



## Data sheet Karta katalogowa Scheda di dati Fiche Technique Datenblatt

EN

Training effect:

Strengthens very important to maintain proper muscle group profiles. Thanks to the exercises on this machine take care of the back muscles and your spine. Regular exercise will help to effectively strengthen the muscles responsible for maintaining upright posture. It will help you to stay longer to enjoy the walks.

How to use:

Rest your hips on the bench, face side down. Deny legs of the bar. Cross your hands on your chest. Make smooth, slow and full of bends and lift the torso.

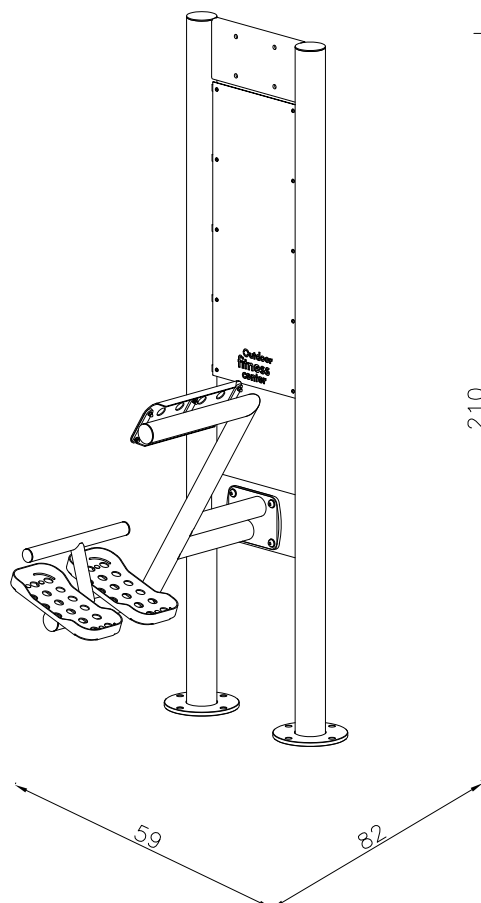
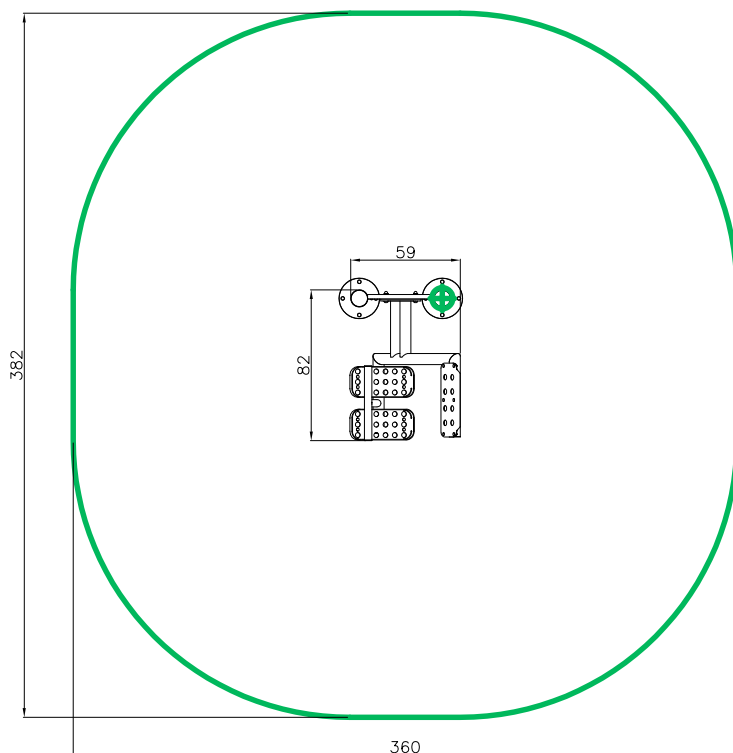
A total safety and functionality of equipment can only be kept when the inspections are made on regular basis. A subject of control should be potential damages and use. Always observe the maintenance and installation guide.

This device is designed for people over 1.4 m tall.

For single person use only. Maximum user's weight 120 kg.

Made followed the PN-EN 16630:2015-06 norm

Made in Poland





**Maintenance manual**  
**Instrukcja konserwacji**  
**Manuel de maintenance**  
**Manuale di manutenzione**  
**Wartungshandbuch**

**EN** A inspection is carried out as follows:

**Routine inspection:**

Visual inspection device is intended to detect visible damage and risks that could arise for reasons such as: misuse, vandalism or weather conditions.

