

A black and white photograph of a park with outdoor fitness equipment. In the foreground, a young boy with blonde hair is laughing joyfully, his arms raised high, as he uses a piece of equipment. In the background, another child is crouching on a curved bar, and a third child is visible further back on another piece of equipment. The scene is set in a park with trees and a clear sky.

INSTALLATION MANUAL
IN-GROUND



Dig holes according to positions on drawings (see the following pages).



Dimensions of holes:
e.g. 50 x 50 x 75 cm (see the following pages).



Fill with concrete leaving a depth of e.g. 25/40 cm (see the following pages). Dry for approx. 6-7 days.



Drill bolt holes with a concrete hammer.



Mount the M12/M16 concrete bolts.



Tighten the anchors (M12 = 90 N/m and M16 = 120 N/m).



Make sure the fitness station is stable and properly fastened before filling with dirt to the surface.

REQUIREMENTS FOR THE CONCRETE

The concrete must comply with the standard EN197-1 CEM I 52,5 N.

Mixing ratio: Cement 1/8
Sand 3/8 (max. stone size 4mm)
Stones 4/8 (stone size 16mm)

The concrete must be premixed or mixed in a mixer. Hand mixing is not acceptable.

For the concrete to settle, it must be vibrated with a concrete vibrator.

To ensure correct contact between the base plate and the concrete, the concrete surface must be 100% plane.

The concrete has to have the strength of $\geq 52,5$ MPa (obtained in approx. 7 days, but longer in cold weather).

The installation must be carried out by professionals and according to current practice.

NWJR101 Junior Chest

NWJR102 Junior Back



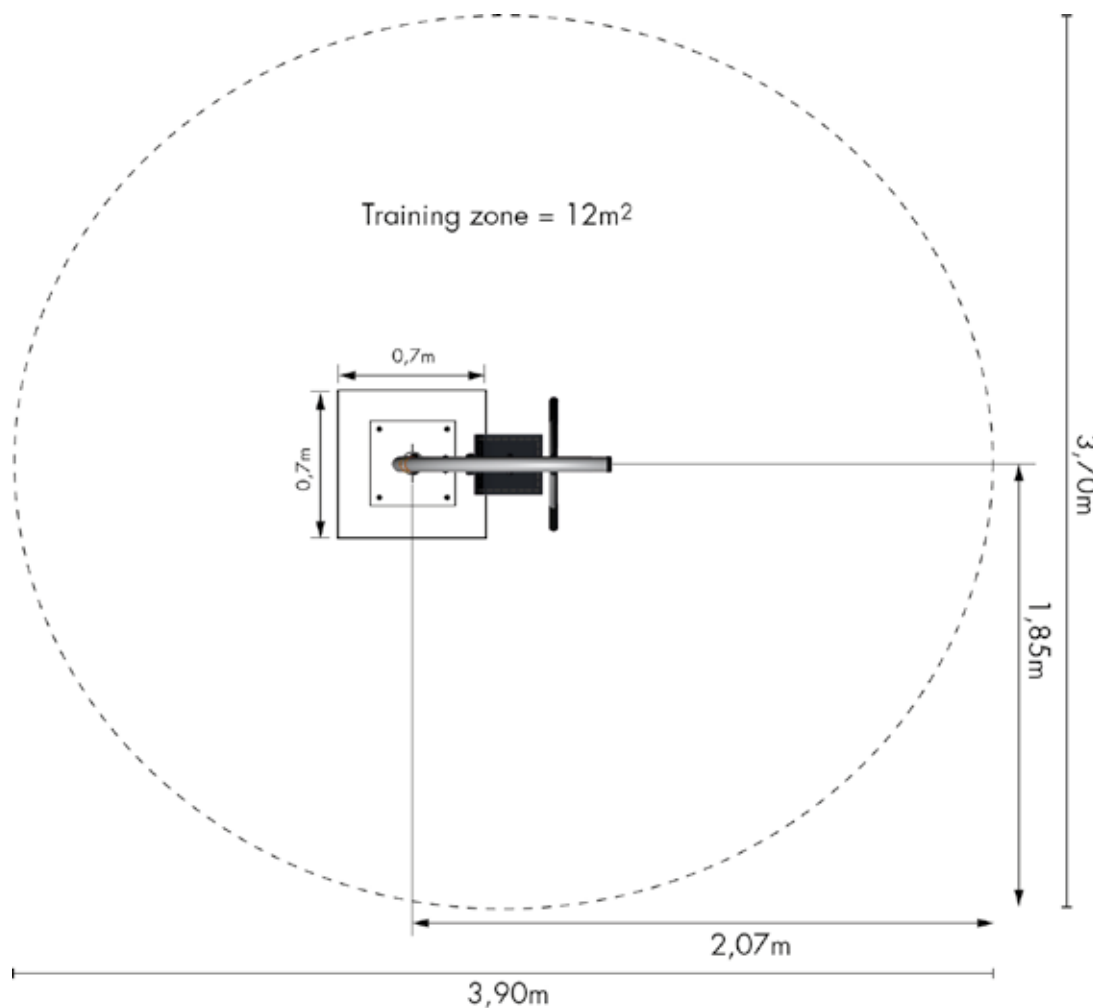
See separate page with the preparatory work for in-ground installation.

