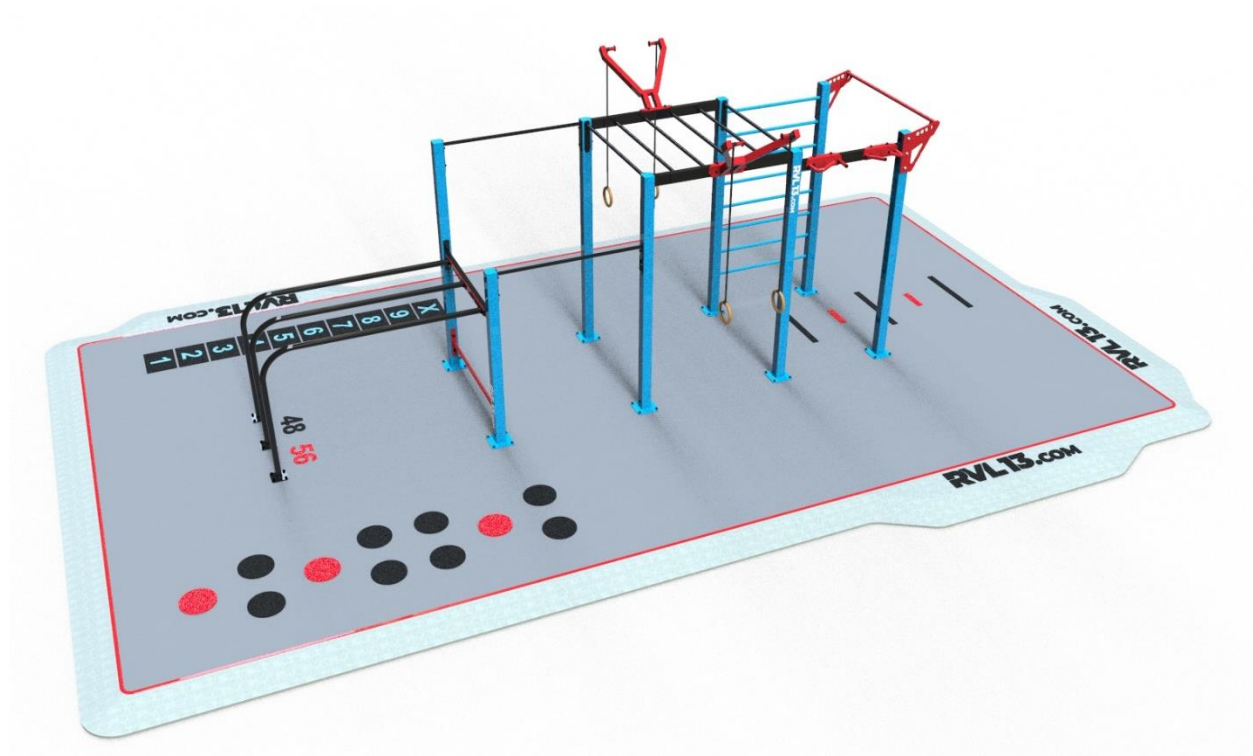


TECHNICAL INFORMATION

Workout park
Size 55m2



Content:

1. Street Workout
2. 3D visualization
3. Description of the product
4. Description of safety flooring
5. Technical documentation

1. Street Workout:

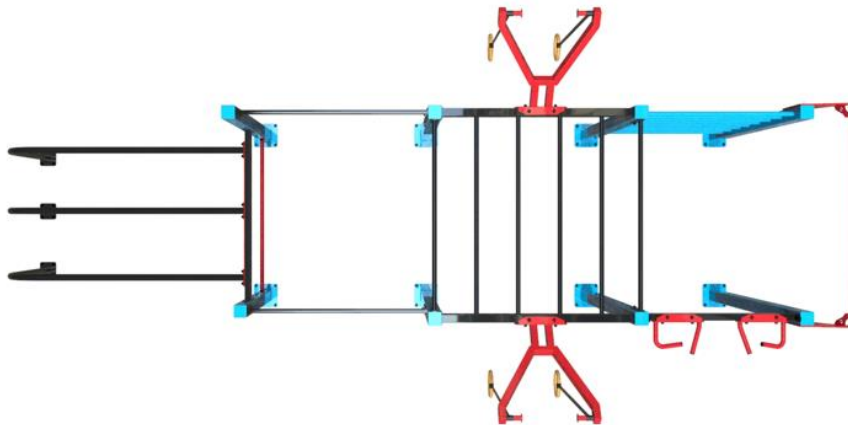
Street workout also known as calisthenics or bodyweight training is one of the fastest growing sports in the world. It is also one of the healthiest ways how to exercise without unnecessary risk of injury. It doesn't strain ligaments and tendons as much and is gentler to the joints then exercise with weights.

The sport takes place in public playgrounds that should always include basic elements such as horizontal bars in different heights, dip bars, wall bars and ideally some other workout equipment.

Street workout is characterized by combination of exercises on the floor with those on bars and other fitness stations. All of the exercises are based on workout with only one's own weight that lead to growth of strength flexibility and endurance.

2. 3D visualization

2a.



2b.



2c.



