

A black and white photograph of a park with outdoor fitness equipment. In the foreground, a young boy with his arms raised in excitement is using a piece of equipment. In the background, other children are also using the equipment. The scene is set outdoors with trees and a clear sky.

INSTALLATION MANUAL  
SURFACE MOUNT



Make sure the surface is clean and leveled.



Place the stations according to positions on drawings (see the following pages). Drill bolt holes with a concrete hammer.



Mount the M12/M16 bolts.



Tighten the bolts (M12 = 90 N/m and M16 = 120 N/m), and cover with the surface material chosen.

## 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 surface mount installation.



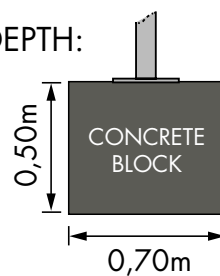
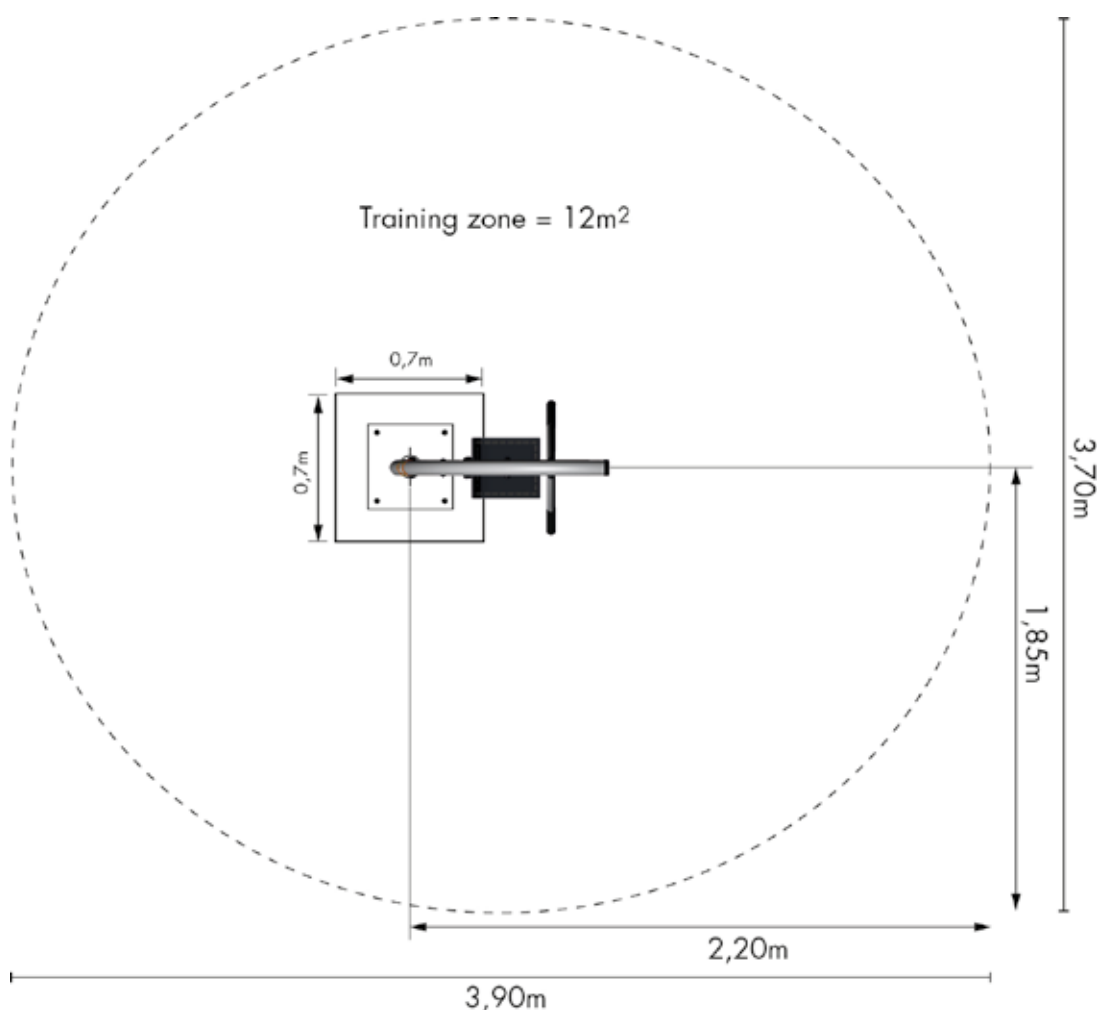
- Install onto surface.
- Assemble and line up.
- Place on surface.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