- Install onto a concrete block.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

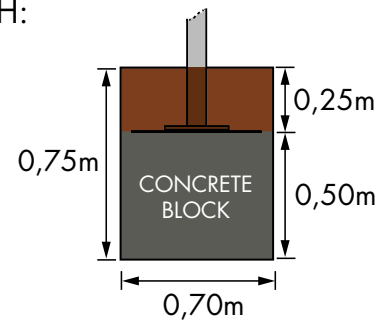
PART LIST:
4 x M16

BASE PLATE:
40 x 40cm

POSITION AND TRAINING ZONE:



DEPTH:



NWJR103 Junior Sit Up



See separate page with the preparatory work for in-ground installation.

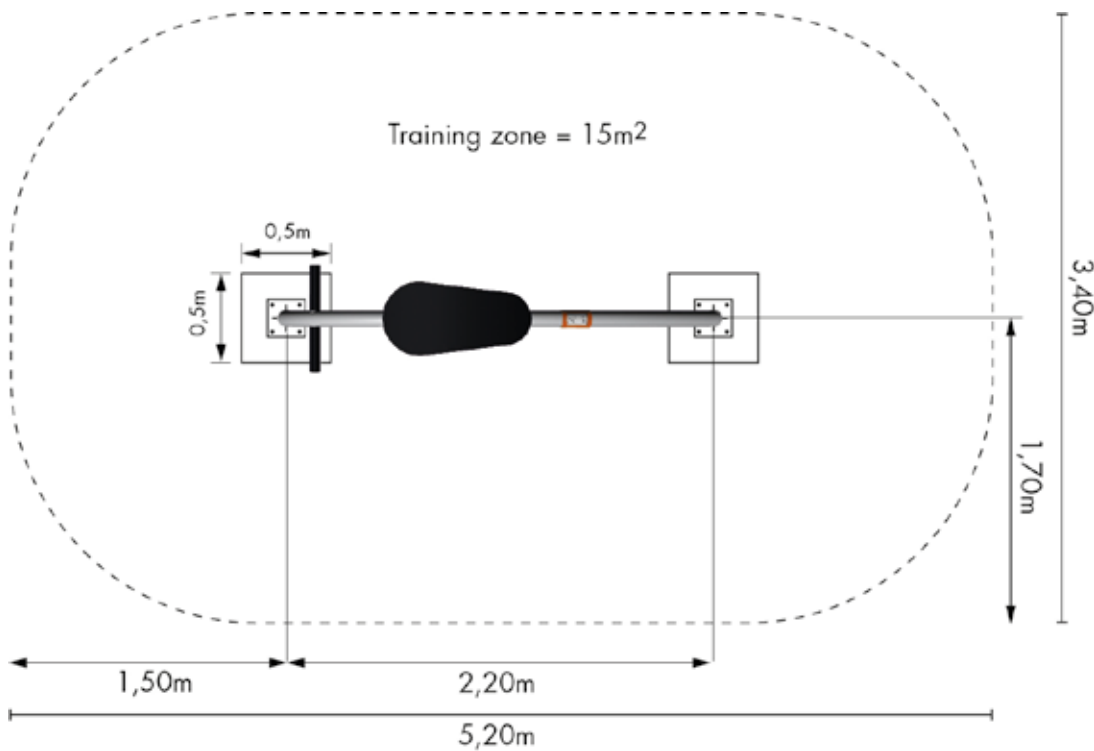
- Install onto 2 concrete blocks.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

PART LIST:
8 x M12

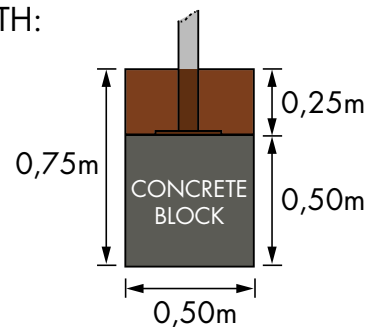


BASE PLATE:
25 x 25cm

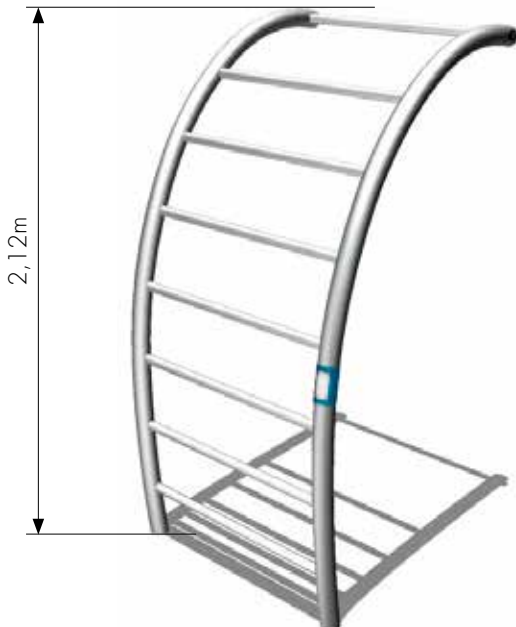
POSITION AND TRAINING ZONE:



DEPTH:



NWJR104 Junior Pull Up



See separate page with the preparatory work for in-ground installation.

