

Fitness Legacy Zone	
Double Leg Press	
PROD. CODE	6210-061
SIZE	1870x1290x1700mm
AGE RANGE	14 to Adult
F/ FALL HEIGHT	<750mm
HEAVIEST PART	Approx 168Kg
TOTAL WEIGHT	Approx 228Kg
	

SPECIFICATION

Steel plate to EN 10025
 Steel CHS to EN 10219
 Steel RHS to EN 10219
 Welding to EN ISO 14341:2011

Polyester powder paint to EN 13438:2005
 Standard fixings to BS 3692:2001 and BS 4190:2001
 Non-standard fixings are anti-vandal and corrosion resistant

INSTALLATION INSTRUCTIONS

- 1 Read installation instructions thoroughly before commencing installation of unit.
- 2 Excavate two holes 600 x 600 x 600 deep - see page 2.
- 3 Position and assemble the below ground fixings with spragging irons (see page 2) centrally in the excavated holes so the eight bolts are pointing upwards ensuring that the top plate is flush with the finished surface level.
- 4 Check alignment of bolts and backfill the holes with concrete (0.41 cu Metres) (4 parts gravel, 2 parts sand & 1 part cement) ensuring the below ground fixing is perpendicular to the finished surface level.
- 5 Allow the concrete to set for 48 hours.
- 6 Position the unit on the below ground fixings and fit using one M20 washer, one M20 spring washer and one M20 nut per bolt as shown on page 3. Ensure unit is perpendicular to the ground surface. Ensure all moving parts move freely without obstruction. Centre punch thread in two places on all eight M20 Bolts and then fit nut cap (see page 3).

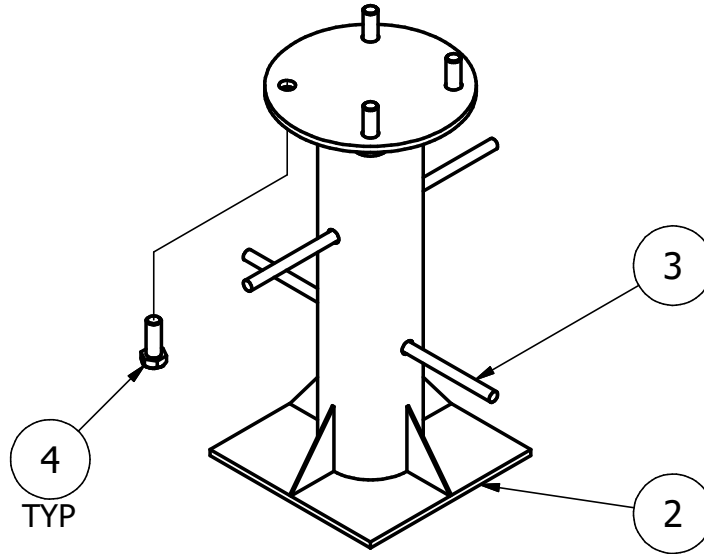
Note

Use Installation Aid (3720-187) for Below Ground Fixing.

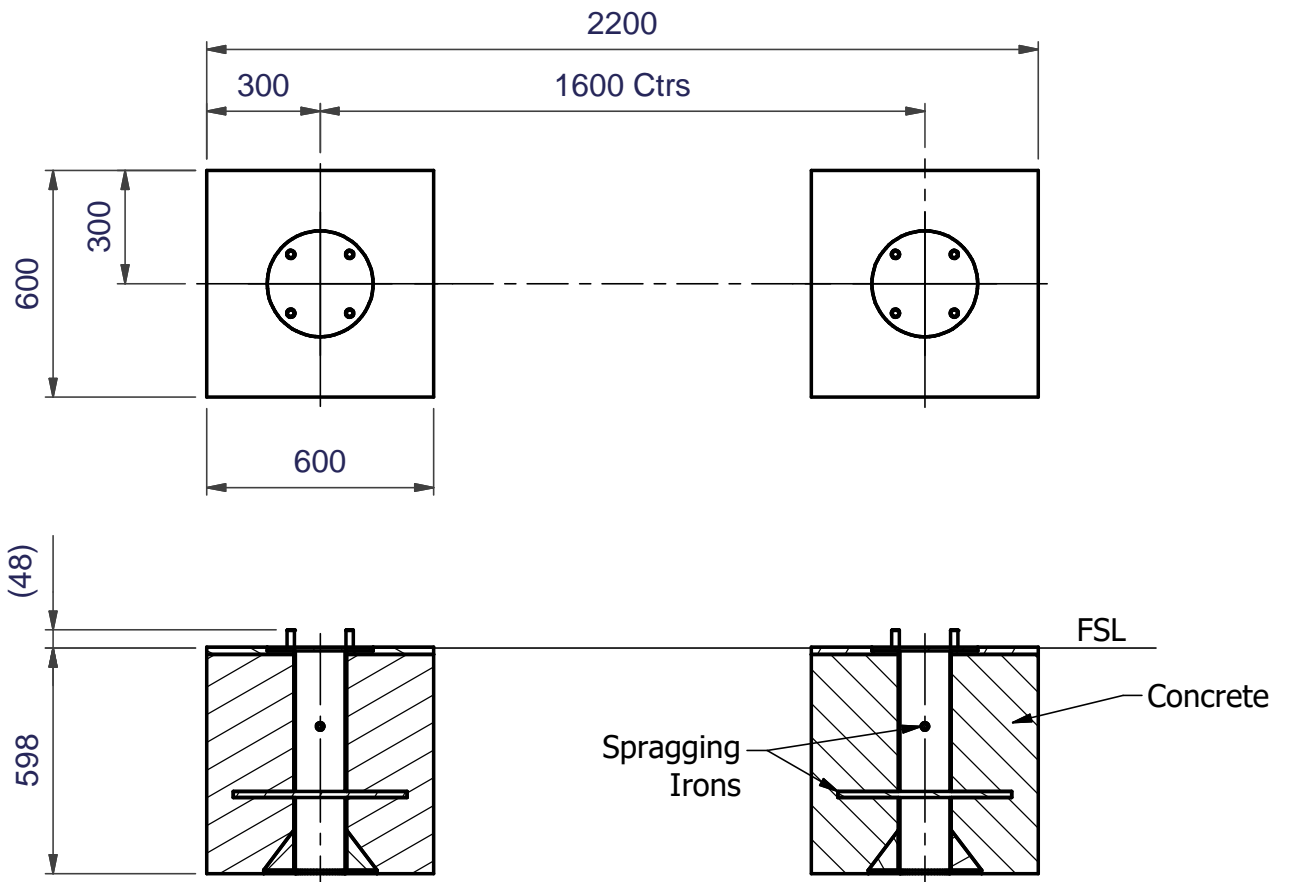
Note

Ensure all installation aids are removed before first use.

Below Ground Fixing Details
(2 off)

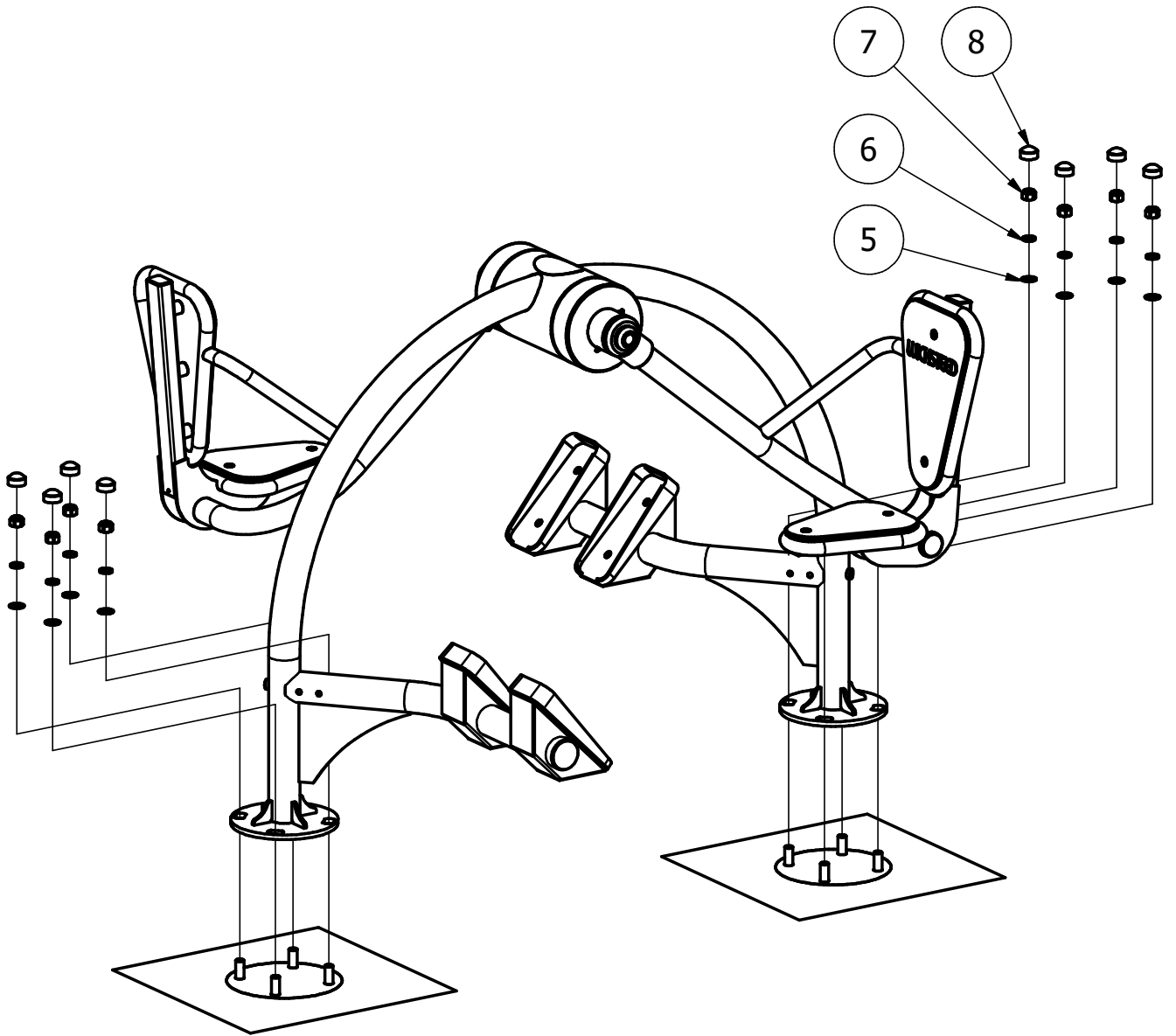


Foundation Detail
(Care must be taken in abnormal conditions)

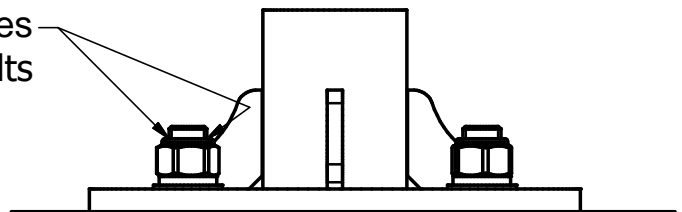


FSL = Finished Surface Level

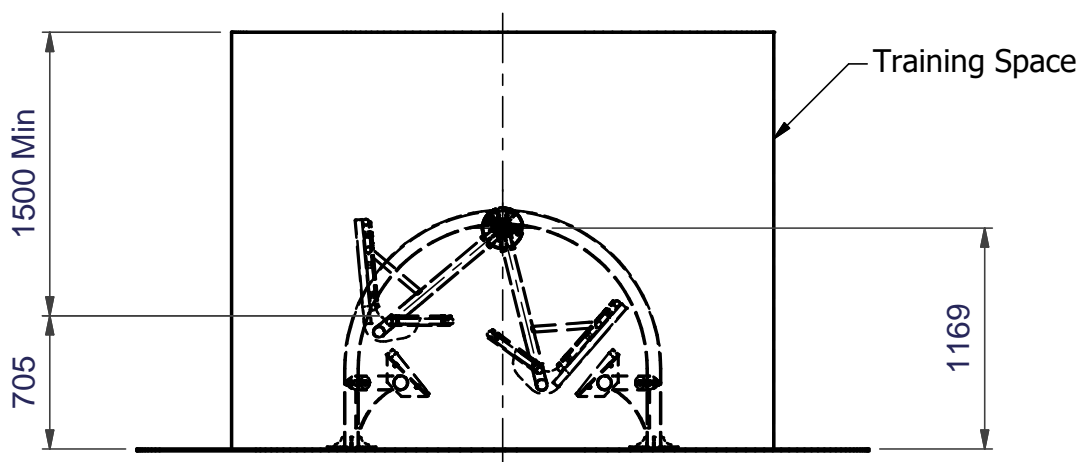
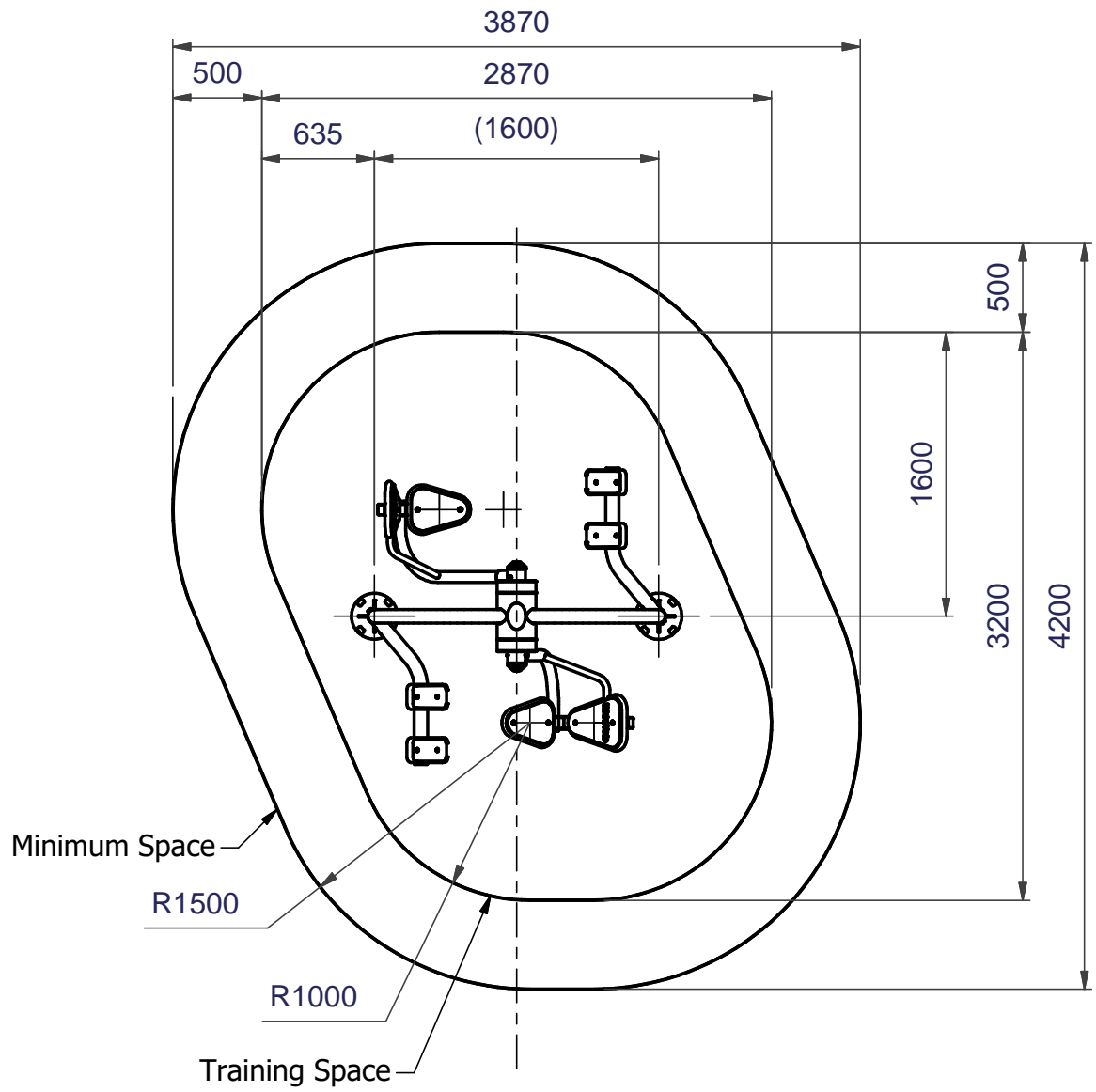
Leg Press Unit to Below Ground Fixing Details



Centre punch thread in two places
on all eight M20 Bolts



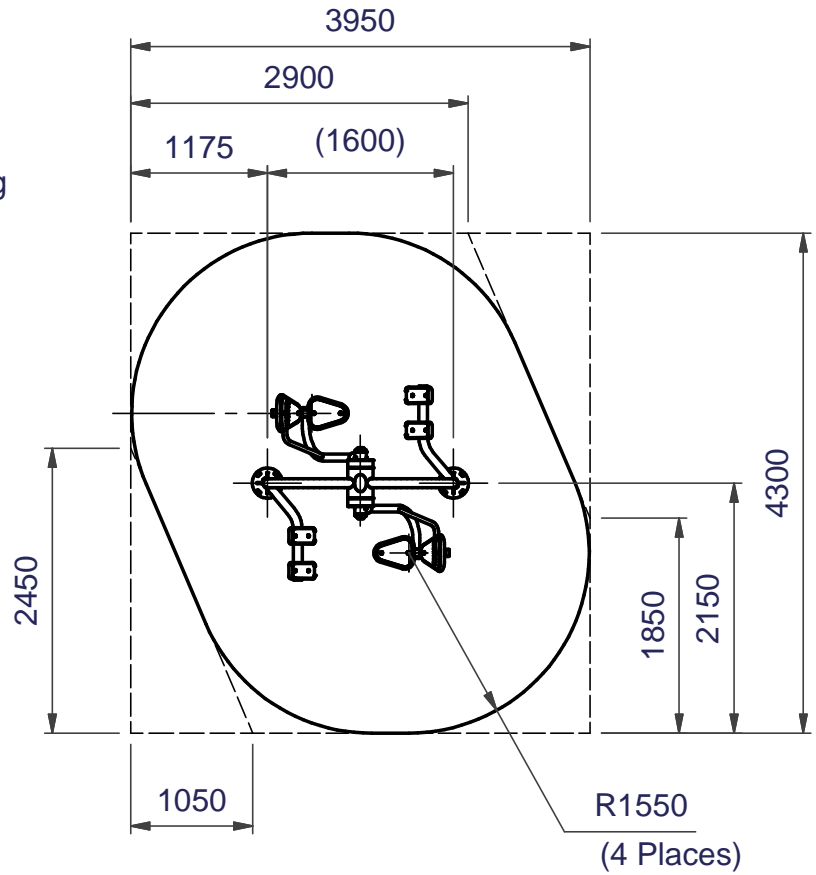
Minimum and Training Spaces



Safety Surfacing

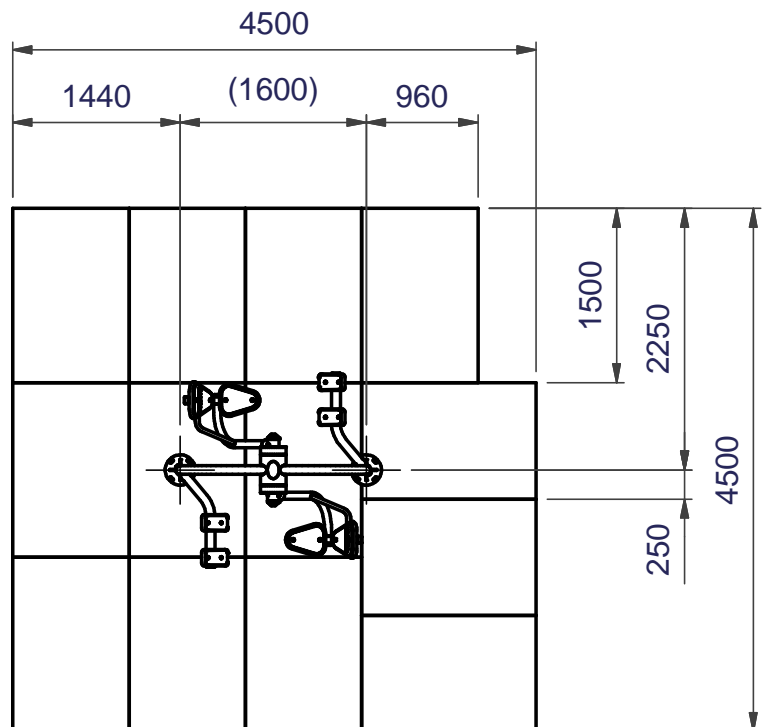
Wetpour

13.0 Sq. Metres 40mm Wetpour
13.0 Linear Metres Wetpour Edging



Grass Mats
(1500 x 1000mm)

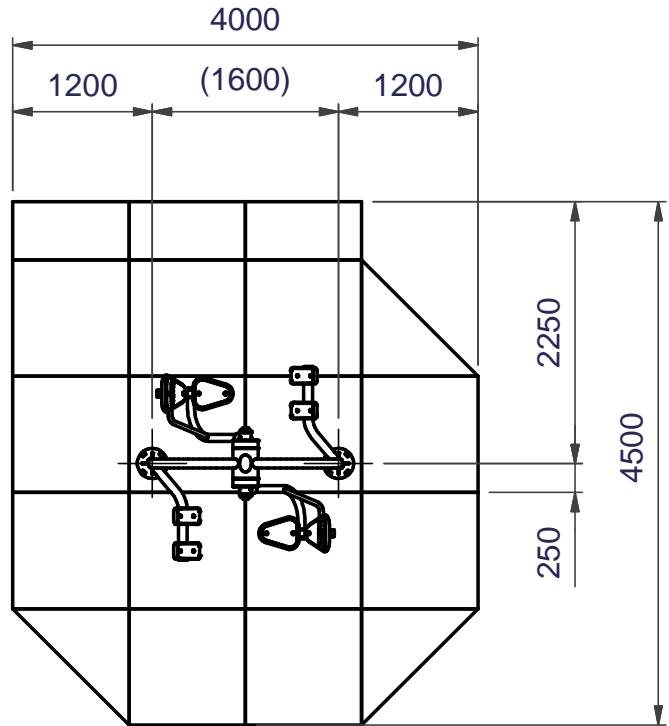
13 off Total



Safety Surfacing

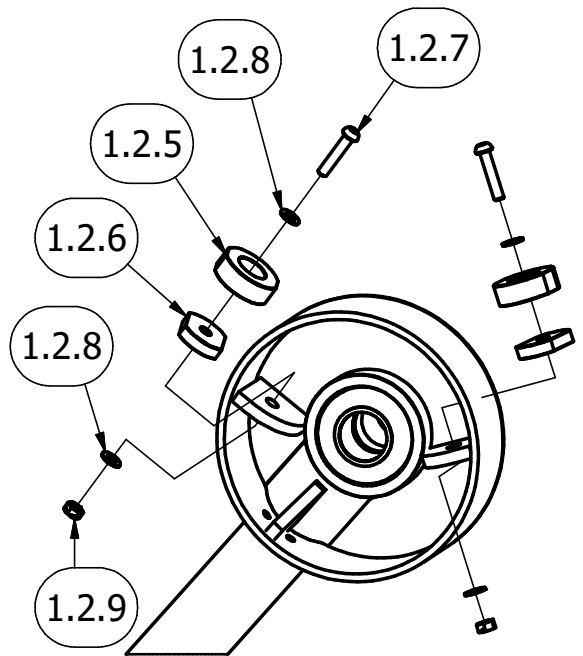
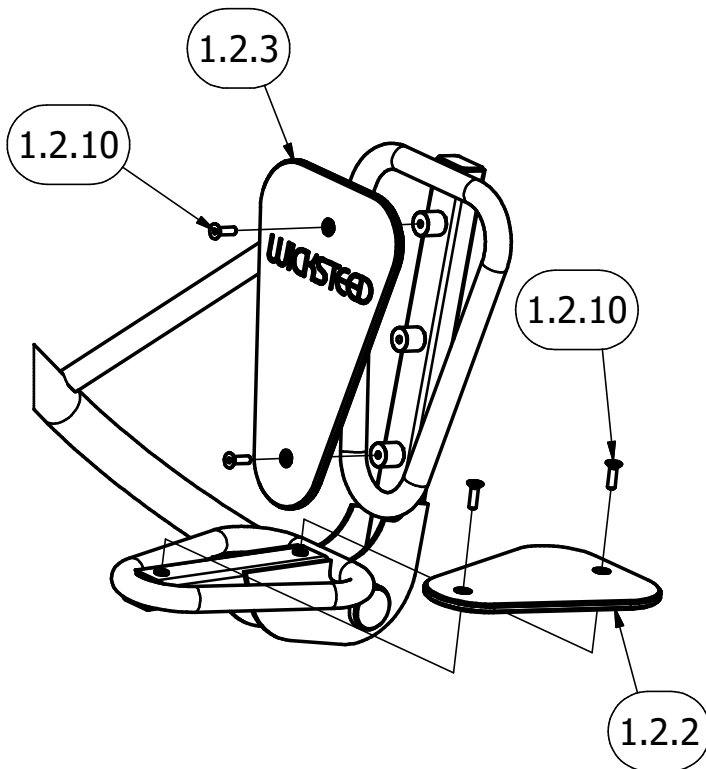
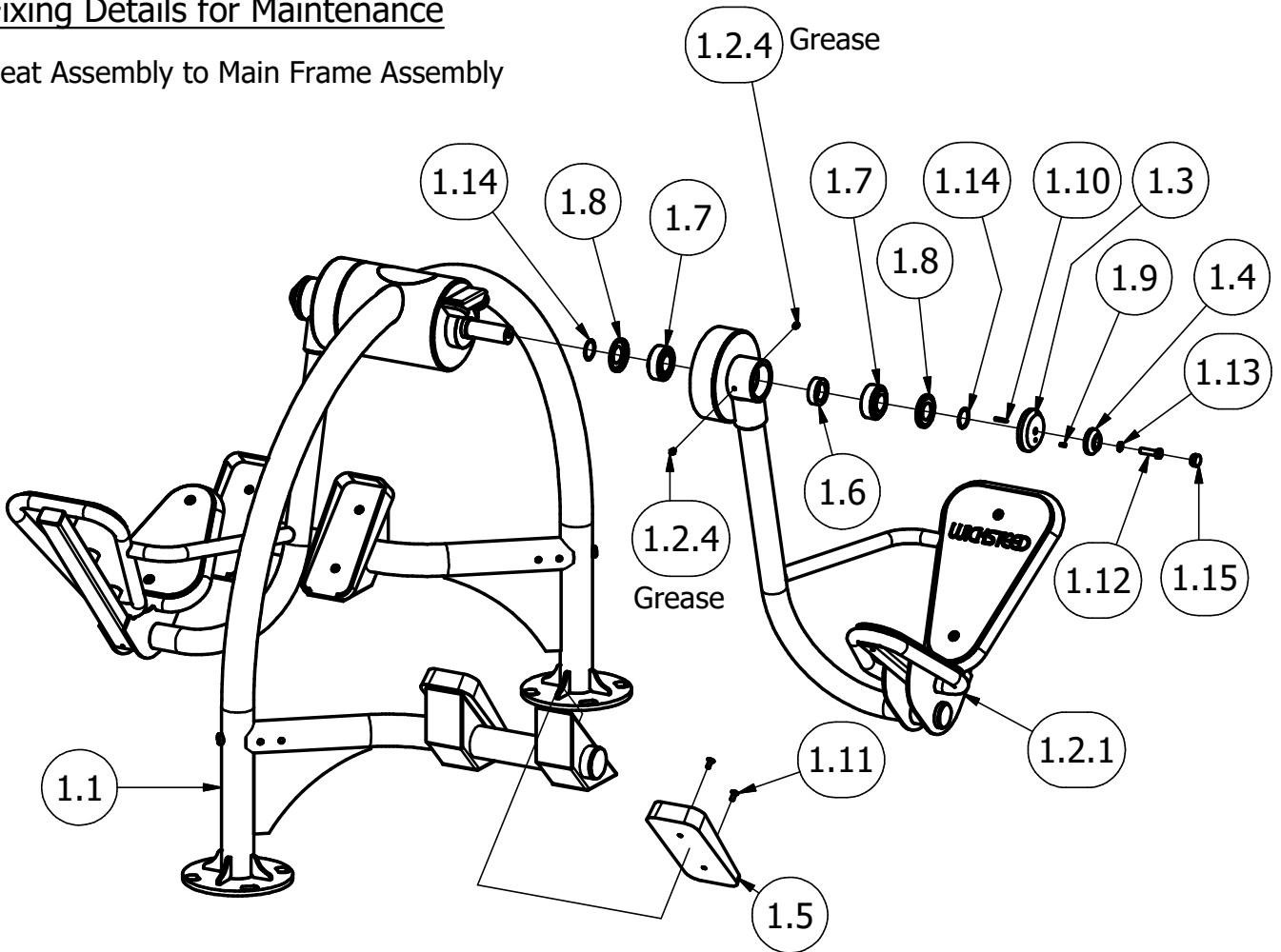
Safety Tiles
(1000 x 1000mm)

16.0 Sq. Metres
40mm Thickness
15.5 Linear Metres of Tile Edging



Fixing Details for Maintenance

Seat Assembly to Main Frame Assembly



View Showing Buffer Stops

Parts List			
ITEM	QTY	PART NUMBER	DESCRIPTION
1	1	5104-025	Double Leg Press Assembly
1.1	1	4202-742	DOUBLE LEG PRESS FRAME ASSEMBLY
1.2	2	4202-749	Seat Assembly
1.2.1	1	4202-037	Seat Frame Assembly
1.2.2	1	3756-061	Seat Panel
1.2.3	1	3756-064	Back Panel
1.2.4	2	2692-003	5/16 BSW GREASE NIPPLE
1.2.5	2	2906-023	Small Buffer (Top)
1.2.6	2	2906-024	Small Buffer (Bottom)
1.2.7	2	2176-155	M8 x 45 Pent Btn Head (Cut Down to 40mm)
1.2.8	4	2215-507	M8 Washer
1.2.9	2	2191-009	M8 Binx Nut
1.2.10	4	2171-185	M10 x 35 C'sunk Skt Screw c/w Pin
1.3	2	3030-346	Boss
1.4	2	3030-309	End Cap
1.5	4	3711-073	Foot Cast Iron
1.6	2	3755-712	Spacer
1.7	4	2546-014	33208_QCL7C Tapered Roller Bearing
1.8	4	2541-129	NILOS Ring
1.9	2	2223-021	DIA 6 x 12 LG SELLOK PIN
1.10	2	2224-002	DIA 6 x 30 LG SELLOK PIN
1.11	8	2176-226	M8 x 20 LG PENT C'SK SCREW
1.12	2	2185-070	M12 x 45 HEX HD BOLT
1.13	2	2212-213	M12 NORD LOCK WASHER
1.14	4	3730-147	M40 Rubber Washer
1.15	2	2611-031_Cap	Black Poeppelmann Cap
2	2	5071-031	BELOW GROUND FIXING
3	4	3030-310	460mm Spragging Iron
4	8	2175-181	M20 x 55 HT HEX HD SCREW
5	8	2215-512	M20 WASHER 2mm THK
6	8	2212-206	20mm SPRING WASHER
7	8	2192-012	M20 nyloc nut
8	8	2613-021	M20 Nut Cap

COMPILED MC	REV	0							
	ECN	1752							
DATE: 13/02/17	SIG.	MC							
	DATE:	13/02/17							

DESPATCH LIST

Sheet 1 of 1

Product: 6210-061 Double Leg Press Date of Issue: 06/01/17
 Fitness Legacy Zone

Order No: Issue: A

Item	Unit Qty	Description	Part No.	Checked
1	1	Double Leg Press Assembly	5104-025	
2	2	BGF upright	5071-031	
3	1	Fixing pack		
4				
5				
6		Pre-assembled Panels		
7	2	Seat Panel *	3756-061	
8	2	Back Panel *	3756-064	
9	2	Spacer *	3755-712	
10				
11				
12		Pre-assembled Labels		
13	1	Fitness Instruction Label (Leg Press) *	2910-015	
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24		Items marked * to be fitted before despatch		
25				

Total No. of Items

Picked By: Checked By:

COMPILED BY: MC	REV	0				
	ECN No.	1752				
DATE: 14/02/17	DATE	14/02/17				
	SIGN	MC				

FIXINGS LIST

Product: 6210-061 Double Leg Press Date of Issue: 14/02/17
Fitness Legacy Zone

Order No: _____ Issue: A

Item	Unit Qty	Description	Part No.	Checked
1	4	460mm Spragging Iron	3030-310	
2	8	M20 x 55 HT Hex Head Screw	2175-181	
3	8	M20 Washer 2mm Thk	2215-512	
4	8	M20 Spring Washer	2212-206	
5	8	M20 Nyloc Nut	2192-012	
6	8	M20 Nut Cap	2613-021	
7				
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25				

Total No. of Items

Picked By: _____ Checked By: _____

COMPILED BY:	MC	REV	0				
		ECN No.	1752				
		DATE	14/02/17				
DATE:	14/02/17	SIGN	MC				