

## Fitness Legacy Zone

### Chest Press & Pull Down

PROD. CODE	6210-058
SIZE	960x2260x2325mm
AGE RANGE	14 to Adult
F/ FALL HEIGHT	<600mm
HEAVIEST PART	Approx 194Kg
TOTAL WEIGHT	Approx 239Kg



#### 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 one hole 1300 x 1000 x 600 deep - see page 2.
- 3 Position and assemble the below ground fixings with spragging irons (see page 2) centrally in the excavated hole 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 (0.76 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).

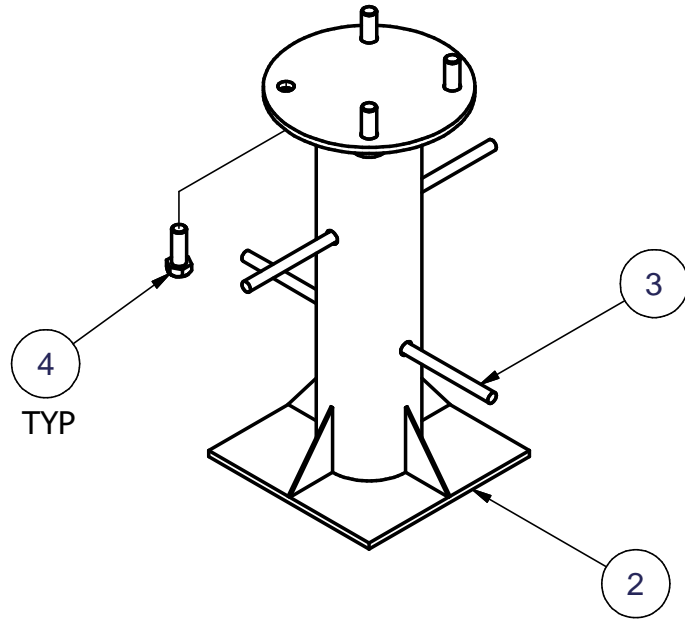
#### Note

Use Installation Aid (3720-184) for Below Ground Fixing.

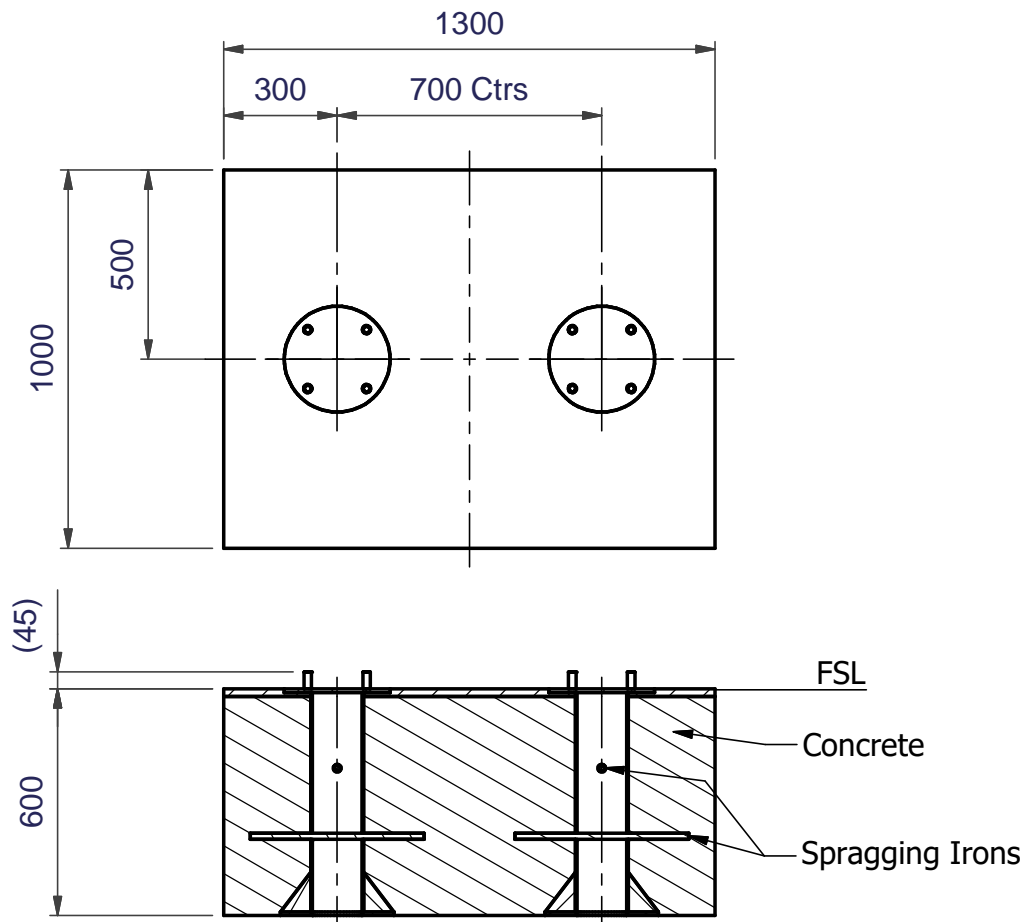
#### Note

Ensure all installation aids are removed before first use.

