



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

### EN

#### Training effect:

Exercises performed on the device help strengthen your abdominal muscles. With simple slopes straight abdominal muscles work. Doing the twist of the torso stimulate the obliques. Ideal effect for improving figure

#### How to use:

Lie on a bench face up. Legs bent at the knees, feet Deny the lower bar. Substrates hands behind his head. Raise the torso in the following order: first the head and then shoulders and the rest of the body. Finally, you can do the twist the torso. Slowly lower torso on the bench. Perform a full, flowing movements.

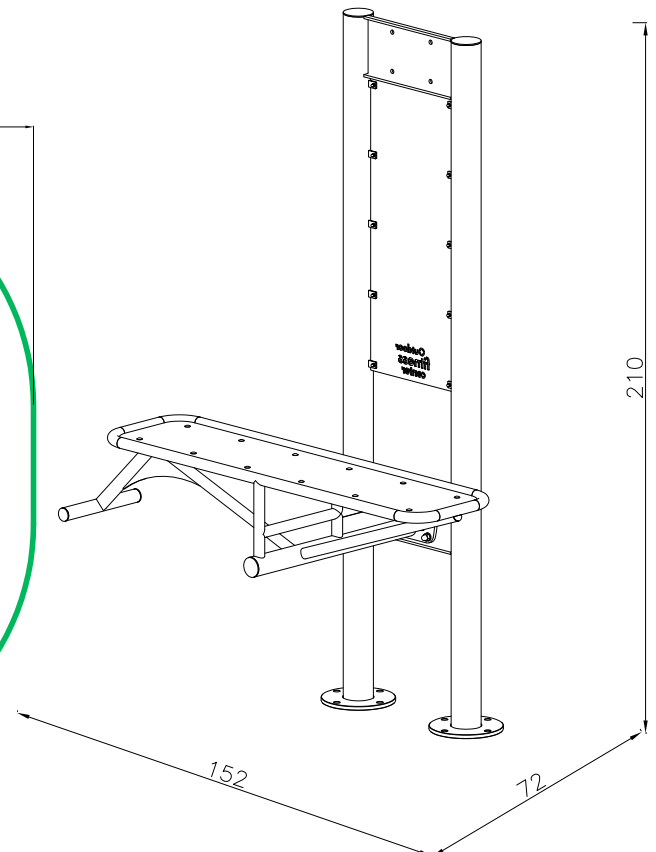
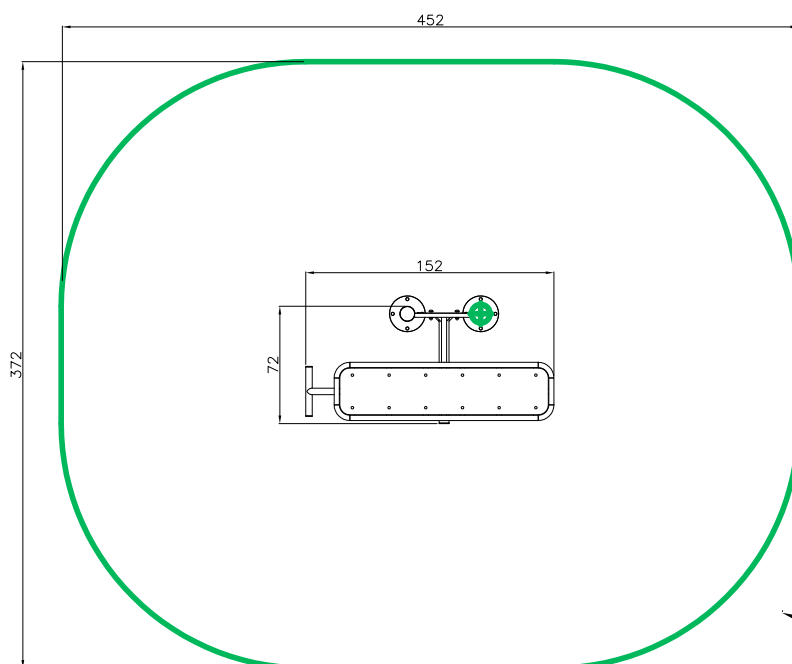
A total safety and functionality of equipment can only be kept when the inspections are made on regular basis. A subject of control should be potential damages and use. Always observe the maintance and instalation guide.

