at least (l) 700 mm, (w) 700 mm,
2. (h) 800 mm - as shown in drawing (a). The dimensions of the foundations depend on the nature of the ground. Soft or sandy earth may require larger foundations.
3. Position the foundation anchor centrally and absolutely horizontally, with the foundation anchor plate 80 mm below the surface of the ground (finished floor mark = FFM). If a piece of equipment requires more than one foundation, align the foundation anchors as shown in the drawings in the appendix. Ensure that they are aligned horizontally with one another.
4. Fill the foundation hole with ready-mixed concrete, with a minimum quality of C25, up to the top surface of the foundation anchor plate. The top surface of the foundation anchor plate and the screw threads above it must be clean of concrete, dirt and material of any sort.
5. If loose filling material is used (such as wood chippings) the concrete foundation must be beveled - as shown in drawing (b).



Drawing (a)



Drawing (b)

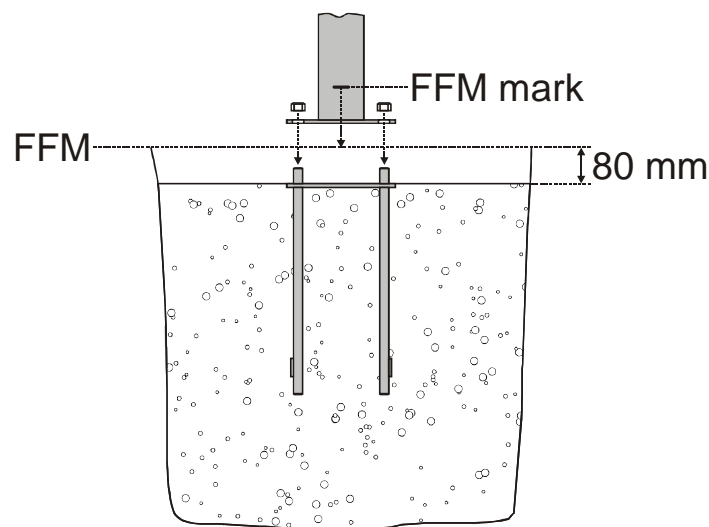
Installation Guide

Mounting the equipment:

The concrete must be allowed time to set completely before the equipment is mounted on the foundation anchors. The setting time depends on the weather conditions, but should be at least 14 days. After the concrete has set, the equipment can be attached to the foundation anchors. We recommend that equipment is mounted by two people. The equipment modules are supplied fully assembled. They only need to be bolted to the foundation anchors. This requires a 30 mm wrench. It only takes a few minutes to mount an equipment module.

1. Place the equipment mounting plate on the foundation anchor plate as shown in drawing (c). There must not be any dirt or material of any sort between the foundation anchor plate and the mounting plate.
2. Bolt the equipment or equipment modules to the foundations with the nuts supplied. Cover the nuts with the plastic caps supplied.
3. Check that all equipment is tightly seated before filling the mounting hole. Fill the mounting hole up to the FFM mark.
4. Test all functions of the equipment prior to making available for use. Where applicable, observe the regulations of DIN EN 1176 and DIN EN 1177.

Drawing (c)



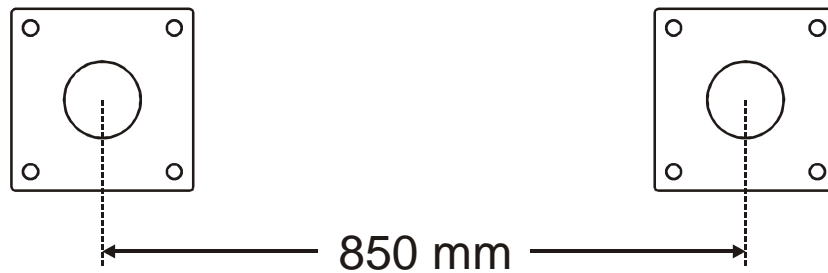
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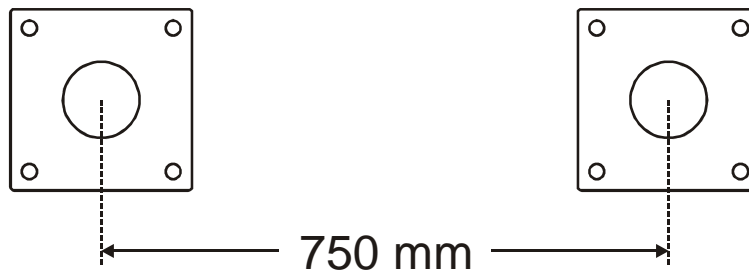
Installation Guide

Appendix: Plan of foundations:

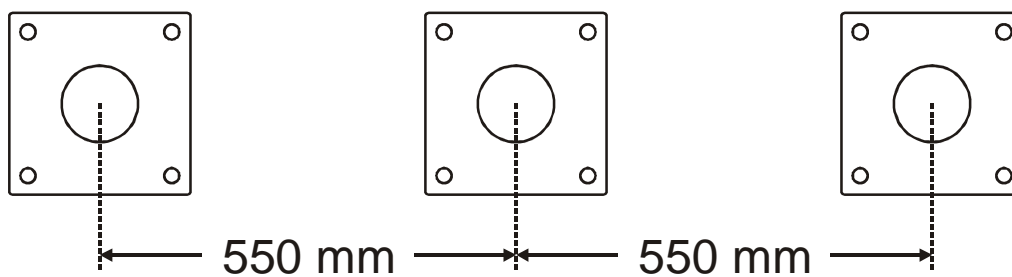
TrackGym



PedalGym



TwistGym



Installation Guide

Appendix: dimensions and weights:

Equipment	Module	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
TrackGym	complete ¹	541	1090	1375	56
	1st half	541	505	1375	28
	2nd half	541	505	1375	28
TwistGym	complete ²	589	1425	1110	42
	Seat unit	338	350	628	18
	Stand	309	350	175	10
	Pillar	589	530	1110	14
PedalGym	complete ¹	430	1252	1398	36
	Seat unit	338	301	588	12
	Pillar	430	677	1392	24
RotoGym	complete ³	1100	934	1385	37
MotoGym	complete ³	703	708	1645	27
StretchGym	complete ³	771	484	1955	26
Foundation anchor		240	240	500	9

Complete = fully assembled, without foundation anchor(s)

1 plus 2 foundation anchors

2 plus 3 foundation anchors

3 plus 1 foundation anchor