

# **LAPPSET®**

## **FITNESS**

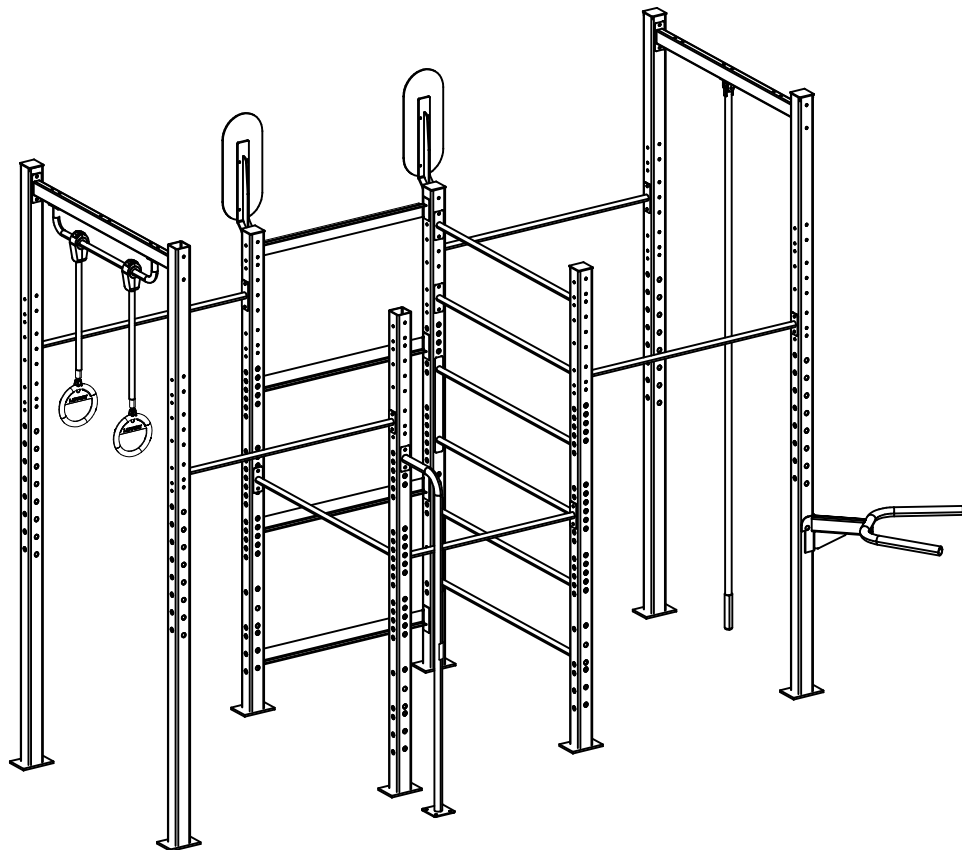
ASENNUSOHJE  
MONTERINGSANSVISNING  
INSTALLATION INSTRUCTION  
AUFBAUANLEITUNG  
NOTICE D'INSTALLATION

DATE: 4.1.2021

Fitness equipment is not intended for installation in the immediate vicinity of children's playgrounds in accordance with EN 1176.

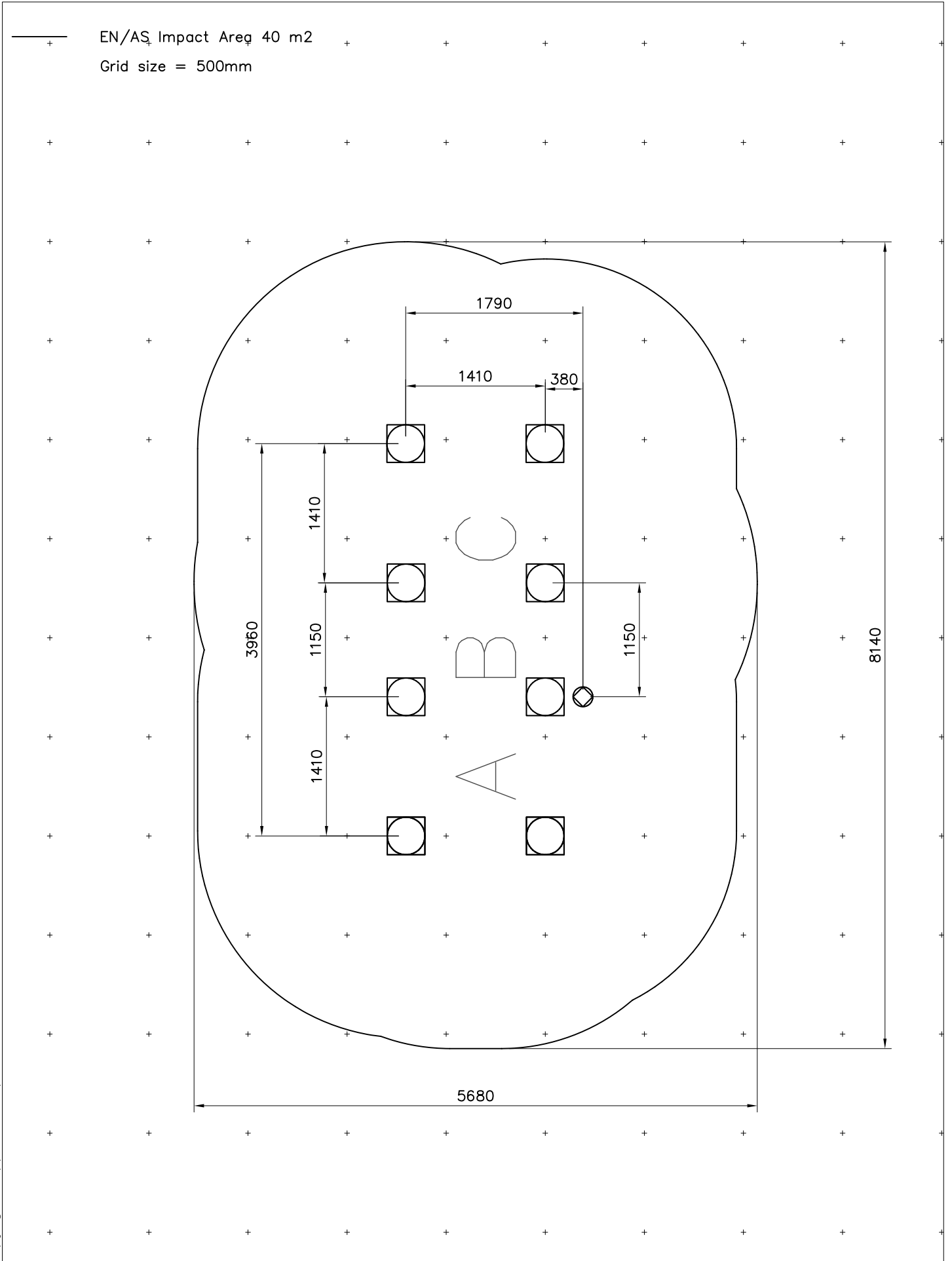
Kuntolaitteita ei ole tarkoitettu asennettaviksi lasten leikkikentän välittömään läheisyyteen standardin EN 1176 mukaisesti.