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](mailto: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](mailto:fitness@outdoorfitness.pl).

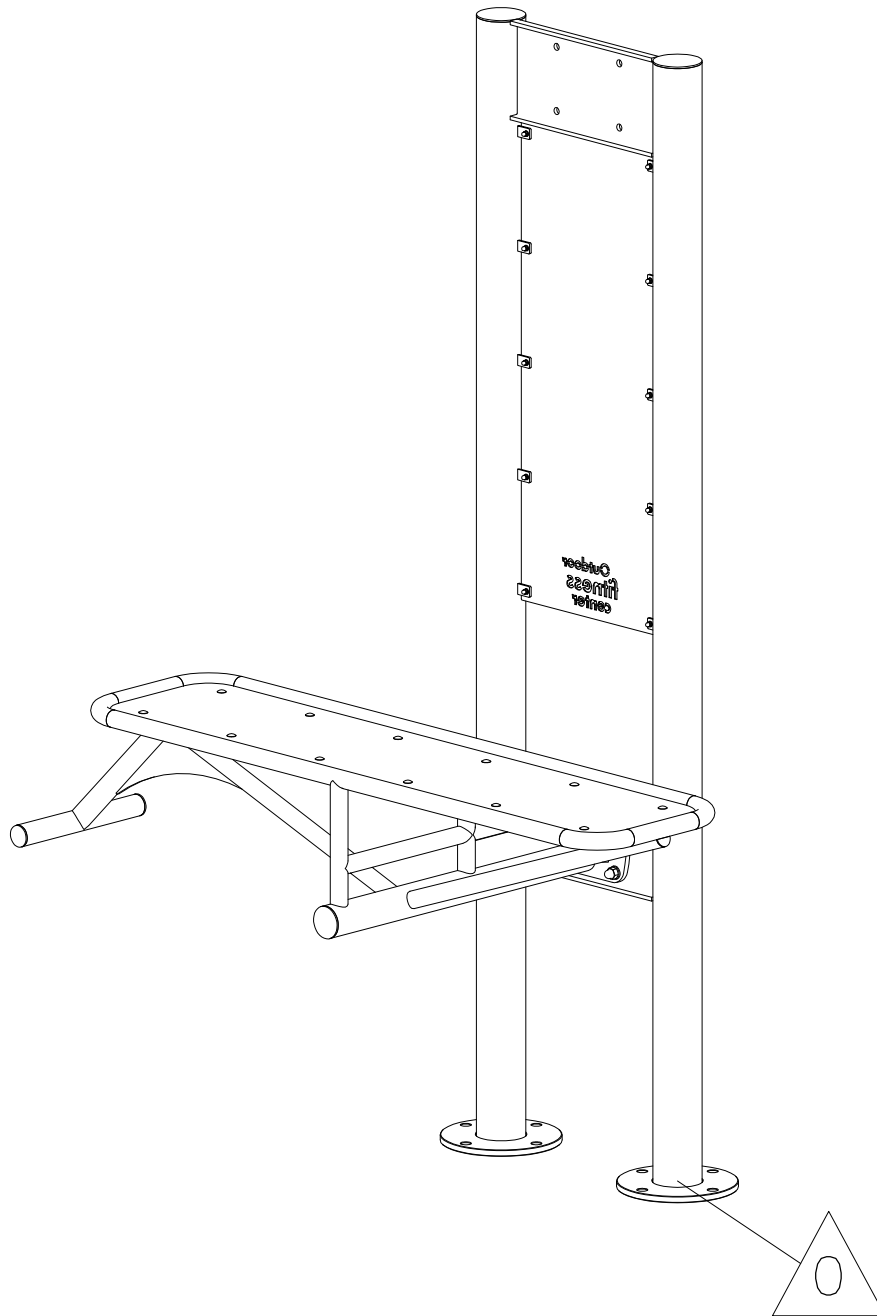
Use only original spare parts. Repair and replacement of parts may only make the manufacturer or its authorized representative.