NOTE 1 For outdoor fitness installed in areas with intensive use of equipment, and also in areas characterized to frequent damage caused by vandalism, may be required daily inspection.

NOTE 2 During the inspection routine and operational should pay attention to: cleanliness, level ground state of the ground, exposed (mobile) foundations, sharp edges, missing parts, excessive used (mobile and disperse the parts), structural strength of construction.

**Operational control:**

More accurate than a routine inspection of facilities for checking the functionality and stability of exercise equipment. You should do this every 1 to 3 months according to guidance of manufacturer

**Main annual inspection:**

Control of defining the overall condition for safe exploiting of equipment (main annual review).

NOTE 3 Main annual inspection may need to dig or decompose (spin) of individual equipment or their parts.

The annual inspection should be performed by the manufacturer or an authorized repairer Outdoor Fitness Center. Submissions annual inspection the following address:  
fitness@outdoorfitness.pl

**Failures**

In the absence of damage or exploiting of the device must be immediately replaced or repaired. If this is not possible, secure the unit before use. Contact the site Outdoor Fitness Center: fitness@outdoorfitness.pl.

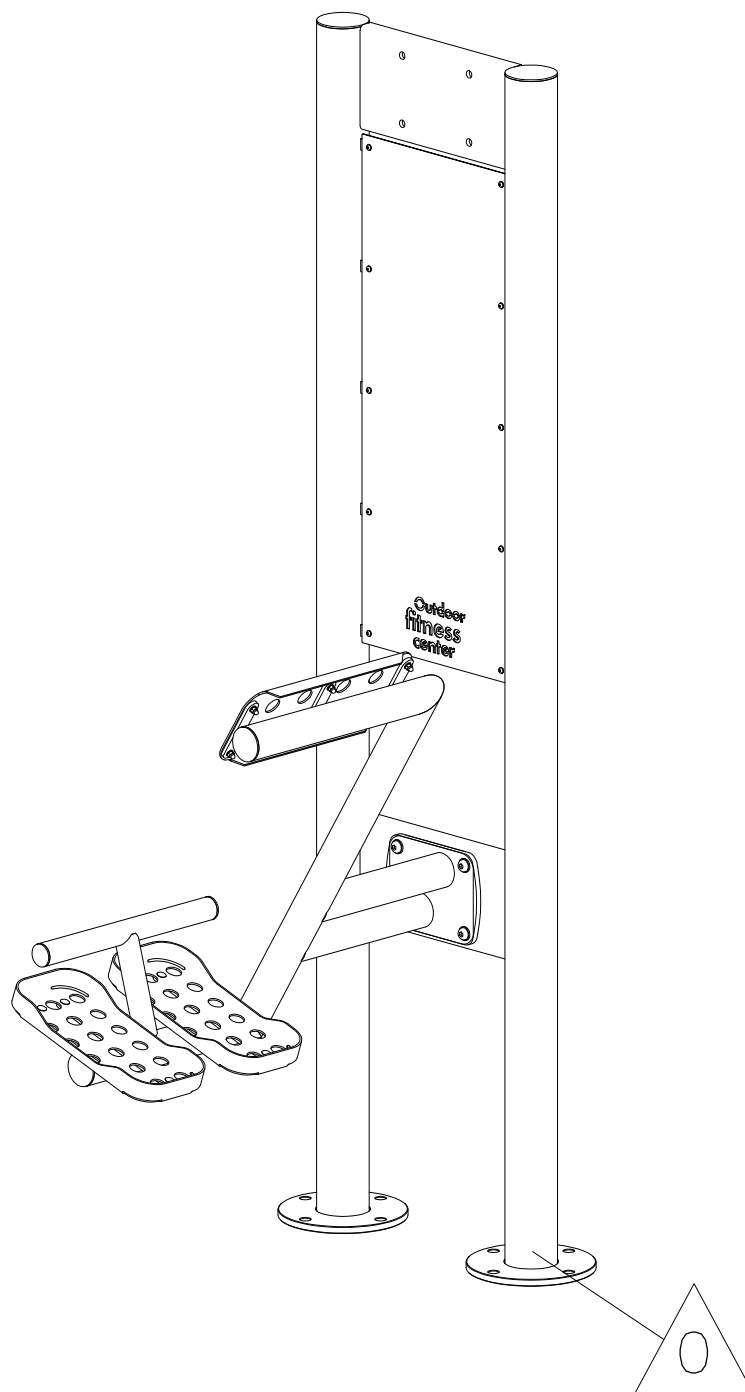
Use only original spare parts. Repair and replacement of parts may only make the manufacturer or its authorized representative.

# OF3-07 Back Trainer



Installation manual  
Instrukcja instalacji  
Manuel d'installation  
Manuale di installazione  
Installationshandbuch

0,17 m	12,0 m <sup>2</sup>	1,4m →+



# OF3-07 Back Trainer



Impact Area  
Strefa opadku  
Zone d'Impact  
Area de Impacto  
Fallraum

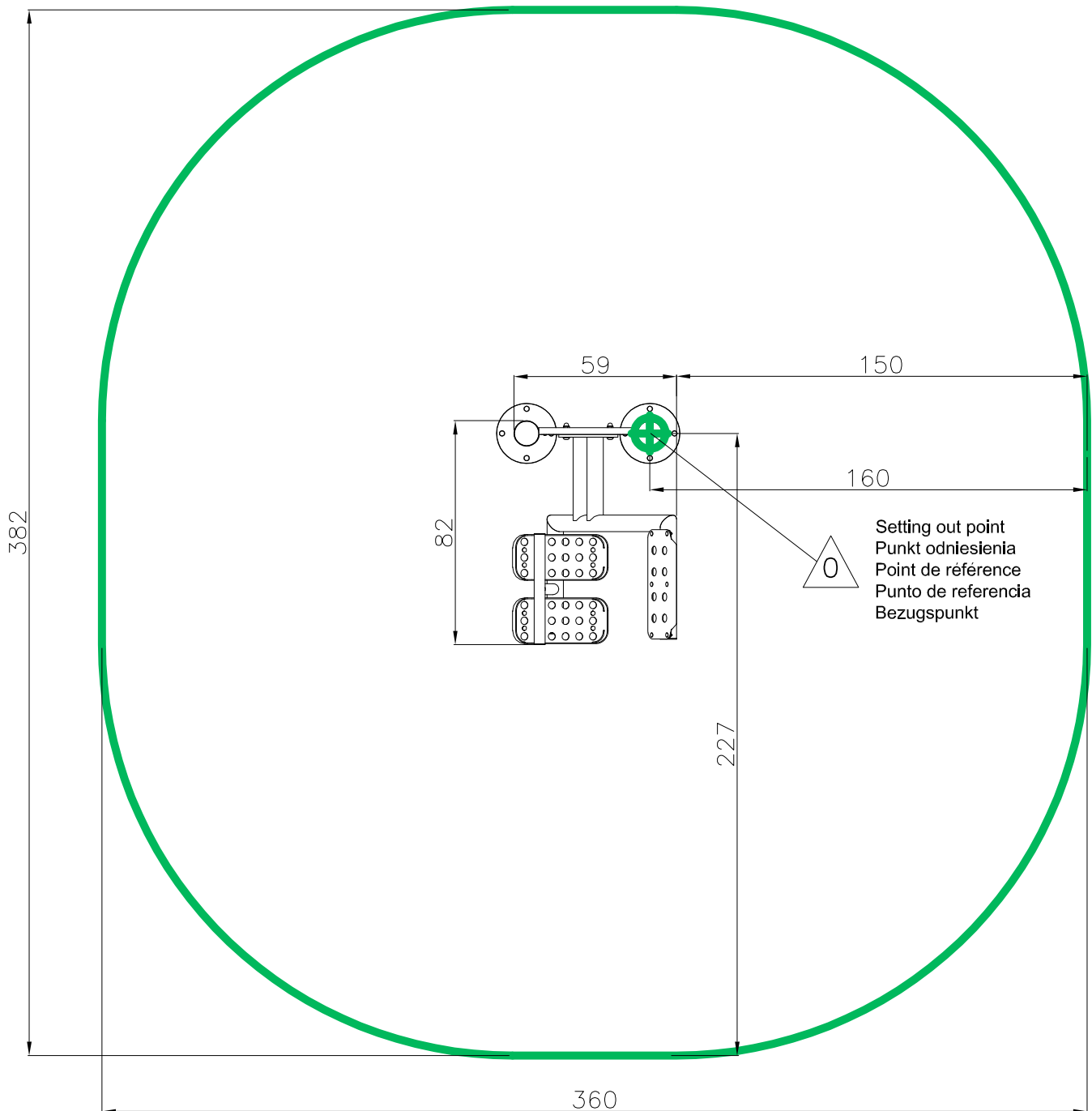
12,0 m<sup>2</sup>

**Required surface:** lawn, bark mulch, woodchip, sand, gravel  
Wymagana nawierzchnia: gleba, trawnik, mulcz z kory, drobno pokrojone kawałki drewna, piasek, żwir

**Requis de surface:** la pelouse, le paillis d'écorce, copeaux de bois, sable, gravier

**Superficie necessaria:** erba, pacciame di corteccia, finemente tritato pezzi di legno, sabbia, ghiaia

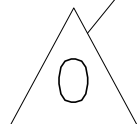
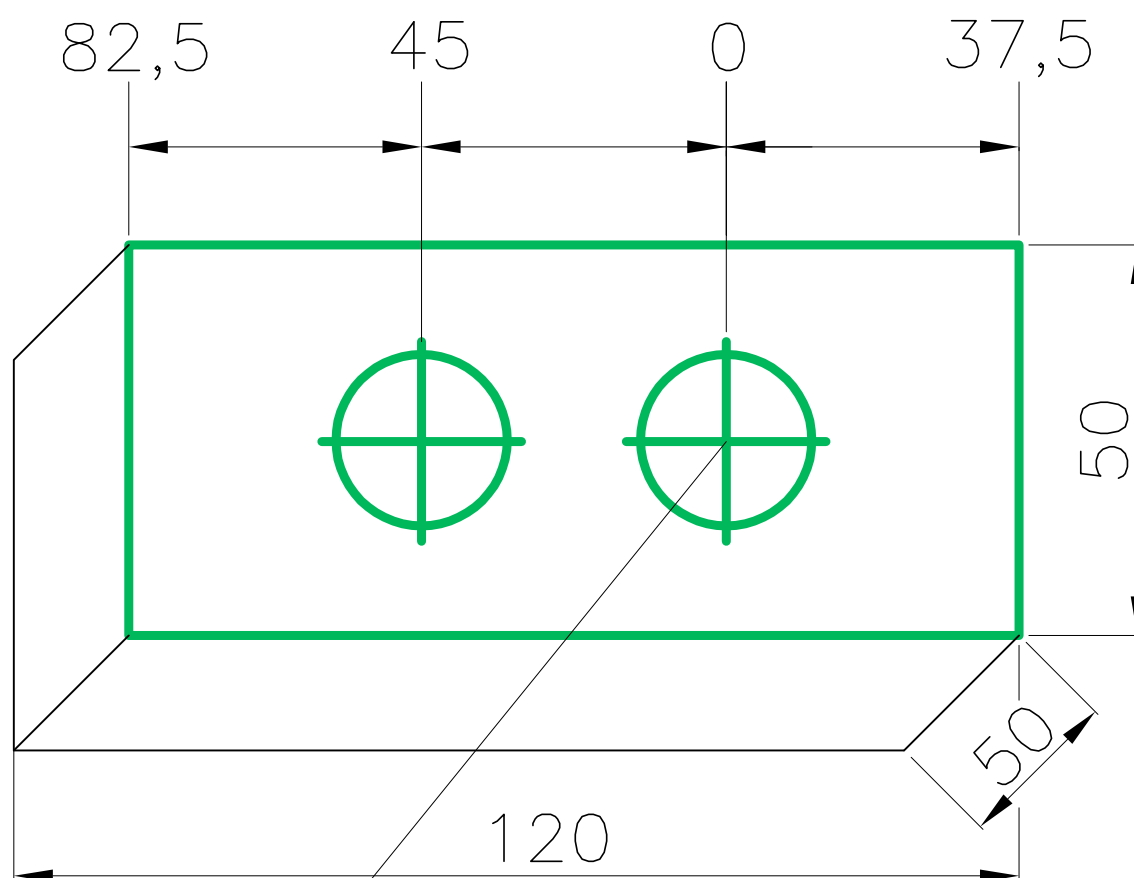
**Erforderliche Oberflächen:** Gras, Rindenmulch, fein gehackt Holzstücke, Sand, Kies



# OF3-07 Back Trainer



Concrete pad  
Fundament betonowy  
Dalle béton  
Solera de Hormigón  
Beton Bodenplatte

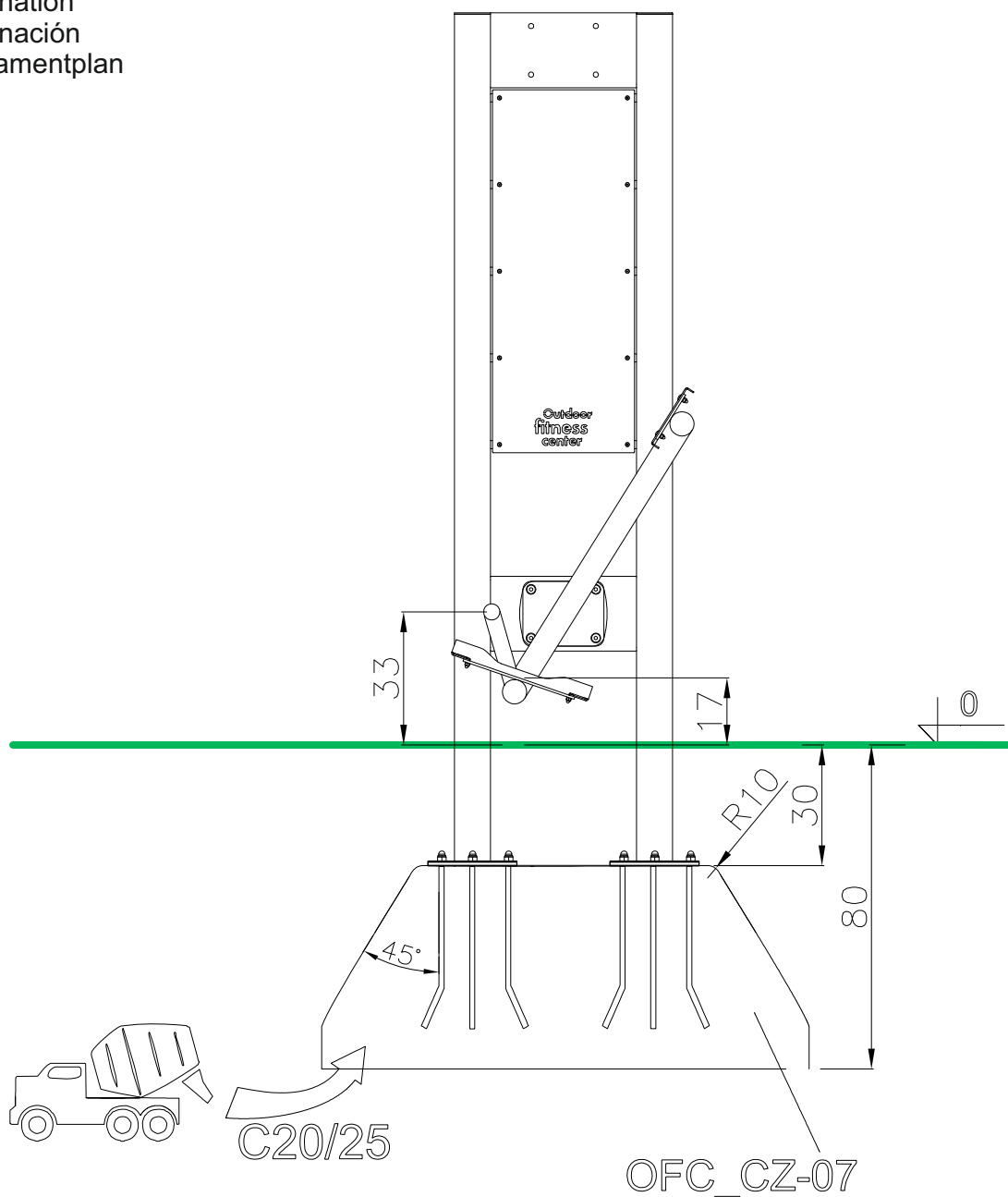


Setting out point  
Punkt odniesienia  
Point de référence  
Punto de referencia  
Bezugspunkt



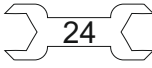

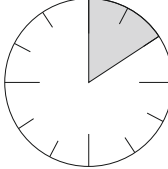
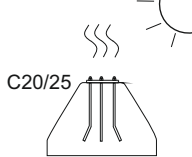
# OF3-07 Back Trainer



Footing plan  
 Plan fundamentowania  
 Implanation  
 Implanación  
 Fundamentplan



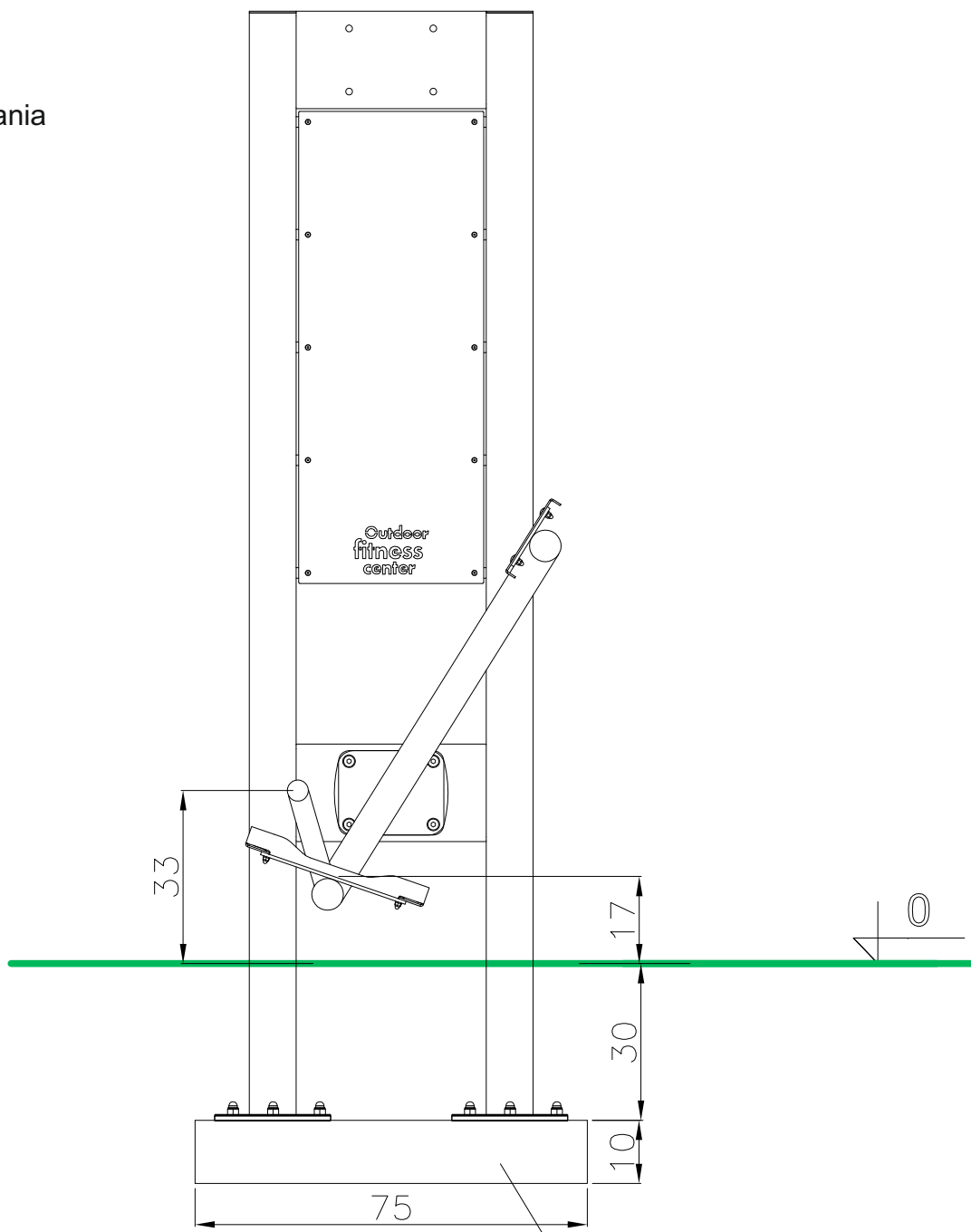
Dimensions are in centimeters

<p><b>8xM16</b></p> 	<p><b>8xM16</b></p> 	 <p>24</p>	<p><b>2x</b></p> 		 <p><b>Min. 48h</b></p>
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# OF3-07 Back Trainer


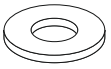
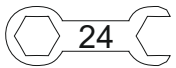


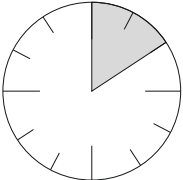
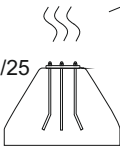


Footing plan  
 Plan fundamentowania  
 Implanaton  
 Implanación  
 Fundamentplan



Dimensions are in centimeters

**PRF-2**

<p><b>4xM16</b></p> 	<p><b>4xM16</b></p> 	<p><b>24</b></p>  	<p><b>2x</b></p> 		<p><b>C20/25</b></p>  <p><b>Min. 0h</b></p>
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