

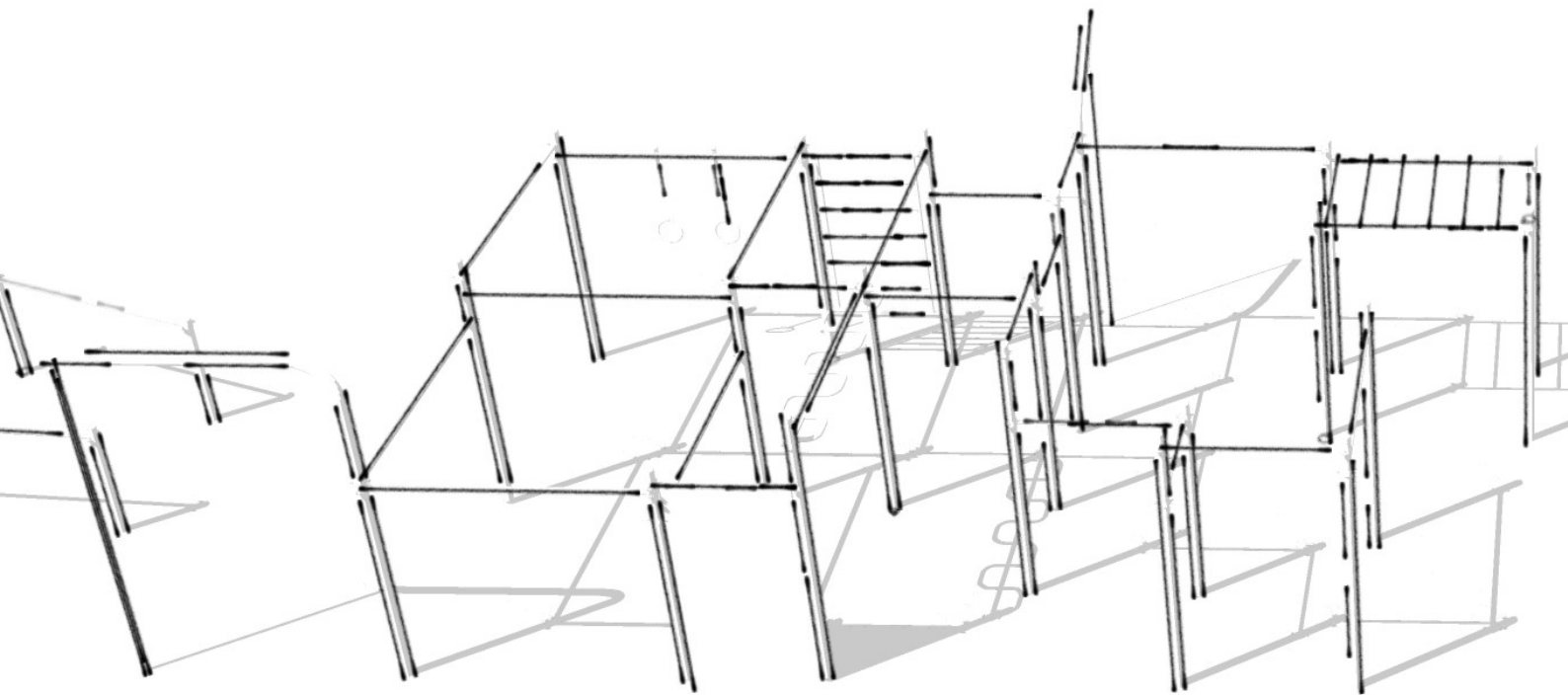


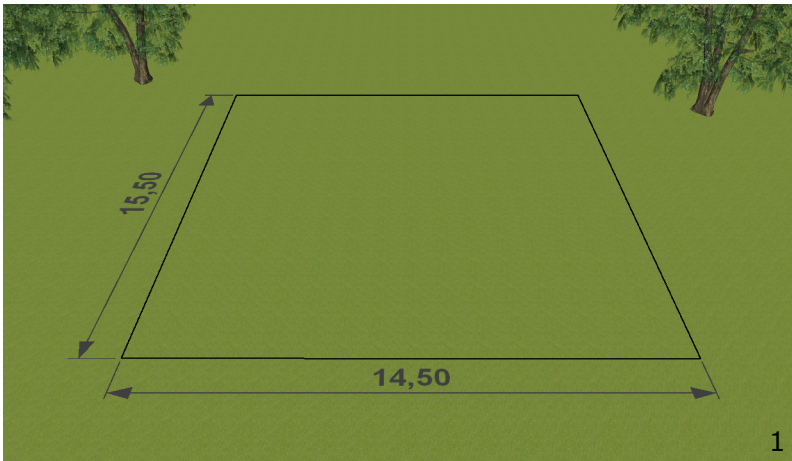
STREET WORKOUT

MANUAL

ON AN EXAMPLE OF SET

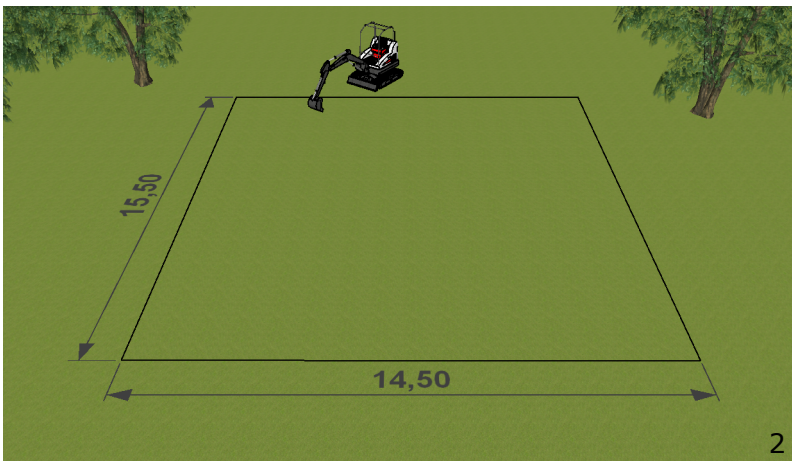
STREET WORKOUT FULL





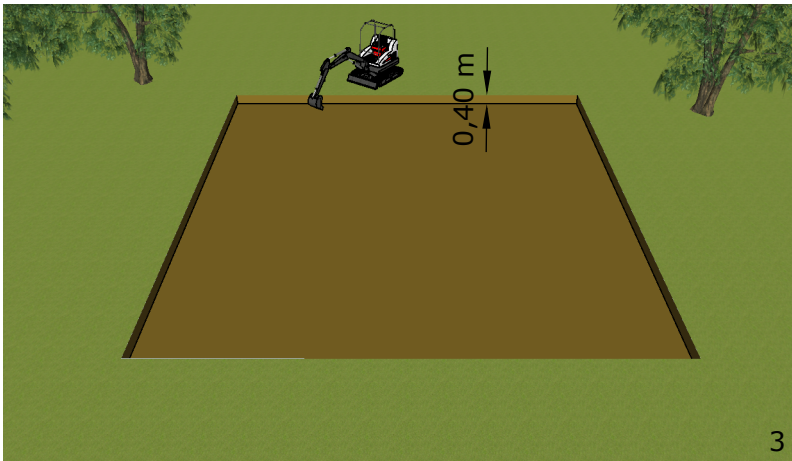
CHOOSE A PLACE WHERE YOU WANT TO SET YOUR STREET WORKOUT

THE PLACE SHOULD BE FLAT, FREE OF HAZARDOUS OBJECTS, WITHOUT UNDERGROUND INFRASTRUCTURE.



MARK ON THE GROUND FIELD OF A 15,5 x 14,5 m.

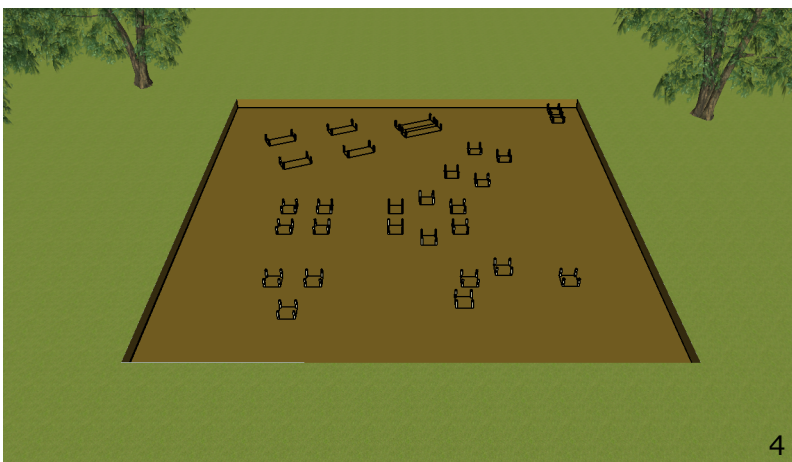
NEXT YOU NEED TO USE DIGGER OR MINIDIGGER TO REMOVE UPPER LAYERS OF THE GROUND.



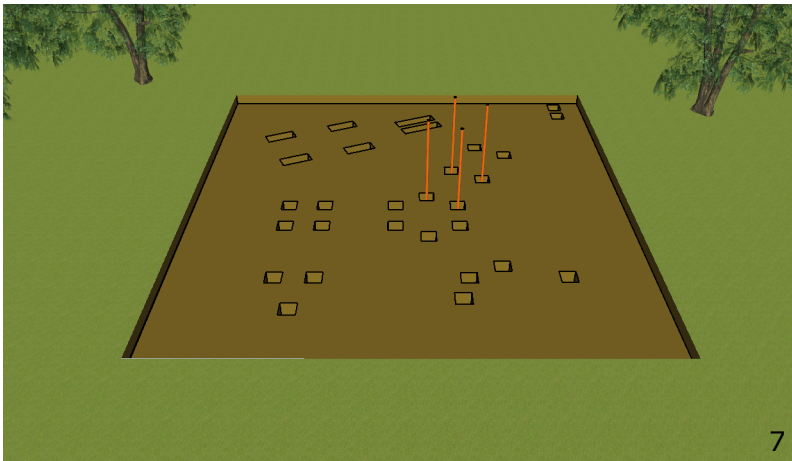
DIG THE SOIL ON DEPTH 40 CM

IF YOU WANT YOU CAN NOW MAKE THE CONCRETE EDGES AROUND THE SQUARE.

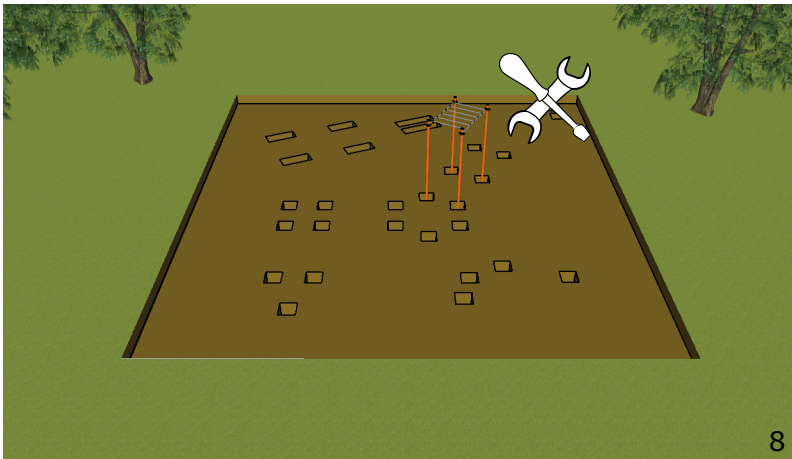
DIGGED SOIL TAKE AWAY WITH TRANSPORTATION CAR.



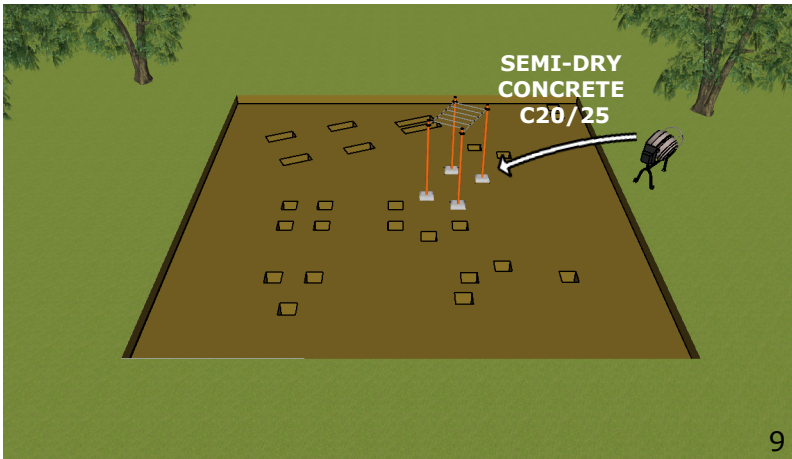
NOW MARK INSIDE THE SQUARE PLECES FOR FOOTING FOLLOWING PICTURE No. 5



SET FOUR POLES VERTICALLY
INDICATED
ON A PICTURE No. 7



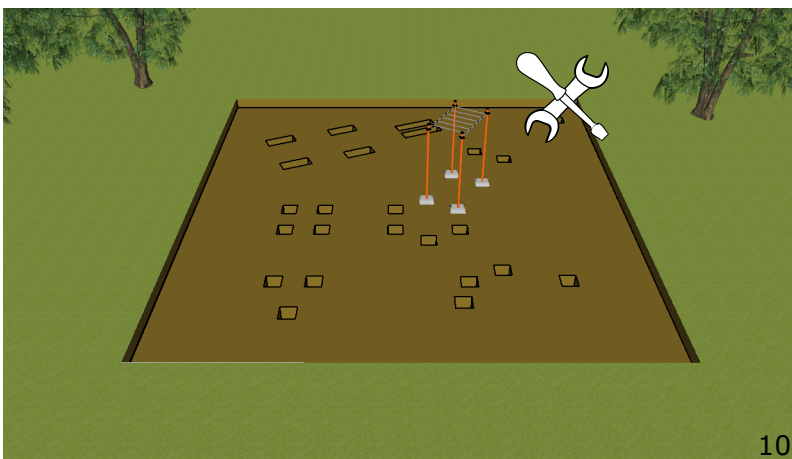
PUT ON ONE HORIZONTAL
LADDER ON THE POLES AND
FIX ITS CLAMPS ON THE
SCREWS USING THE TOOLS,
BUT DO NOT TIGHTEN.



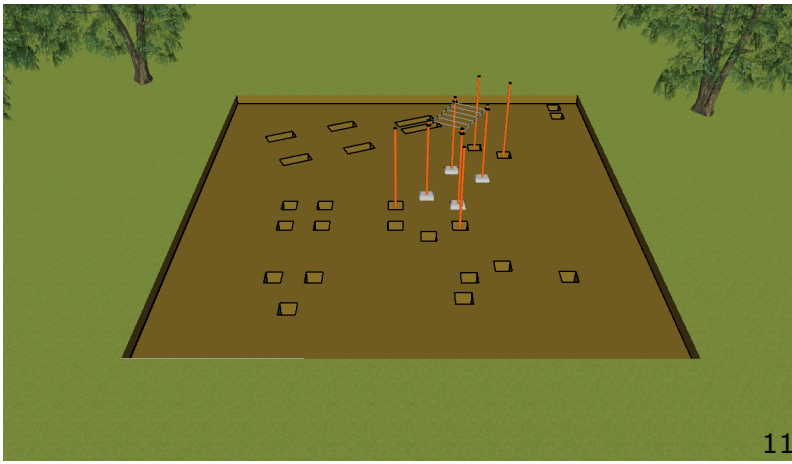
USE SEMI-DRY CONCRETE
CLASS MIN. C20/25
TO FILL THE HOLES AND
CREATE FOOTING IN
DIMENSION 50x50x50 CM.

TOP OF THE CONCRETE
FOOTING SHAPE INTO A CONE.

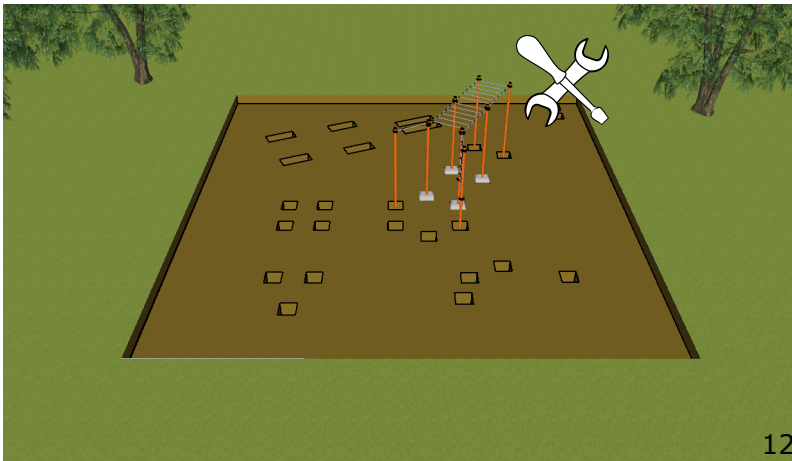
LET IT DRY FOR NEXT 24H.



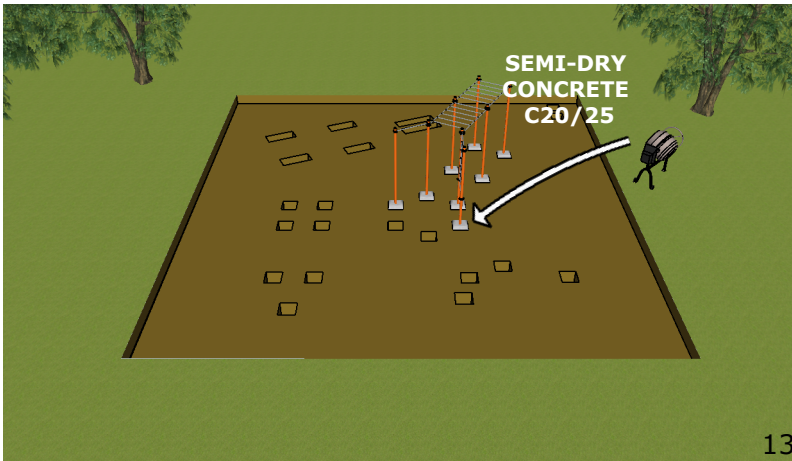
ON THE NEXT DAY TIGHTEN
THE SCREWS TO THE
MAXIMUM.



PUT VERTICAL POLES
AS INDICATED
ON PICTURE No. 11



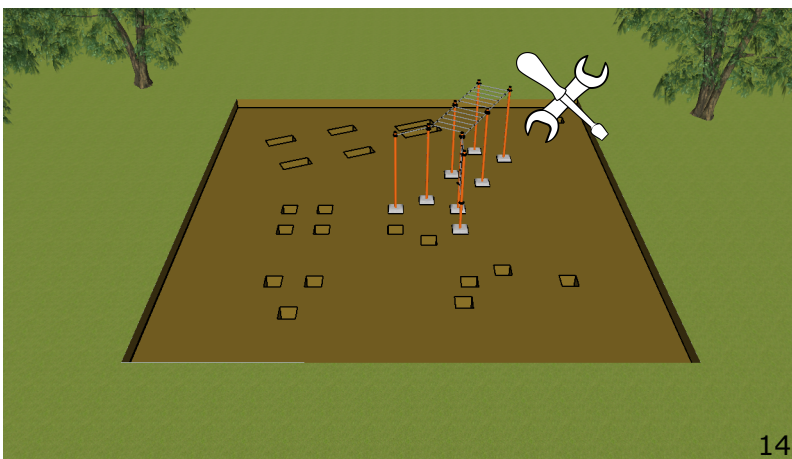
PUT ON ONE HORIZONTAL
LADDER ON THE POLES AND
FIX THE CLAMPS ON THE
SCREWS USING THE TOOLS,
BUT DO NOT TIGHTEN.



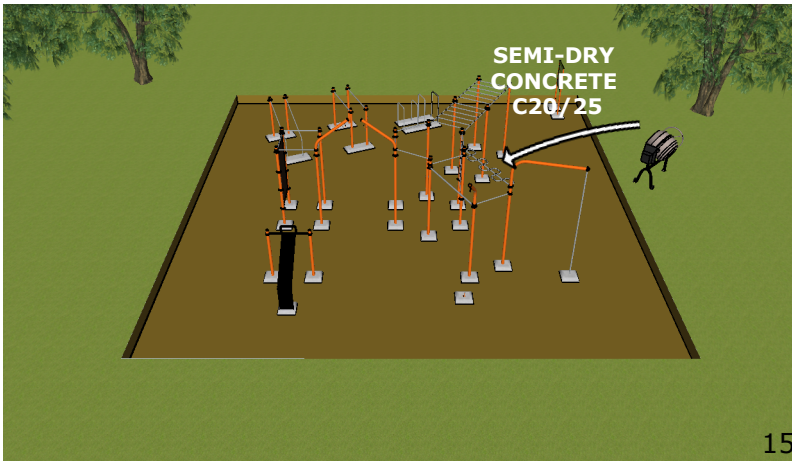
AGAIN, USE SEMI-DRY
CONCRETE CLASS MIN. C20/25
TO FILL THE HOLES AND
CREATE FOOTING IN
DIMENSION 50x50x50 CM.

TOP OF THE CONCRETE
FOOTING SHAPE INTO A CONE.

LET IT DRY FOR NEXT 24H.



ON THE NEXT DAY TIGHTEN
THE SCREWS TO THE
MAXIMUM.



REPEAT THE SAME STEPS WITH OTHER ELEMENTS.

BE SURE TO TIGHTEN THE SCREWS AFTER THE CONCRETE IS TOTALLY DRY.

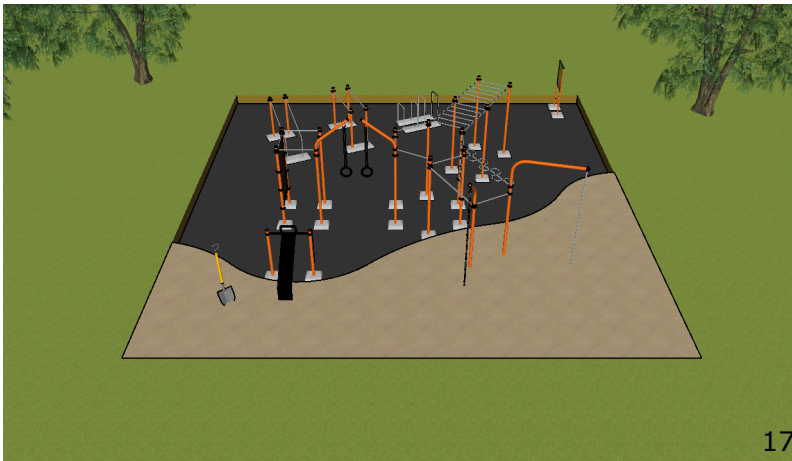
15



PUT THE LINE AND GYMNASTIC RINGS ON.

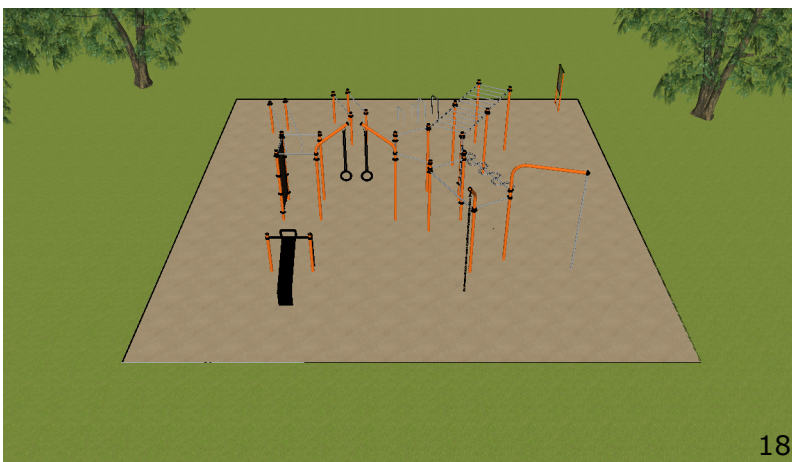
LAY DOWN GEOTEXTILE AND FIX IT TO THE GROUND WITH PLASTICS NAILS .

16



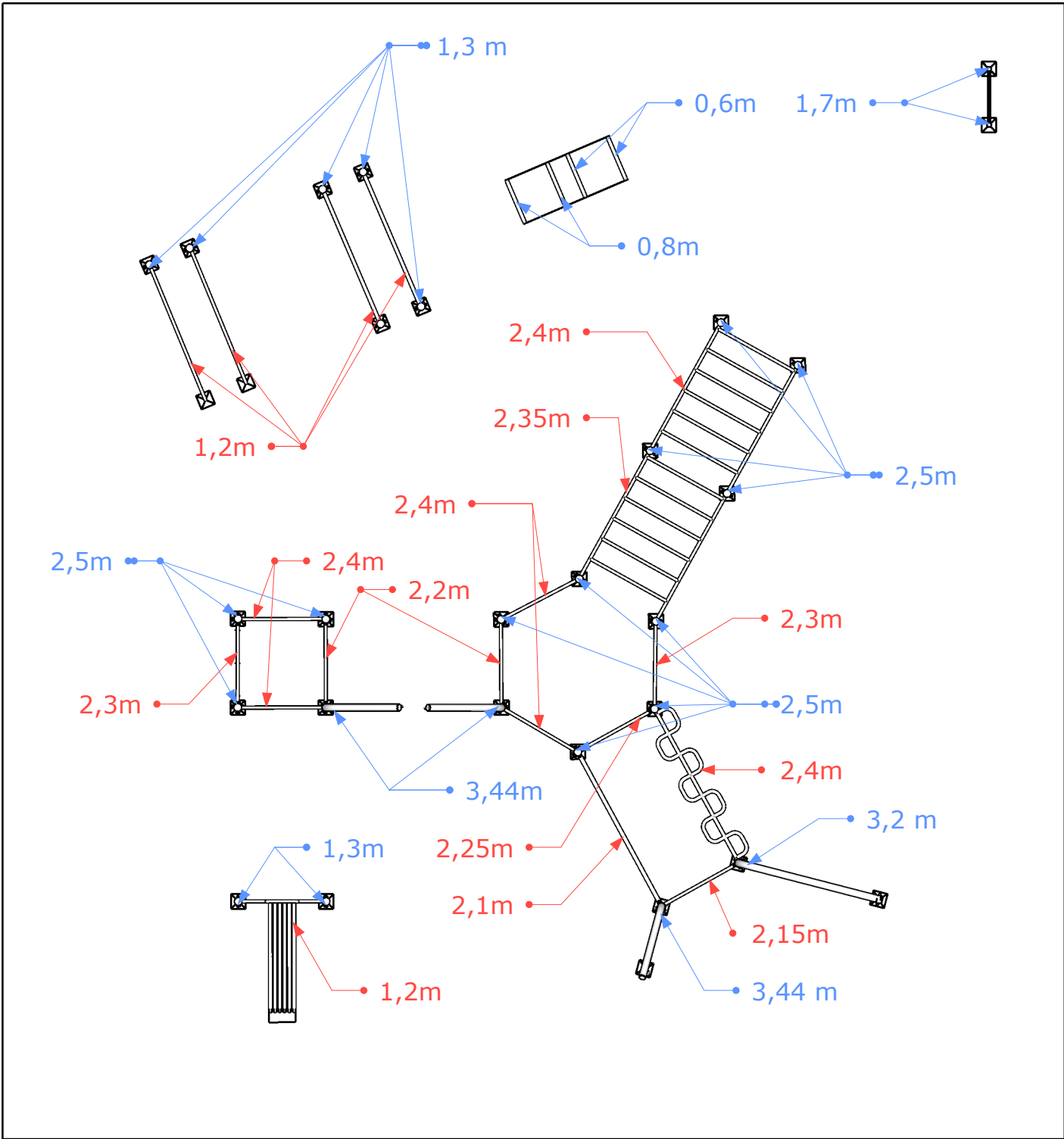
SPREAD THE IMPACT ATTENUATING SURFACE E.G.
 - SAND 0,2-2 mm
 - GRAVEL 2-8 mm

17



DONE!

18



THE PICTURE SHOWS HEIGHT OF THE ELEMENTS ABOVE GROUND LEVEL