3. Description of workout elements

Overall technical information:

Connecting material:	All parts are connected by means of a strength screw with a diameter of 12mm All screw heads must be provided with a cover for greater user safety. Stainless steel A2 for the best protection against corrosion
Anchoring:	15cm threaded rod with diameter 12mm and length of minimal 15cm chemical anchor
Surface treatment:	Hot dip galvanization powder coating – komaxit combination of at least 3 different colors

1x Workout construction

Floor plan size:	1,6m x 6,5m
Maximum fall height:	1.6m
Material of pillars:	rectangular steel profile 100 x 100mm, 4mm thick
Material of bars:	steel tube with diameter 33,7mm, 4-8mm thick
5x	Horizontal bar with minimal length 140cm, pipe diameter of 33,7mm, bars in different heights
1x	Multifunctional horizontal bar (multibar) - horizontal bar with four grips, pipe diameter 33.7 mm Suitable for narrow and wider pulls simulating natural hand movement)
1x	Elevated horizontal bar for freestyle tricks with minimal length 140cm, pipe diameter 33,7mm
1x	Vertical ladder (wall bars) with at least 7 rungs, with maximal space between two bars 24cm Minimal width of the ladder is 110cm and bar diameter 33,7mm
3x	Parallel dip bar with minimal height of 140cm and minimal length of 200cm Pipe diameter is 51mm
1x	Horizontal ladder with at least 4 rungs, pipe diameter 33,7mm Minimal length of the ladder is 140cm at height of 240cm
2x	Gymnastic rings holder – must be off axis of the pillars Highest point of the holder is at least 280cm above the ground
2x	Gymnastic rings – made of plastic

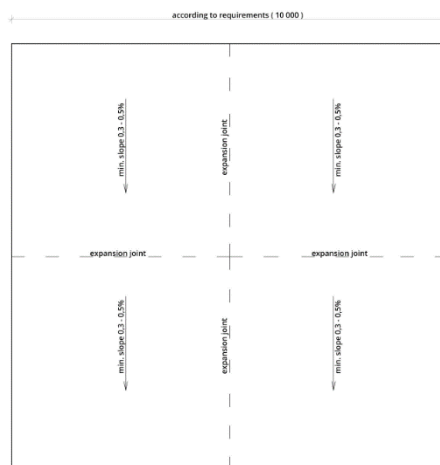
4. Description of substructure & Safety flooring

4a) Concrete base

The ideal base for a street workout park is a concrete slab.

Minimal thickness: 150mm
Concrete type: C16/20
Minimal slope (inclination): 0,3-0,5%
Curb: prepared for the final safety surfacing (e.g.: 5-7cm)

SCHEMATIC PLAN 1: 50



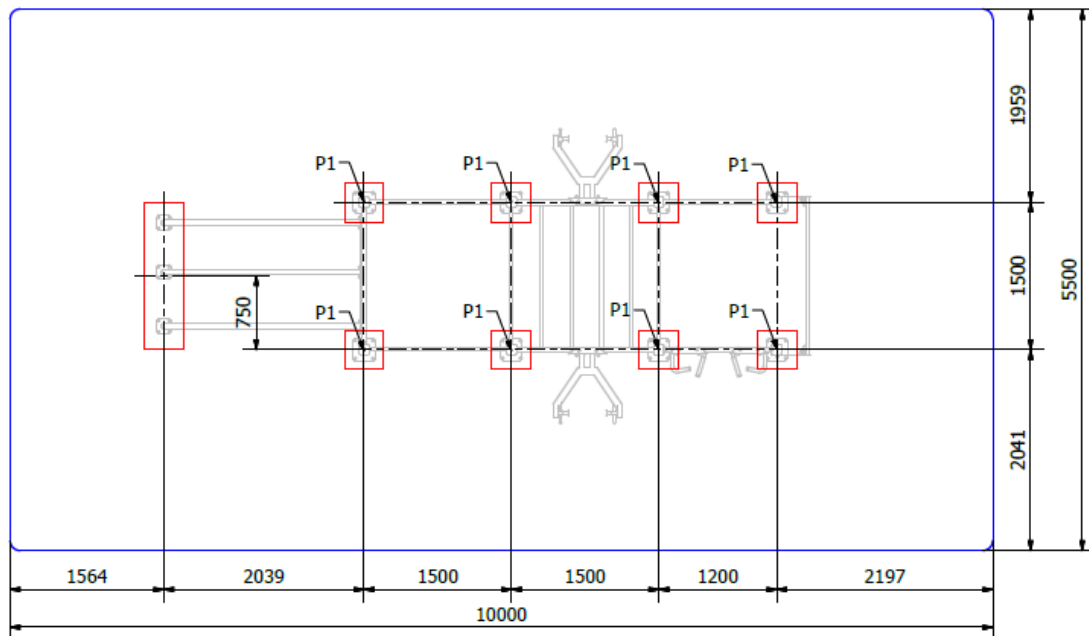
Concrete slab must dilate in size optimally 4 x 4 m, then a maximum of size 5 x 5 m !!!

4b) Recommended flooring:

Norm: EN16:630
Material: EPDM (liquid or desks) with the HIC coefficient for at least 1,8m

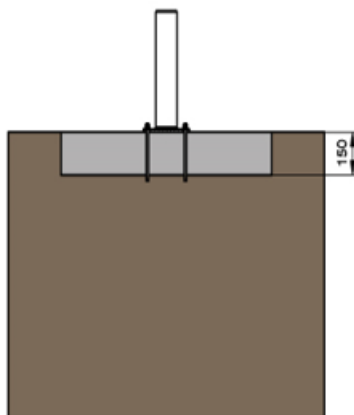
5. Technical Documentation

5 a) Installation plan



5c) Installation options

anchoring - concrete slab
safety flooring - EPDM



anchoring - single point foundations
safety flooring - loose material