# OF3-08 Bench



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

0,56 m	15,0 m <sup>2</sup>	1,4m →+



# OF3-08 Bench



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

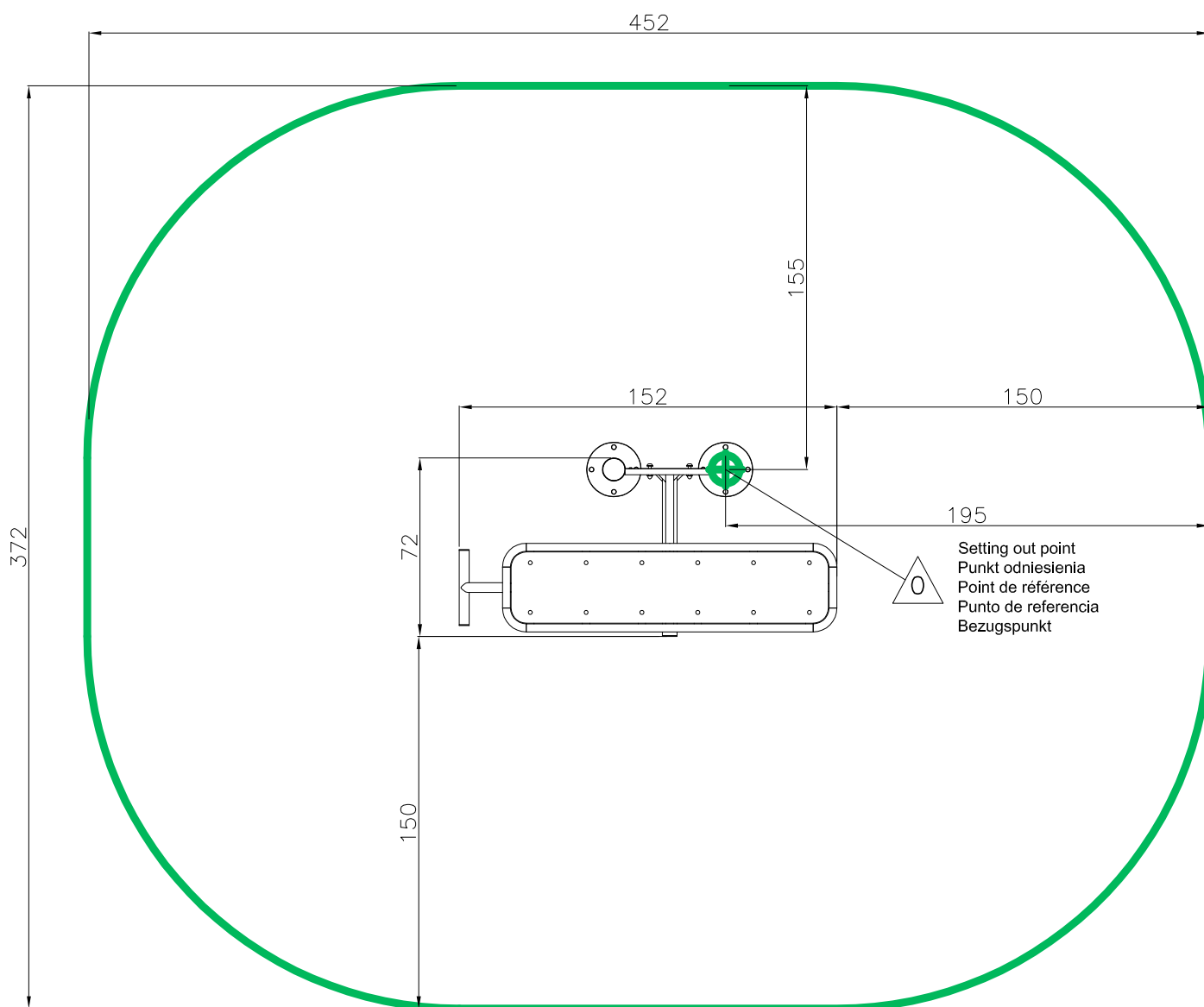
15,0 m<sup>2</sup>

**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

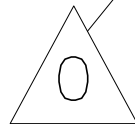
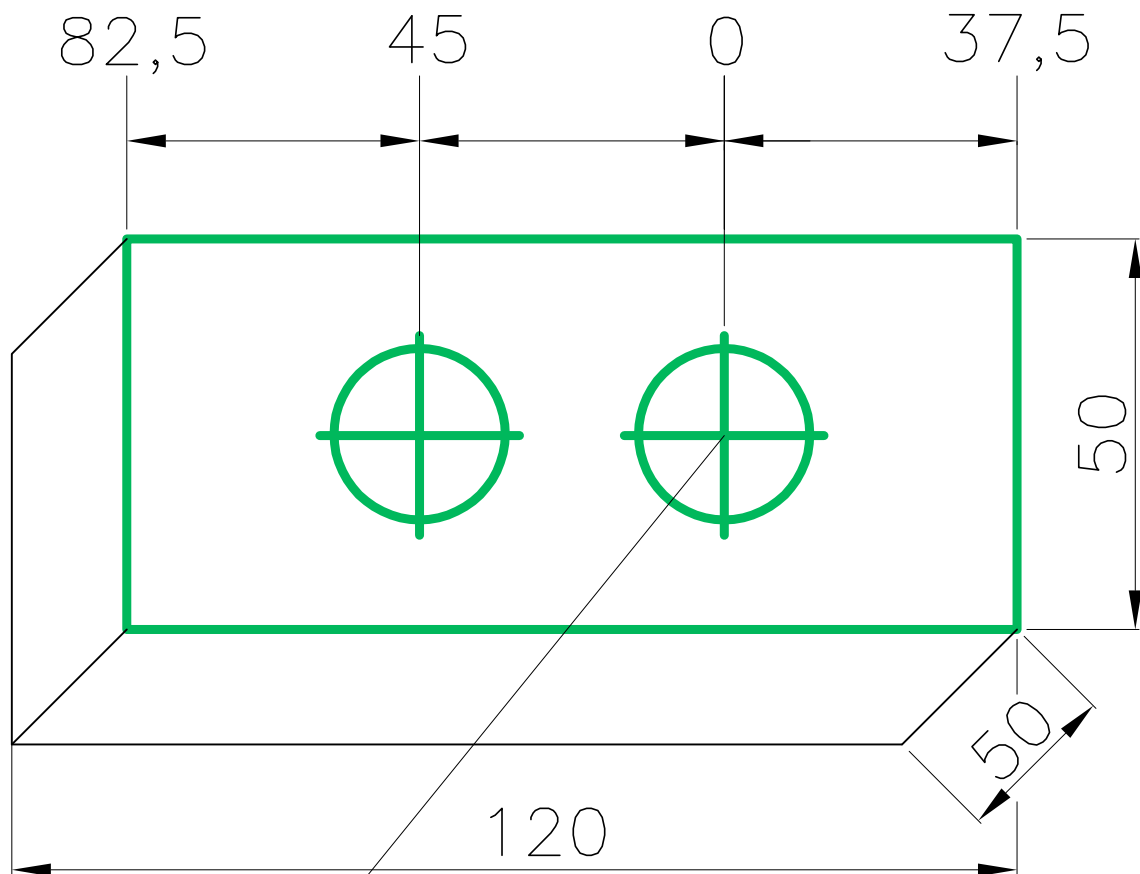
**Erforderliche Oberflächen:** Gras, Rindenmulch, fein gehackt Holzstücke, Sand, Kies



# OF3-08 Bench



Concrete pad  
Fundament betonowy  
Dalle béton  
Solera de Hormigón  
Beton Bodenplatte

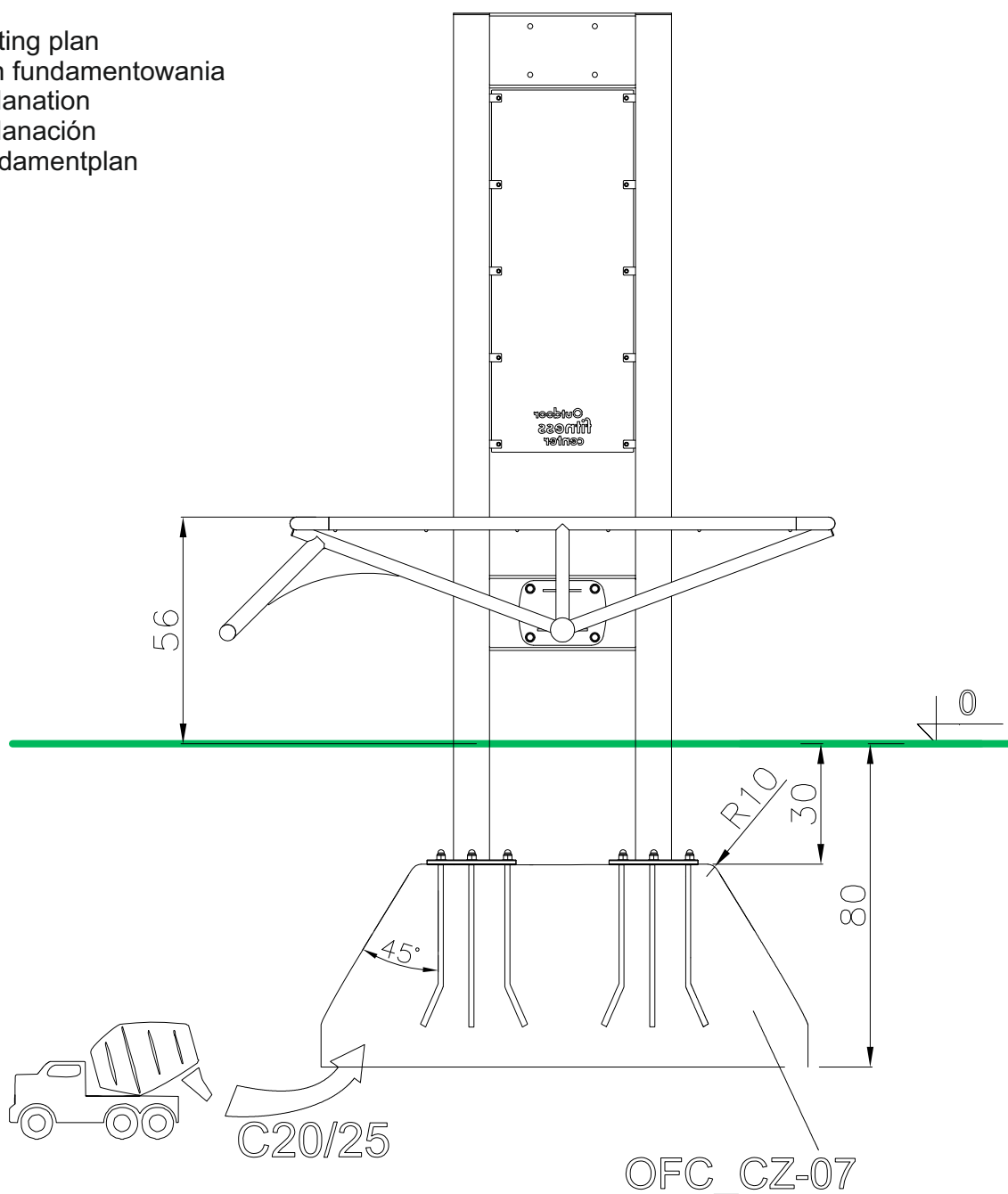


Setting out point  
Punkt odniesienia  
Point de référence  
Punto de referencia  
Bezugspunkt

# OF3-08 Bench



Footing plan  
 Plan fundamentowania  
 Implanacion  
 Implanación  
 Fundamentplan



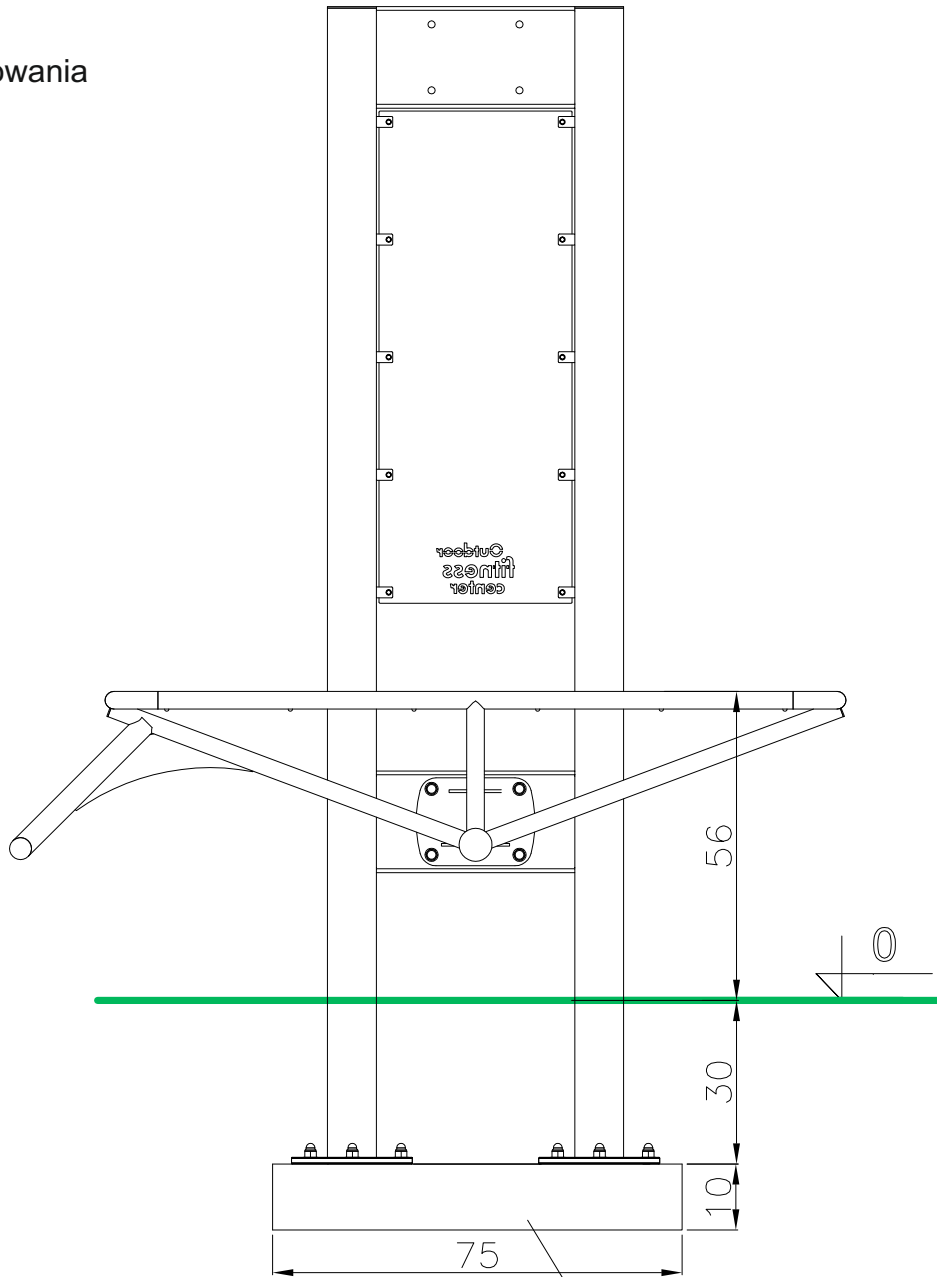
Dimensions are in centimeters

<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. 48h</b></p>
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# OF3-08 Bench



Footing plan  
 Plan fundamentowania  
 Implanaton  
 Implanación  
 Fundamentplan



**PRF-2**

Dimensions are in centimeters

<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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