Below Ground Fixing Details  
(2 off)

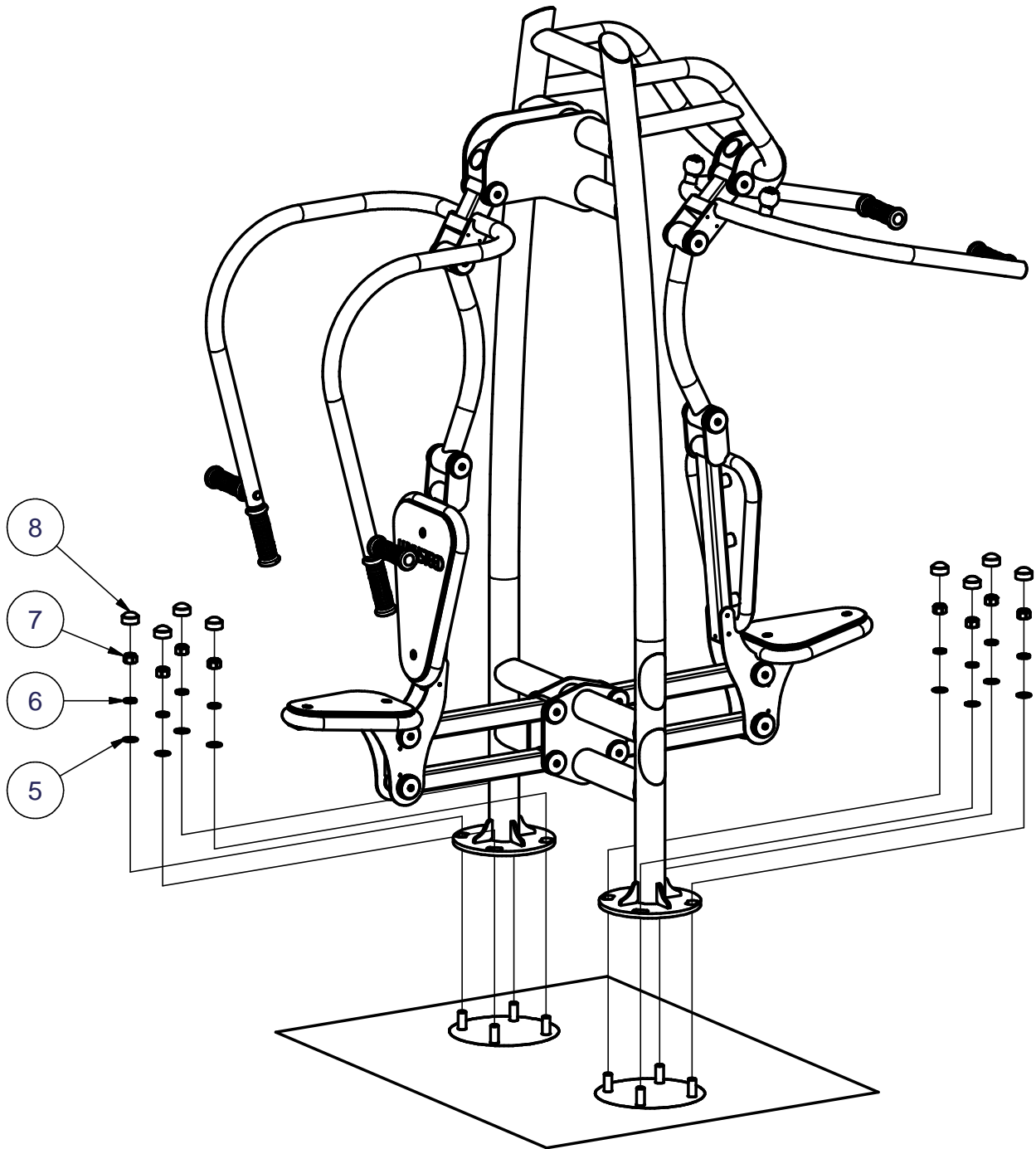


Foundation Detail  
(Care must be taken in abnormal conditions)

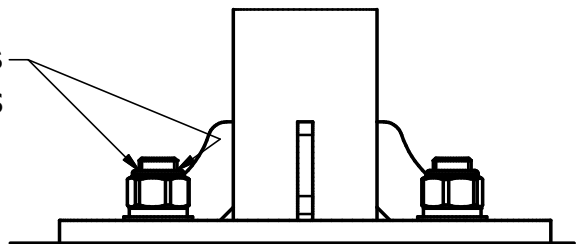


FSL = Finished Surface Level

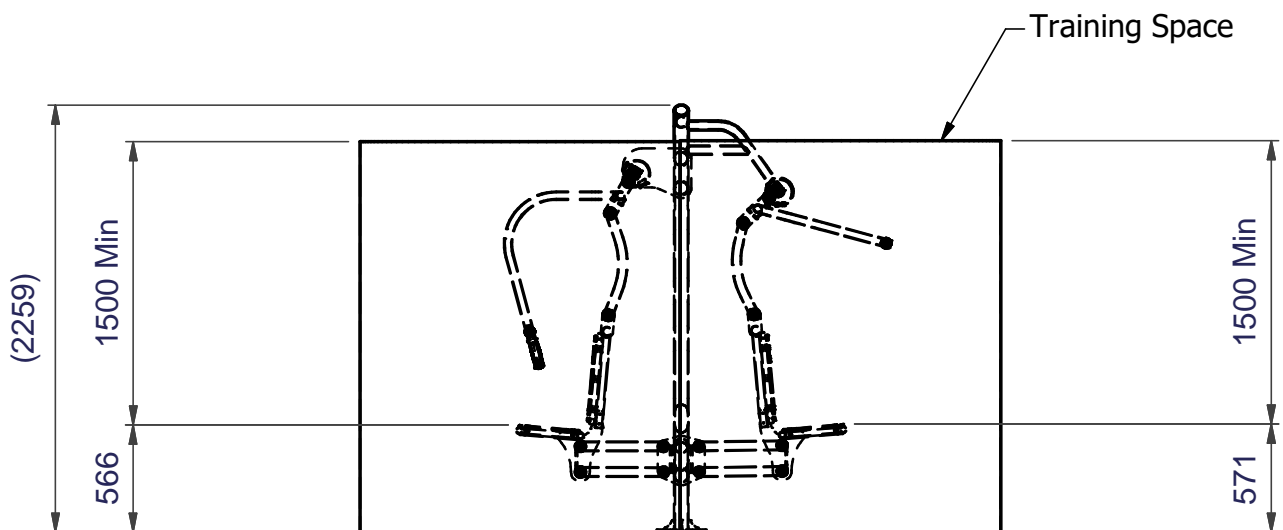
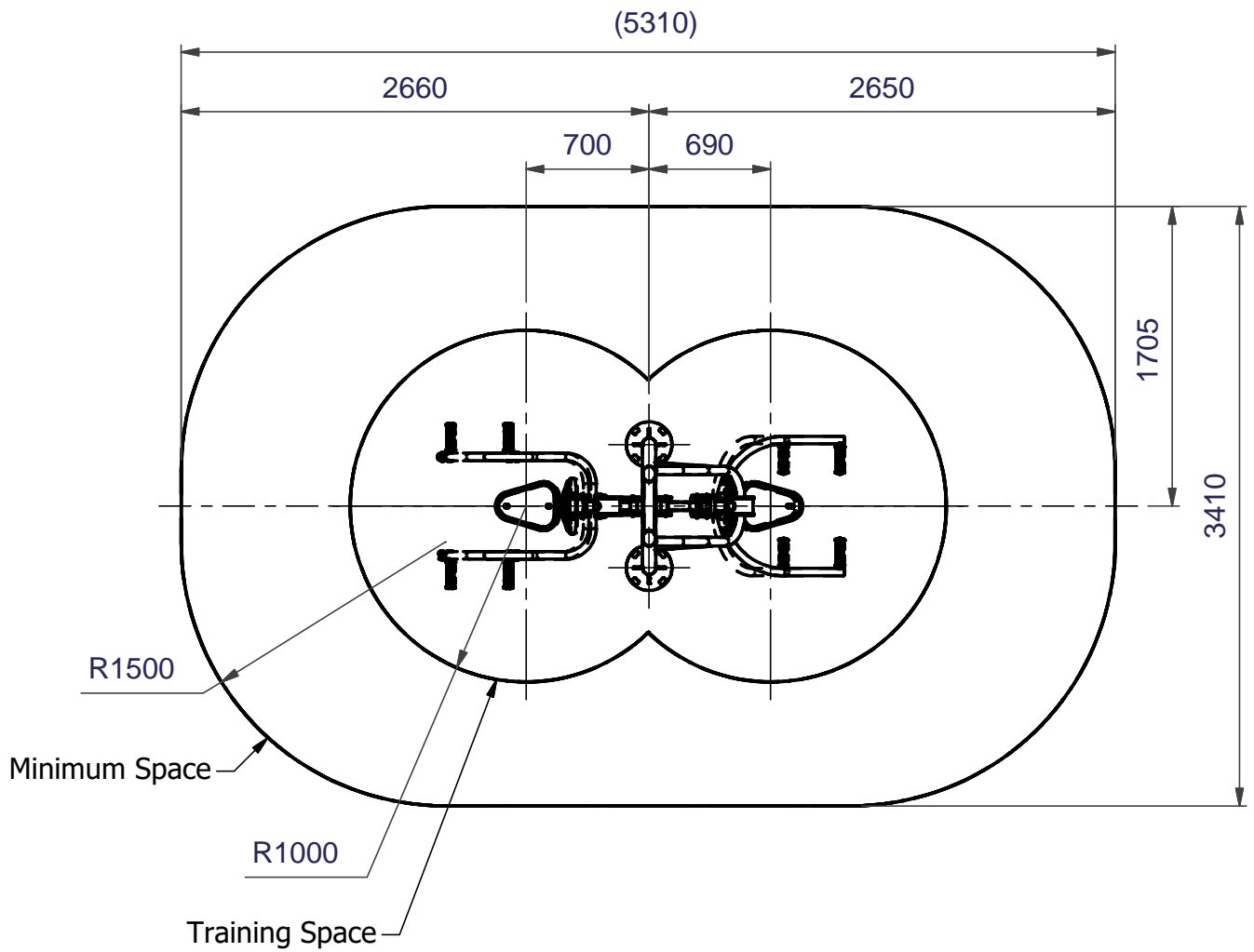
# Chest Press & Pull Down Unit to Below Ground Fixing Details



Centre punch thread in two places  
on all eight M20 Bolts



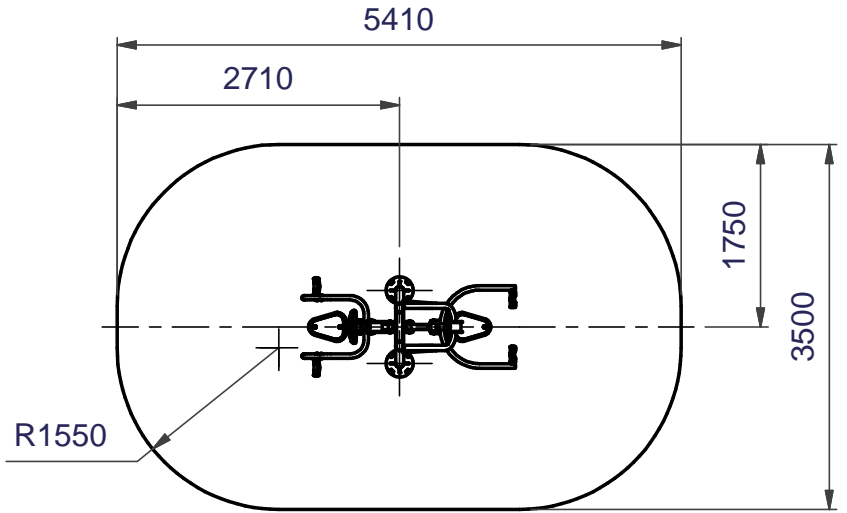
# Minimum and Training Spaces



Safety Surfacing

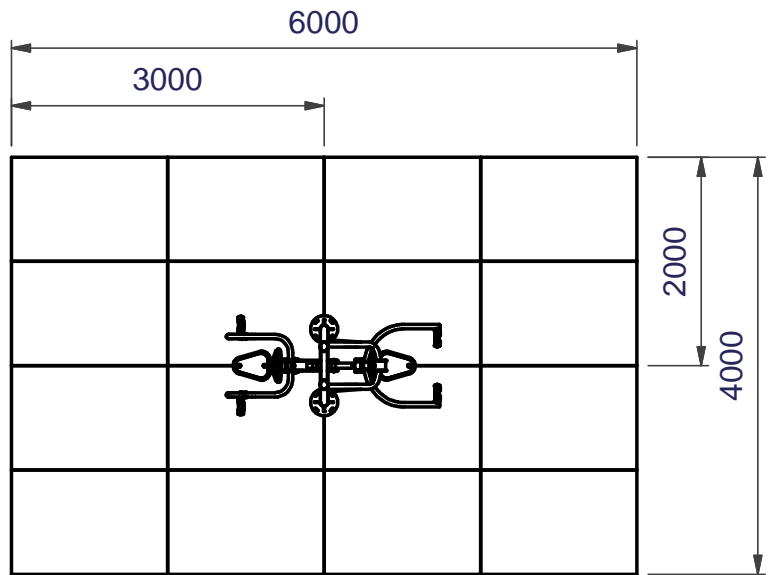
Wetpour

17.0 Sq. Metres 20mm Wetpour  
