Chacewater Recreation Ground

Outdoor Exercise Equipment

Chacewater Parish Council

The Recreation Ground, Falmouth Road,

Chacewater, Truro, Cornwall TR4 8LP

Exercise Equipment Specification Document

for Tendering Process

Tender Reference no. CPC042024

Contents

Chacewater Recreation Ground – Outdoor Exercise Equipment - Specification

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Preamble

The Contractor shall assume full & complete responsibility for all, and any works constructed as a result of obtaining these permissions / approvals whether the drawings are referred to or otherwise, all dimensions should be checked.

The contractor shall be responsible for including for all works described or being apparent on the drawings or can be reasonably inferred as being necessary for the proper execution of the works.
All work is to comply with the Local Authorities requirements, Planning conditions, British Standards, the current Building Regulations & recognised good building practice, if appropriate.

All material and workmanship is to be carried out in accordance with current British Standards and Codes of Practice, and Agreement Certificate where applicable.

The contractor shall be responsible for checking all dimensions and levels prior to commencement of work on site.

The position and depth of all services within the vicinity are to be checked prior to commencement of work on site and any relevant permission obtained before construction work commences.

Health & Safety Contractor is to comply with all relevant Health and Safety legislation, which governs the provision of his duties, including: The Construction (Design & Management) Regulations 2015 (CDM Regulations), The Control of Substances Hazardous to Health (COSHH) Regulations, The Work Place Regulations, the Personal Protective Equipment Regulations, the Manual Handling Regulations, the Electricity at Work Regulations, the Abrasive Wheels Regulations, The Control of Asbestos at Work Regulations, the Control of Lead at Work Regulations, Scaffold Regulations, and all other controlling legislation relating to the construction work, plant on site and the handling, use, storage and disposal of materials. The Workplace Health, Safety and Welfare Regulations: Any building or part of a building which will be used as a workplace must comply with the Workplace Health, Safety and Welfare Regulations. This includes requirements for heating, lighting and ventilation, the provision of drinking water, hot water, sanitary and changing facilities, layout of workspaces for inclusive access/use etc. It shall be the Client and/or the principal contractor to employ a fully qualified CDM co-ordinator, or alternatively notify HSE to ensure the requirements of the current legislation are covered by The Construction (Design and Management) Regulations 2015 and the Health and Safety at Work Act are

complied with by all site staff/suppliers etc during the various stages of the design and construction works.

Construction Site

Site Set up

The site for the exercise equipment is an open space and this is available at the start of the contract. As part of the contract process, the main contractor will organise the site layout, allowing for minimum disruption for the existing users as well as continuing access to the football pitch (currently organised football matched will not take place during the construction) and playground.

Outdoor Exercise Equipment

All equipment to be suitably waterproof and vandal proof and designed to be situated within an outdoor exercise area. All the equipment to be installed and safety wet pour matting to be included across the area.

1. Exercise Bike with integral screen with ability to link to an app for further data handling/collection for the user. A safety sign and user information.

2. Cross trainer with integral screen with ability to link to an app for further data handling/collection for the user. A safety sign and user information.

3. Arm bike for both seated and wheelchair users, with integral screen with ability to link to an app for further data handling/collection for the user. A safety sign and user information.

4. Multifunction exercise rig to include a minimum of: -
    i. Pull up bar
    ii. Integrated Kettle bells

    A safety sign and user information.

5. Smaller multifunction exercise rig to include and minimum of: -
    i. Pull up bar
    ii. Integrated Kettle bells

    A safety sign and user information.

6. Seated chest press machine with integrated weights that are selectable by the users. A safety sign and user information.

7. Seated Leg Press machine with integrated weights that are selectable by the users. A safety sign and user information.

8. Large exercise signage to cover additional equipment and exercise programmes.

9. 1 year's free fitness service and inspection program (2 inspections)

10. Excavate 150mm including disposal of soil.

Exercise Bike

An outdoor exercise Bike with integral screen with ability to link to an app for further data handling/collection for the user. A safety sign and user information.

Frame

The frame must have an access height of 182 mm, a seat tube angle of 72 degrees, handle bar stack of 907mm and a handle bar reach of 304mm, providing an easy and upright riding style like on a city bike with an extremely low entrance for easy accessibility.

Handlebar

The handlebar must have a grip width of 480mm, and diameter of Ø32mm for optimal placement of small to large hands. The handlebar must include two bottle holders, dimension Ø80mm. The handlebar must include area for placement of mobile phones and tablets.

Resistance Training

The bike must have an adjustable resistance, which can vary from 15 Watt to 950 Watt to allow all users to workout at their own fitness level. The resistance should adjust on speed as an automatic system and it should be possible to manually adjust the resistance via a personal smart device, which is connected via Bluetooth LE to the arm bike.

User Group

All individuals with a minimum height of 140 cm. must be able to use the product without compromising their normal posture.

Seat

The seat must be adjustable from 588mm to 840mm. Allowing users with a length from 140cm to 205 cm to comfortably use the bike.

Info Sign & Training Support

The product must feature an information sign with related exercises, and each exercise must feature a QR code linking to its related exercise portal in an app that offers extended support on exercises and training. The sign must additionally offer a QR code for downloading the app.

Material Characteristics

To ensure integrity and durability and to be optimally suited for severe use, the weather elements and unwanted abuse in the outdoors, the product must meet the following requirements:

- All steel components must be manufactured from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces must be below 90ppm, and below 100ppm for base material.

- Mainframe must be made of hot-dip galvanized steel Ø76.1x3.65 mm.

- Handles must be made of hot-dip galvanized steel with a polyurea coating, to accommodate the best possible grip.

- The cover should be made of 4mm Lexan Copolymer EXL9330.

- Saddle must be made of PUR (Polyurethane, Synthetic Rubber). PUR must be UV stabilized to a maximum without use of heavy metal stabilities. It must fulfill the requirements against phthalates as used in toys, and retain its properties in a temperature range of -30°C to 60°C.

- Saddle pin should be made of Aluminum grade grade 6082-T6.

- The sign must be made of 6.0 mm polycarbonate sheets with information printed on the inside, to offer a vandalism safe construction that cannot be scratched on.

- The crank should be Ø18mm and made of a stainless steel AISI 304.

- The pedal arm should be 170mm long, 15 mm thick, made of casted stainless-steel grade AISI 304.

- The Bearings house should be made of stainless-steel grade AISI 304 with bearings made of stainless steel roller bearings.

- The Q factor should be 175mm.

- The pop in should consist of a stainless steel (AISI 304) handle, plunger pin & spring.

- The 7'' LCD touch display should have a 800 x 400 resolution, 262K colors, 650cd/m2 brightness, IP65 ingress protection and Class IK8 vandalism proof protection.

Product & Manufacturing Standards
The manufacturing standard must comply with ISO 9001 and the product must be EN 16630 (2015) and ASTM F3101 certified.
The items should be UL listed.

Cross Trainer

An outdoor Cross trainer with integral screen with ability to link to an app for further data handling/collection for the user. A safety sign and user information.

Frame

The cross trainer has one welded steel frame connecting the front and the back of the machine. The frame creates an extremely strong and rigid construction which is needed to cope with the high forces that can be applied. The total length of the cross trainer must be 179 and have a width of 83cm.

Handlebar

The ergonomically shaped handles are coated with a anti-slip material, allowing people from 140 – 205 cm tall, to perform the exercise safely and ergonomically correct.

Resistance Training

The Innovative self-powered electrical motor and gear providing a virtual flywheel to give real road experience. The resistance works as an automatic drive and adapts automatically. The users can overwrite the automatic drive manually by changing the resistance in 10 steps (45-750 Watts) through the App or screen.

User Group

Using the machine increases sports performance, aesthetic appearance, metabolic fitness and daily functional capacity, especially for the elderly. The useability makes this machine suitable for persons with the age of 13+.

Footrests

The footrests are made 39cm long x 15cm wide, accommodating all foot sizes. The back of the footrest has a specifically designed inclined surface which will bring the users in a sprint position, using the glutes, hamstrings and lower back muscles.

Material Characteristics

To ensure integrity and durability and to be optimally suited for severe use, the weather elements and unwanted abuse in the outdoors, the product must meet the following requirements:

- All steel components must be manufactured from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces must be below 90ppm, and below 100ppm for base material.

- Mainframe must be made of S235 hot-dip galvanized steel with the following dimensions Ø76.1x3.65 mm.

- Handles must be made of S235 hot-dip galvanized steel with a polyurea coating, and a grip diameter of 32mm.

- The cover should be made of 4mm Lexan Copolymer EXL9330.

- The crank should be Ø18mm and made of CrMo34 high strength steel.

- The pendulum arm should be made with Ø68,8 x 3,2mm carbon steel with a hot dipped galvanized finish.

- The Bearings house should be made of stainless-steel grade AISI 304.

- The footplates should be made out of pp with a softer upper layer of TPV 4kflex.

- The Bearings should be stainless steel roller bearings.

- The 7'' LCD touch display should have a 800 x 480 resolution, 262K colors, 650cd/m2 brightness, IP65 ingress protection and Class IK8 vandalism proof protection.

Product & Manufacturing Standards
The manufacturing standard must comply with ISO 9001 and the product must be NF EN 16630 (2015) certified.
The items should be UL listed.

Arm Bike

An outdoor Arm bike for both seated and wheelchair users, with integral screen with ability to link to an app for further data handling/collection for the user. A safety sign and user information.

Training Purpose
The product must feature three training positions to accommodate an arm bike workout. The 3 positions are.

1. Seated on a fixed seat: Providing cardiovascular training and specific strength training of the upper body.
2. Seated in a wheelchair: Providing cardiovascular training and specific strength training of the upper body.
3. Standing: providing a full body workout and including the abdominal and lower back muscles in each movement; thereby improving the user's core stability, posture, and overall physical strength.

Handles
The handles of the arm bike must be able to rotate to effectively accommodate an arm rotation. The handles must have a grip width of 446mm, and diameter of Ø38 and a 30-degree angle for optimal placement of small to large hands.

Resistance Training
The arm bike must have an adjustable resistance, which can vary from 15 Watt to 950 Watt to allow all users to workout at their own fitness level. The resistance should adjust on speed as an automatic system and it should be possible to manually adjust the resistance via a personal smart device, which is connected via Bluetooth LE to the arm bike.

User Group
All individuals with a minimum height of 140 cm. must be able to use the product without compromising their normal posture. The device must be accessible to wheelchair users.

Seat
The seat must be positioned with a 12 degree angle, accommodating a seat height varying from 550mm to 620mm. Allowing users with a length from 140cm to 205 cm to comfortably use the arm bike.

Info Sign & Training Support
The product must feature an information sign with related exercises, and each exercise must feature a QR code linking to its related exercise portal in an app that offers extended support on exercises and training. The sign must additionally offer a QR code for downloading the app.

Material Characteristics
To ensure integrity and durability and to be optimally suited for severe use, the weather elements and unwanted abuse in the outdoors, the product must meet the following requirements:

- All steel components must be manufactured from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces must be below 90ppm, and below 100ppm for base material.

- Mainframe must be made of hot-dip galvanized steel Ø76.1x3.6 mm.

- Handles must be made of hot-dip galvanized steel with a polyurea coating, to accommodate the best possible grip.

- The cover should be made of 4mm Lexan Copolymer EXL9330.

- The top cover should have an integrated phone holder and should be made of sandblasted aluminum, grade AW6082.

- Seat must be made of PUR (Polyurethane, Synthetic Rubber) to optimize the interface between the equipment and the user. PUR must be UV stabilized to a maximum without use of heavy metal stabilities. It must fulfill the requirements against phthalates as used in toys, and retain its properties in a temperature range of -30°C to 60°C.

- The sign must be made of 6.0 mm polycarbonate sheets with information printed on the inside, to offer a vandalism safe construction that cannot be scratched on.

- The crank should have a thickness of Ø18mm and made of a stainless steel AISI 304.

- The pedal arm should be 170mm long, 15 mm thick, made of casted stainless-steel grade AISI 304.

- The Bearings house should be made of stainless-steel grade AISI 304.

- The Bearings should be stainless steel roller bearings.

Product & Manufacturing Standards
The manufacturing standard must comply with ISO 9001 and the product must be EN 16630 (2015) and ASTM F3101 certified.

Multifunction Exercise Rig COMBI4

An outdoor Multifunction exercise rig with a safety sign and user information.

Training Purpose
The product combination must accommodate a broad range of own body weight training, pull up exercises, core training and climbing movements and as such must feature a minimum of 3 pull up bars, a minimum of 2 push up bars, a sit up bench, parallel bars, a vertical pole and a vertical ladder. The three pull up bars must, together with the vertical ladder, form a square workout station at the center of the product combination for space efficiency and increased training potential.

Pull up bars: The pull up bars must be at a height of 231 cm. Underneath one of the pull up bars must be two handles. Each of the handles must feature a minimum of 4 horizontal bars at four different heights closed off by a vertical bar with rounded corners. The four different heights should be 481, 761, 1041 and 1321 mm.

Push up bars: The push up bars must be at two different heights.

Sit-up bench: To facilitate fixation of the feet when performing sit-ups, the bench must feature a horizontal bar 84 mm above the surface of the bench at the head of the structure. In order to facilitate fixation of the upper body when performing leg raises the surface must feature 2 grip holes at each side at the head of the structure. The bench must have a 15-degree incline to increase the difficulty levels of the exercises.

Vertical ladder: Must feature a minimum of 6 horizontal bars. The spaces in between the bars must be 382 mm.

Parallel bars: The two bars must be 2054mm long, mounted at a height of 1311mm and 548mm in between the two bars.

Vertical pole: The pole must have a length of 233cm with a diameter of 38mm.

Low bar: The product must serve as a training tool for a broad range of push up exercises and jumping exercises and as such should be at a height of 38cm.

User Group
All individuals with a minimum height of 140 cm. must be able to use the product without compromising their normal posture. The product must be accessible to wheelchair users.

Material Characteristics
To ensure integrity and durability and to be optimally suited for severe use, the weather elements and unwanted abuse in the outdoors, the product must meet the following requirements:

- Posts must be made of Ø101.6 x 2 mm pre-galvanized carbon steel and powder coated. Tops must be sealed with PA6 (Polyamide) caps.

- Support posts and bars intended for use in exercises must be made of hot-dip galvanized steel Ø38 x 2 mm.

- Lead content for all steel parts must be below 90ppm for surfaces, and below 100ppm for base material.

- Connectors must be made of die-cast aluminum specially alloyed for outdoor environments.

- The screws attaching connectors must be stainless steel and protected by zin washers.

- Bars intended for pull ups must be made hot dip galvanized solid steel S235JR and be 138 cm long with a Ø32mm diameter to provide the right grip and strength.

- Bars intended for dips must be made of hot dip galvanized steel with a wall thickness of 4mm and a Ø48mm diameter.
- The bench must be made of Ekogrip® curved panels of 15 mm polyethylene with a 3 mm top-layer of thermoplastic rubber with a non-skid effect for comfortable core training and safe jumping exercises under all-weather circumstances.

Info Sign & Training Support
The product must feature an information sign with a related exercise and QR code. When scanned the QR code must an animated illustration of the exercise and must offer the possibility of downloading an app that will provide a large amount of additional exercises and training programs.

Product & Manufacturing Standards
The manufacturing standard must comply with ISO 9001 and the product must be EN 16630 (2015) and ASTM F3101 certified.

Small Multifunction Exercise Rig with Integrated Kettle bells

An outdoor small multifunction exercise rig to include integrated Kettle bells, a safety sign and user information.

Suspension Trainer

Training Purpose

The product must feature two suspension trainers, each at a different height to accommodate versatile and suitable unstable own bodyweight training. Respectively the handles must hang 39, 89 or 129 cm above the surface.

Functional Training & Standing Workout

The product is to be used from a standing position and to be designed for functional training. This is because the abdominal and lower back muscles are to be trained in each exercise; thereby improving the user's core stability, posture, and overall physical strength.

Handles

The handles of the suspension trainers must be able to rotate to effectively accommodate a broad range of exercises. The handles must have an inner width of 127mm, and diameter of Ø35-Ø40 and a 28-degree angle for optimal placement of small to large hands.

Safe Instability Resistance Training

The suspension trainers must be two parallel training ropes that are attached to two independent anchors, to offer the most secure form of suspension training. The ropes must be mounted with 400mm in between, on a plate that can rotate a minimum of 90 degrees clock- and counterclockwise. This is to enable a secure starting position for the exercises.

Magnetic Bells

Training Purpose

The product must accommodate safe and effective free weight training in the outdoors. Therefore, it must feature two different vertical tubes with three different weights varying from light to medium and heavy, respectively 6, 9 and 12 kg.

Functional Training & Standing Workout

The product is to be used from a standing position and to be designed for functional training. This is because the abdominal and lower back muscles are to be trained in each exercise; thereby improving the user's core stability, posture, and overall physical strength.

Safe Free Weight Training

To ensure safety, the weights must be fixed, but able to move and rotate freely up and down vertical tubes, featuring a self-breaking mechanism that prevents the weights from dropping to the surface and slows down the fall to a reduced pace. Magnetics must be the system regulating the self-breaking

mechanism, to ensure fluid movement that provides resistance as needed. The magnets must be maintenance free and self-contained sealed units.

Core Twist

Training Purpose

The product must accommodate core training from a standing position to increase overall strength and core stability and must therefore feature a vertical pole that can rotate 360° clock- and counterclockwise, plus an ab station for extended upper body training.

Adjustable Resistance

Training intensity must be resistance adjustable by speed of movement through a self-breaking mechanism. Magnetics must be the system regulating the self-breaking mechanism, to ensure fluid movement that provides resistance as needed. The magnets must be maintenance free and self-contained sealed units.

Functional Training & Standing Workout

The product is to be used from a standing position and to be designed for functional training. This is because the abdominal and lower back muscles are to be trained in each exercise; thereby improving the user's core stability, posture, and overall physical strength.

Leg Lift

Training Purpose

The product must accommodate core and upper body training (leg raise, knee raise, dips). The back support should be with 15-degree angle and with a groove, to support the back but prevent pressure on the spine.

A step up should be available at 345 mm to provide easy access for people of all length.

Pull Up Station

Training Purpose

The product must accommodate core and upper body training (pull ups, muscle ups, leg raises). A step up should be available at 345mm to provide easy access for people of all length.

Pull up bar must have at a height of 2300mm to allow everyone to do a fully extended pull up.

User Group

All individuals with a minimum height of 140 cm. must be able to use the product without compromising their normal posture. The device must be accessible to wheelchair users.

Info Sign & Training Support

The product must feature an information sign with related exercises, and each sign must feature a QR code linking to an app that offers extended support on exercises and training.

Material Characteristics

To ensure integrity and durability and to be optimally suited for severe use, the weather elements and unwanted abuse in the outdoors, the product must meet the following requirements:

- Handles must be made of PUR (Polyurethane, Synthetic Rubber) to optimize the interface between the equipment and the user. PUR must be UV stabilized to a maximum without use of heavy metal stabilities. It must fulfill the requirements against phthalates as used in toys, and retain its properties in a temperature range of -30°C to 60°C.
- Ropes must be made of PP (polypropylene) with inner galvanized steel reinforcement. The rope must be induction treated in order to create a strong connection between steel and rope to ensure excellent wear resistance.
- Tubes must be Ø40 mm made of aluminium produced from grade AW 6082-T6 or EN AW 6060 T6 anodized to a layer of 20 µm, with a steel core for structural integrity.
- Weights must be made of PUR (Polyurethane, Synthetic Rubber) to optimize the interface between the equipment and the user. PUR must be UV stabilized to a maximum without use of heavy metal stabilities. It must fulfill the requirements against phthalates as used in toys, and retain its properties in a temperature range of -30°C to 60°C.
- Magnets must be high strength Neodymium, produced of high-quality raw materials, giving a grade N42 magnet protected from the environment by a special polymer Ni-Cu-Ni coating (layers of Nickel + Copper + Nickel, in total approx. 12 µm), supplemented with a thin layer of epoxy for further weather protection.
- The vertical poles intended for use in exercises must be hot-dip galvanized steel Ø48.3 x 4.0 mm with a polyurea coating.
- Magnets must be high strength Neodymium, produced of high-quality raw materials, giving a grade N42 magnet protected from the environment by a special polymer Ni-Cu-Ni coating (layers of Nickel + Copper + Nickel, in total approx. 12 µm), supplemented with a thin layer of epoxy for further weather protection.
- Disk in magnetic break must be 10mm thick Ø360mm aluminium produced from grade EN AW 6082-T6 or EN AW 6060 T6.
- Bars intended for pull up must have a diameter of Ø32mm.
- Stepping pods must be positioned at a height of 345mm above ground and should be made of die-cast aluminum.
- Support panels must be made of 15mm Ekogrip®, a PE plate with a 3mm top-layer of Thermoplastic rubber with a non-skid effect.
- Back support must be 335x500mm and have a 30x350mm groove in the center.
- Posts must be made of Ø101.6 x 2 mm pre-galvanized carbon steel and powder coated. Tops must be sealed with PA6 (Polyamide) caps.

- The Posts must be connected at a height of 2820mm, with a Ø38,3 x 4.05 hot dip galvanized steel bar. The top bar must have Ø76.1mm reinforcements where the activities are connected.
- Bars intended for use in exercises must be made of hot-dip galvanized steel Ø38 x 2 mm.
- Lead content for all steel parts must be below 90ppm for surfaces, and below 100ppm for base material.
- Connectors must be made of die-cast aluminum specially alloyed for outdoor environments.
- The screws attaching connectors must be stainless steel and protected by zin washers.
- Signs must be made from 15mm Polycarbonate with full color print and finished with a protective layer of lacquer. Signs must be 980 x 700mm and supported by a Ø38.2mm top bar.

Product & Manufacturing Standards

The manufacturing standard must comply with ISO 9001 and the product must be EN 16630 (2015) certified.

Chest Press Machine

An outdoor seated chest press machine with integrated weights that are selectable by the users. A safety sign and user information.

Training Purpose
The purpose of the machine is to facilitate individually adapted exercises that strengthens the chest, shoulder, and elbow extensor muscles using a forward movement. The continuous use of this machine increases daily sports performance, aesthetic appearance, metabolic fitness and functional capacity.

Handles
The ergonomically shaped handles have different grip areas for adaptable training, allowing people from 140 – 205 cm tall, to perform the exercise ergonomically correctly and at the same time allowing multiple different exercises.

Safe strength Training
The resistance unit and all mechanical stops are hidden in the fully closed cabinet. As a result, entrapment is not possible, making it extremely safe to use and providing protection against the elements.

User Group
The adjustable 80kg weight stack is fully covered and can be adjusted in 16 steps of 5kg by a smart and patented handle. This makes the product very user-friendly and suitable for anyone above the age of 13.

Material Characteristics
To ensure integrity and durability and to be optimally suited for severe use, the weather elements and unwanted abuse in the outdoors, the product must meet the following requirements:

- All steel components must be manufactured from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces must be below 90ppm, and below 100ppm for base material.

- The seat frame and frame around weight stack must be made of hot-dip galvanized steel tubing with the dimensions Ø76,1 x 3,6mm.

- The handles must be made of cast Aluminum with a diameter of minimum 33mm and be designed with different grip areas. Furthermore, the grips must have a powder coated top finish with polyurea.

- The cover for the weight stack must be made of 100% Recyclable rotomolded PE made from 33% post-consumer materials. Furthermore, the cover must have a thickness of minimum 5mm.

- The input shaft must be made of Ø101,3 x 2,9mm S355 Hot Dip Galvanized and Powder-coated steel. The bearing house must be made from Cast Aluminium (EN AB-44100 / EN AB-AlSi12(a)) with self-aligning sealed ball bearings.

- The 80kg weight stack must be fully covered and adjustable with a rotatable handle in 16 steps of 5 kg.

- The seat must be made of Polyurethane Rubber and has a steel insert plate that is electro-galvanized. The steel plate must connect the seat to the frame. Furthermore, the seat must be positioned in a height of 46cm to enable wheelchair users.

Product & Manufacturing Standards

The manufacturing standard must comply with ISO 9001 and the product must be EN 16630 (2015) certified.

Leg Press Machine

An outdoor seated leg press machine with integrated weights that are selectable by the users. A safety sign and user information.

Training Purpose
The machine facilitates individually adapted exercises that strengthen hip extensors, knee extensors and ankle muscles using a horizontal forward movement.

Safe Strength Training
The resistance unit and all mechanical stops are hidden in the fully closed cabinet. As a result, entrapment is not possible, making it extremely safe to use and providing protection against the elements.

Footplate and seat
The footrest is made from stainless steel which provides excellent corrosion resistance.
Furthermore, the plate has an anti-slip texture for optimal grip. The seat is adjustable in 14 different settings to fit users from 140/ 205 cm tall and to vary the type of exercises. The seat is positioned under a 12- degree angle and the back supports a 48- degree angle. The back support has a groove, accommodating a comfortable position.

User Group
Using the machine increases sports performance, aesthetic appearance, metabolic fitness and daily functional capacity, especially for the elderly. The useability makes this machine suitable for persons with the age of 13+.

Material Characteristics
To ensure integrity and durability and to be optimally suited for severe use, the weather elements and unwanted abuse in the outdoors, the product must meet the following requirements:

- All steel components must be manufactured from carbon steel, with a hot-dip galvanized surface according to ISO1461, and a powder coating corrosion class C3 according to ISO12944-2. Lead content for surfaces must be below 90ppm, and below 100ppm for base material.

- The seat frame and frame around weight stack must be made of hot-dip galvanized steel tubing with the dimensions Ø76,1 x 3,6mm.

- The foot plate must be made of AISI304 stainless steel with a thickness of 2mm. After production the plate must undergo a total pickling process. The plate must also have an Anti-Slip texture for optimal grip.

- The handles must be made of cast Aluminum with a diameter of minimum 33mm and be designed with different grip areas. Furthermore, the grips must have a powder coated top finish with polyurea.

- The 130kg weight stack must be fully covered and adjustable with a rotatable handle in 12 steps of 10 kg.

- The cover for the weight stack must be made of 100% Recyclable rotomolded PE made from 33% post-consumer materials. Furthermore, the cover must have a thickness of minimum 5mm.

- The input shaft must be made of Ø101,3 x 2,9mm S355 Hot Dip Galvanized and Powder-coated steel. The bearing house must be made from Cast Aluminium (EN AB-44100 / EN AB-AlSi12(a)) with self-aligning sealed ball bearings.

- The seat must be made of Polyurethane Rubber and has a steel insert plate that is electro-galvanized. The steel plate must connect the seat to the frame. The seat must be adjustable with 14 different settings to fit users from 140/ 205 cm tall.

Product & Manufacturing Standards
The manufacturing standard must comply with ISO 9001 and the product must be EN 16630 (2015) and ASTM F3101 certified.

Additional Signage

Large outdoor exercise signage to cover additional equipment and exercise programmes.

Groundworks, Safety Surfacing & Safety Fencing

Groundworks

There are two main areas, in front of the building and around the exercise equipment.
In front of the building - approximately 78 sqm. This does not have to be cleared as currently the area has been stripped awaiting preparation for the surfacing.
Exercise equipment area – Approximately 632 sqm
Around the play area – Excavated to a depth of 150mm required including the disposal of the soil.

Safety Surfacing – Wet Pour

In front of the building - approximately 78 sqm.
Exercise equipment area – Approximately 263 sqm

The wet pour will be black with a coloured blue fleck installed. The installation depths will match the requirements of the outdoor exercise equipment, for fall heights etc.

Safety Fencing

To supply and install a safety fence the length of the outdoor area and in front of the new building. Total length approximately, 70m.
The fence to be galvanised with a dark green powder coating, bow top playground fencing, 1.2m high panels, in a straight line with allowance for 3 sets of steps. To be fixed either on top of the current concrete wall capping or installed into the wet pour area.

No gates will be required.

Services & Inspections

1 year's fitness service and inspection program (2 inspections)