# **081850**



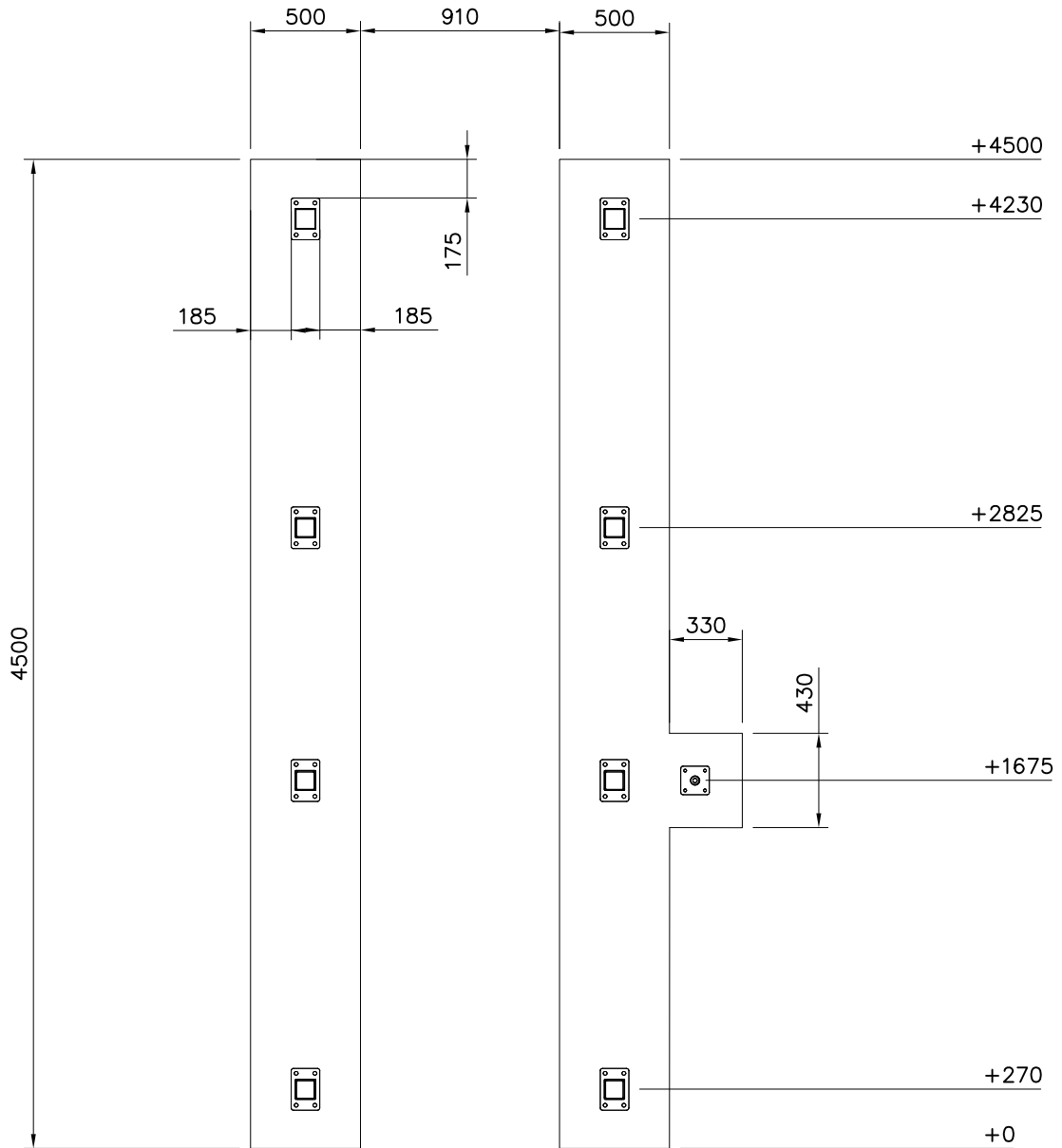
DATE: 4.1.2021

<p>702341</p> <p>90x50</p>	<p>PCS</p> <p>1</p>	<p>705039</p> <p>Ø16x974</p>	<p>PCS</p> <p>2</p>	<p>708799-704</p> <p>15x1050x798</p>	<p>PCS</p> <p>1</p>	<p>708800-704</p> <p>15x1050x798</p>	<p>PCS</p> <p>1</p>	<p>708801-704</p> <p>15x1050x798</p>	<p>PCS</p> <p>1</p>	<p>708811</p> <p>Ø32x3050</p>	<p>PCS</p> <p>1</p>
<p>900348</p> <p>M8x30</p>	<p>PCS</p> <p>24</p>	<p>900965</p> <p>M10</p>	<p>PCS</p> <p>88</p>	<p>901302</p> <p>Ø20/10.5x2</p>	<p>PCS</p> <p>134</p>	<p>902195</p> <p>150x50x50</p>	<p>PCS</p> <p>4</p>	<p>902232</p> <p>M10x55</p>	<p>PCS</p> <p>2</p>	<p>902233</p> <p>M10x30</p>	<p>PCS</p> <p>2</p>
<p>904450</p> <p>M16x170</p>	<p>PCS</p> <p>32</p>	<p>904917</p> <p>M10x100</p>	<p>PCS</p> <p>6</p>	<p>906006</p> <p>Ø64/36,4x59</p>	<p>PCS</p> <p>4</p>	<p>906598</p> <p>366x50</p>	<p>PCS</p> <p>1</p>	<p>909256</p> <p>Ø16/8.4x1.6</p>	<p>PCS</p> <p>29</p>	<p>909628</p> <p>M10x100</p>	<p>PCS</p> <p>4</p>
<p>909633</p> <p>M8</p>	<p>PCS</p> <p>25</p>	<p>909867</p> <p>M8x70</p>	<p>PCS</p> <p>1</p>	<p>910368-217</p> <p>1315</p>	<p>PCS</p> <p>2</p>	<p>910376</p> <p>Ø30x17</p>	<p>PCS</p> <p>72</p>	<p>910405</p> <p>90x90x30</p>	<p>PCS</p> <p>8</p>	<p>910410-207</p> <p>90x90x2720</p>	<p>PCS</p> <p>4</p>
<p>910415</p> <p>Ø16/12,5-14x17</p>	<p>PCS</p> <p>208</p>	<p>910416</p> <p>Ø48/43-45x24</p>	<p>PCS</p> <p>2</p>	<p>910427-207</p> <p>90x90x3400</p>	<p>PCS</p> <p>4</p>	<p>910442-217</p> <p>1315</p>	<p>PCS</p> <p>2</p>	<p>910444-217</p> <p>1315x160</p>	<p>PCS</p> <p>4</p>	<p>910447-217</p>	<p>PCS</p> <p>1</p>
<p>910448-207</p> <p>110x38x55</p>	<p>PCS</p> <p>1</p>	<p>910455-217</p>	<p>PCS</p> <p>1</p>	<p>910459-217</p> <p>1060</p>	<p>PCS</p> <p>1</p>	<p>910604-217</p> <p>1060</p>	<p>PCS</p> <p>3</p>	<p>910614-207</p> <p>1315</p>	<p>PCS</p> <p>2</p>	<p>910619-217</p> <p>45°</p>	<p>PCS</p> <p>1</p>
<p>910622-217</p> <p>1315</p>	<p>PCS</p> <p>1</p>	<p>910625</p>	<p>PCS</p> <p>2</p>	<p>910626-207</p> <p>1060</p>	<p>PCS</p> <p>1</p>	<p>911149</p> <p>M10x110</p>	<p>PCS</p> <p>78</p>		<p>PCS</p>		<p>PCS</p>

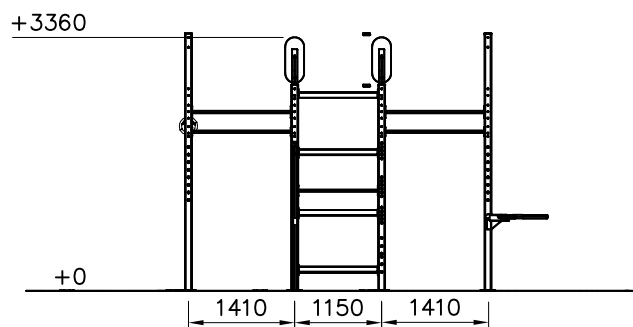
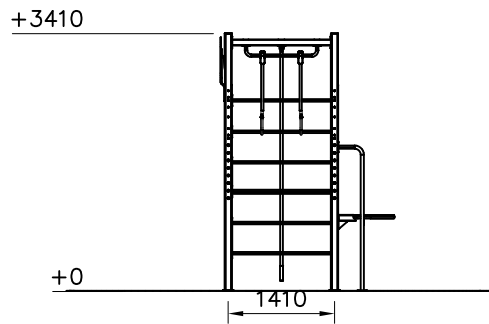
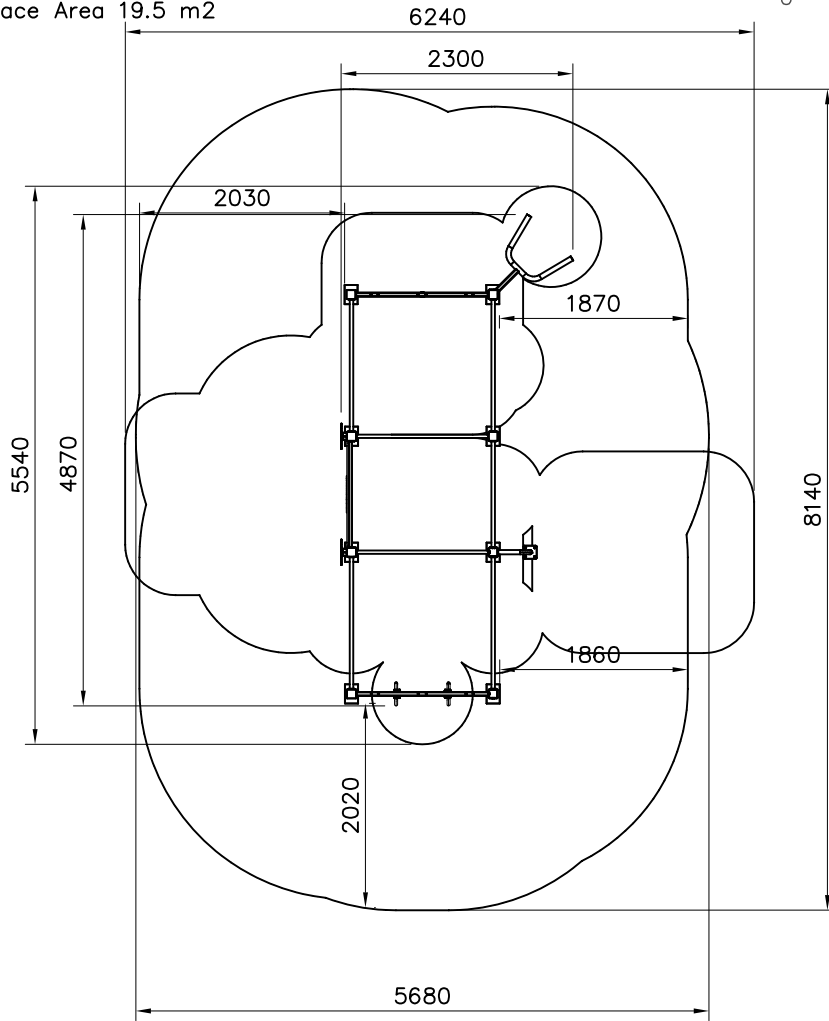
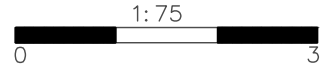