15.5 Linear Metres Wetpour Edging



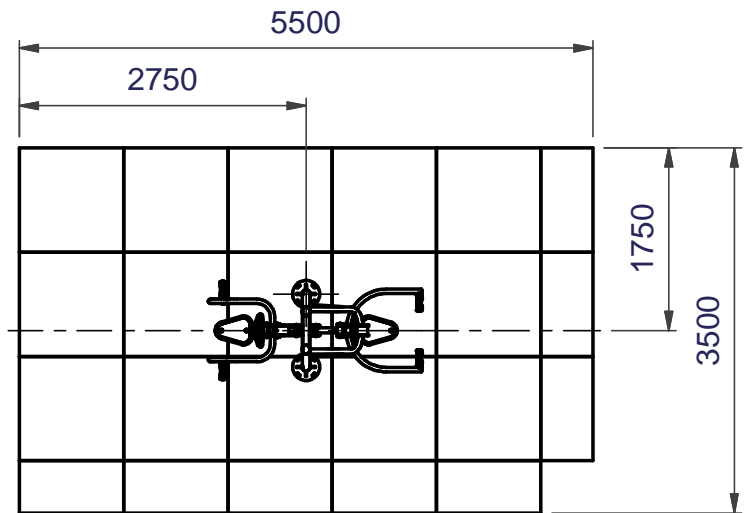
Grass Mats

16 off Total



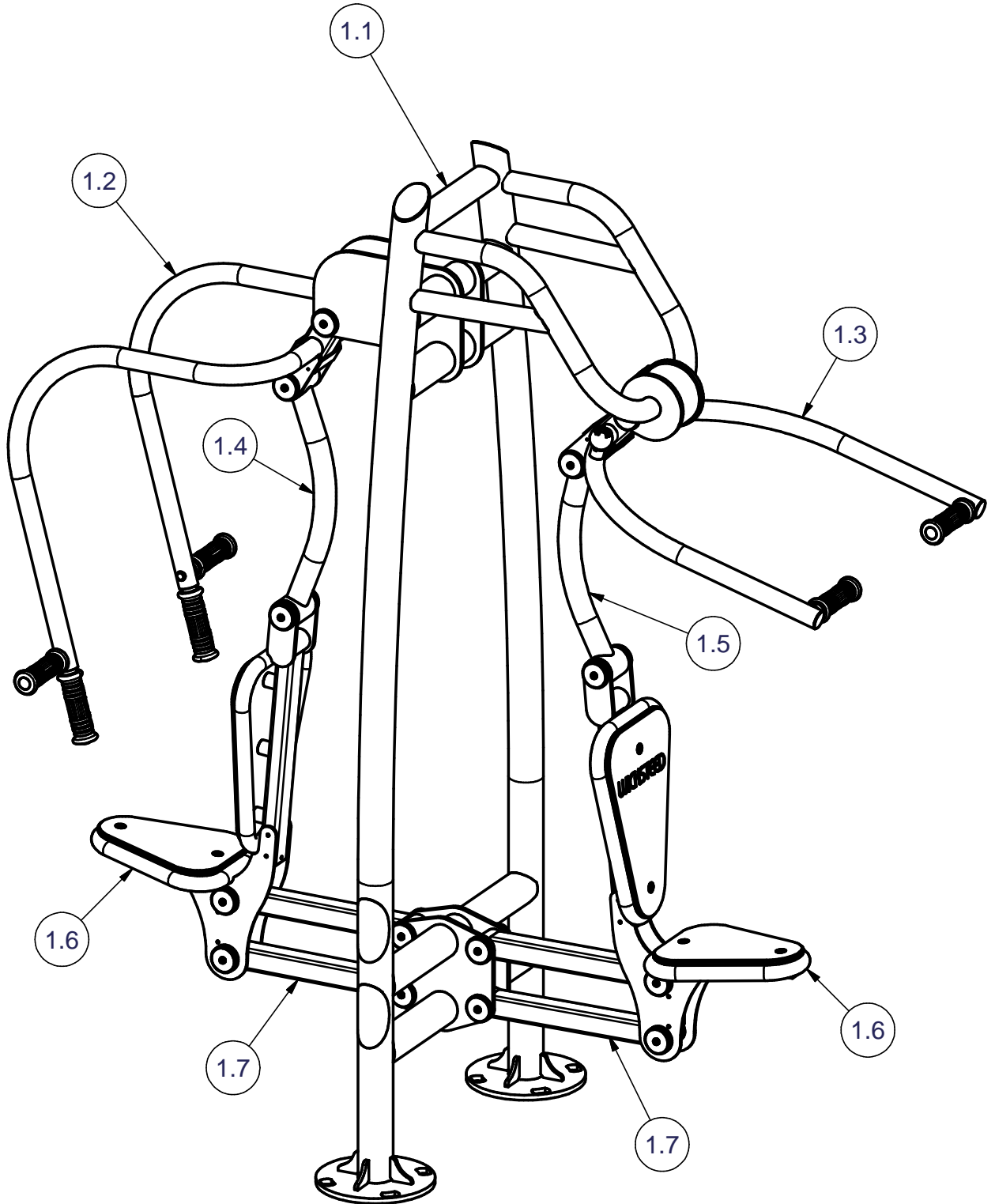
Safety Tiles

19.0 Sq. Metres  
40mm Thickness  
18.0 Linear Metres of Tile Edging



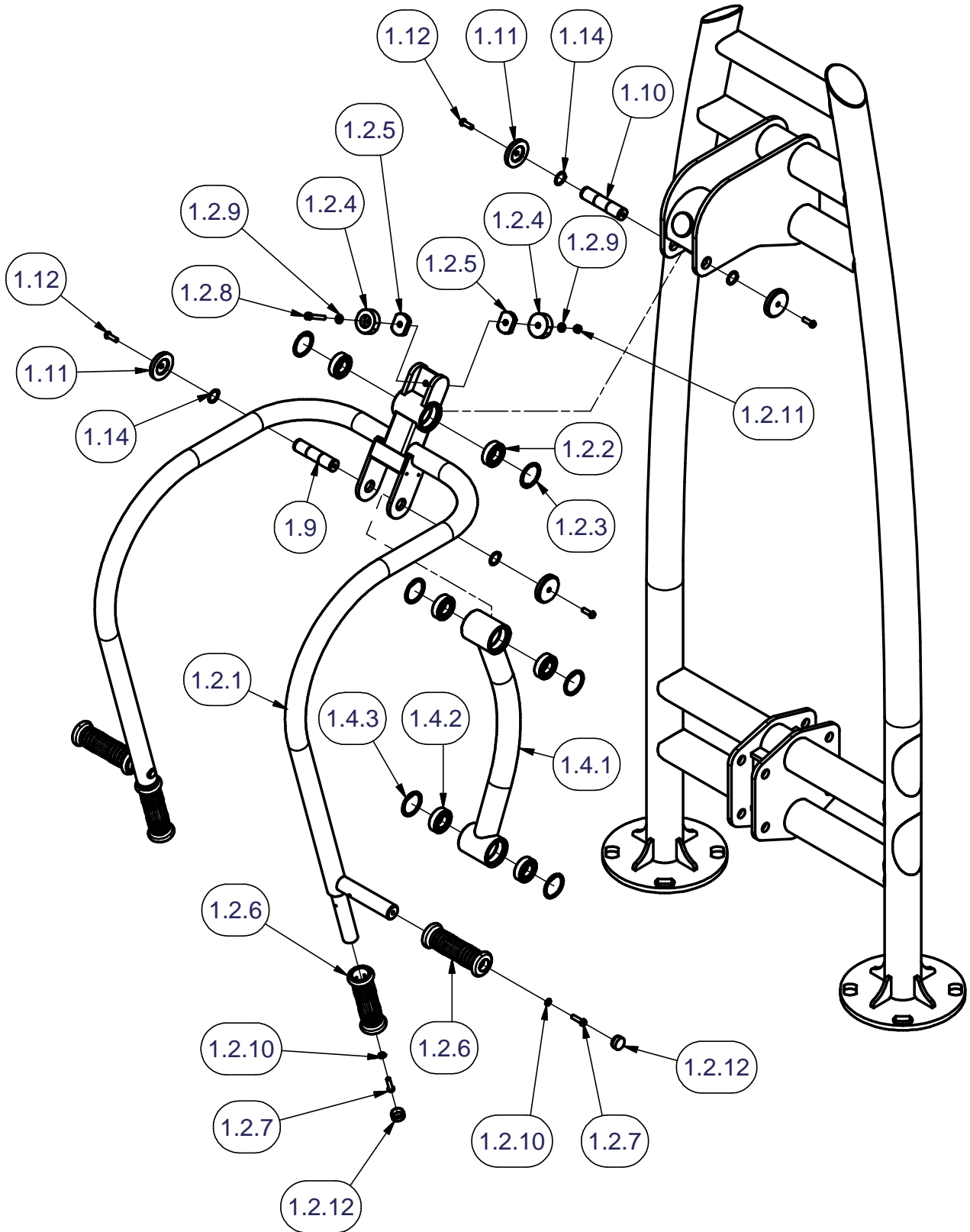
# Fixing Details for Maintenance

## Main Assembly



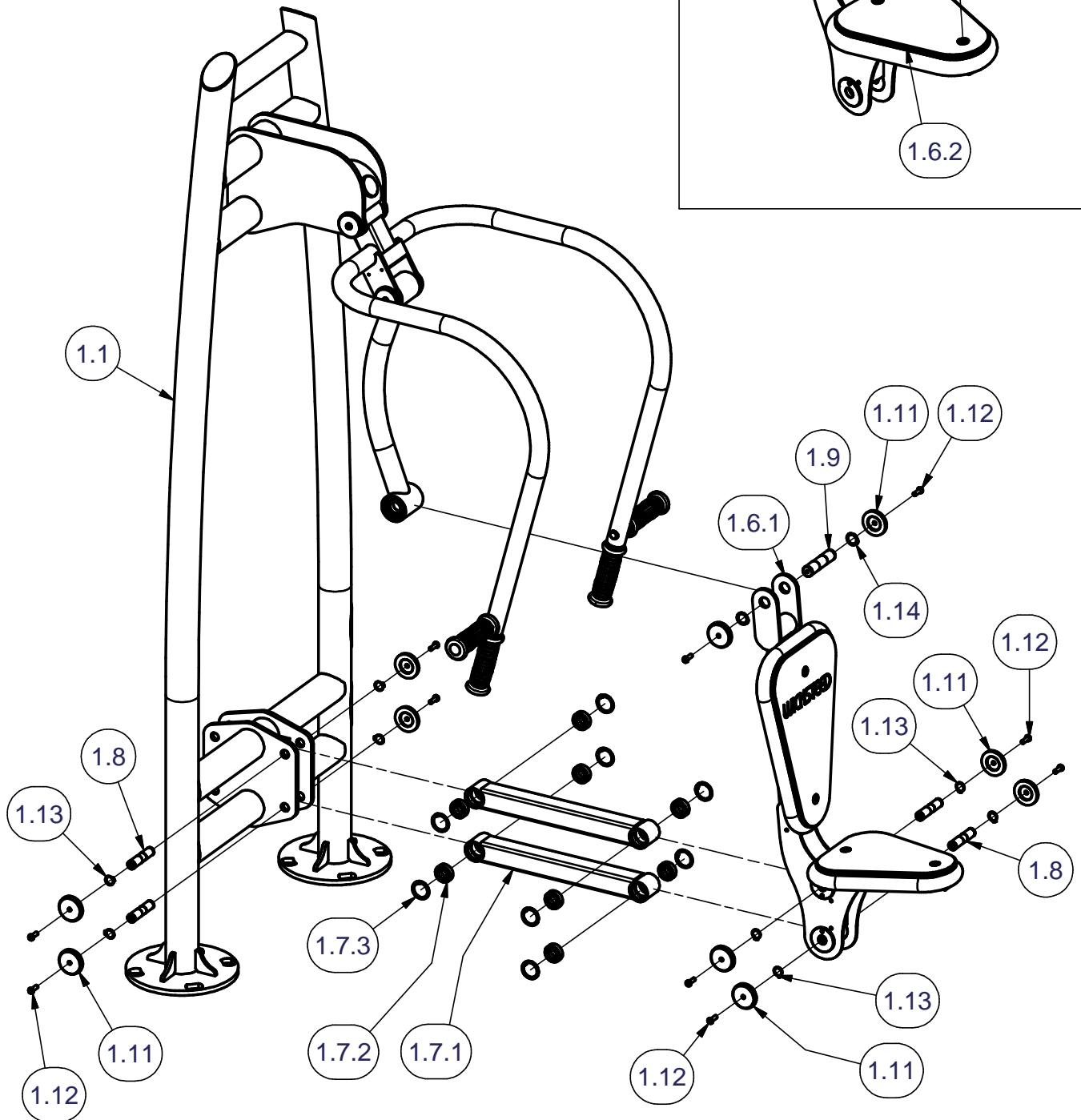
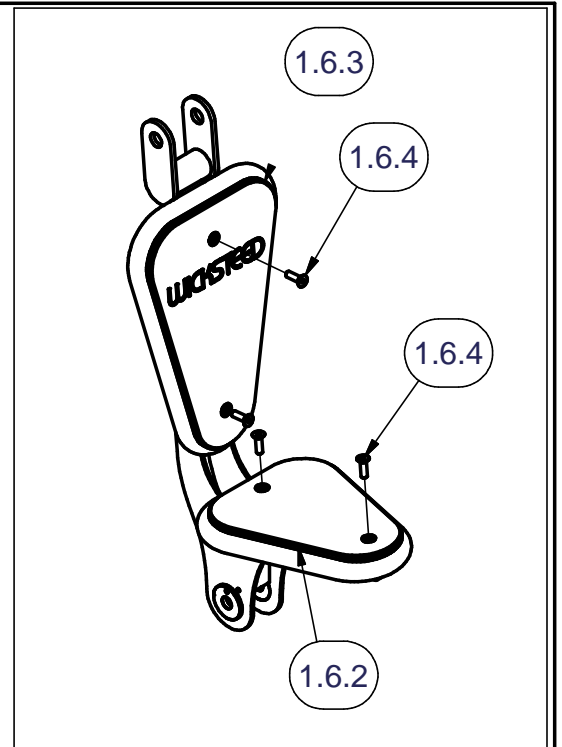
## Fixing Details for Maintenance

Handle Assembly to Main Frame and Lever Assembly  
(Pull Down Assembly omitted for clarity)



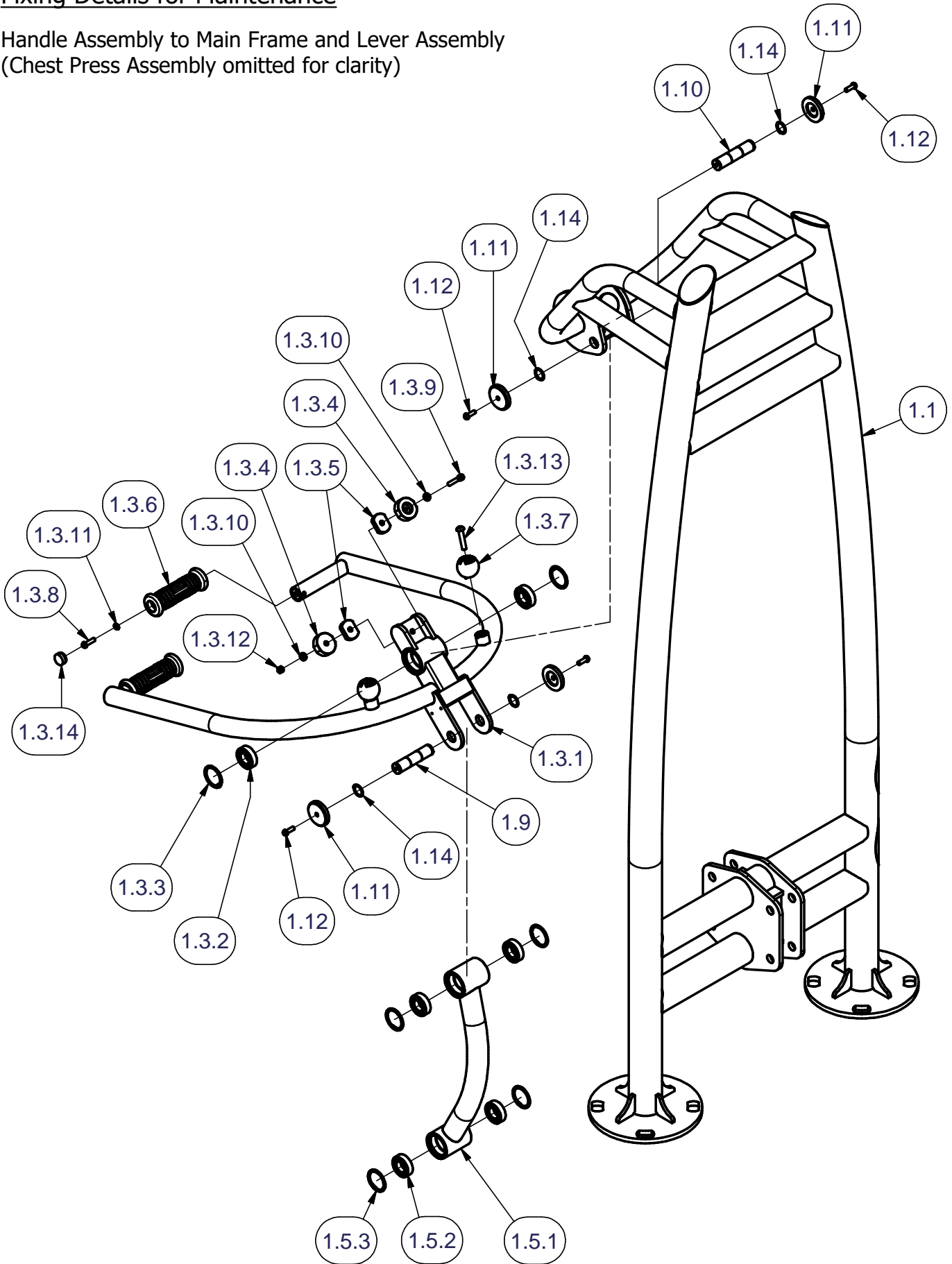
# Fixing Details for Maintenance

Seat Assembly to Main Frame and Lever Assembly  
(Pull Down Assembly omitted for clarity)



# Fixing Details for Maintenance

Handle Assembly to Main Frame and Lever Assembly  
(Chest Press Assembly omitted for clarity)





Parts List			
ITEM	QTY	PART NUMBER	DESCRIPTION
1	1	5104-020	Chest Press & Pull Down Assembly
1.1	1	4202-608	Chest Press/Pull Down Frame W.A.
1.2	1	4201-998	Chest Press Handle Assembly
1.2.1	1	4202-007	Handle W.A.
1.2.2	2	2541-105	BALL BEARING Ø52 x Ø25 x 15
1.2.3	2	2441-012	Internal Circlip Ø52mm
1.2.4	2	2906-023	Small Buffer (Top)
1.2.5	2	2906-024	Small Buffer (Bottom)
1.2.6	4	3730-161	Handle
1.2.7	4	2176-153	M8 x 30 Pent Button Head
1.2.8	1	2171-012	M8 x 50 SKT CAP HD SCREW
1.2.9	2	2215-507	M8 Washer
1.2.10	4	2212-214	M8 NORD LOCK WASHER
1.2.11	1	2191-009	M8 Binx Nut
1.2.12	4	2611-031_Cap	Black Poepplmann Cap
1.3	1	4202-025	Pull Down Handle Assembly
1.3.1	1	4202-026	Handle W.A.
1.3.2	2	2541-105	BALL BEARING Ø52 x Ø25 x 15
1.3.3	2	2441-012	Internal Circlip Ø52mm
1.3.4	2	2906-023	Small Buffer (Top)
1.3.5	2	2906-024	Small Buffer (Bottom)
1.3.6	2	3730-161	Handle
1.3.7	2	3711-018	Aluminium Finial
1.3.8	2	2176-153	M8 x 30 Pent Button Head
1.3.9	1	2171-012	M8 x 50 SKT CAP HD SCREW
1.3.10	2	2215-507	M8 Washer
1.3.11	2	2212-214	M8 NORD LOCK WASHER
1.3.12	1	2191-009	M8 Binx Nut
1.3.13	2	2176-129	M10 x 50 Pent Button Head
1.3.14	2	2611-031_Cap	Black Poepplmann Cap
1.4	1	4201-997	Chest Press Lever Assembly
1.4.1	1	4202-006	Lever W.A.
1.4.2	4	2541-105	BALL BEARING Ø52 x Ø25 x 15
1.4.3	4	2441-012	Internal Circlip Ø52mm
1.5	1	4202-027	Pull Down Lever Assembly
1.5.1	1	4202-028	Lever W.A.
1.5.2	4	2541-105	BALL BEARING Ø52 x Ø25 x 15
1.5.3	4	2441-012	Internal Circlip Ø52mm

Parts List Continued on Page 12

Parts List			
ITEM	QTY	PART NUMBER	DESCRIPTION
1.6	2	4202-732	Chest Press/Pull Down Seat Assembly
1.6.1	1	4201-993	Seat Frame W.A.
1.6.2	1	3756-061	Seat Panel
1.6.3	1	3756-064	Back Panel
1.6.4	4	2171-185	M10 x 35 C'sunk Skt Screw c/w Pin
1.7	4	4201-991	Upper Lever Assembly
1.7.1	1	4202-005	Upper Lever W.A.
1.7.2	4	2541-106	BALL BEARING Ø42 x Ø20 x 12
1.7.3	4	2441-011	Internal Circlip Ø42mm
1.8	8	3033-149	Spindle
1.9	4	3033-150	Spindle
1.10	2	3033-151	Spindle
1.11	28	3730-163	Bearing Cover
1.12	28	2176-152	M8 x 25 Pent Button Head
1.13	16	2441-015	External Circlip Ø20mm
1.14	12	2441-014	External Circlip Ø25mm
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: 06/01/17	SIG.	MC							
	DATE:	06/01/17							

# DESPATCH LIST

Product: 6210-058 Chest Press & Pull Down Date of Issue: 06/01/17  
 Fitness Legacy Zone

Order No: Issue: A

Item	Unit Qty	Description	Part No.	Checked
1	1	Chest Press/Pull Down Assembly	5104-020	
2	2	BGF upright	5071-031	
3	1	Fixing pack		
4				
5				
6		<b>Pre-assembled Panels</b>		
7	2	Seat Panel *	3756-061	
8	2	Back Panel *	3756-064	
9				
10				
11		<b>Pre-assembled Labels</b>		
12	1	Fitness Instruction Label (Chest Press) *	2910-016	
13	1	Fitness Instruction Label (Pull Down) *	2910-017	
14				
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23				
24		<b>Items marked * to be fitted before despatch</b>		
25				

Total No. of Items

Picked By: Checked By:

COMPILED BY: MC	REV	0				
	ECN No.	1752				
DATE: 06/01/17	DATE	06/01/17				
	SIGN	MC				

# FIXINGS LIST

Product: 6210-058 Chest Press & Pull Down Date of Issue: 06/01/17  
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	
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Total No. of Items

Picked By: \_\_\_\_\_ Checked By: \_\_\_\_\_

COMPILED	REV	0				
BY: MC	ECN No.	1752				
	DATE	06/01/17				
DATE: 06/01/17	SIGN	MC				