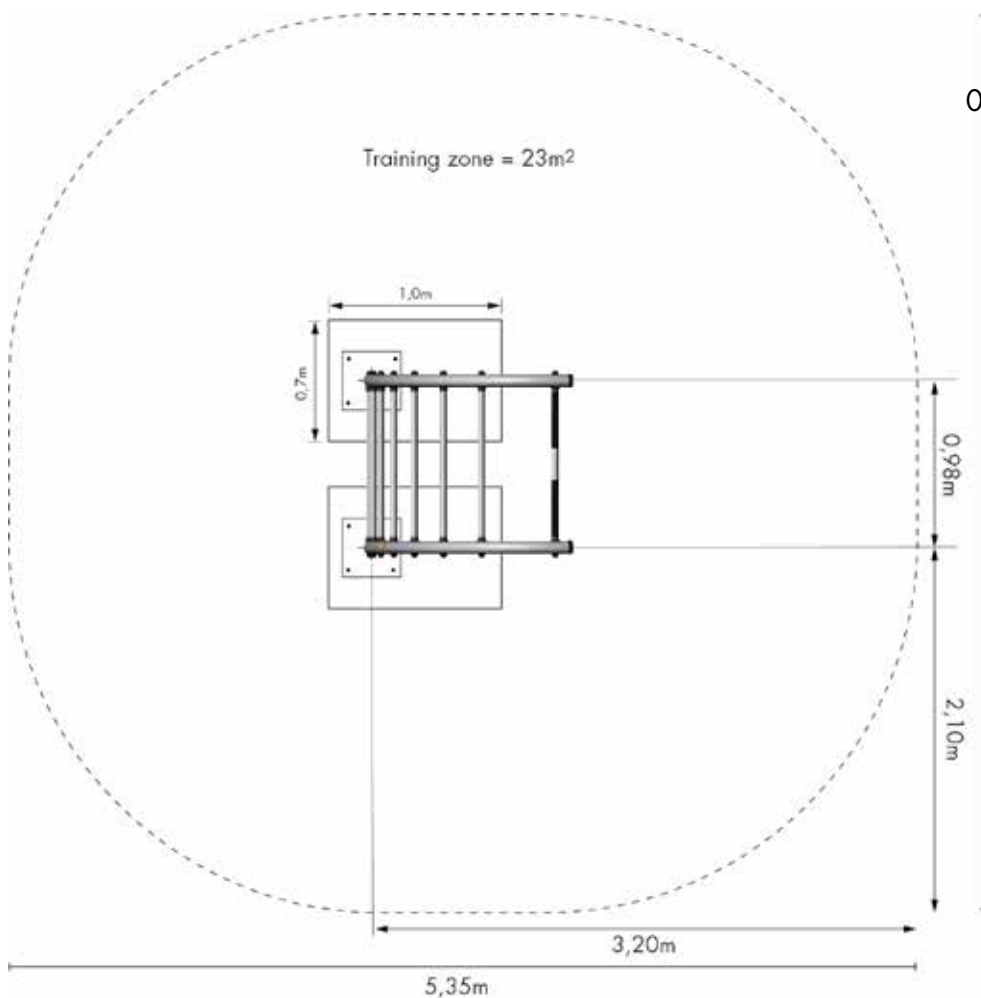
- Install onto 2 concrete blocks.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

PART LIST:
8 x M16

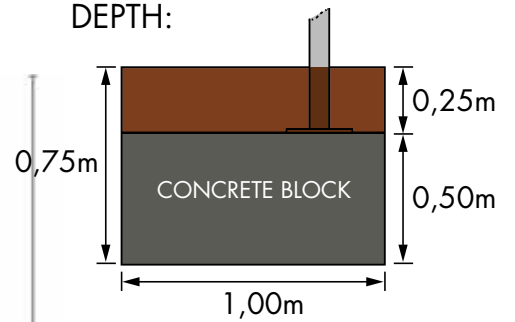


BASE PLATE:
40 x 40cm

POSITION AND TRAINING ZONE:



DEPTH:



NWJR105 Junior Bar



See separate page with the preparatory work for in-ground installation.

