

Installation Instructions FE Series

- FE 01 Twister
- FE 02 Bike & Stepper
- FE 03 Station
- FE 04 Total Hip
- FE 05 Arm Rotation
- FE 06 Leg Press
- FE 07 Adductor & Abductor
- FE 08 Roman Chair & Hyperextension
- FE 09 Double Airwalker
- FE 10 Airwalker
- FE 11 Stretching-Tower

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Installation Instructions FE Series

Underground or above-ground installation

First you have to decide whether the equipment FE 01 to FE 10 should be installed underground or above-ground. FE 11 is always installed above-ground.

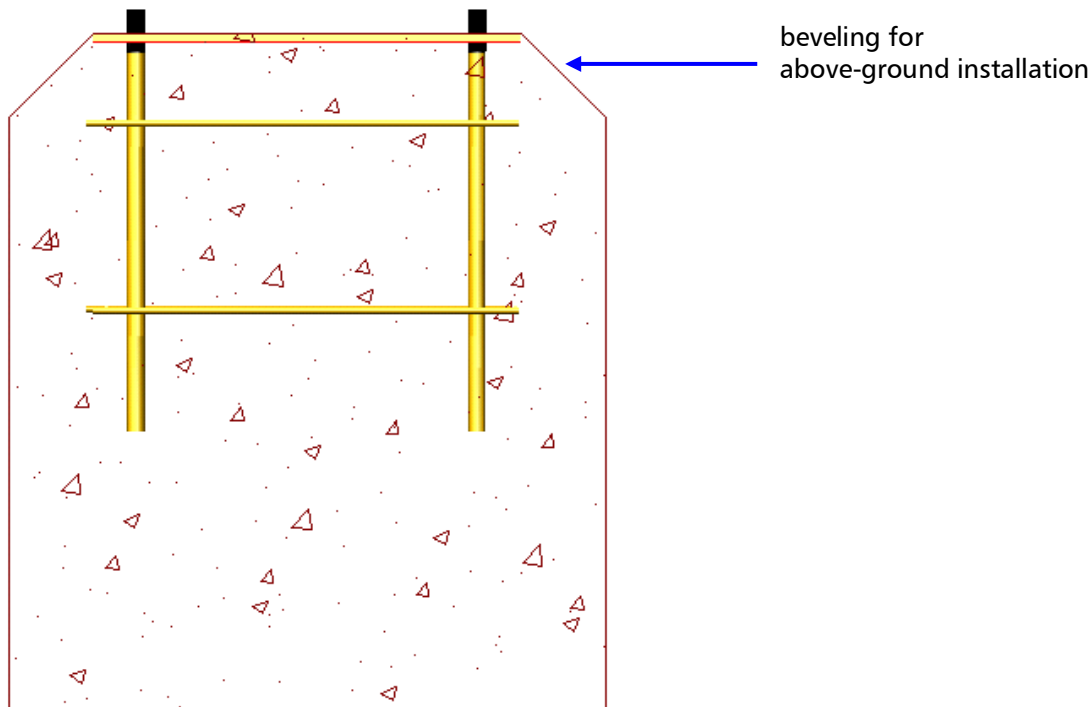
For underground installation the foundation is created 60mm below ground level and the anchoring will be filled up to the ground level with filling material. At this only the main column of the equipment rises out of the ground.

For above-ground installation the foundation is created at ground level. In this case the anchoring should be covered with the plastic foundation covering, which is available as accessory for FE 01 to FE 10. The anchoring of FE 11 is covered by the footrest.

Beveling of the foundation in case of above-ground installation

The plastic foundation covering for the equipment FE 01 to FE 10 and the round footrest of FE 11 cover the anchoring completely. To avoid edges of the concrete foundation looking out of the covering, it is recommended to bevel the foundation along the mounting plate on all sides as shown in figure (a).

figure (a)



Please note

The size of the hole for the foundation is depending on the consistency of the ground. The dimensions mentioned below are applicable for normal conditions with firm ground. If the ground is extremely soft, a much bigger foundation hole is required.

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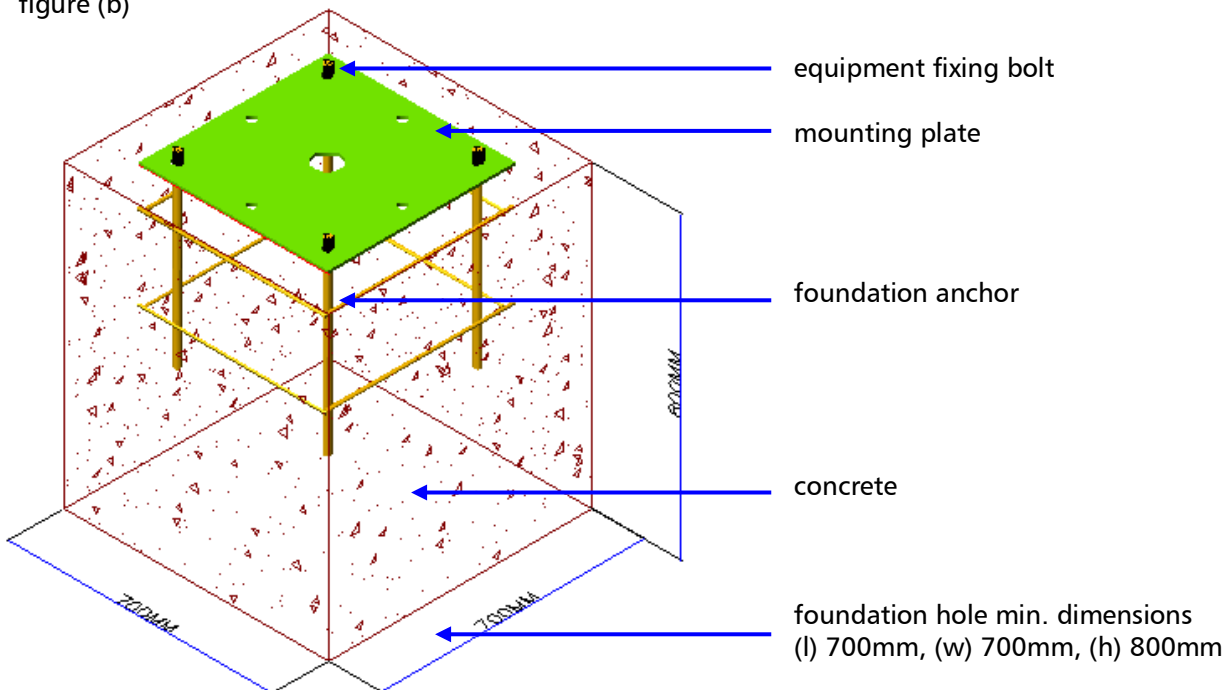
Foundation system 1

for

- FE 01 Twister
- FE 02 Bike & Stepper
- FE 03 Station
- FE 04 Total Hip
- FE 05 Arm Rotation
- FE 06 Leg Press
- FE 07 Adductor & Abductor
- FE 08 Roman Chair & Hyperextension

1. Dig a hole for the foundation as shown in figure (b), with the minimum dimensions (l) 700mm, (w) 700mm, (h) 800mm.
2. Position the foundation anchor in the hole as shown in figures (b) and (c).
3. In the case of underground installation fill the hole with concrete up to 60mm under ground level, respectively in the case of above-ground installation up to ground level. If applicable, bevel the concrete foundation according to figure (a). Ready-made C25 concrete should be used. Approximately 0,4m³ concrete is needed for every hole.

figure (b)



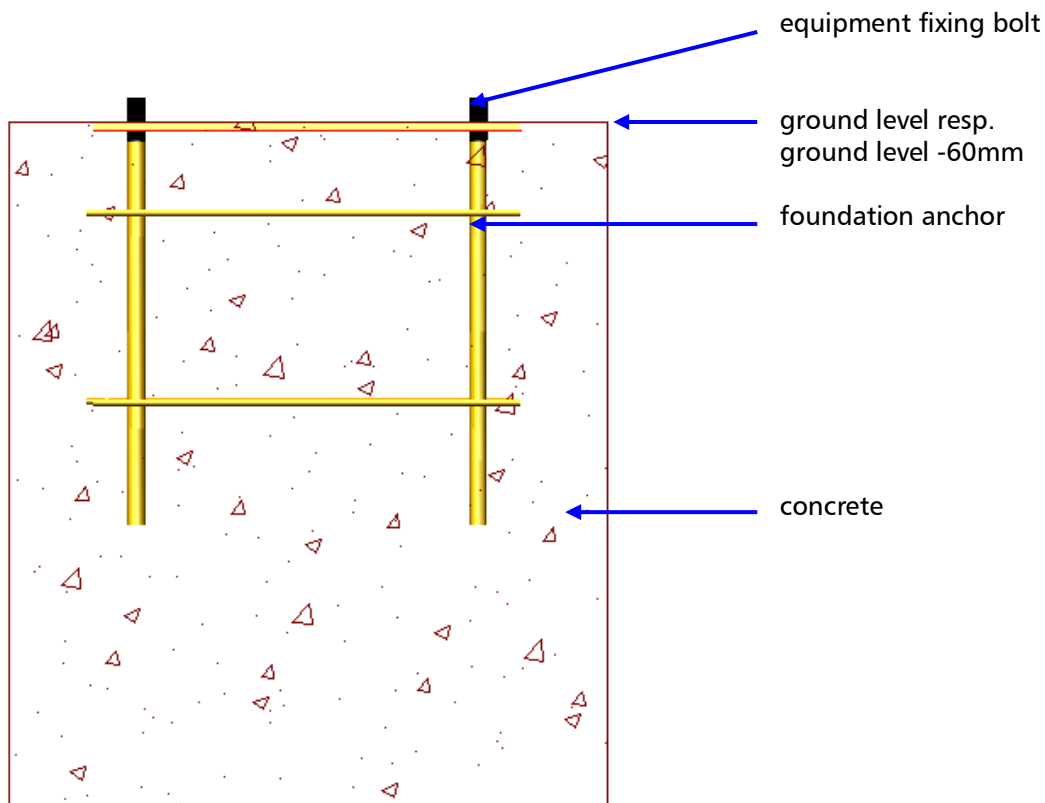
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Positioning the foundation anchor

The foundation anchor included in the delivery should be positioned in the concrete as shown in figure (c). The equipment fixing bolts have to be above the concrete. Avoid concrete remaining on the mounting plate or the equipment fixing bolts. The parts of the foundation anchor rising out of the concrete must stay free from any soiling.

In order to ensure an exact upright position of the main column after the installation, the mounting plate of the foundation anchor has to be adjusted absolutely horizontally by using a level while concrete casting.

figure (c)



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Foundation system 2

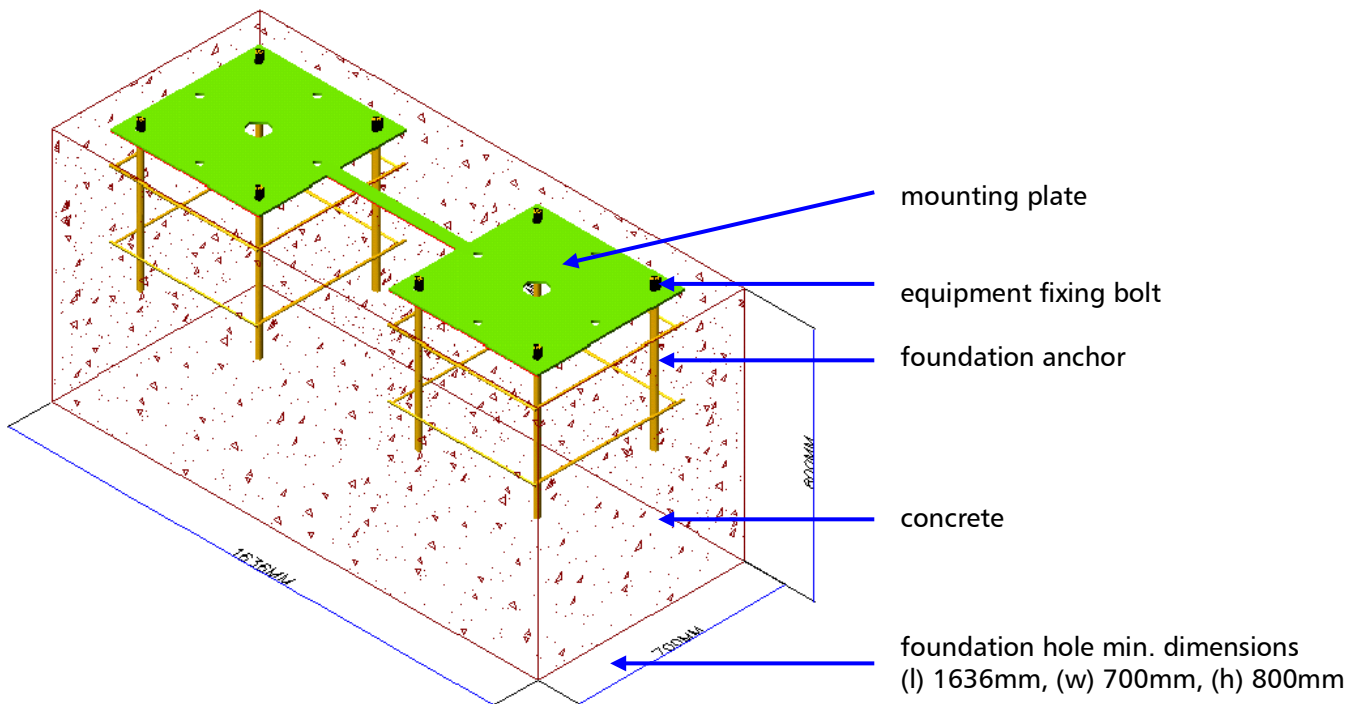
for

- FE 09 Double Airwalker
- FE 10 Airwalker

For these equipment a double anchoring system is used.

1. Dig a hole for the foundation as shown in figure (d), with the minimum dimensions (l) 1636mm, (w) 700mm, (h) 800mm.
2. Position the foundation anchor in the hole as shown in figures (d) and (e).
3. In the case of underground installation fill the hole with concrete up to 60mm under ground level, respectively in the case of above-ground installation up to ground level. If applicable, bevel the concrete foundation according to figure (a). Ready-made C25 concrete should be used. Approximately 0,8m³ concrete is needed for every hole.

figure (d)



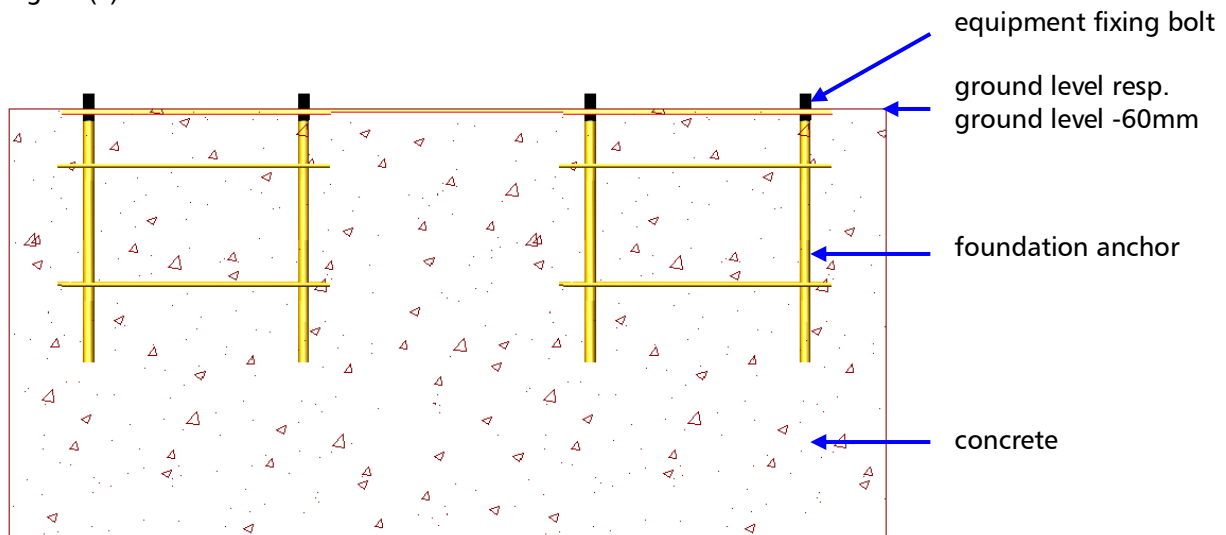
Installation Instructions FE Series

Positioning the foundation anchor

The foundation anchor included in the delivery should be positioned in the concrete as shown in figure (e). The equipment fixing bolts have to be above the concrete. Avoid concrete remaining on the mounting plates or the equipment fixing bolts. The parts of the foundation anchor rising out of the concrete must stay free from any soiling.

In order to ensure an exact upright position of the main columns after the installation, the mounting plates of the foundation anchor have to be adjusted absolutely horizontally by using a level while concrete casting.

figure (e)



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Foundation system 3

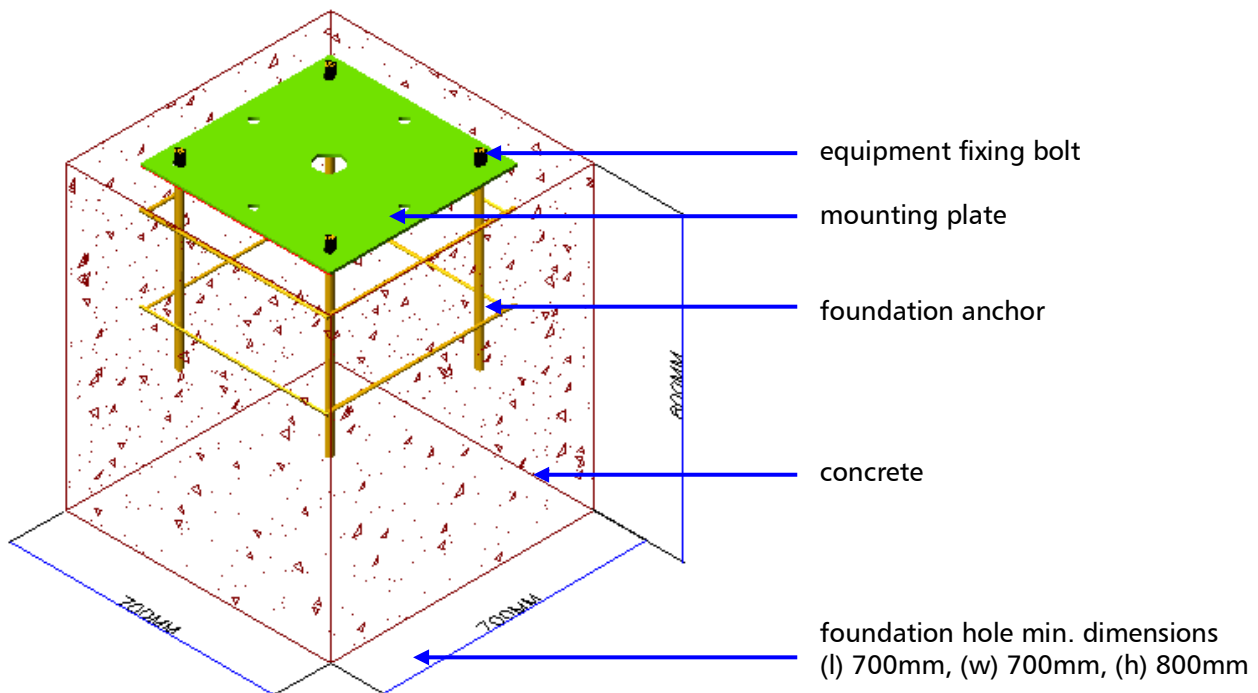
for

- FE 11 Stretching-Tower

Only above-ground installation

1. Dig a hole for the foundation as shown in figure (f), with the minimum dimensions (l) 700mm, (w) 700mm, (h) 800mm.
2. Position the foundation anchor in the hole as shown in figures (f) and (g).
3. Fill the hole with concrete up ground level. If applicable, bevel the concrete foundation according to figure (a). Ready-made C25 concrete should be used. Approximately 0,4m³ concrete is needed for every hole.

figure (f)



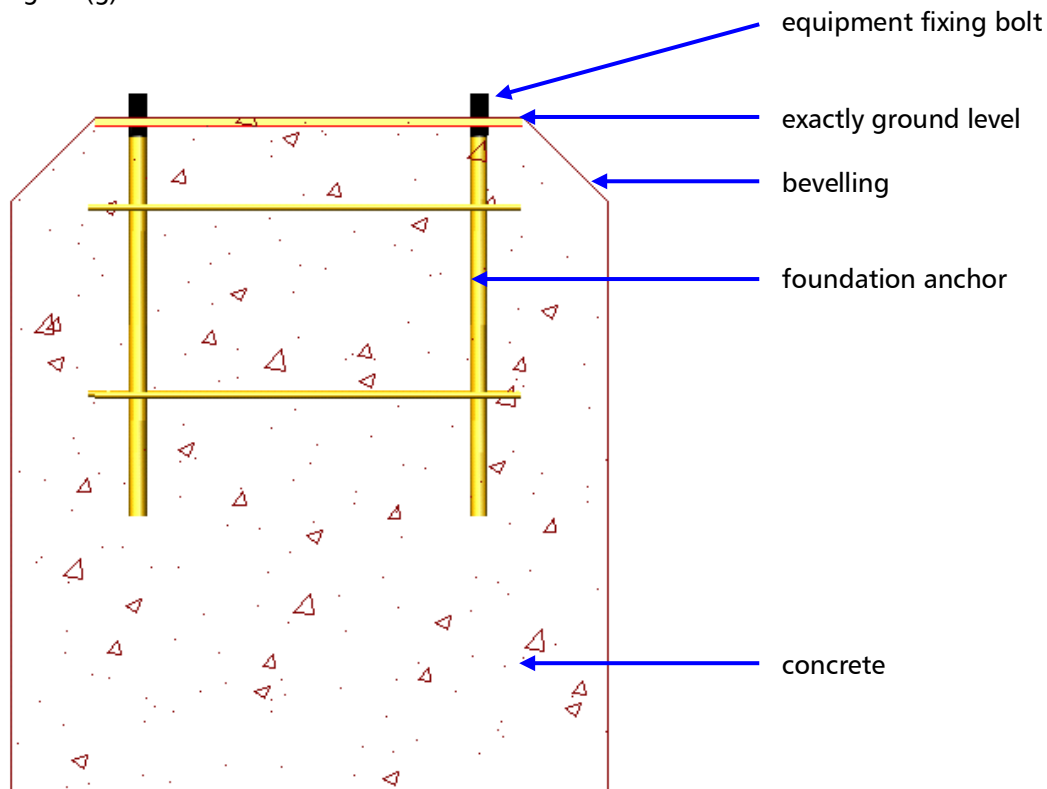
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Positioning the foundation anchor

The foundation anchor included in the delivery should be positioned in the concrete as shown in figure (g). The equipment fixing bolts have to be above the concrete. Avoid concrete remaining on the mounting plate or the equipment fixing bolts. The parts of the foundation anchor rising out of the concrete must stay free from any soiling.

In order to ensure an exact upright position of the main column after the installation, the mounting plate of the foundation anchor has to be adjusted absolutely horizontally by using a level while concrete casting.

figure (g)



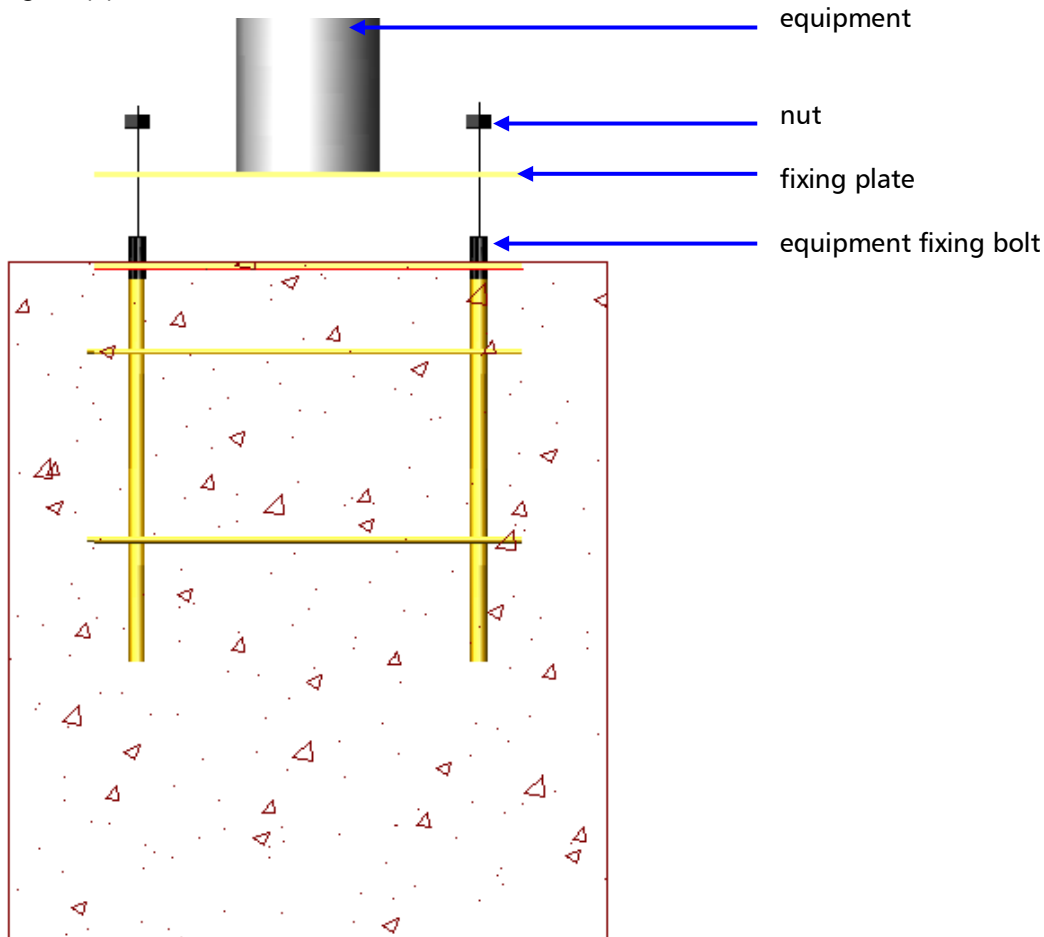
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Equipment installation

Before mounting the totally assembled delivered equipment to the foundation, it has to be assured the concrete has dried completely. The drying time is changing depending on the weather conditions. The drying time of concrete at normal weather conditions is approximately 15 days.

After the concrete has dried, the respective equipment can be mounted on the foundation anchor by screwing the included nuts onto the equipment fixing bolts as shown in figure (h). To avoid dismounting of the equipment by unauthorised persons, the nuts can be welded to the equipment fixing bolts. Take care there are no foreign particles or any soiling between the equipment and the foundation anchor, so the fixing plate of the equipment is flush to the mounting plate of the foundation anchor.

figure (h)



Cover the anchoring with filling material or the plastic foundation covering after mounting the equipment.

Please regard the regulations of DIN EN 1176 and EN 1177 if applicable.