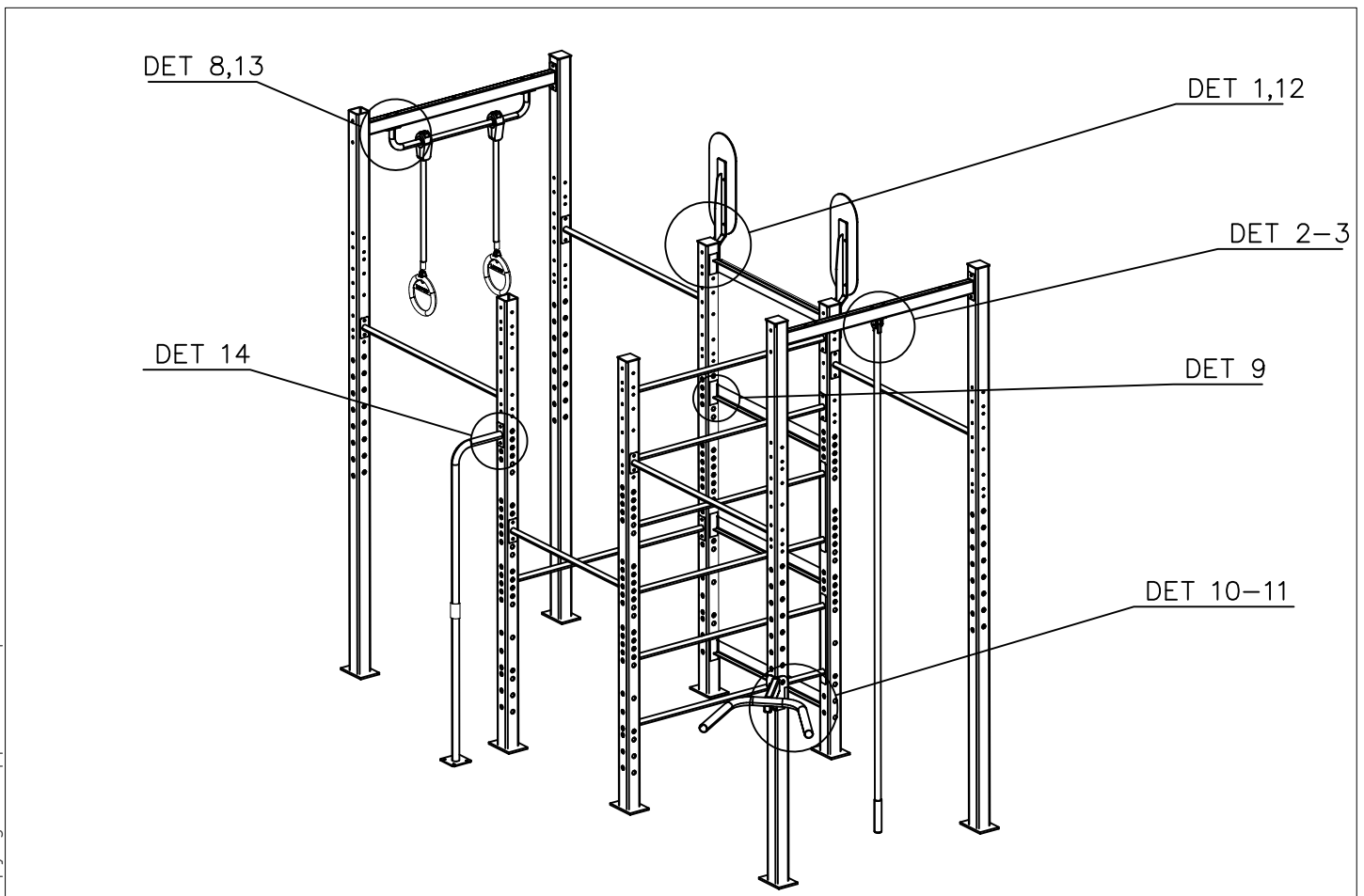
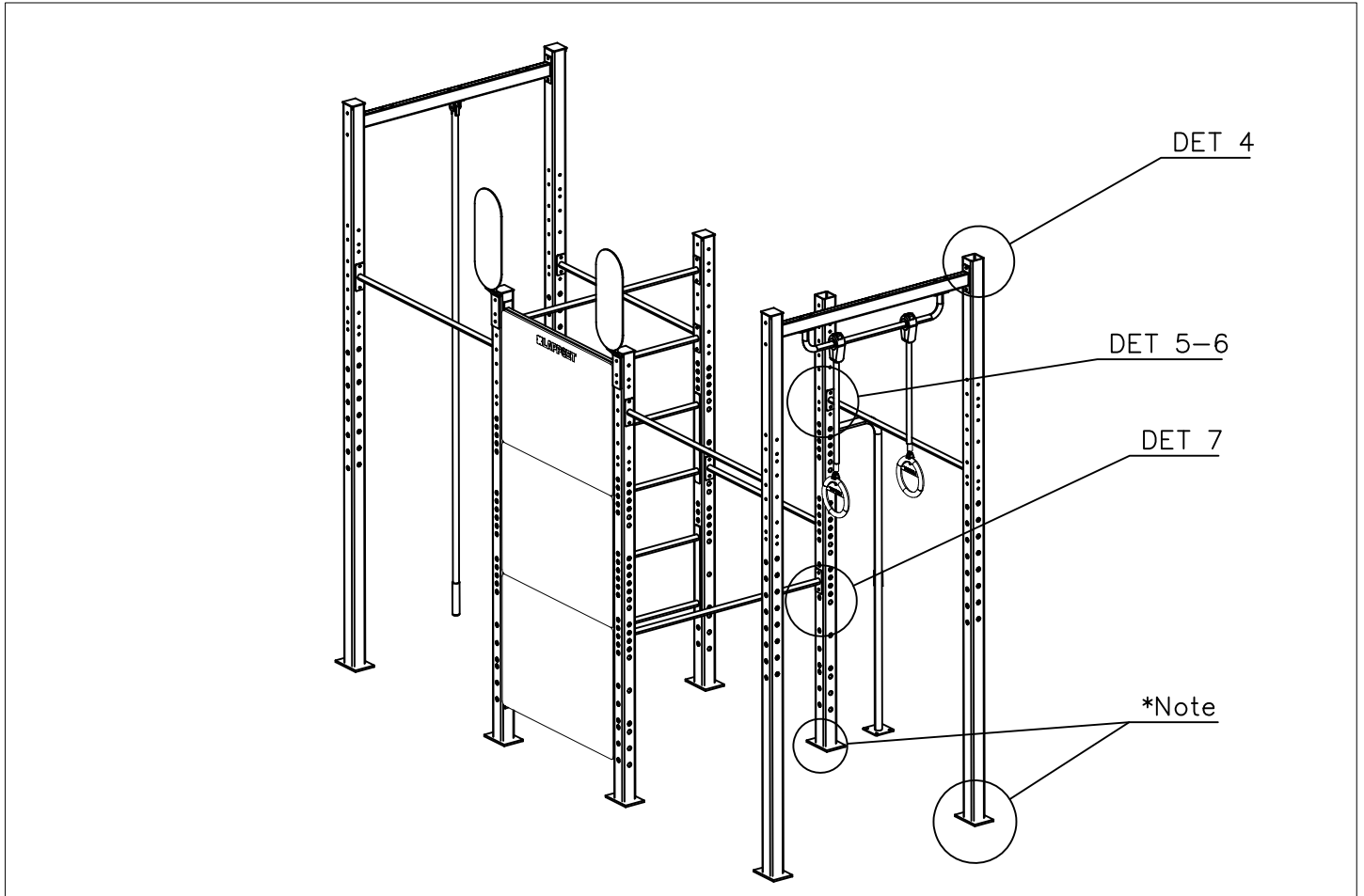
<p>Ø16 ↓ &gt; 130</p> <p>85</p> <p>145</p>	<p>120Nm</p> <p>M16x170</p> <p>h &gt; 150</p> <p>Concrete / Betoni K30</p>	<p>Pre-drill hole          Ø10 ↓ 90 (x4)</p> <p>90</p> <p>90</p>
<p>35 Nm</p> <p>M10x100</p> <p>S</p> <p>90</p> <p>M10x100</p>		

Concrete foundation plans  
 1pcs 200x500x4500  
 1pcs 200x500x4500 + extension 330x430



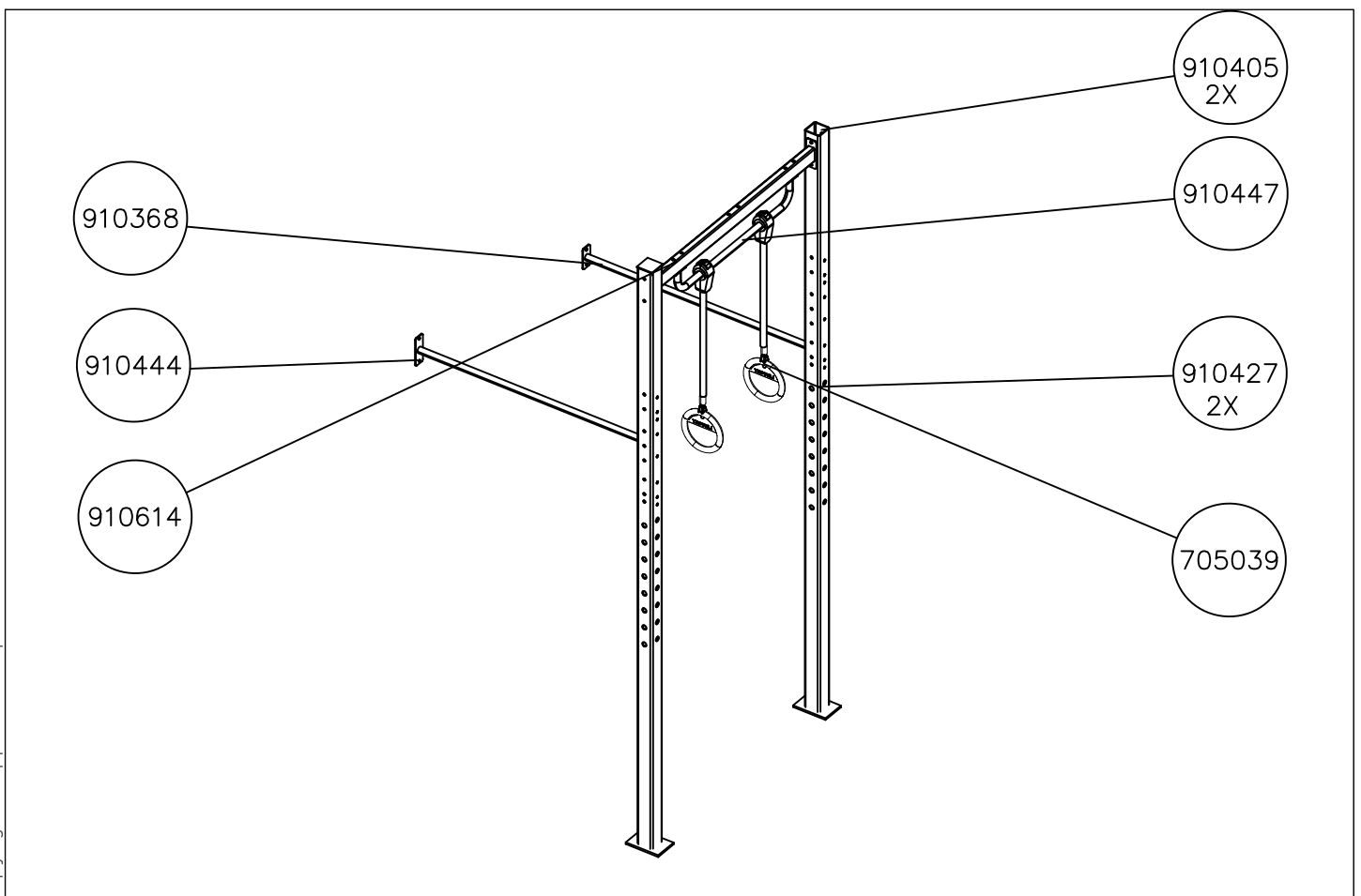
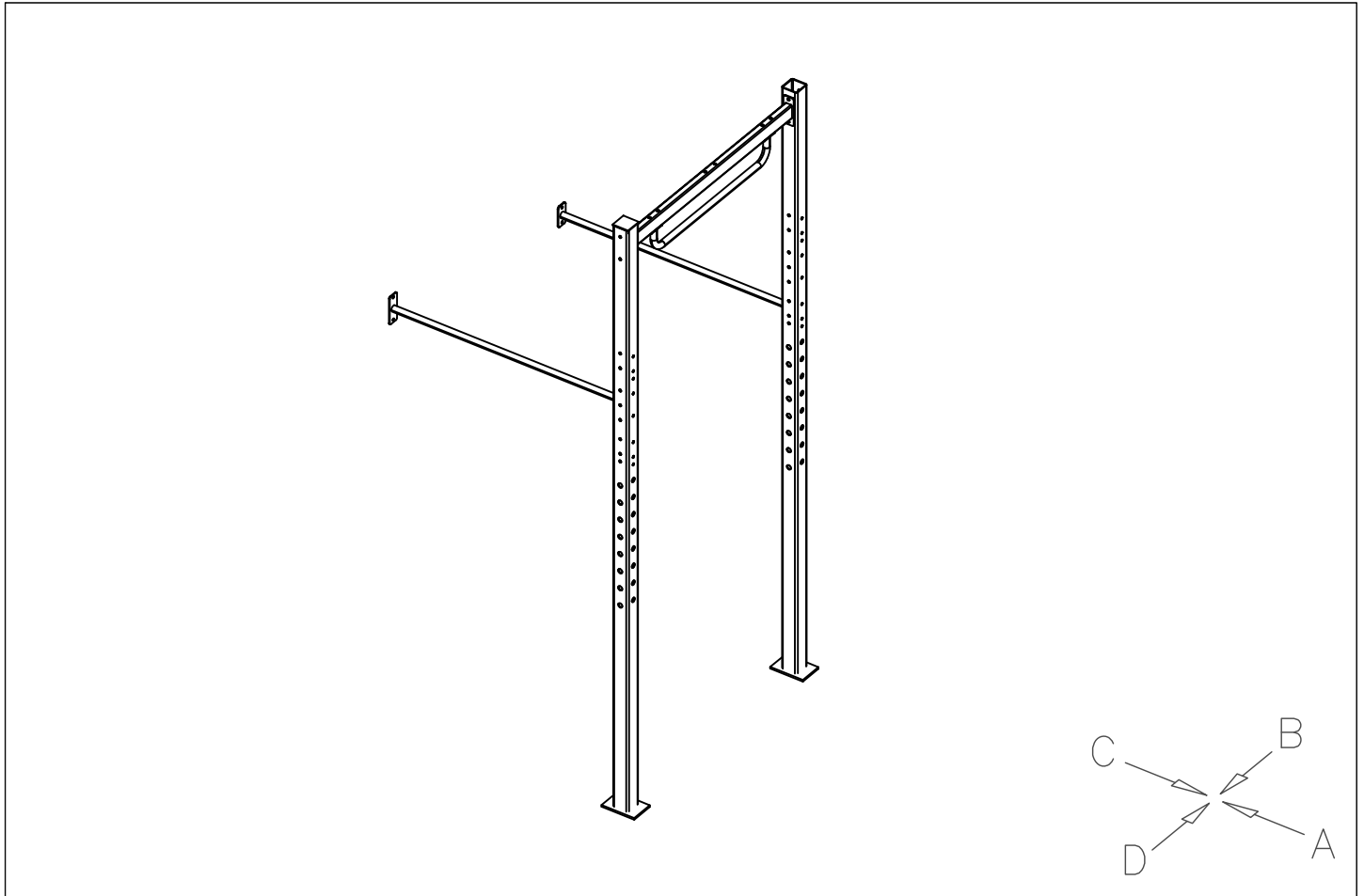
- EN/AS Impact Area 40 m<sup>2</sup>    Max Falling Height 2510 mm
- Falling Space 40 m<sup>2</sup>
- Training Space Area 19.5 m<sup>2</sup>



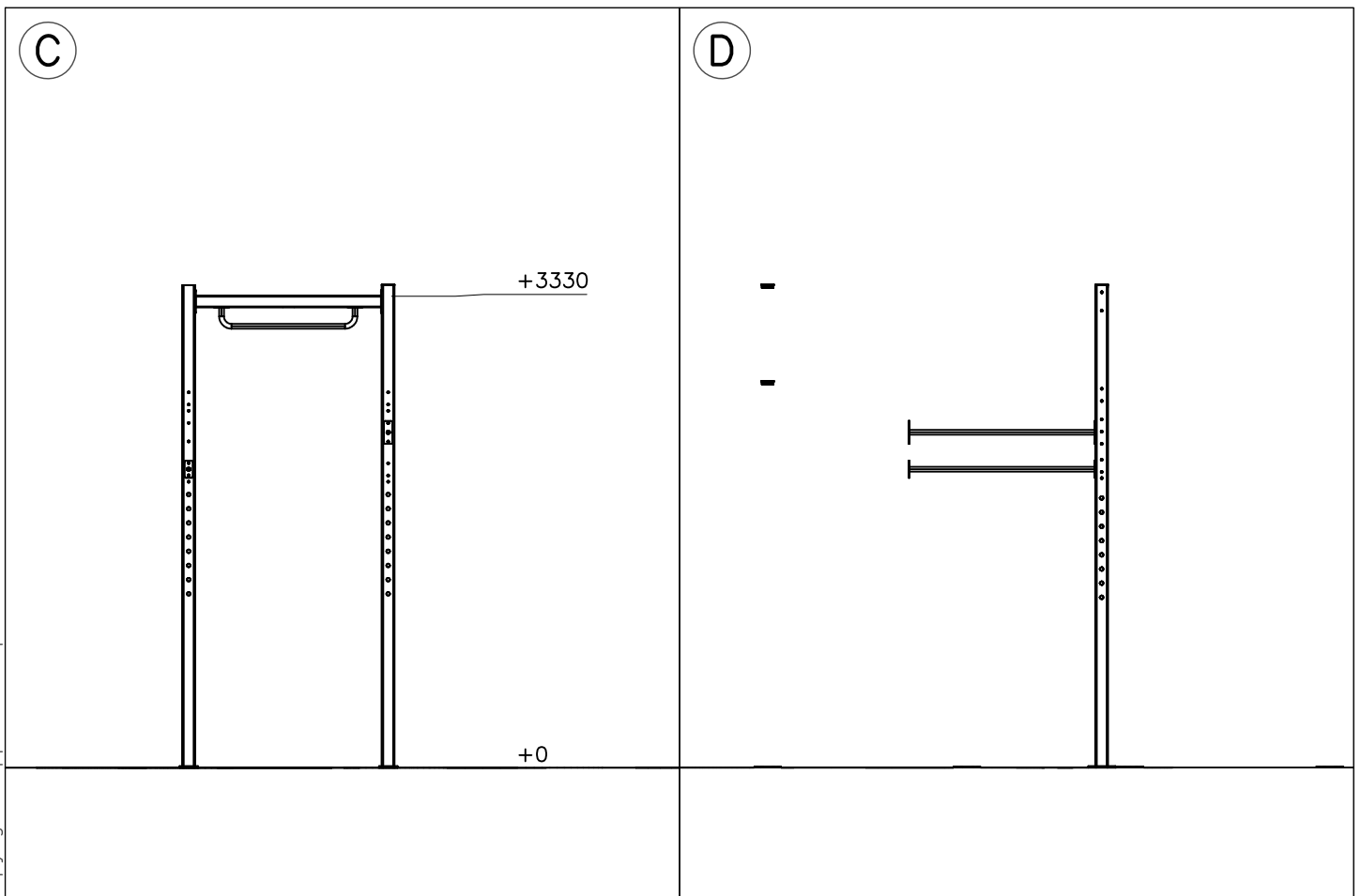
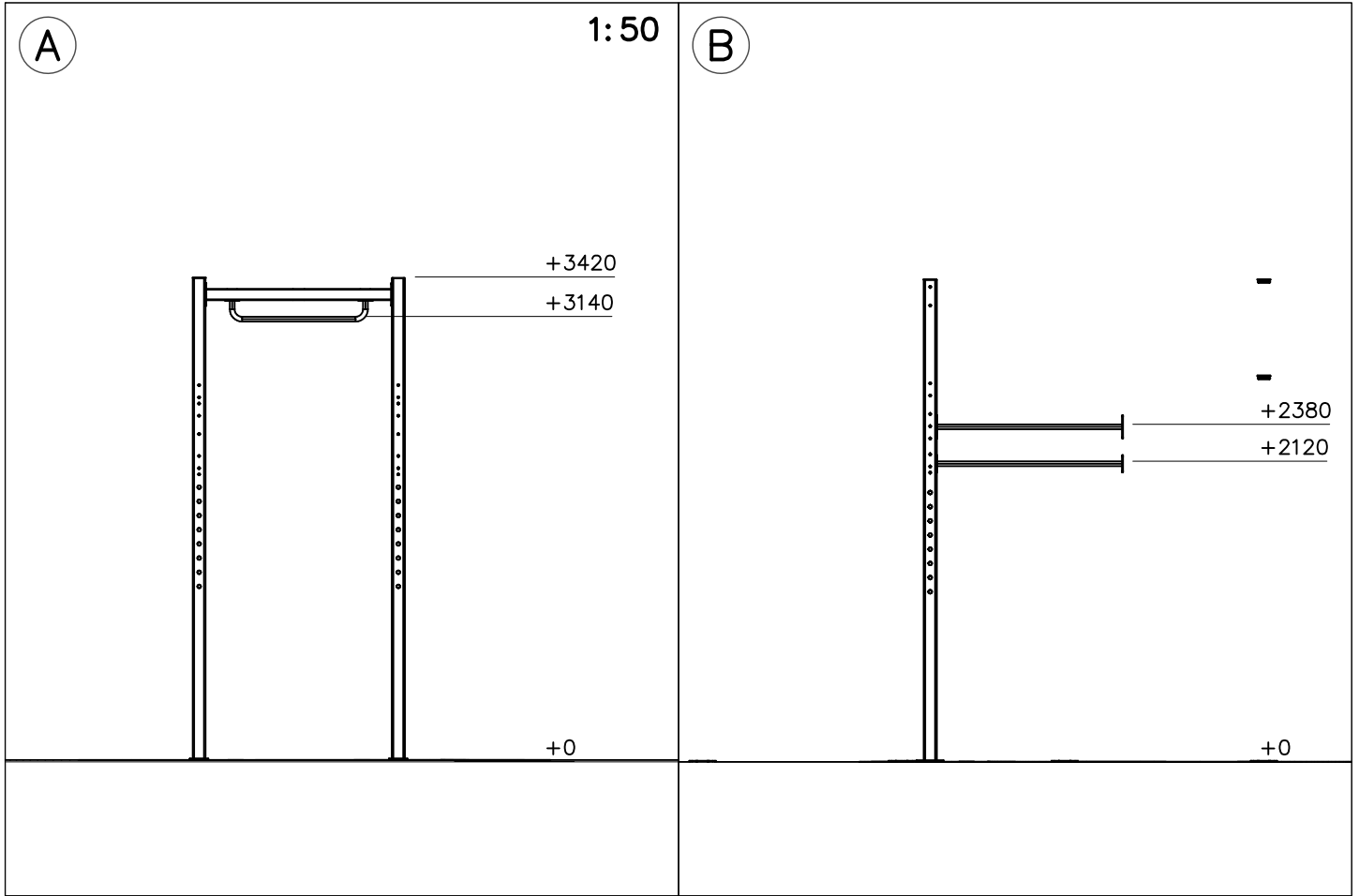


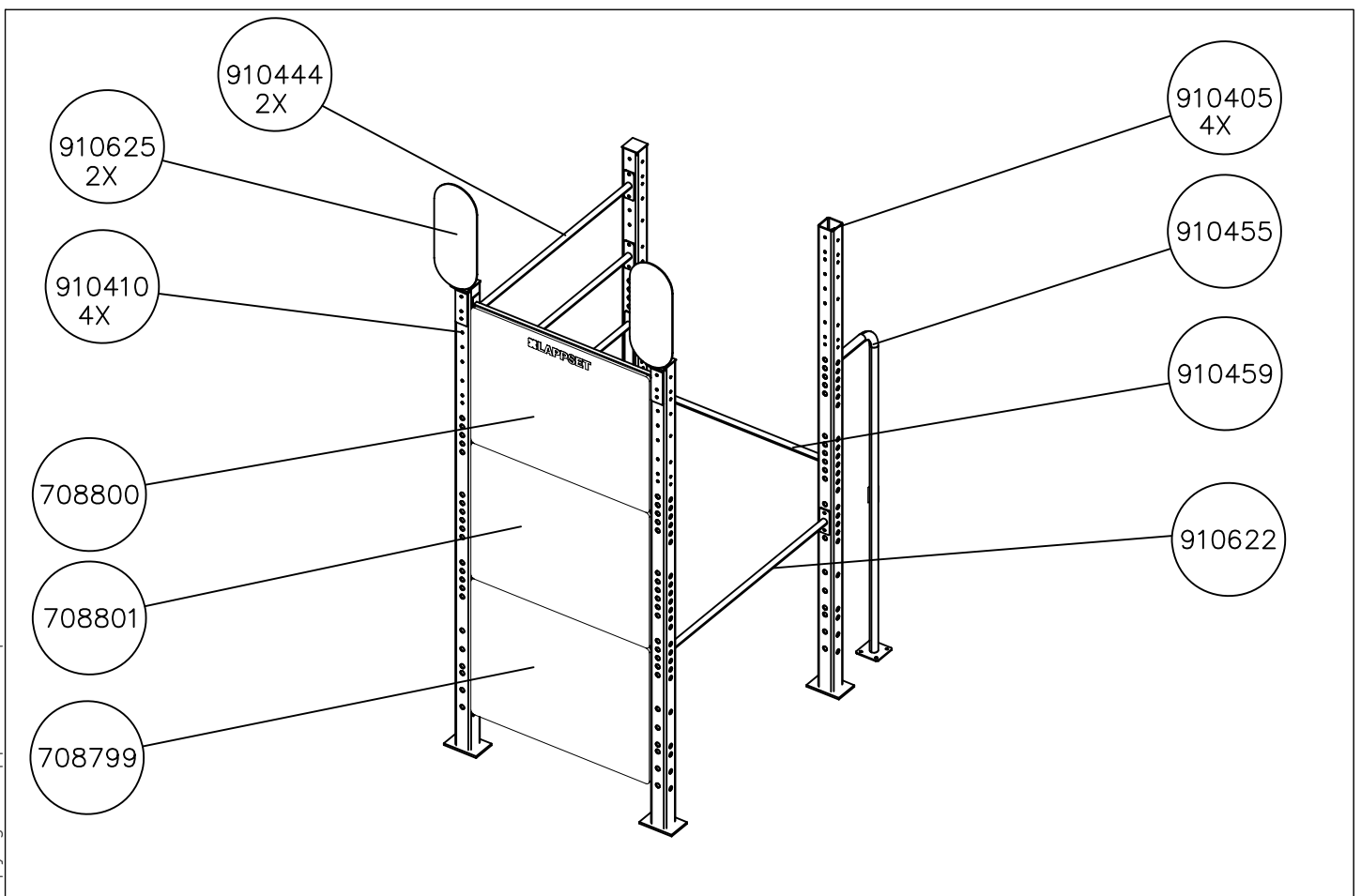
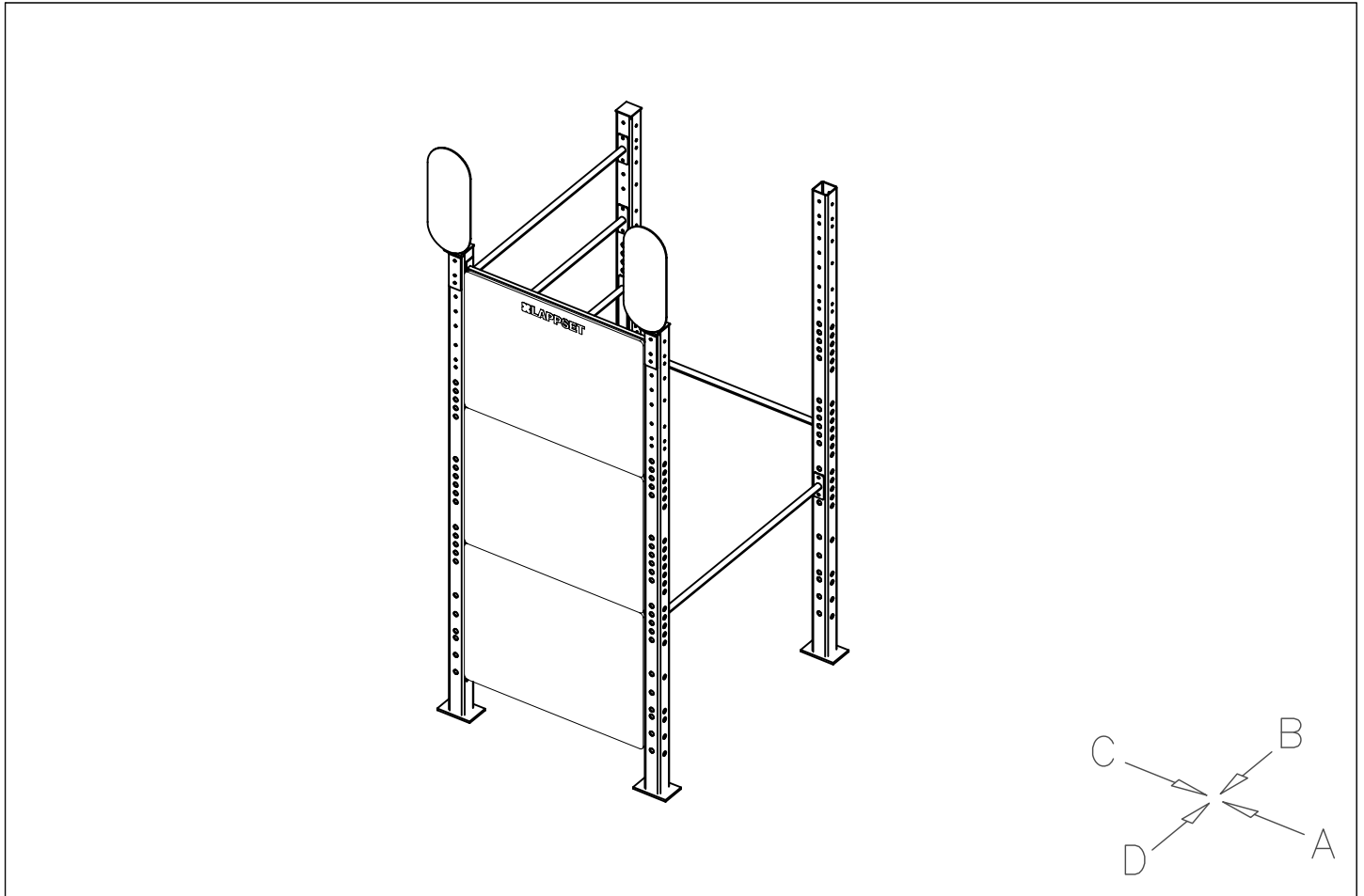
<p>DET 1</p>	<p>DET 2</p>	<p>DET 3</p>	<p>DET 4</p>
<p>DET 5</p>	<p>DET 6</p> <p>Plug the unused 13mm holes in the posts and beams with the plugs (910415)</p> <p>Tuki käyttämättömät 13mm reiät puomeissa ja tulpissa tulpilla (910415)</p>	<p>DET 7</p> <p>When installing elements in the 25mm holes use the bushings (910376) on both sides of the post</p> <p>25mm reikiin asennettaessa käytä puslia (910376) tolpan molemmin puolin</p>	<p>DET 8</p>
<p>DET 9</p>	<p>DET 10</p>	<p>DET 11</p>	<p>DET 12</p>
<p>DET 13</p>	<p>DET 14</p>	<p>*Note</p> <p>All the post flanges are in the same direction</p> <p>Kaikki pylväiden jalat ovat samansuuntaisesti</p>	



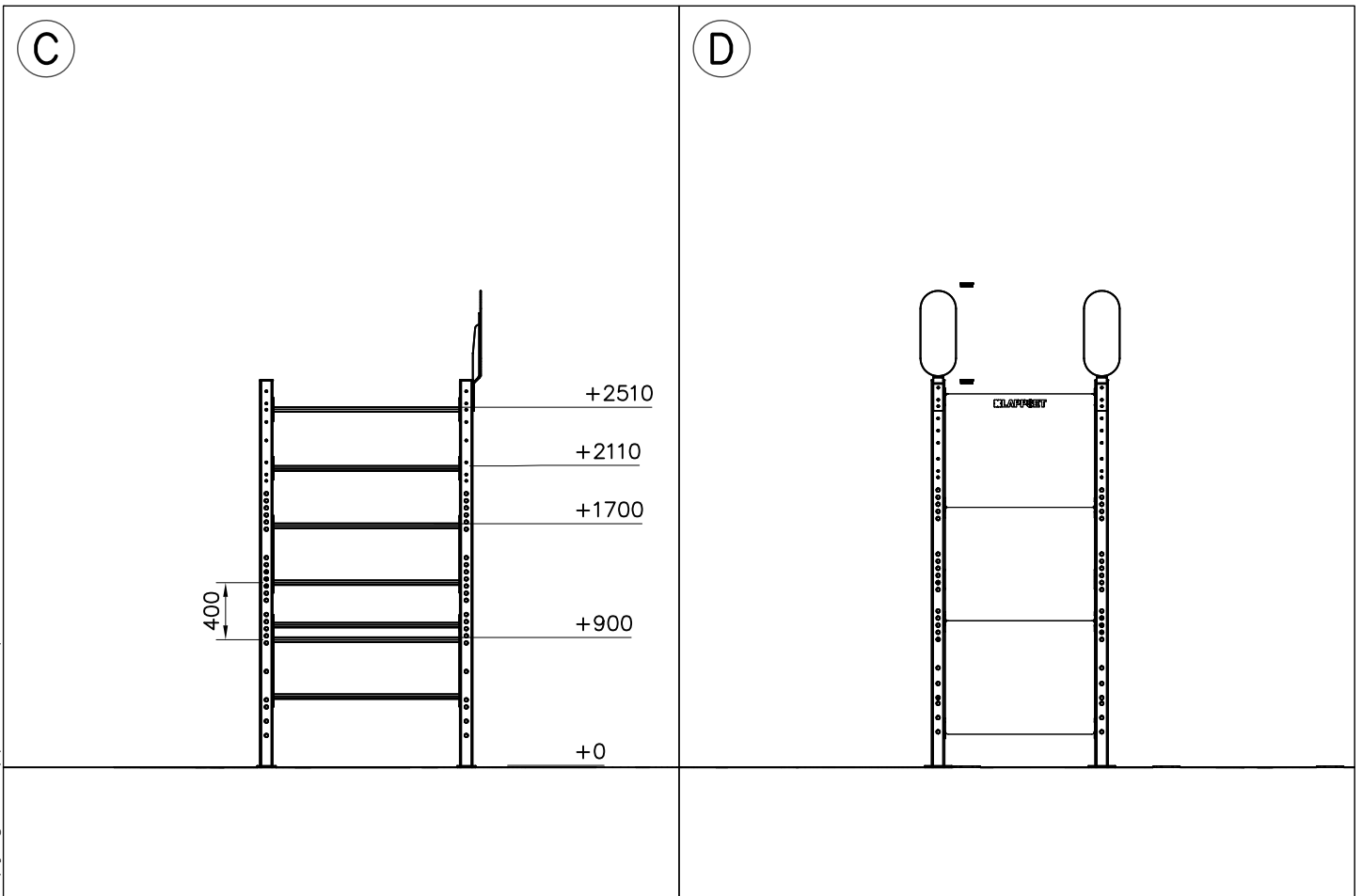
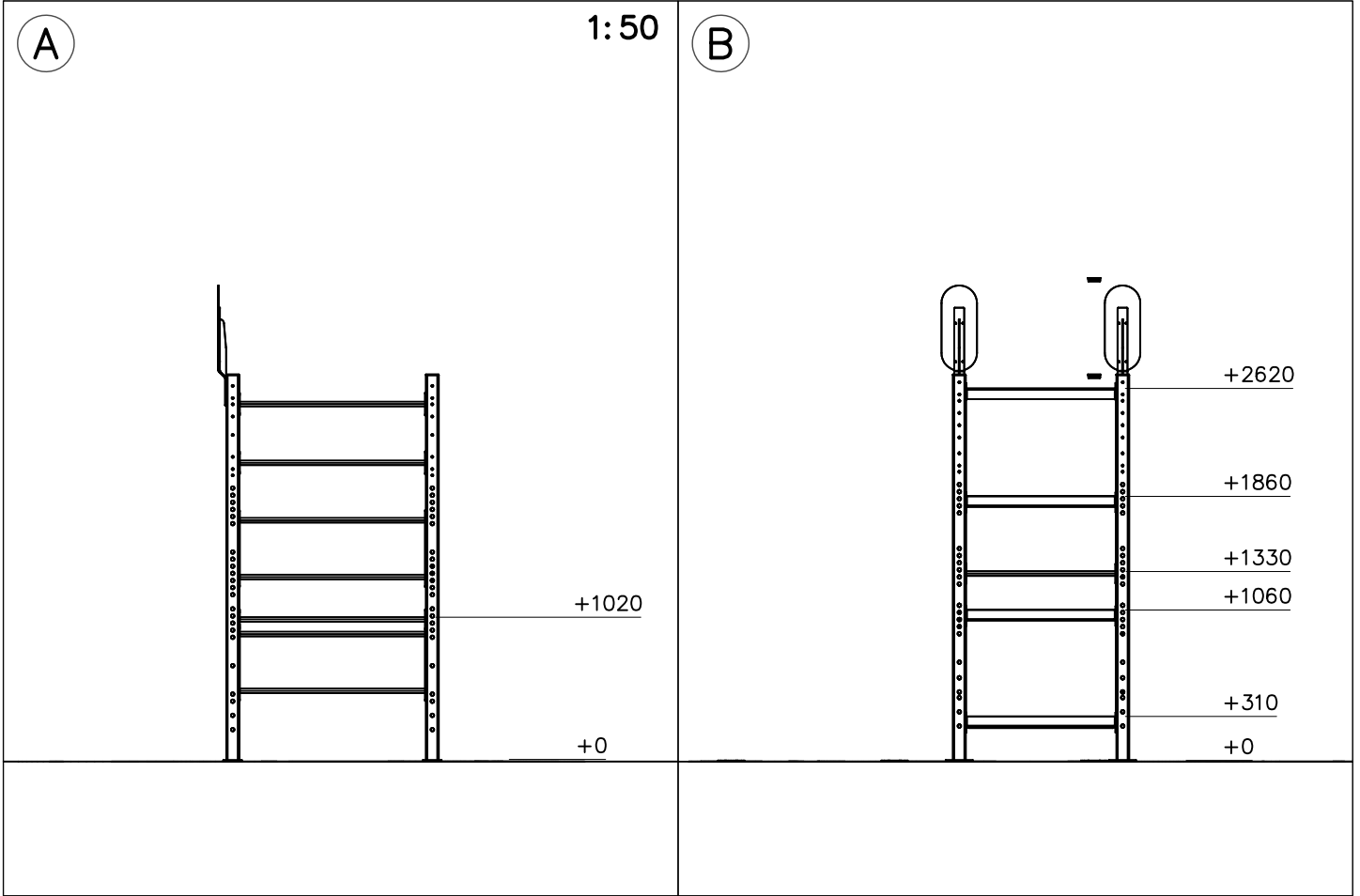


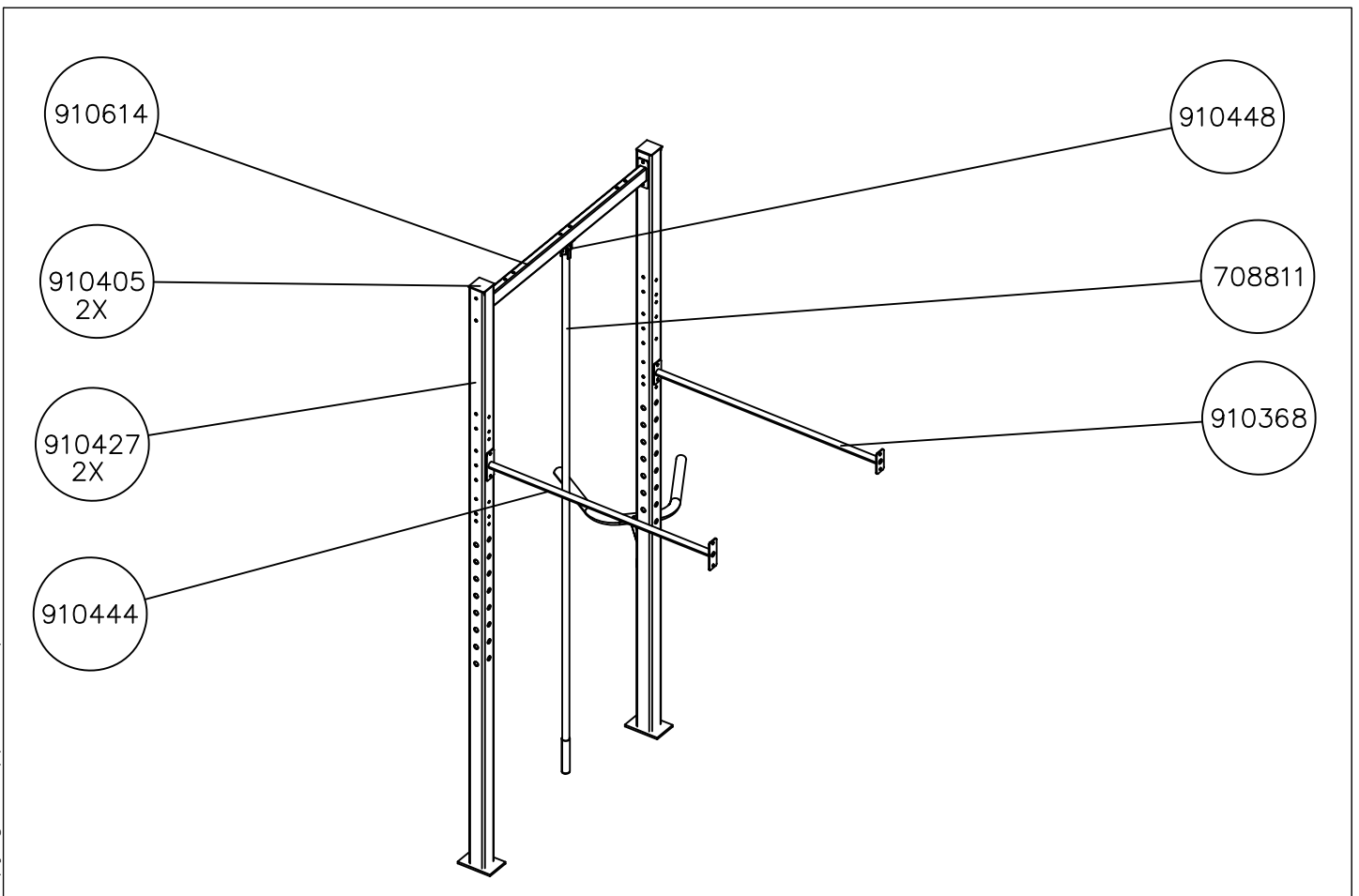
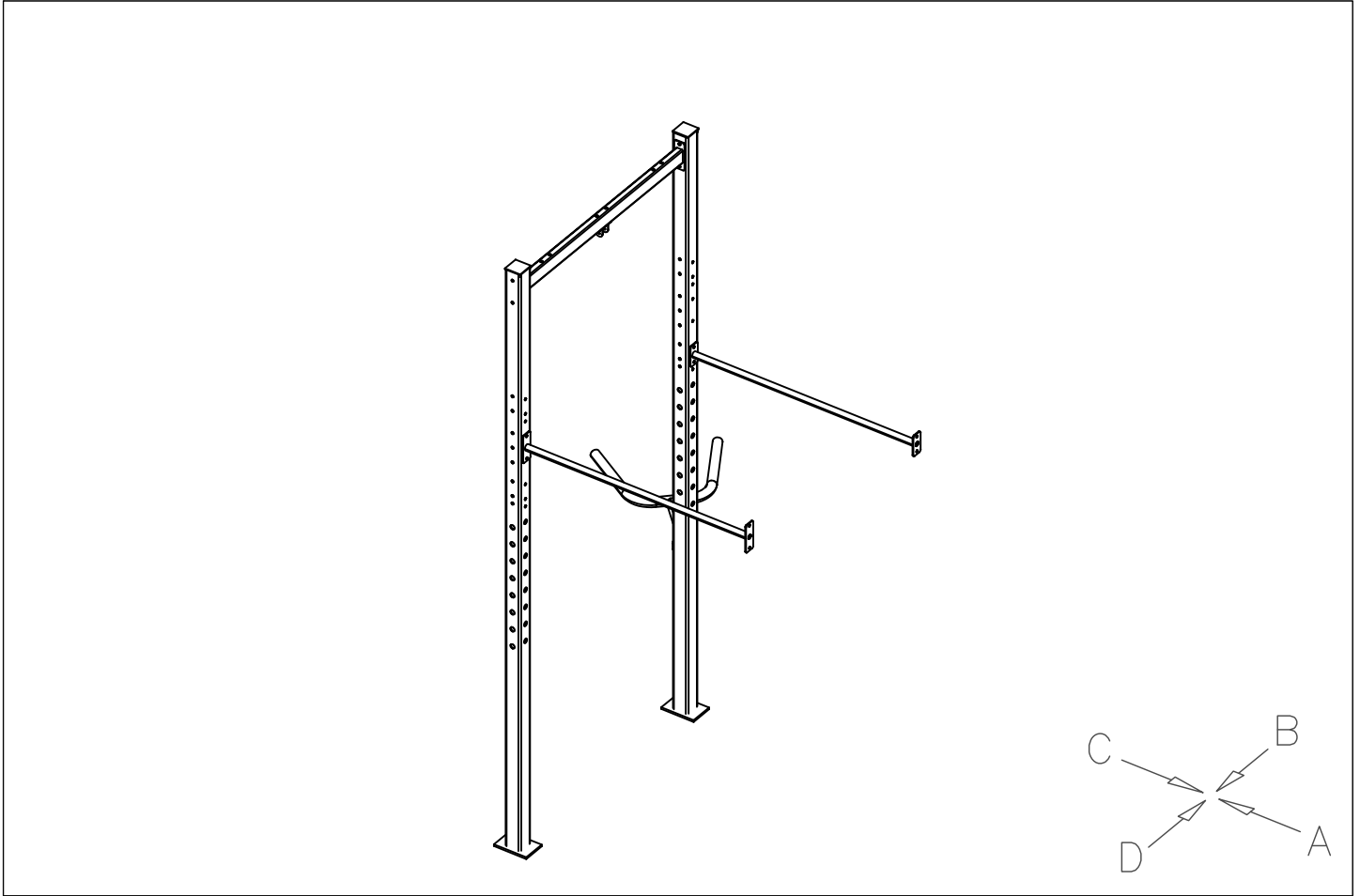
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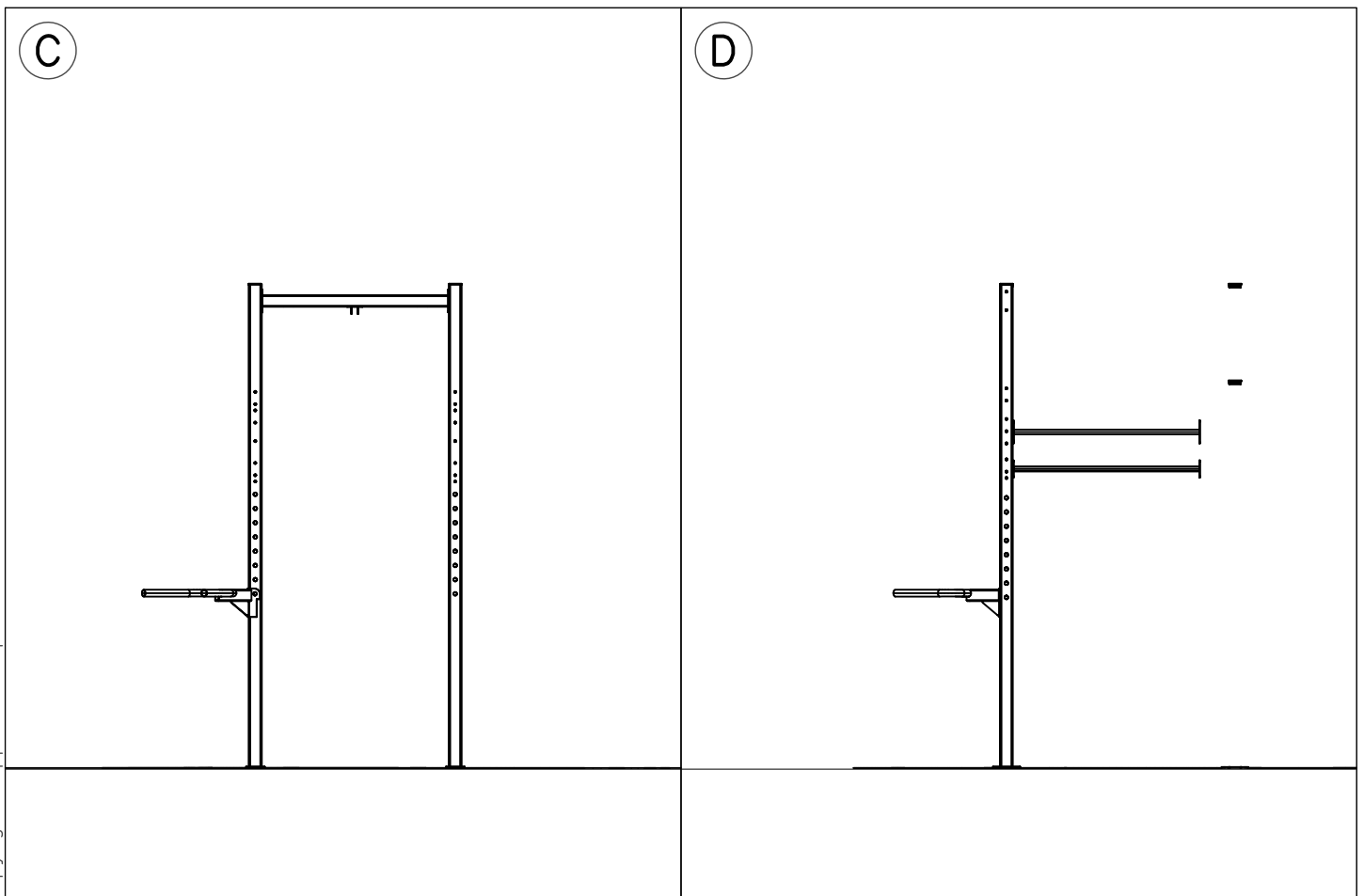
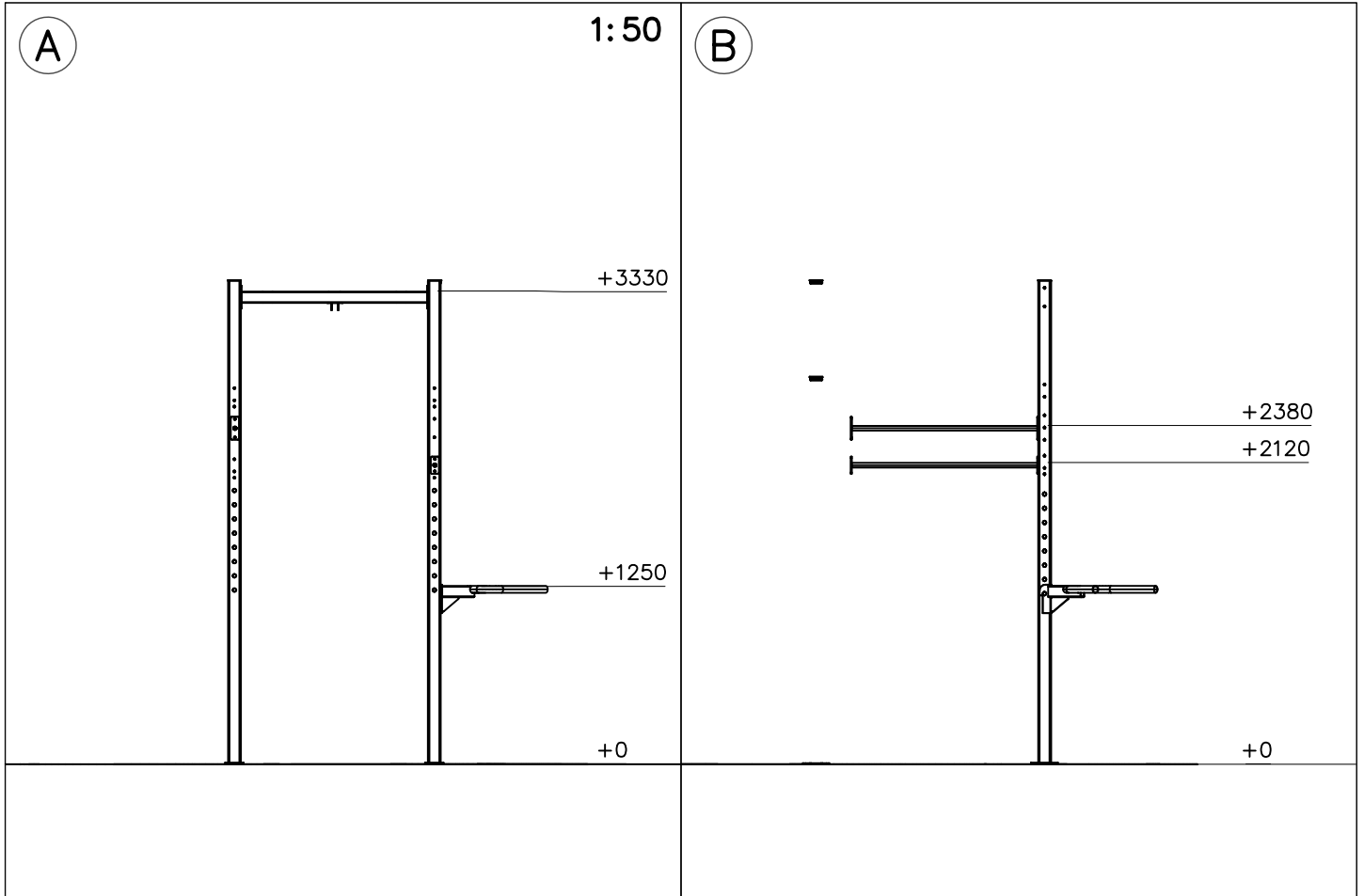


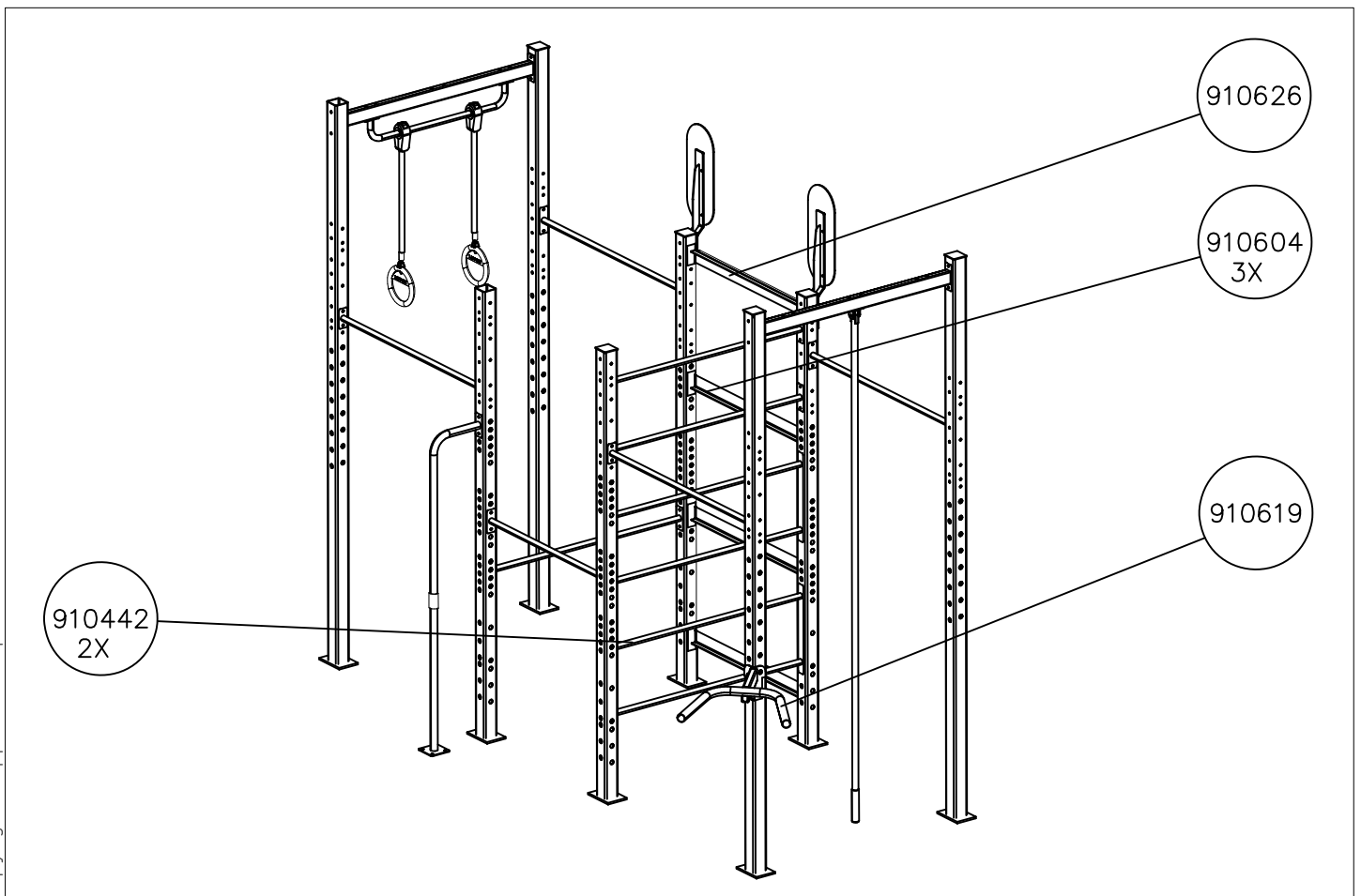
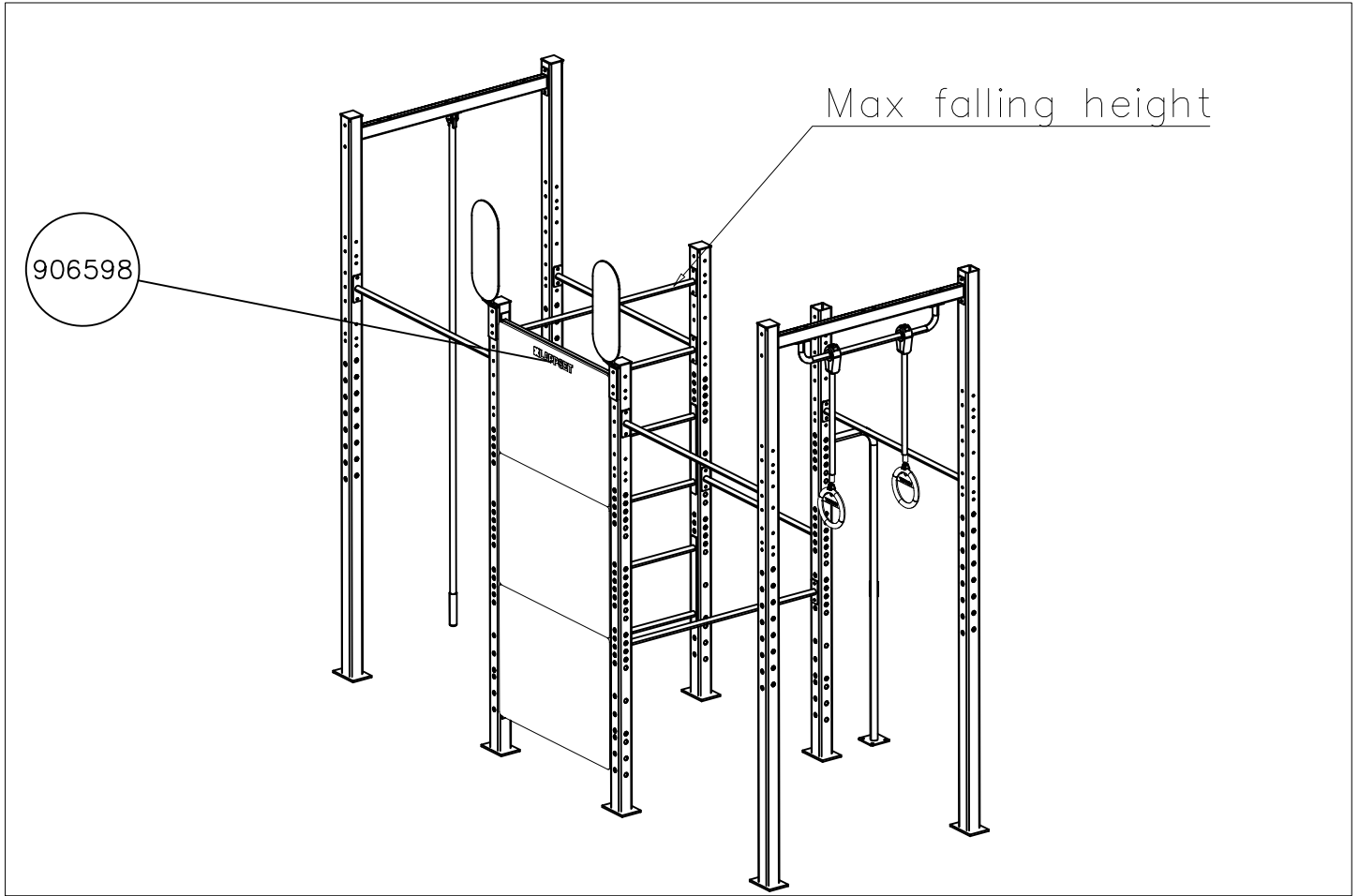
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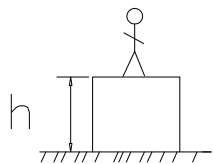




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$h < 1000$

Totally hard surfaces or materials with very limited impact attenuating properties.

Totally hard surfaces.  
E.g. concrete or asphalt



Case by case risk assessment is needed including e.g. evaluation whether there is forced movement, what is the intended exercise and where will the product be installed.

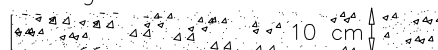
Materials with very limited impact attenuating properties.  
E.g. wood



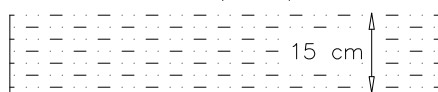
$h < 1200$

Materials with significant impact attenuating properties.

fine gravel 0–8 mm



Unsorted sand/ topsoil



$h < 1500$

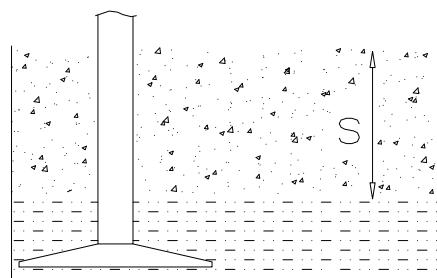
Lawn



$h < 3000$

Loose fill material

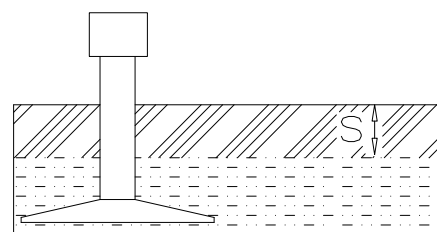
E.g.  
sand/gravel 0,25...8 mm  $D_{60}/D_{10} < 3,0$   
Woodchips 5...30 mm  
bark 20...80 mm



$\underline{S}$	$\underline{h}$
30 cm	$< 2,0$ m
40 cm	$< 3,0$ m

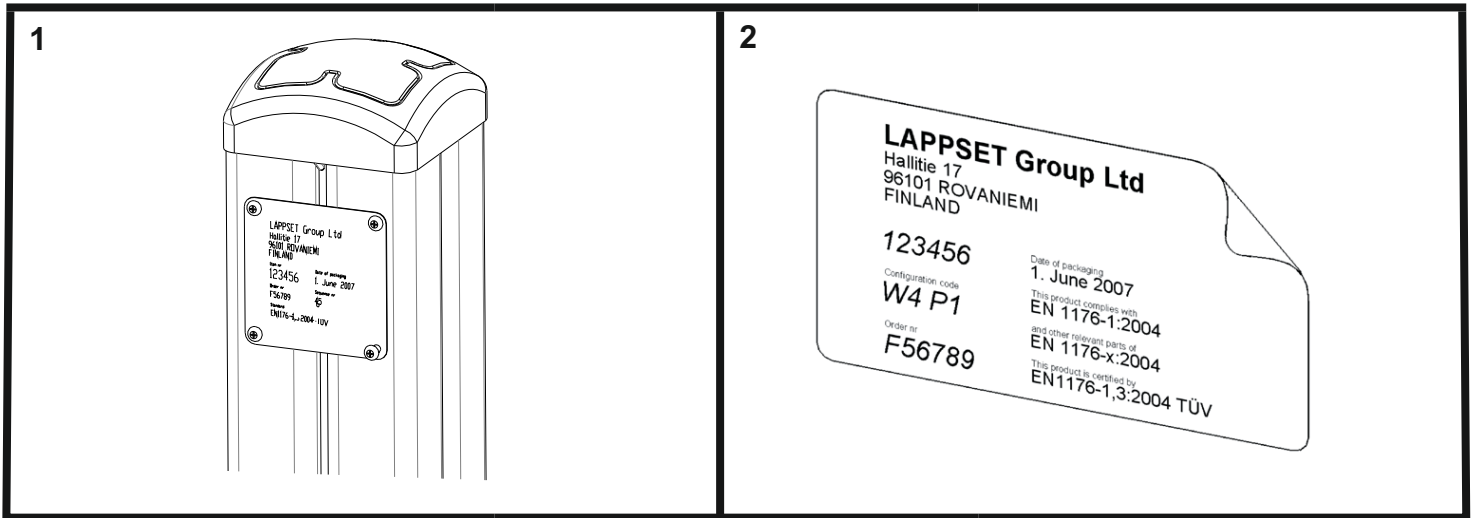
Syntetic granulates

$\underline{S}$	$\underline{h}$
40 mm	$\sim > 1,2...1,3$ m
50 mm	$\sim > 1,5...1,7$ m
60 mm	$\sim > 1,8...2,0$ m
70 mm	$\sim > 2,1...2,5$ m



Note. For accurate values, see manufacturer's instructions.





**Tuotekyltti tulee tuotteen mukana yhdellä seuraavista tavoista:**

**1) Metallinen tuotekyltti ja kiinnitysruuvit**

- Kiinnitä tuotekyltti ruuveilla tolppaan noin 2 metrin korkeuteen kuvan 2 mukaisesti.

**2) Tuotekylttitarra**

- Puhdista maalattu metalli- tai vaneripinta pölystä ja kosteudesta. Liimaa tarra kuvan 3 mukaisesti.
- Huom. Älä kiinnitä tarraa karheapintaiseen laminaattiin tai maalattuun puuhun.

**Vår produktmärkning levereras på ett av följande sätt:**

**1) Produktskylt i metall**

- Fäst skylten med de medföljande skruvarna

**2) Självhäftande produktetikett**

- Rengördenpulverlackerademetallytanellerlaminatytansåattdenblirfrifrånsmutsochfukt.Fästetikettenenligtfig.3.
- Obs! Fäst ej etiketten på detaljer med skrovlig yta eller på målat trä.

**Product label is delivered by one of following ways:**

**1) Metal product label and screws**

- Fasten the label with screws.

**2) Label sticker**

- Cleanthepaintedmetalorplywoodsurfacefromdirtandmoisture.Fastenthestickerasshowninthefigure3.
- Note. Do not attach the sticker to rough surfaced laminate or painted wood.

**La plaque d'informations produit est livrée sous l'une de ces 3 formes :**

**1) Plaque métallique et vis**

- Fixez la plaque à l'aide des vis.

**2) Etiquette autocollante**

- Avant de coller l'étiquette, nettoyez le composant métallique peint ou la plaque de contreplaqué, de toute saleté. La surface doit être sèche (voir image 3).
- Attention, ne pas coller l'étiquette sur une surface lamellé-collée irrégulière ou sur du bois peint.

**Die Auslieferung des Produktaufklebers erfolgt auf eine dieser Arten:**

**1) Produkt-Schild aus Metall incl. Schrauben**

- Die Befestigung des Schildes erfolgt mittels der Schrauben.

**2) Aufkleber**

- EntfernenSiezunächstSchmutzundFeuchtigkeitvomlackiertenMetallbzw.vonderHolzoberflächeundbringenSiedenAufkleber wie im Bild oben rechts beschrieben auf den gesäuberten Untergrund auf.
- Beachten Sie: Bringen Sie den Aufkleber nicht auf raues laminiertes oder lackiertes Holz an.