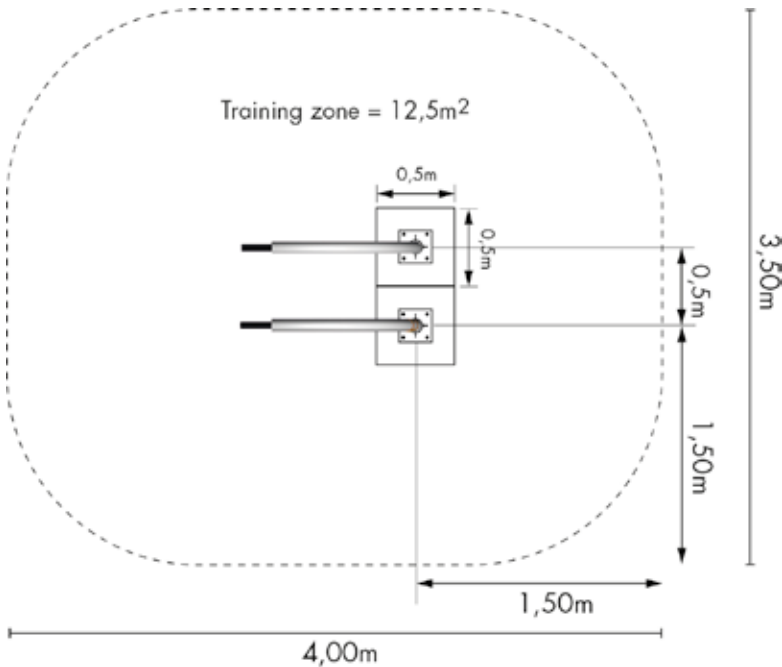
- Install onto 2 concrete blocks.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

PART LIST:
8 x M12

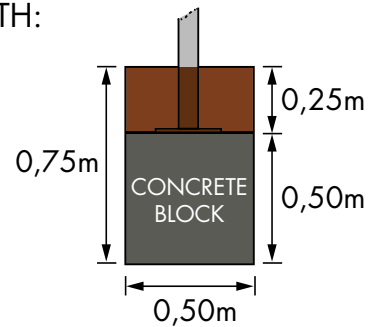


BASE PLATE:
25 x 25cm

POSITION AND TRAINING ZONE:



DEPTH:



NWJR201 Junior Double Air Walker



ASSEMBLING:



See separate page with the preparatory work for in-ground installation.

- Install onto 6 concrete blocks.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

PART LIST:

24 x M12

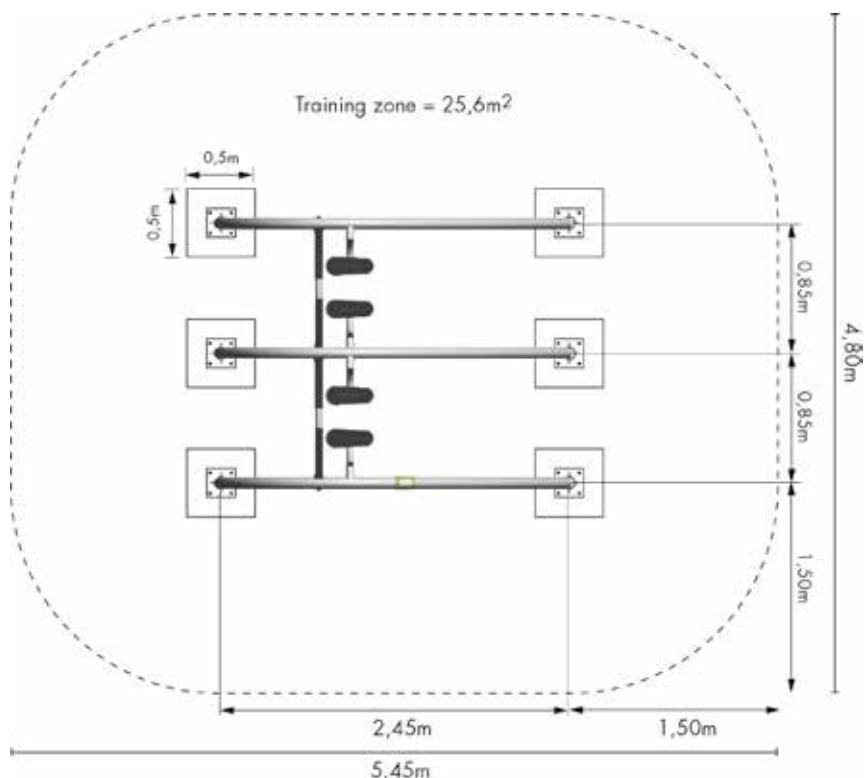


- 2 x cross bar
- 2 x sets of Nut caps, round
- 4 x M10 x 110 bolts
- 4 x Stainless Steel connector

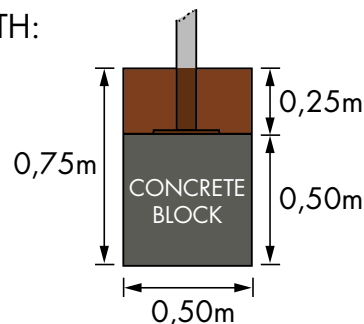
BASE PLATE:

25 x 25cm

POSITION AND TRAINING ZONE:



DEPTH:



NWJR202 Junior Cross



See separate page with the preparatory work for in-ground installation.

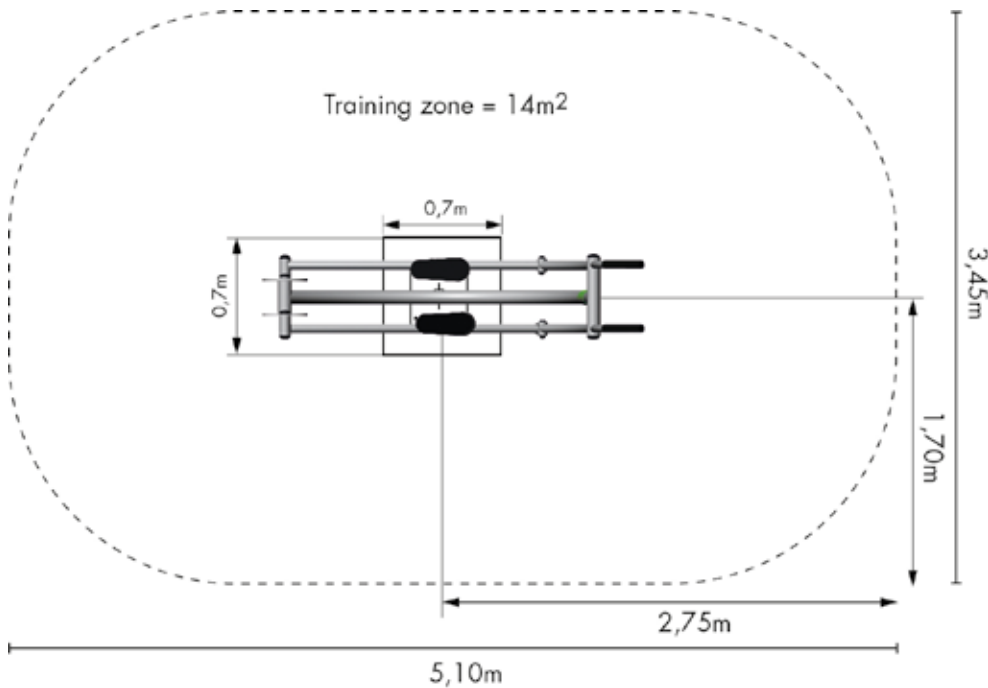
- Install onto a concrete block.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16.

PART LIST:
4 x M16

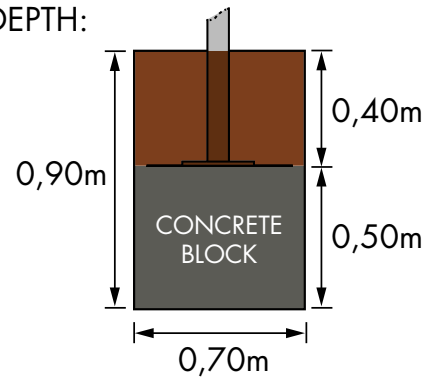


BASE PLATE:
40 x 40cm

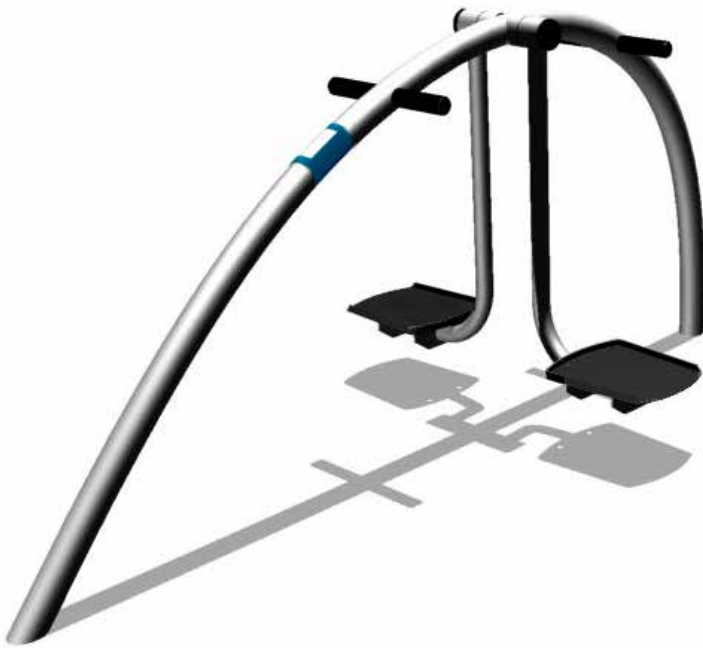
POSITION AND TRAINING ZONE:



DEPTH:



NWJR203 Junior Hip



See separate page with the preparatory work for in-ground installation.

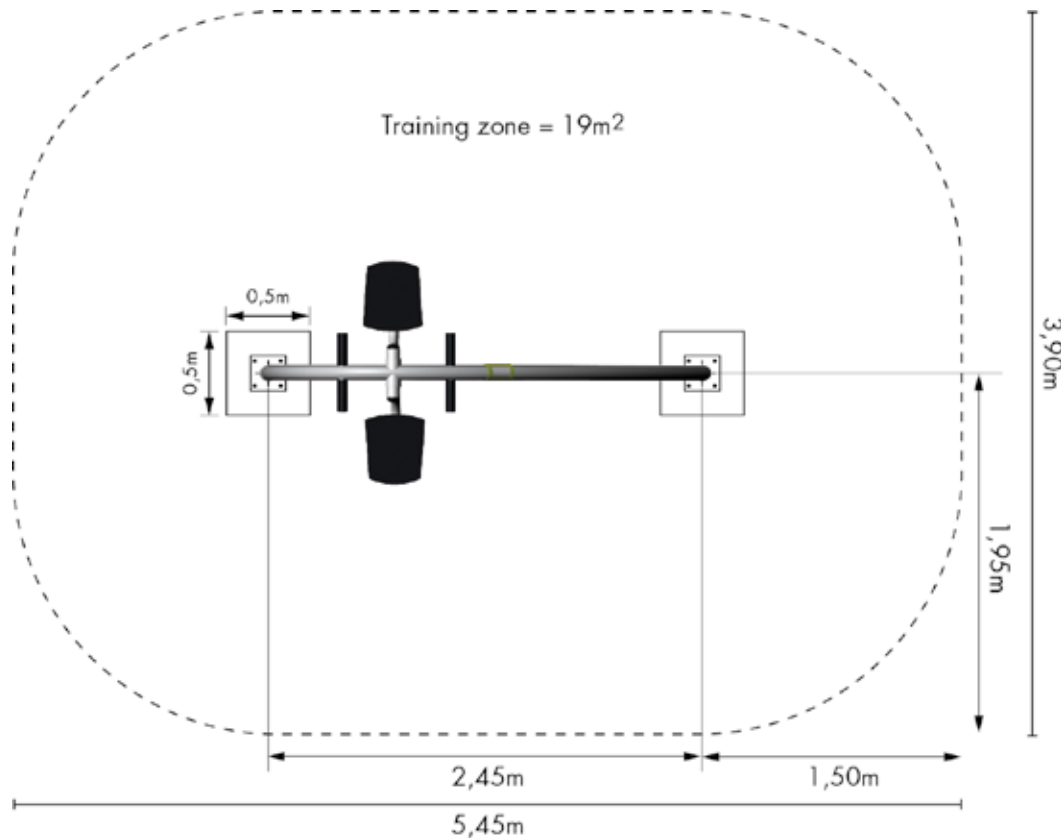
- Install onto 2 concrete blocks.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

PART LIST:
8 x M12

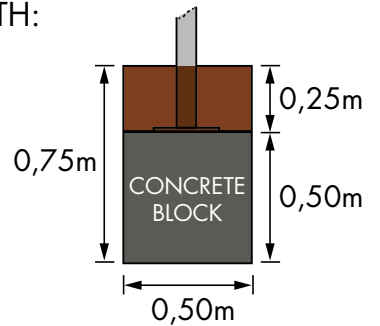


BASE PLATE:
25 x 25cm

POSITION AND TRAINING ZONE:



DEPTH:



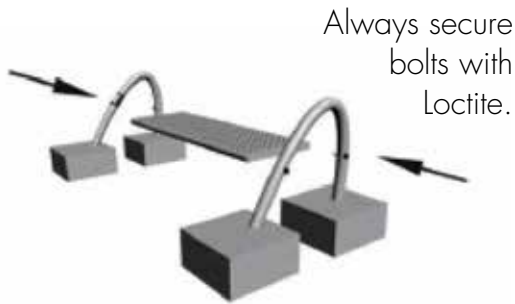
NW501 Bench



See separate page with the preparatory work for in-ground installation.

- Install onto 4 concrete blocks.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

ASSEMBLING:



PART LIST:

16 x M12

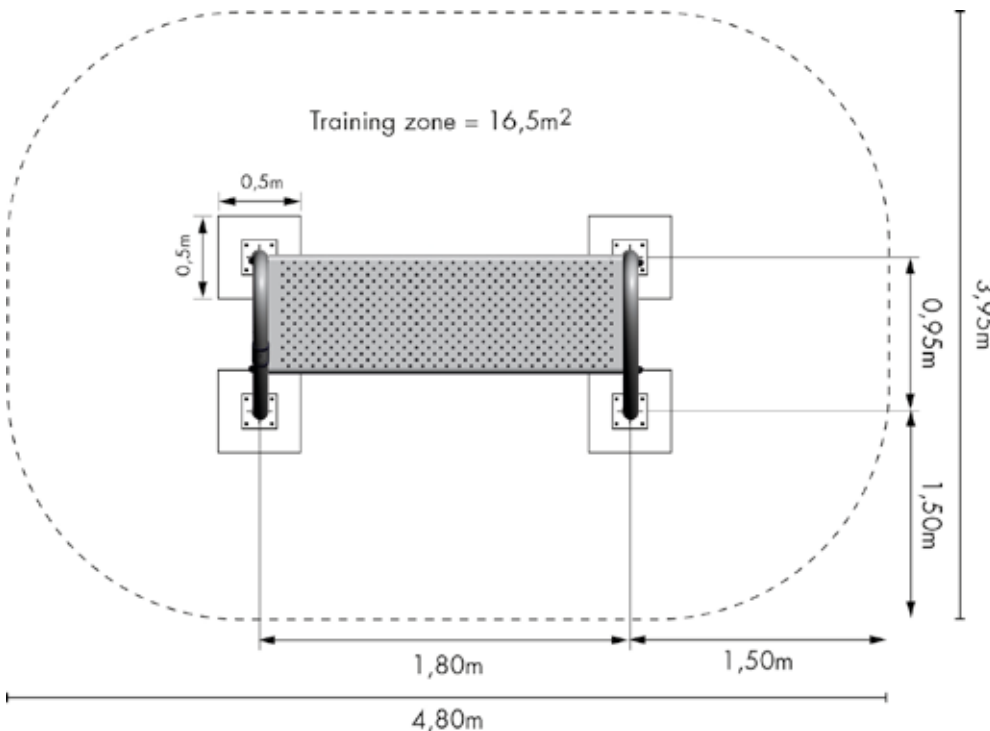


4 x sets of Nut caps, round
4 x M10 x 110 bolts

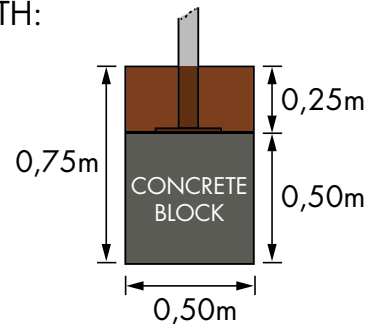
BASE PLATE:

25 x 25cm

POSITION AND TRAINING ZONE:



DEPTH:



NWJR502 Junior Ping Pong



See separate page with the preparatory work for surface mount installation.

- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

PART LIST:

16 x M12

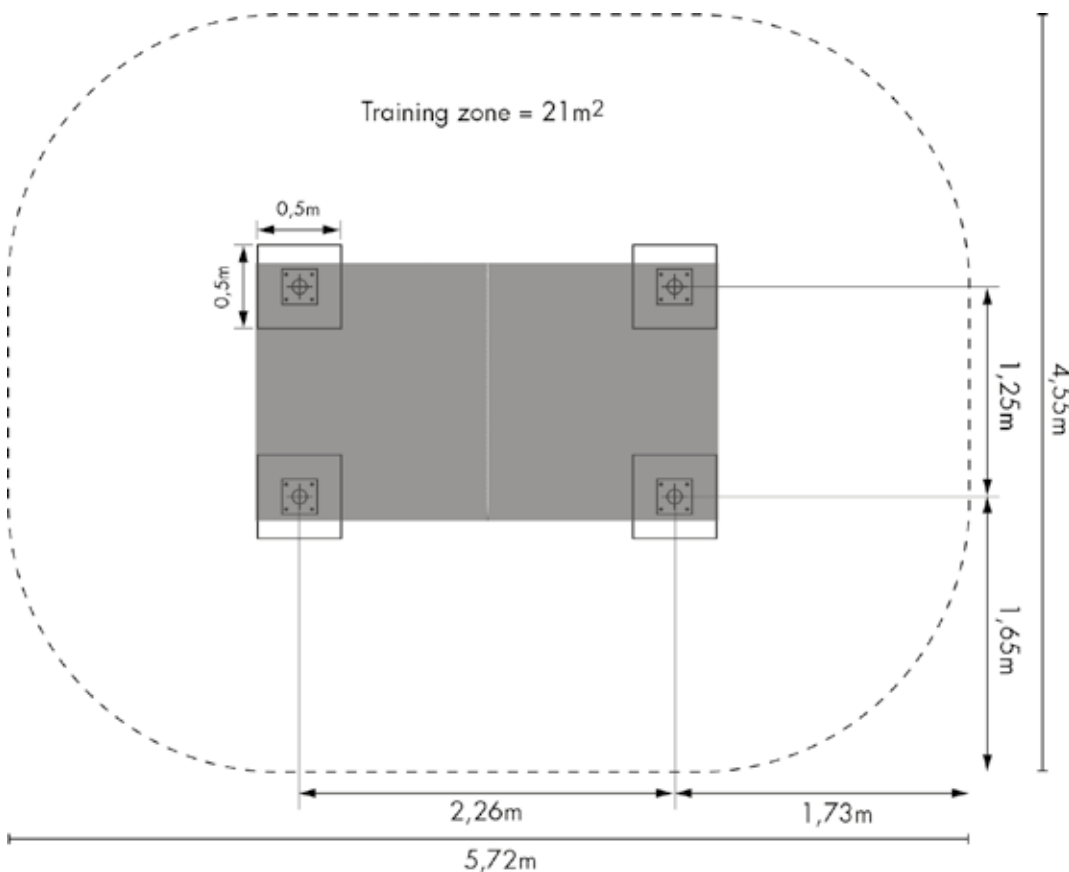


10 x M10x12 bolts

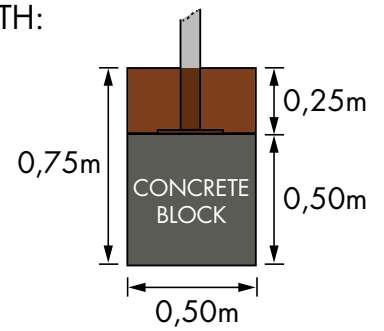
BASE PLATE:

25 x 25cm / 10" x 10"

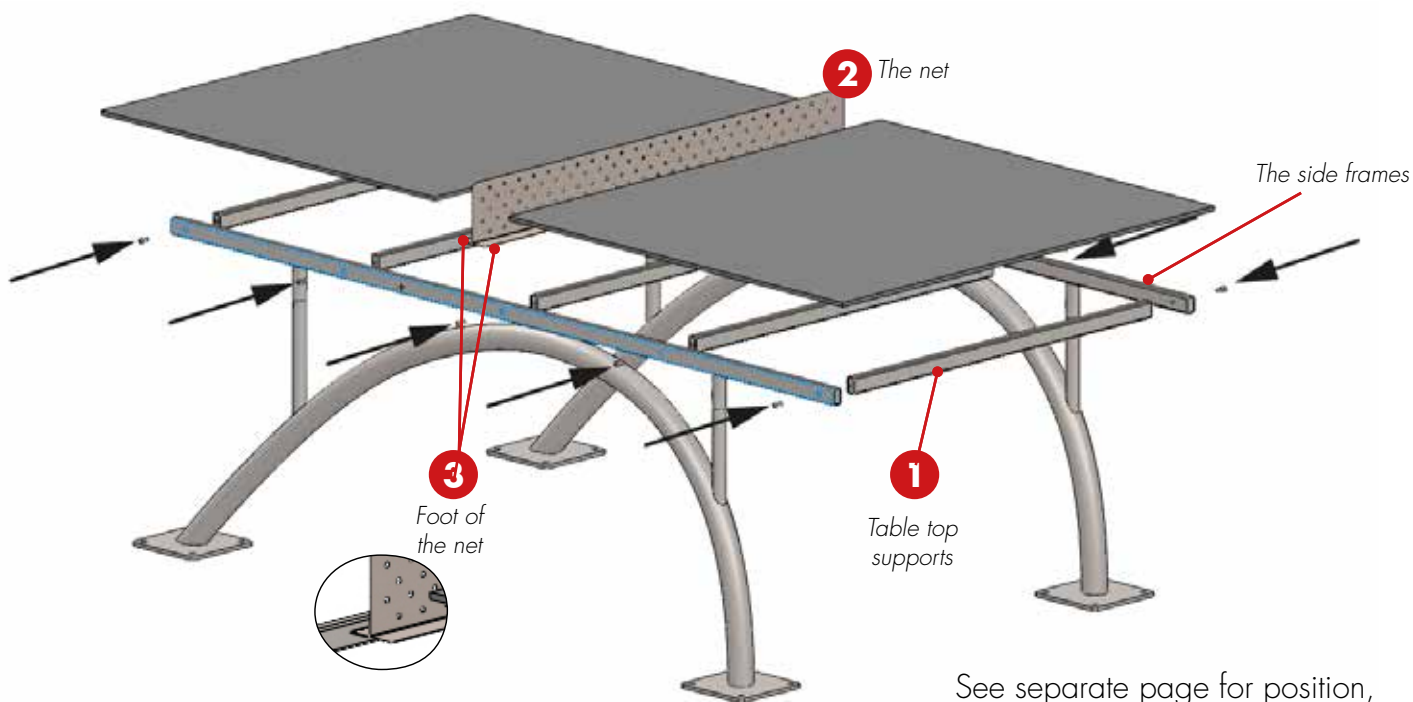
POSITION AND TRAINING ZONE:



DEPTH:



INSTRUCTION FOR ASSEMBLING NWJR502 Junior Ping Pong



See separate page for position, zone and concrete area requirements.



1 Always secure bolts with Loctite.



3 Add the supplied Multi Glue.



- 1** Bolt the 5 table top supports to the side frames.
- 2** Place the net right in the center vertically and horizontally. It has the same width as the table tops.
- 3** Add the Multi Glue on top of all supports, both upper frames and on top of the foot of the net.
- 4** Two people hold one table top over the frame and all the way up to the net. Make sure to center the top on all sides, lower down and press the top against frame and supports.
- 5** Repeat with the next table top.

NWJR503 Junior Sign



See separate page with the preparatory work for in-ground installation.

- Install onto 2 concrete blocks.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

ASSEMBLING:



Always secure bolts with Loctite.



PART LIST:

8 x M12



4 x sets of Nut caps, straight
4 x M8 x 12 bolts

BASE PLATE:

25 x 25cm

DEPTH:

