

# Mounting instructions for „Shoulder blade trainer“

Item-No. 551112 401



*Diagram 1: Overall view of the fitness equipment*

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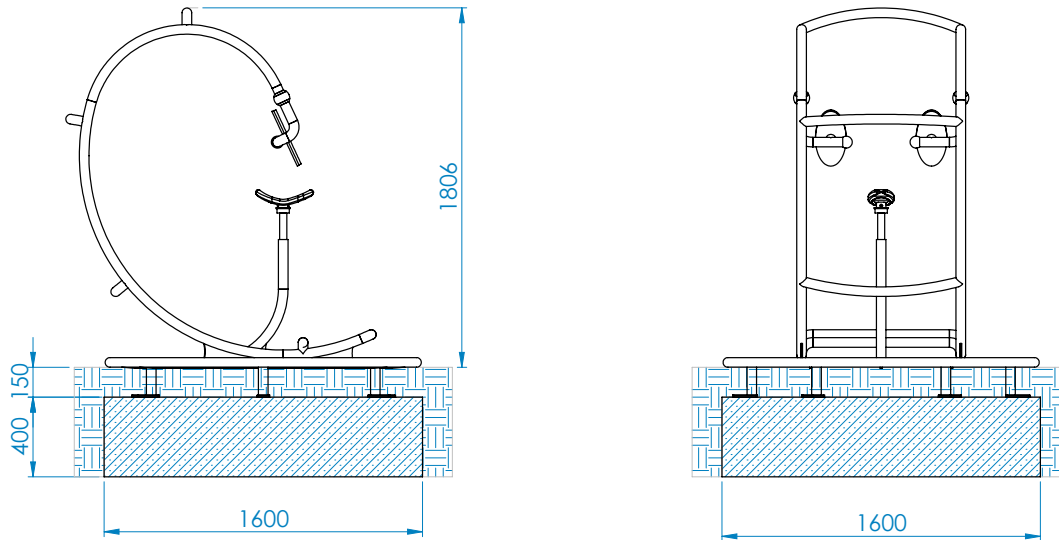


Diagram 2: Side view with dimension details „Shoulder blade trainer“

1. Select the fitness equipment location in consideration of the required safety area (see Diagram 3: Ø 2500 mm).
2. The impact area of a playground equipment with an enforced movement is not allowed to overlap the impact area of other equipment.  
In accordance with DIN 79000:2012-05 sports equipment with a maximum height less than 600mm does not require shock absorbing underlay over the entire impact zone. However wood chips or synthetic fall surfacing is recommended.
3. Carry out excavation work for the foundation anchor as shown in Diagram 2. After excavation, compress the foundation floor. **Note:** The fitness equipment is built in on the play level.
4. Set up the concrete foundations acc. to the dimensions indicated (LxBxH 1600 x 1600 x 400 mm) with central, horizontal reinforcement (BST 500 S) in the quality class C 20/25.

**Reinforcement plan:** Concrete foundation with reinforcement

Main foundation: BSt 500S

Ever 4 stirrups Ø 8 mm lengthwise and cross

Concrete cover  $h' = 3$  cm

Concrete quality class B25

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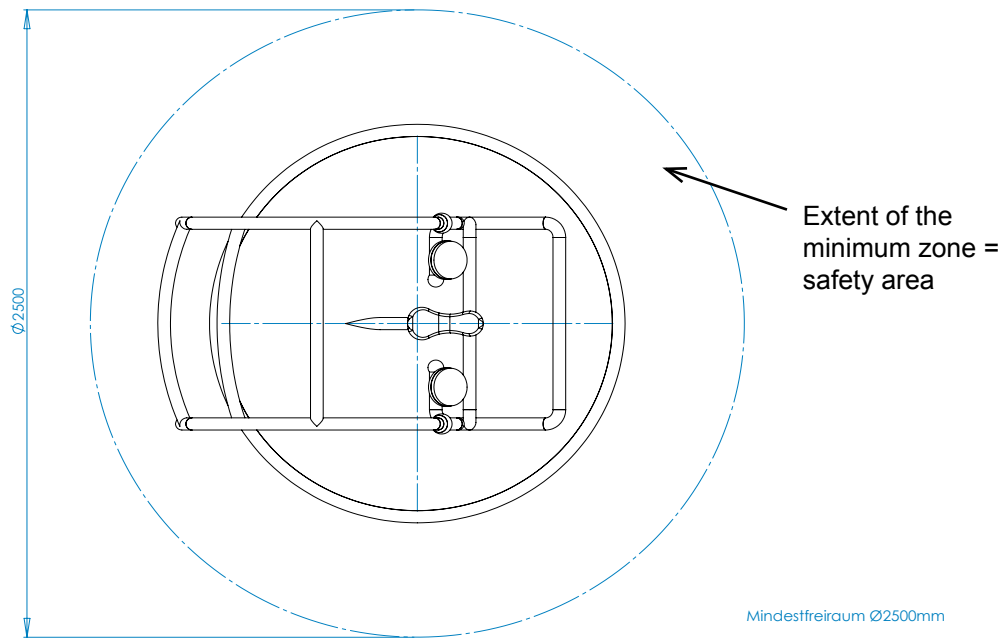


Diagram 3: Top view „Shoulder blade trainer“

5. After the setting period of 8 -10 days - depending on weather conditions and foundation size - place the sports equipment onto the foundation and anchor with the included heavy-duty dowels.
6. Do not allow to use the equipment before the installation has been finished.
7. **Attention:** If the fitness equipment has been incompletely installed or partly dismantled when carrying out maintenance and repair work, this may lead to particular risks of injury for the user. For this reason, make clearly visible that the equipment shall not be used in such cases.
8. **NOTE:** Fitness equipment, which contain components made of stainless steel should not come with „normal“ steel parts in contact. Those steel parts may rub off and leave small steel particles in combination with moisture brown rust stains. If such corrosion occur on stainless steel parts, they are fine with an abrasive (240 grit) to remove.  
Please take care when transporting and setting up the fact that the components are made of stainless steel with no „normal“ steel parts in contact.
9. Because of the risk of injury, the fitness information sign has to be arranged outside of the minimum zone.

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In order to preserve a good visual appearance of your stilum playground equipment over a long period one should take care of maintenance of the stainless surface even despite of their corrosion resistance.

Especially areas, which can not be reached by rainfall should be frequently cleaned from dirt and deposits due to air pollution and dirt caused by the atmosphere. Light soiling can easily be removed by using a high pressure cleaner.

For persistent deposits use a clean cloth moistened with a special liquid cleaner (e.g. on phosphoric acid) and rinse off with clear water after a short application time. During cleaning with mild abrasive components, only wipe over stainless steel surface in polishing direction.

For heavily soiled surfaces, polishes can be used (e.g. for cleaning chrome on cars) or for greasy and oily dirt alcoholic cleaning agents and solvents (e.g. ethyl alcohol, isopropyl alcohol or acetone).

However, it should be noted that the dissolved soiling is not spread over the surface again.

Do not use any chlorid or hydrochloric containing cleaning products nor scouring powder, bleaching - or silver polish cleaner. Cleaning intervals depend on type and degree of soiling as well as on demands made on optical characteristics.

Therefore cleaning is advisable at intervals of six to twelve months – whereby in the case of strong soiling it is appropriate to clean the playground equipment at intervals of 3 to six months.

## General Information DIN 79000:2012 05 4. 1:

DIN EN1176 specifies that fitness equipment should not be installed in the immediate vicinity of children's playground equipment. In cases where they are erected in playgrounds or similar establishments near children's playground equipment, they must be separated by adequate distance, fencing or other structural means from the general play zone.

## Movement area DIN 79000:2012-05 4.3.14.4

The free space allowed as movement area must be a minimum of 2.2m. The movement area must be clear of fences, and observers should not wait in this space. The space should be free of all objects that the user could fall on and be injured. E.g. injuries could be caused by posts that are not flush with adjacent parts or by protruding footings. In cases where the equipment has a forced movement, the free area must be extended about 0.5m. Where fitness units are installed on or adjacent to a wall which is at least as high as the exercise space, the movement area may be reduced. Movement areas of adjacent equipment may overlap except for equipment with forced movement.