**PART LIST:**  
4 x M16

**BASE PLATE:**  
40 x 40cm

**POSITION AND TRAINING ZONE:**

**CONCRETE DEPTH:**



## NWJR103 Junior Sit Up



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.

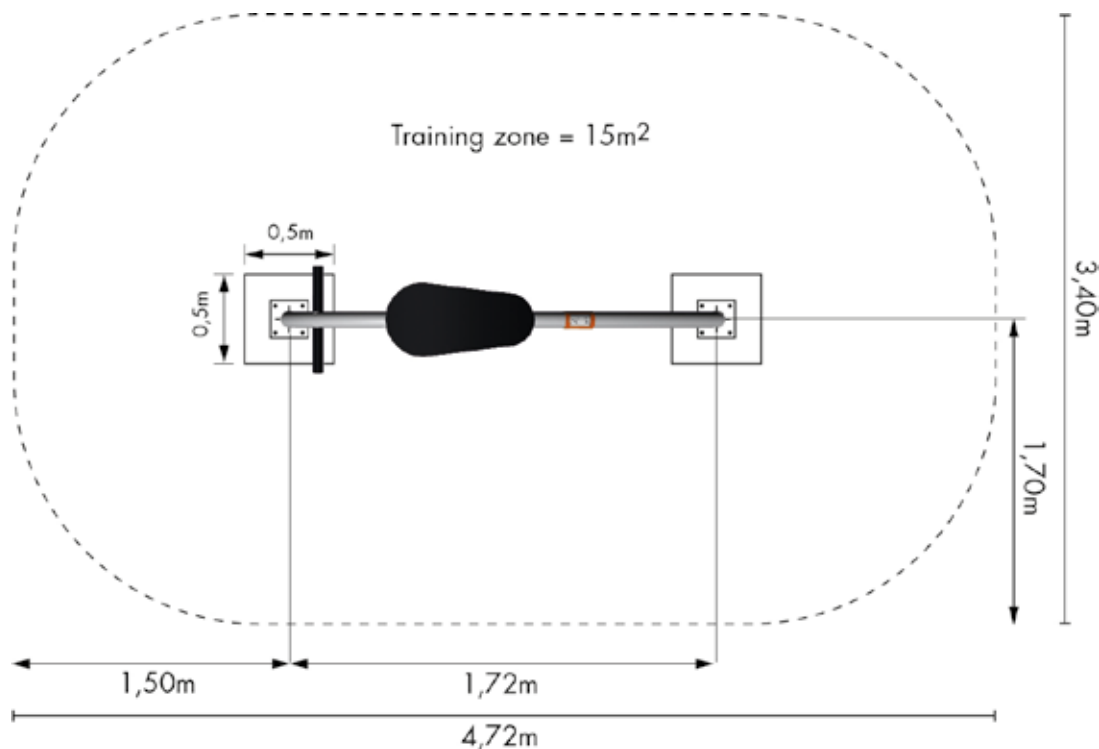
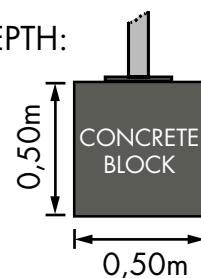
**PART LIST:**  
8 x M12



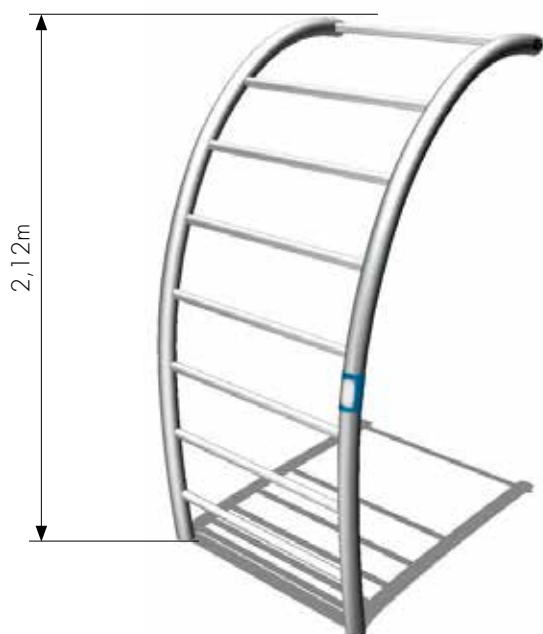
**BASE PLATE:**  
25 x 25cm

**POSITION AND TRAINING ZONE:**

**CONCRETE DEPTH:**



## NWJR104 Junior Pull Up



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

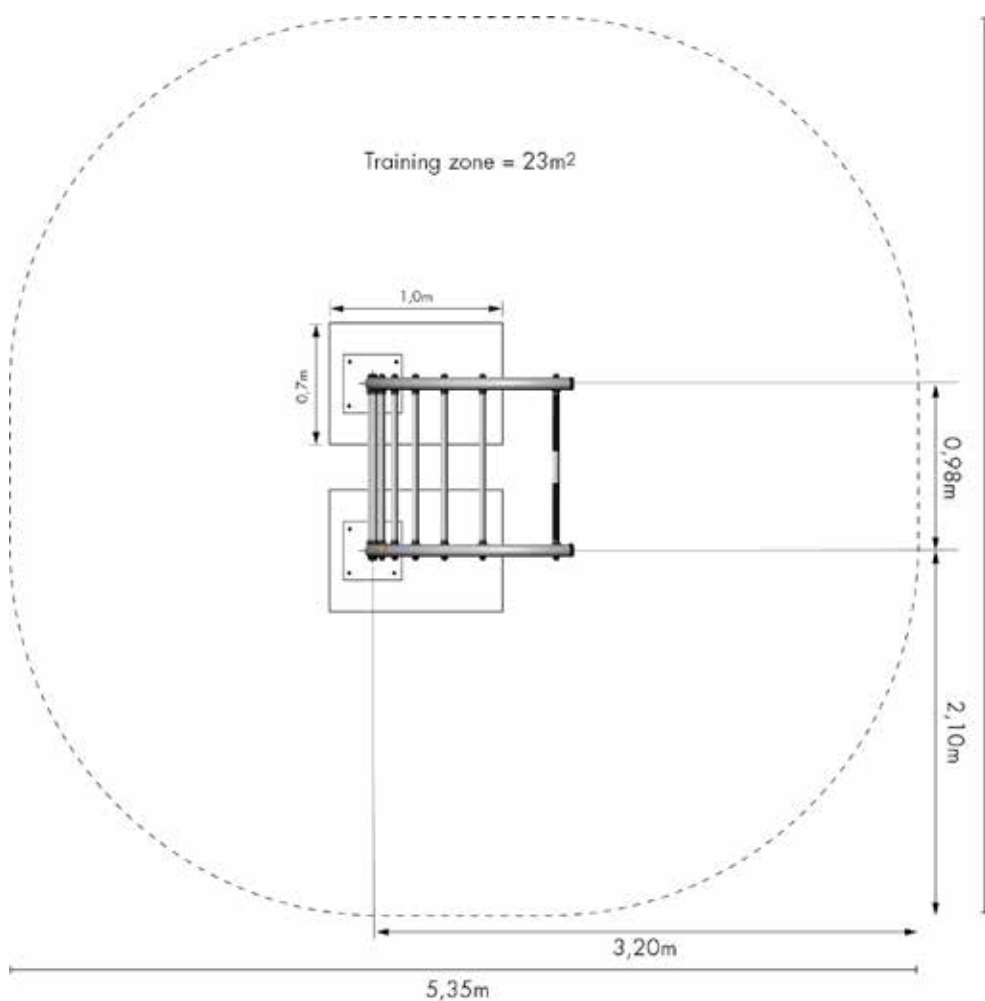
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

**PART LIST:**  
8 x M16

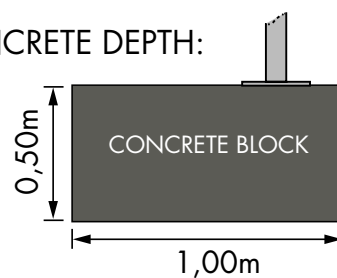


**BASE PLATE:**  
40 x 40cm

### POSITION AND TRAINING ZONE:



### CONCRETE DEPTH:



## NWJR105 Junior Bar



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

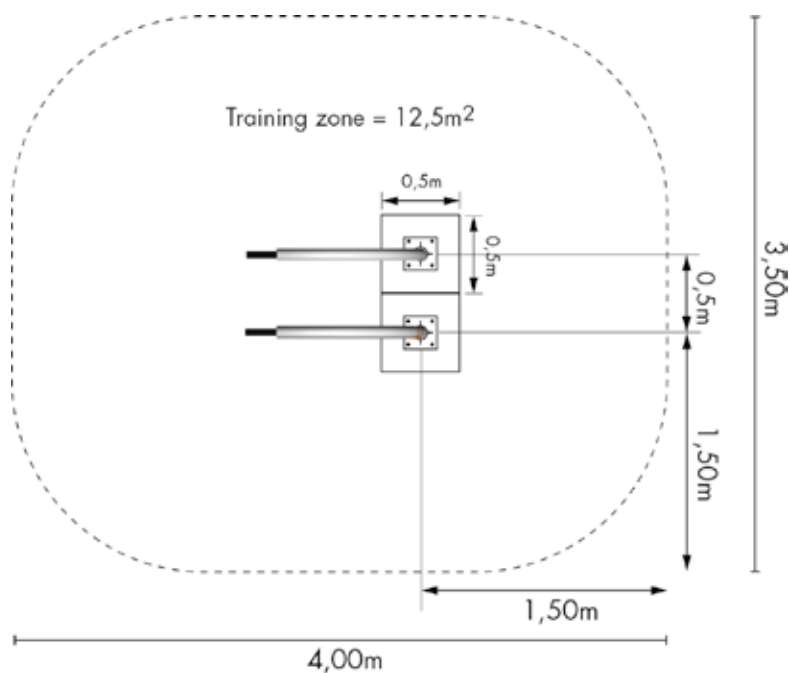
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

**PART LIST:**  
8 x M12

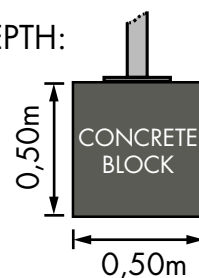


**BASE PLATE:**  
25 x 25cm

### POSITION AND TRAINING ZONE:



### CONCRETE DEPTH:



## NWJR201 Junior Double Air Walker



### ASSEMBLING:



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:

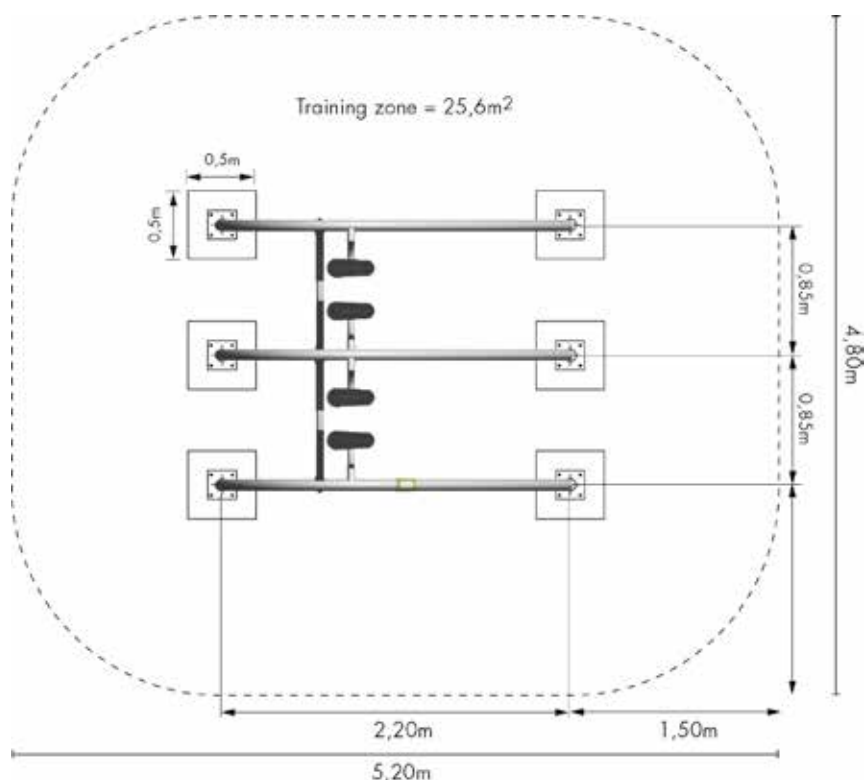
- 24 x M12
- 2 x cross bar
- 2 x sets of Nut caps, round
- 4 x M10x110 bolts
- 4 x Stainless Steel connector



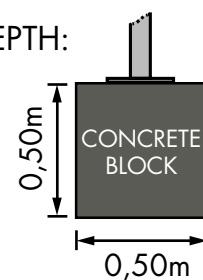
### BASE PLATE:

25 x 25cm

### POSITION AND TRAINING ZONE:



### CONCRETE DEPTH:



## NWJR202 Junior Cross



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

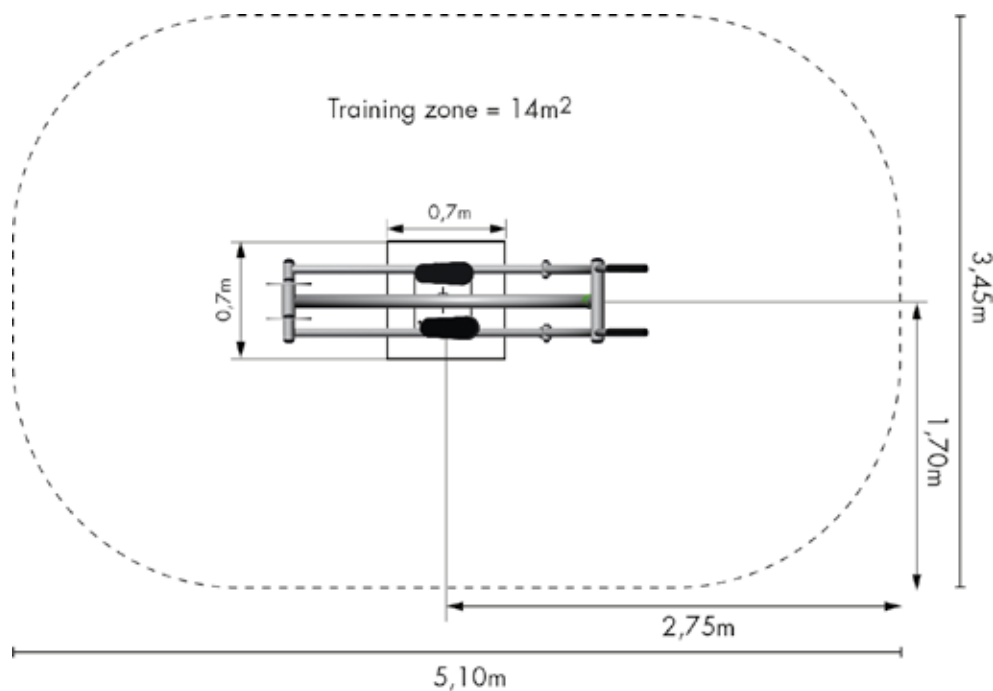
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

**PART LIST:**  
4 x M16

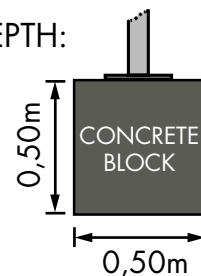


**BASE PLATE:**  
25 x 25cm

### POSITION AND TRAINING ZONE:



### CONCRETE DEPTH:





## NWJR203 Junior Hip



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

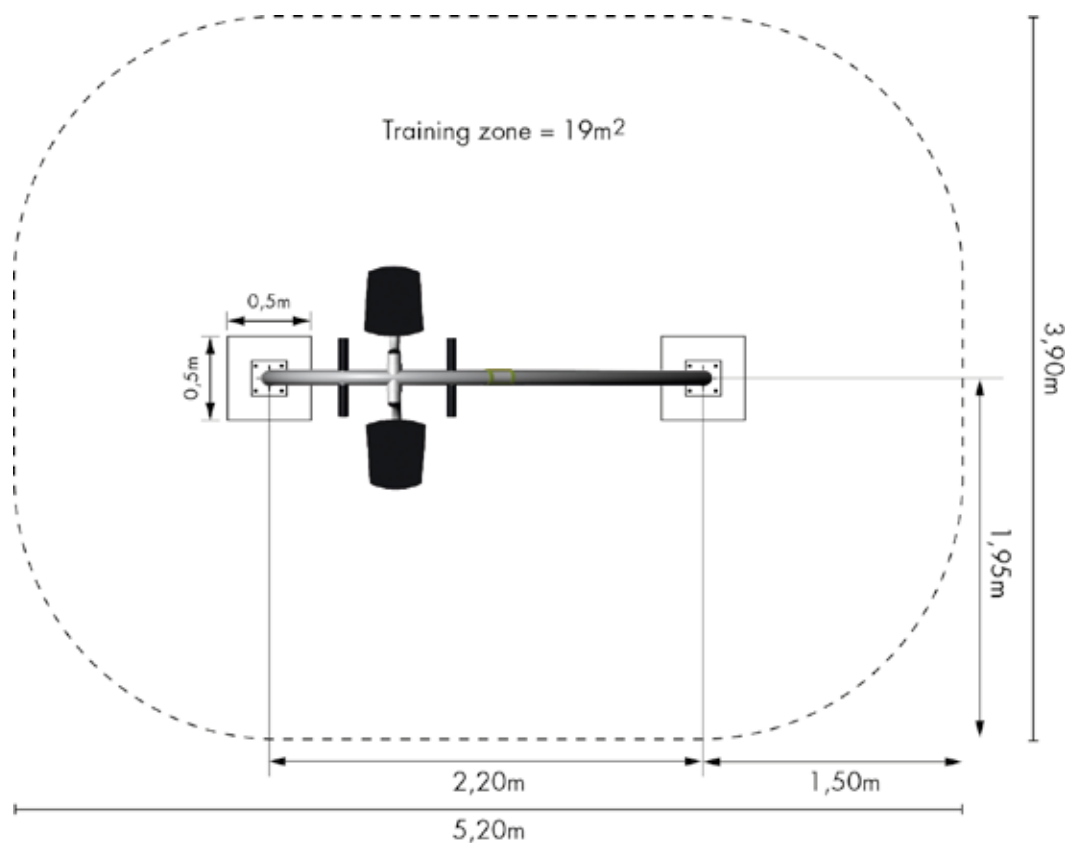
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

**PART LIST:**  
8 x M12

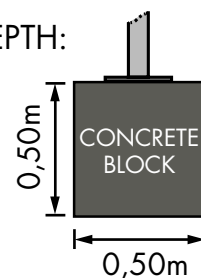


**BASE PLATE:**  
25 x 25cm

### POSITION AND TRAINING ZONE:



### CONCRETE DEPTH:



## NW501 Bench



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.

### ASSEMBLING:



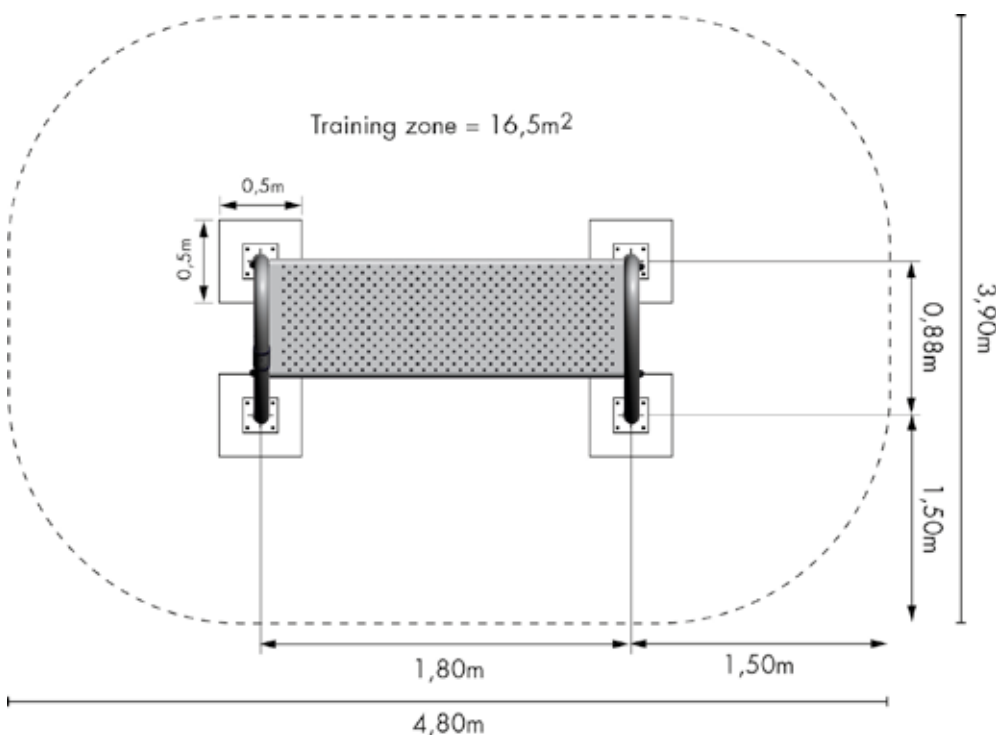
**PART LIST:**  
16 x M12



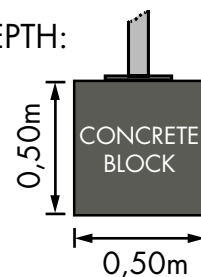
4 x sets of Nut caps, round  
4 x M10x110 bolts

**BASE PLATE:**  
25 x 25cm

### POSITION AND TRAINING ZONE:



### CONCRETE DEPTH:



## NW502 Pingpong



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.

### ASSEMBLING:



### PART LIST:

16 x M12



10 x M10x12 bolts



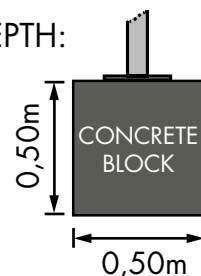
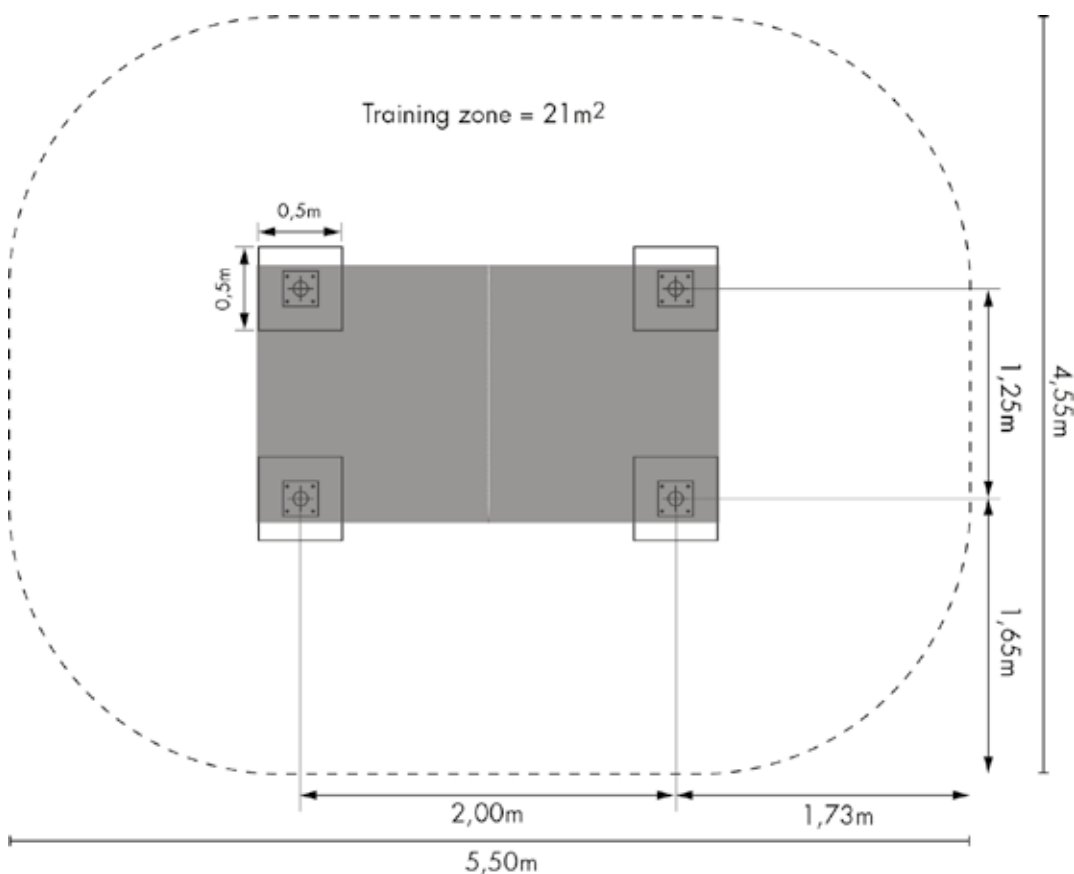
Always secure bolts with Loctite.

### BASE PLATE:

25 x 25cm

### POSITION AND TRAINING ZONE:

### CONCRETE DEPTH:



## NWJR503 Junior Sign



### ASSEMBLING:

Always secure bolts with Loctite.



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:

8 x M12

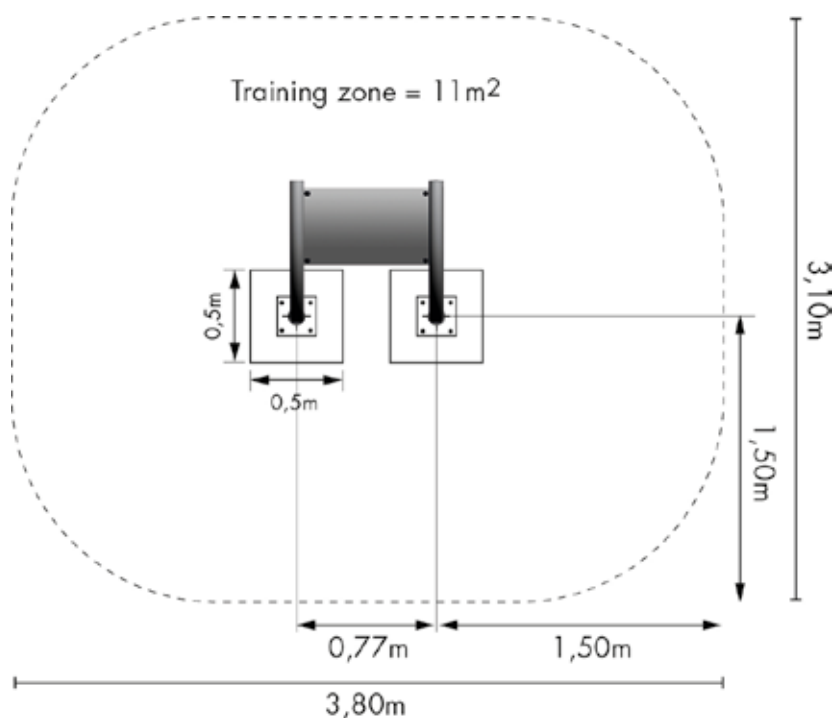


4 x sets of Nut caps, straight  
4 x M8 x 12 bolts

### BASE PLATE:

25 x 25cm

### POSITION AND TRAINING ZONE:



### CONCRETE DEPTH:

