

Fitness Legacy Zone	
Cycle	
PROD. CODE	6210-070
SIZE	1005x1290x710mm
AGE RANGE	14 to Adult
F/ FALL HEIGHT	<1000mm
HEAVIEST PART	Approx 64Kg
TOTAL WEIGHT	Approx 87Kg
	

SPECIFICATION

Steel bar to EN 10025
 Steel plate to EN 10025
 Steel CHS to BS 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

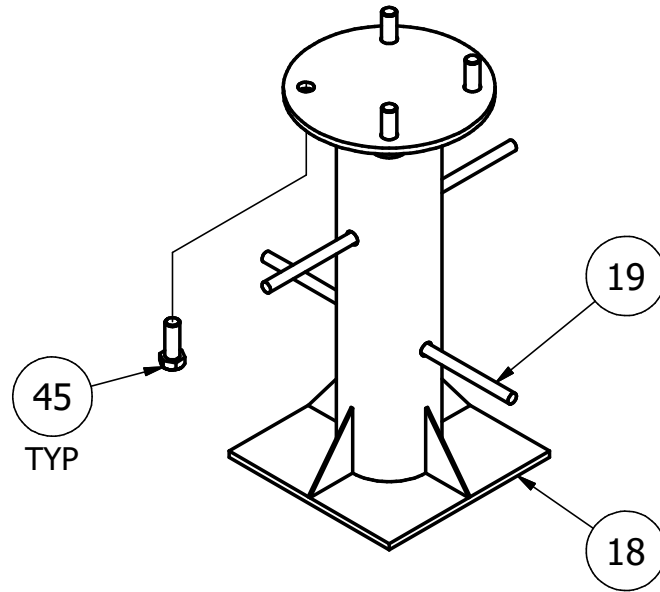
INSTALLATION INSTRUCTIONS

- 1 Read installation instructions thoroughly before commencing installation of unit.
- 2 Excavate one hole to 1000 x 600 x 600 deep - see page 2.
- 3 Position and assemble the below ground fixing with spragging irons (see page 2) centrally in the excavated hole so the four bolts are pointing upwards ensuring that the top plate is flush with the finished surface level.
- 4 Check alignment of bolts and backfill the hole with concrete (0.35 cu Metres) (4 parts gravel, 2 parts sand & 1 part cement) ensuring the parts are perpendicular to the finished surface level.
- 5 Allow the concrete to set for 48 hours.
- 6 Position the unit on the below ground fixing 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. Centre punch thread in two places on all four M20 Bolts and then fit nut cap (see page 3).

Note

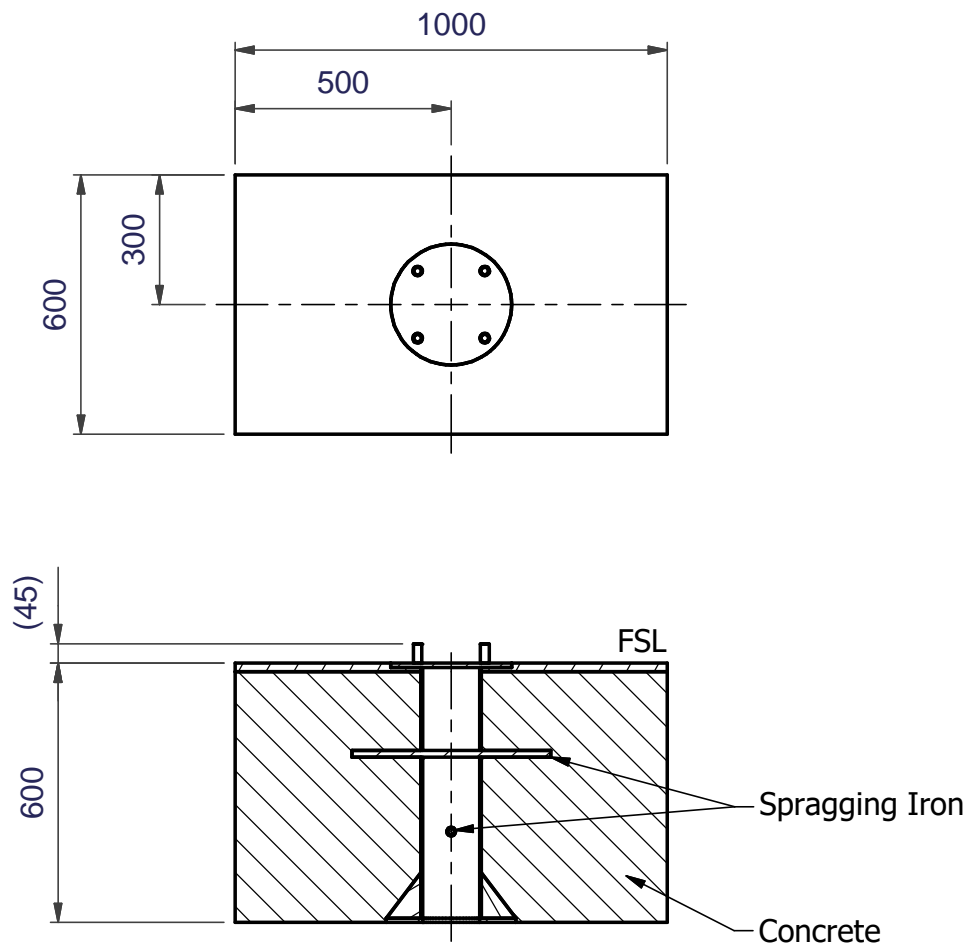
Note Ensure all installation aids are removed before first use.

Below Ground Fixing Details



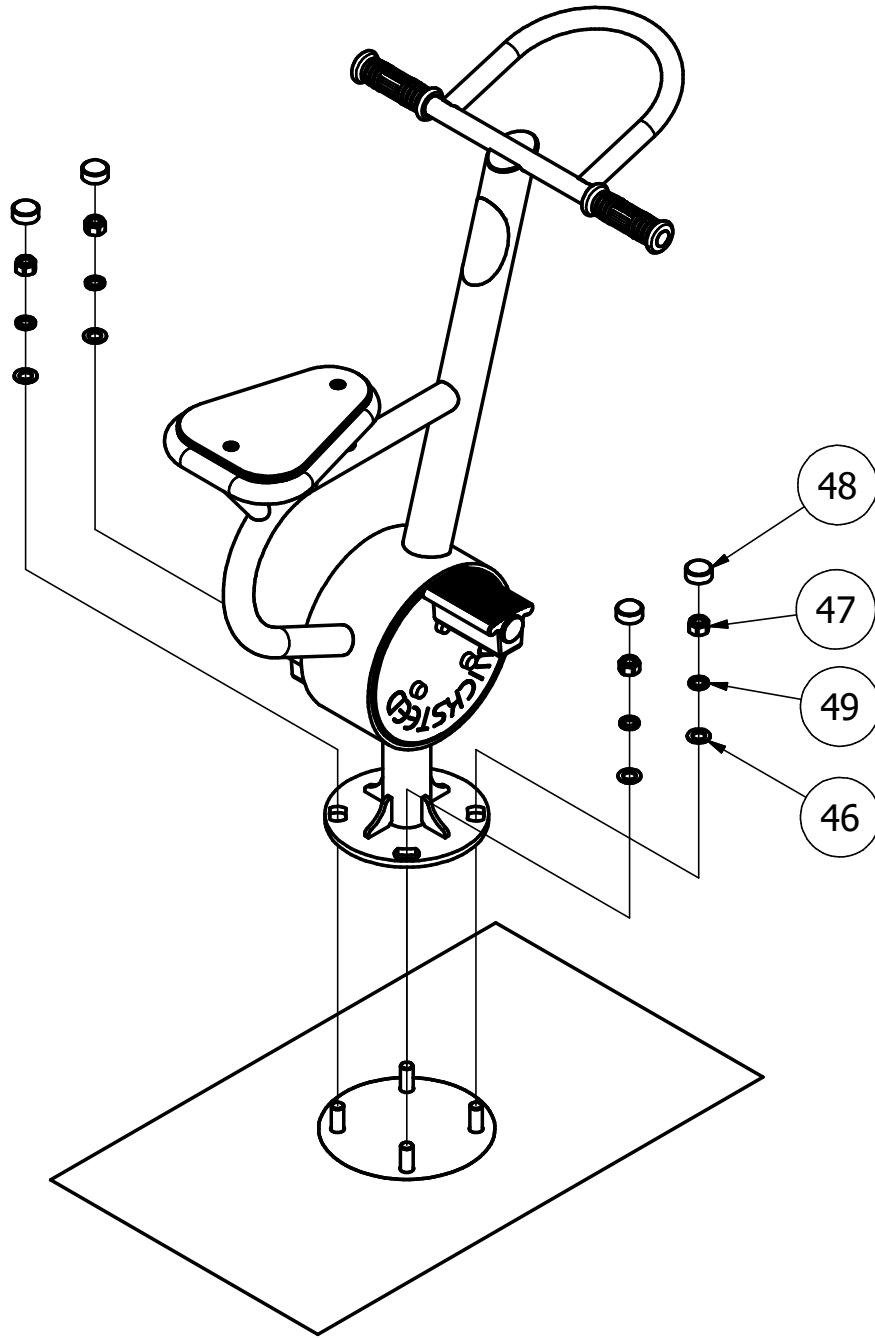
Foundation Detail

(Care must be taken in abnormal conditions)

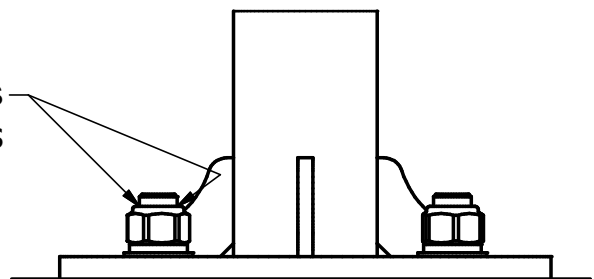


FSL = Finished Surface Level

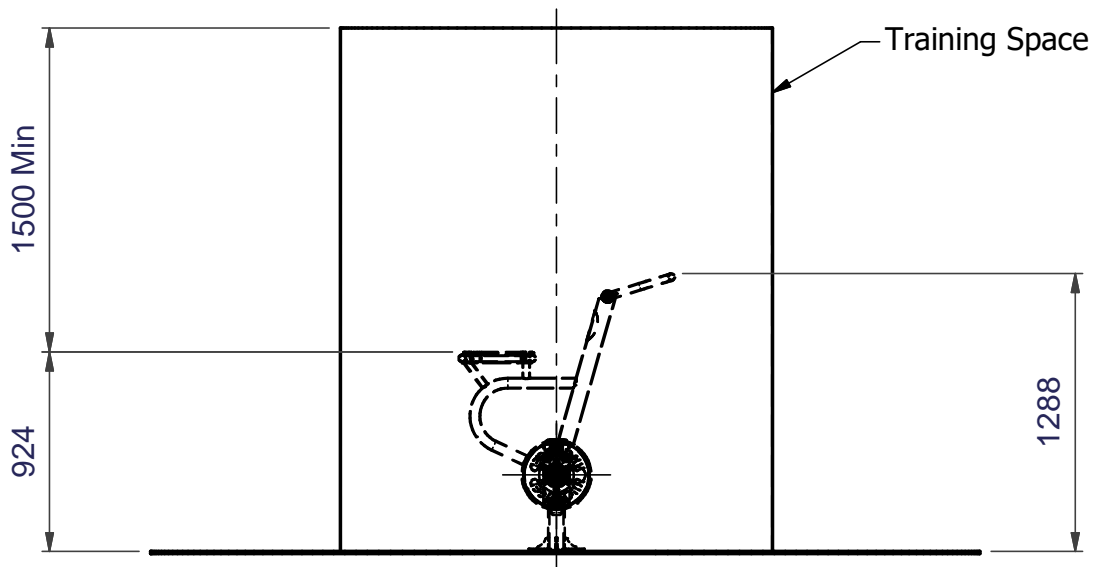
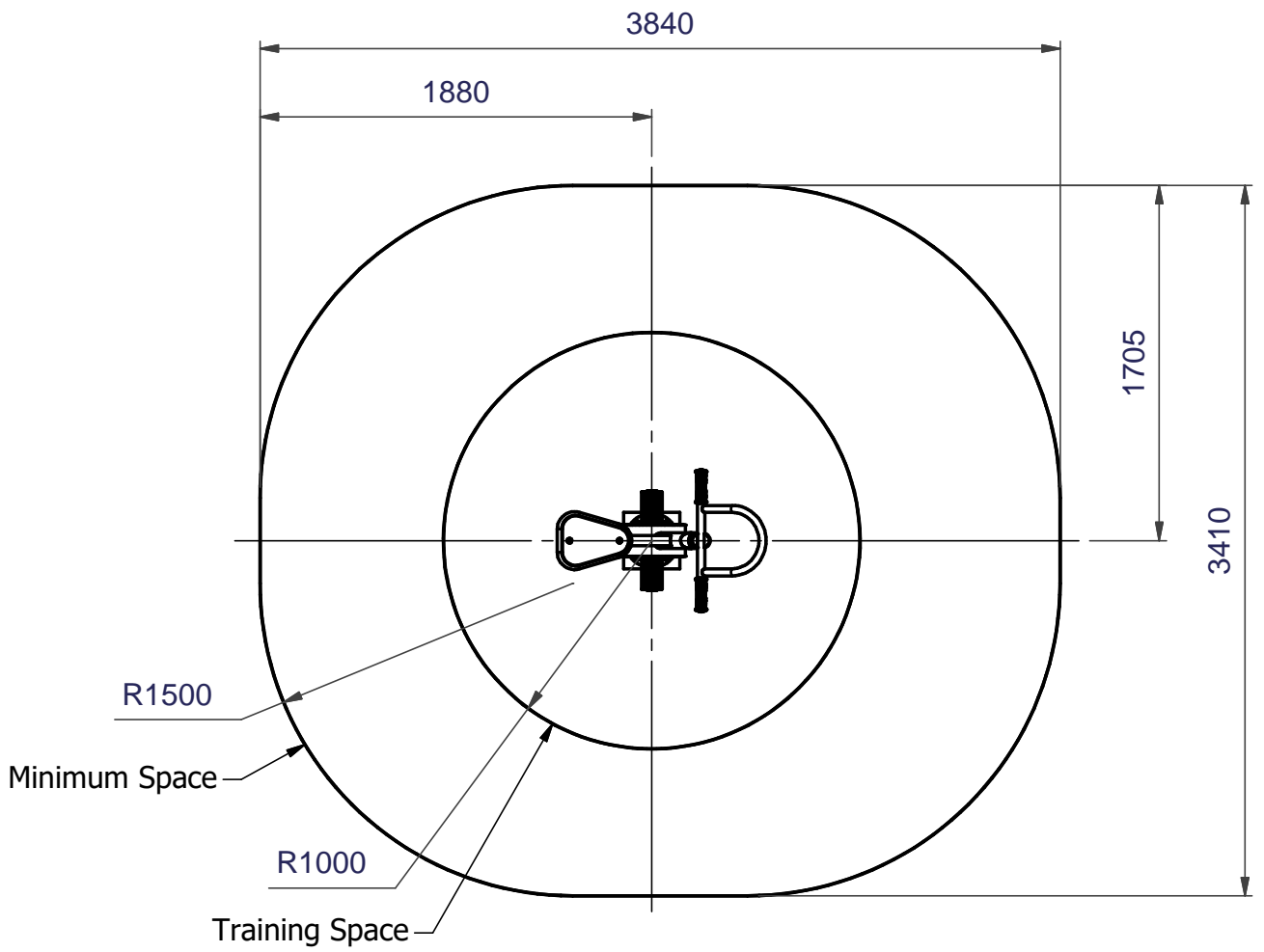
Cycle to Below Ground Fixing Details



Centre punch thread in two places
on all four M20 Bolts



Minimum and Training Spaces

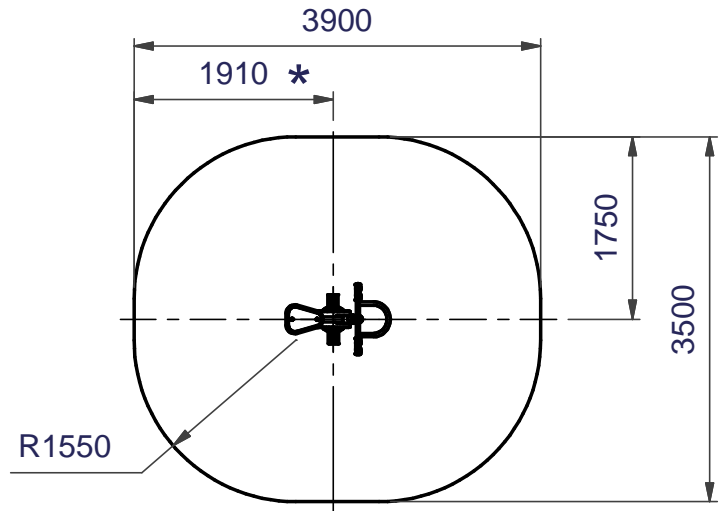


Safety Surfacing

Wetpour

12.0 Sq. Metres 40mm Wetpour
12.5 Linear Metres Wetpour Edging

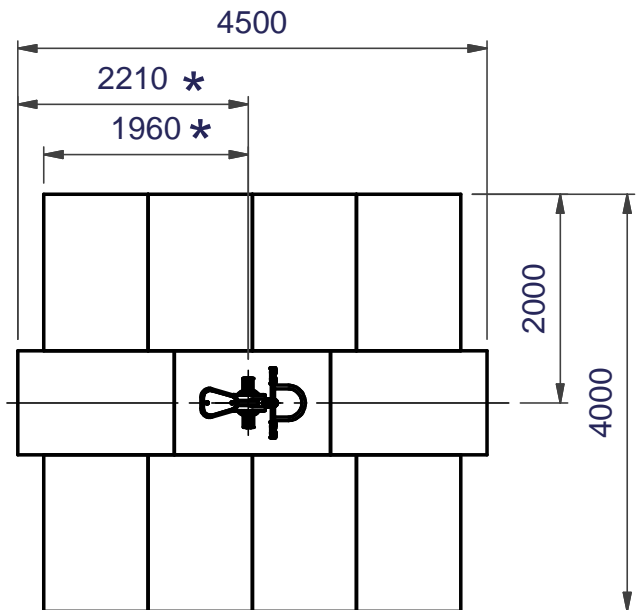
* Dimension from centre of
Below Ground Fixing



Grass Mats (1500 x 1000mm)

11 off Total

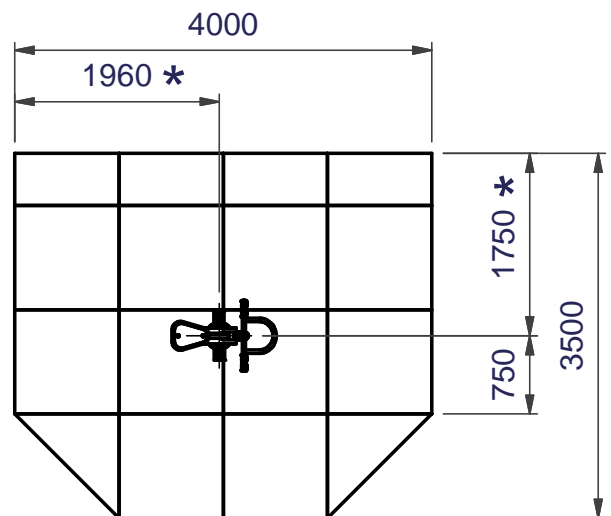
* Dimension from centre of
Below Ground Fixing



Safety Tiles (1000 x 1000mm)

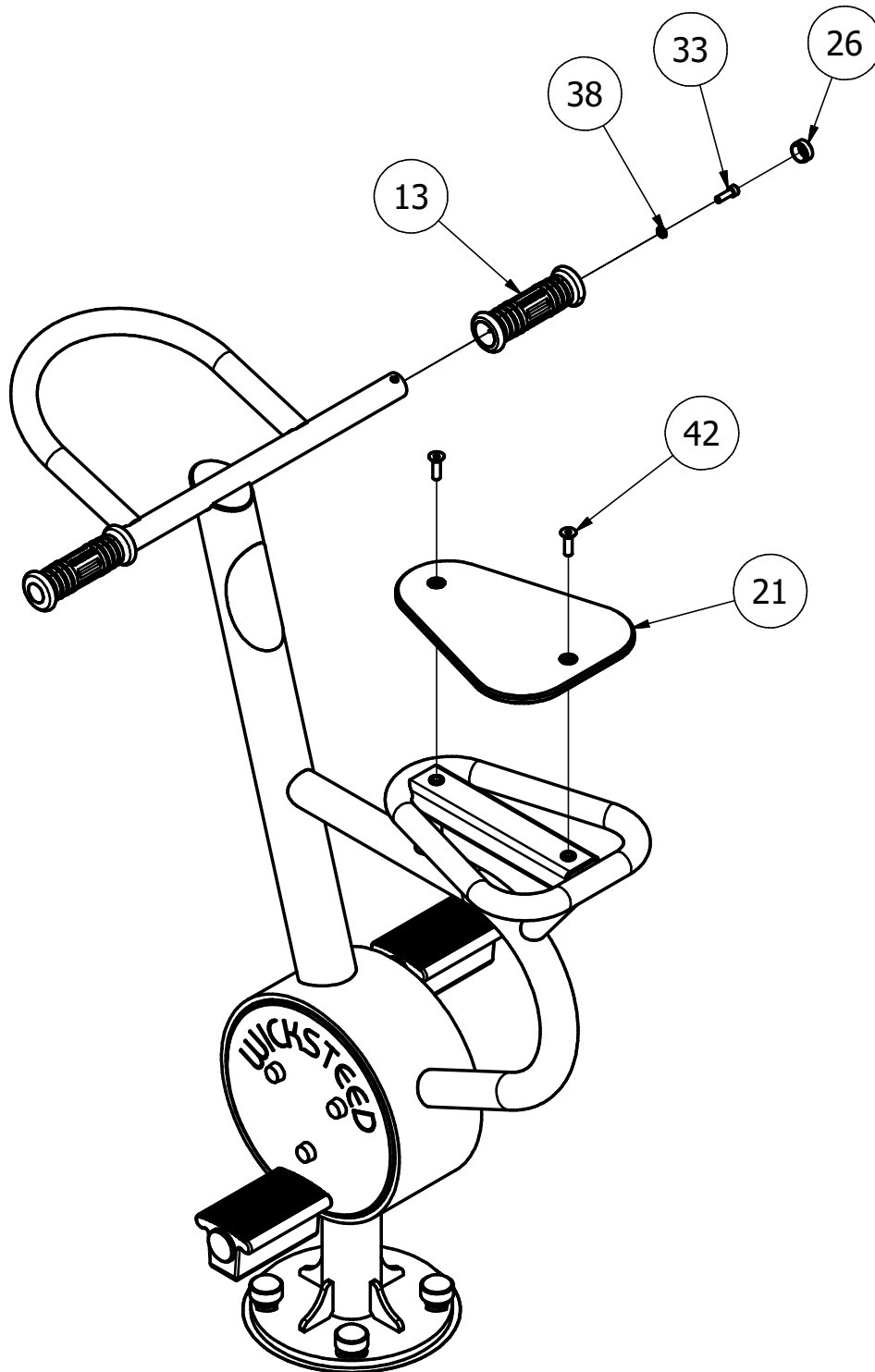
13.0 Sq. Metres
40mm Thickness
14.0 Linear Metres of Tile Edging

* Dimension from centre of
Below Ground Fixing



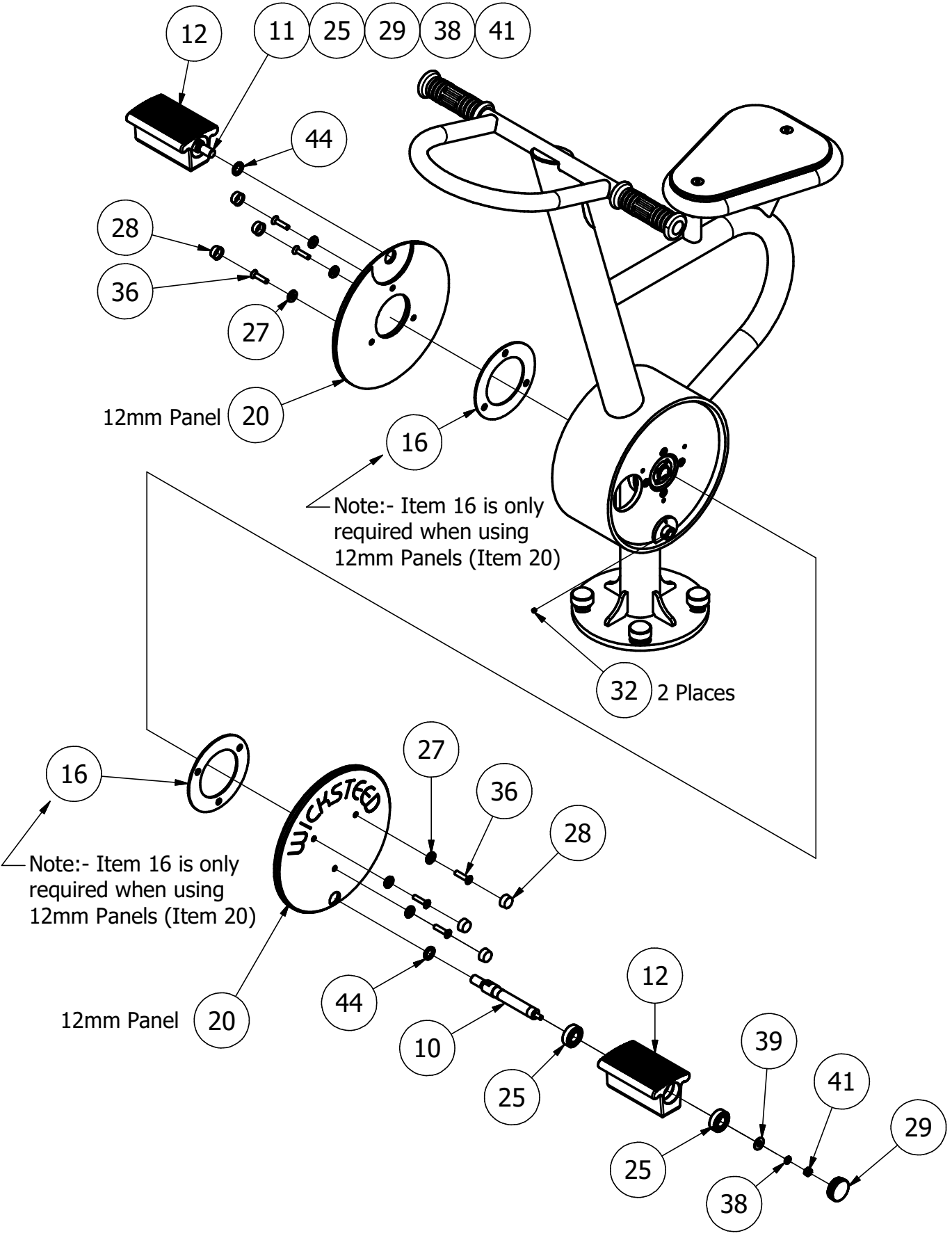
Fixing Details for Maintenance

Hand Holds and Seat Panels Assembly



Fixing Details for Maintenance

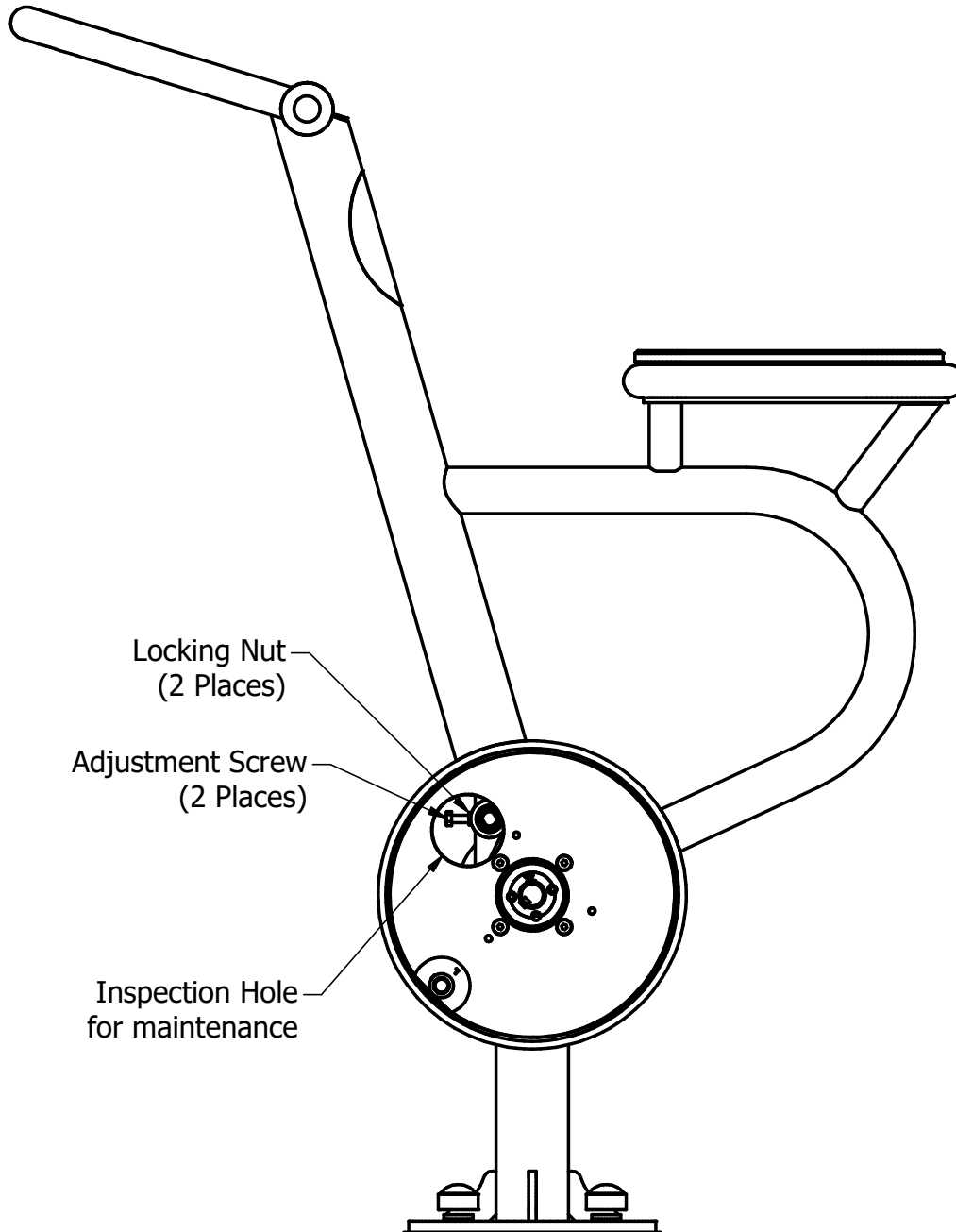
Pedal and Mechanism Cover Assembly



Fixing Details for Maintenance

Belt Tension Adjustment

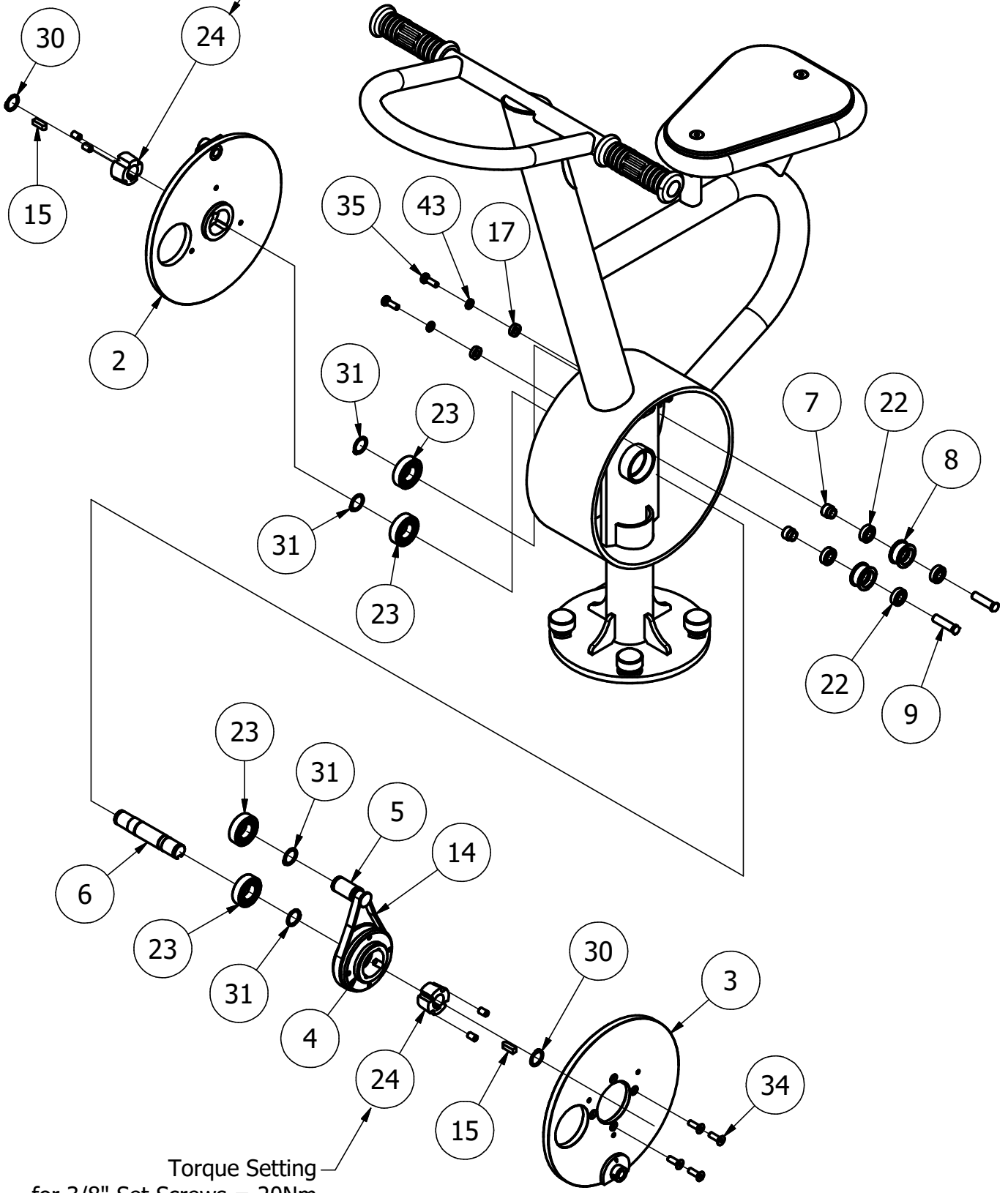
Remove Left or Right Hand Pedal and Mechanism Cover Panel (see previous sheet)



Fixing Details for Maintenance

Mechanism Assembly

Torque Setting
for 3/8" Set Screws = 20Nm

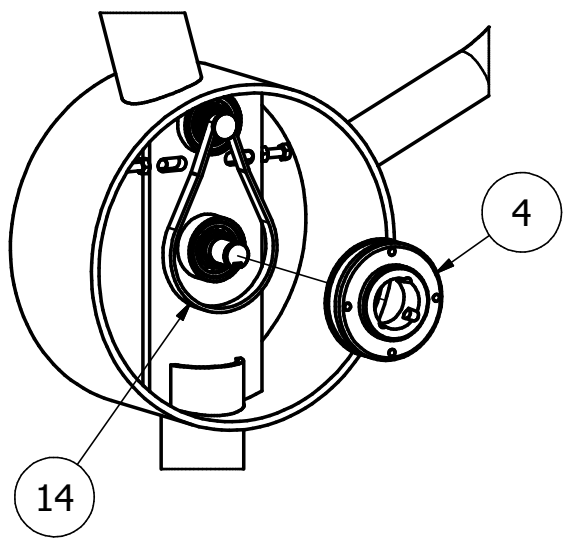


Torque Setting
for 3/8" Set Screws = 20Nm

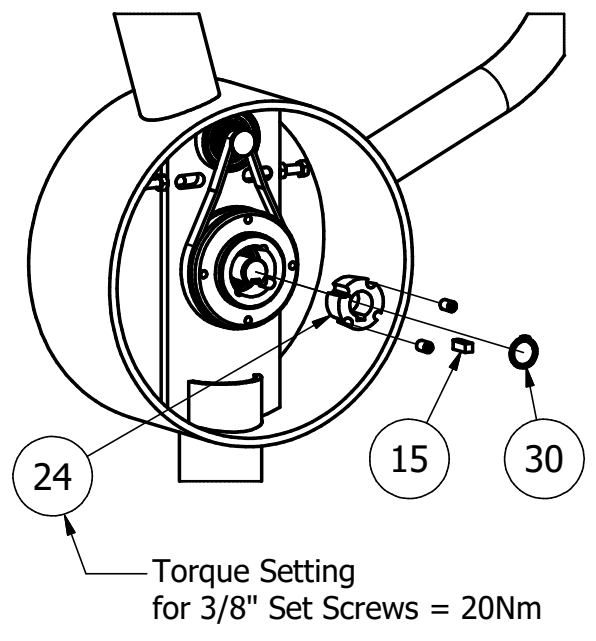
Fixing Details for Maintenance

Belt Fitting

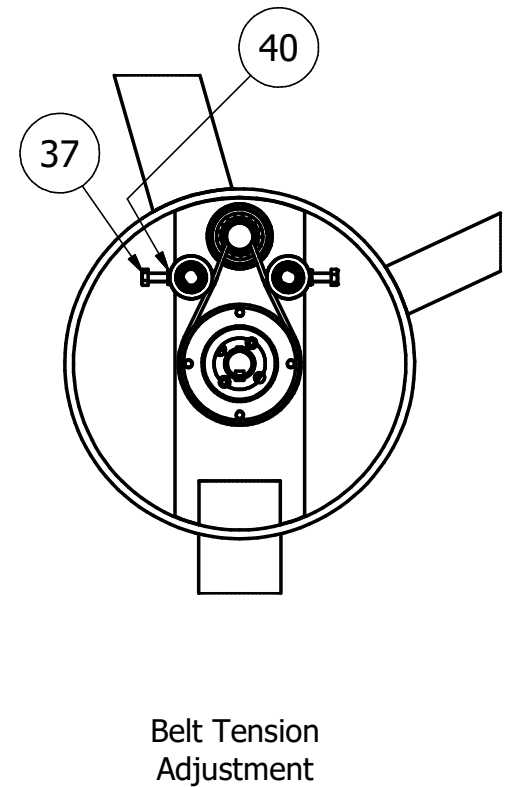
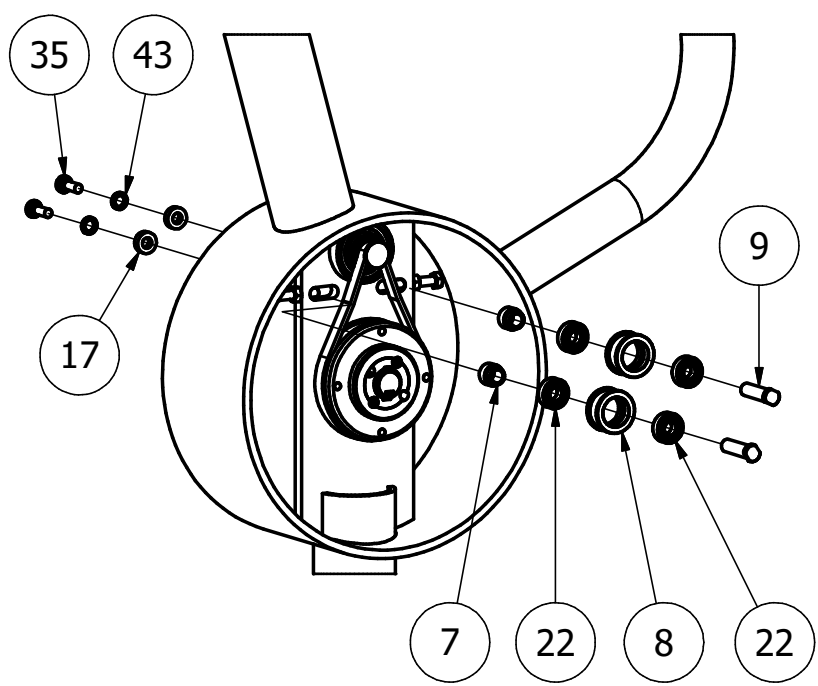
Step 1



Step 2



Step 3



Parts List			
ITEM	QTY	PART NUMBER	DESCRIPTION
1	1	4202-611	Cycle Frame W.A.
2	1	4202-015	Mechanism Plate W.A.
3	1	4202-016	Mechanism Plate
4	1	4202-017	Pulley Wheel W.A.
5	1	3030-377	Spindle
6	1	3030-378	Spindle (for Bikes)
7	2	3030-379	Spacer
8	2	3030-380	Jockey Wheel
9	2	3033-154	Jockey Spindle
10	1	3033-316	Pedal Spindle (L) Left Hand Thread
11	1	3033-317	Pedal Spindle (R) Right Hand Thread
12	2	3711-080	Pedal (Casting)
13	2	3730-161	Handle
14	1	2900-102	Drive Belt
15	2	3069-033	Key
16	2	3292-156	Plate
17	2	3030-418	Spacer
18	1	5071-031	BELOW GROUND FIXING
19	2	3030-310	460mm Spragging Iron
20	2	3756-075	Mechanism Cover
21	1	3756-061	Seat Panel
22	4	2541-127	Roller Bearing (6001-ZZ)
23	4	2541-105	BALL BEARING Ø52 x Ø25 x 15
24	2	2412-007	METRIC TAPER BUSH 1210-24 c/w SET SCREWS
25	4	2541-136	Single row, 2 shields Z...-Deep groove ball bearings
26	2	2611-031_Cap	Black Poepplemann Cap
27	6	2611-043	White Washer Boltcap 66
28	6	2611-044	Black Boltcap 66-180
29	2	2611-047	Plastic Insert Round
30	2	2441-013	External Circlip Ø24mm
31	4	2441-014	External Circlip Ø25mm
32	2	2171-101	M6x6 Grub Screw
33	2	2171-084	M8 x 25 SKT CAP HD SCREW
34	4	2171-169	M8 x 25 C'SK SKT HD SCREW

Parts List Continued on Page 12

Parts List			
ITEM	QTY	PART NUMBER	DESCRIPTION
35	2	2188-002	M8 x 25mm Lg TORX Drive Pan Head
36	6	2171-171	M8 x 35 C'SK SKT HD SCREW
37	2	2175-109	M8 x 45 LG HEX HD SCREW
38	4	2212-214	M8 NORD LOCK WASHER
39	2	2215-526	M10 Washer (Dia 24mm x 2mm Thk)
40	2	2193-004	M8 HEX NUT
41	2	2191-009	M8 Binx Nut
42	2	2171-185	M10 x 35 C'sunk Skt Screw c/w Pin
43	2	2212-203	M10 Spring Washer
44	2	2212-211	M16 Nord Lock Washer
45	4	2175-181	M20 x 55 HT HEX HD SCREW
46	4	2215-512	M20 WASHER 2mm THK
47	4	2192-012	M20 nyloc nut
48	4	2613-021	M20 Nut Cap
49	4	2212-206	20mm SPRING WASHER

COMPILED	REV	0							
	ECN	1752							
DATE:	SIG.	MC							
	DATE:	15/09/16							

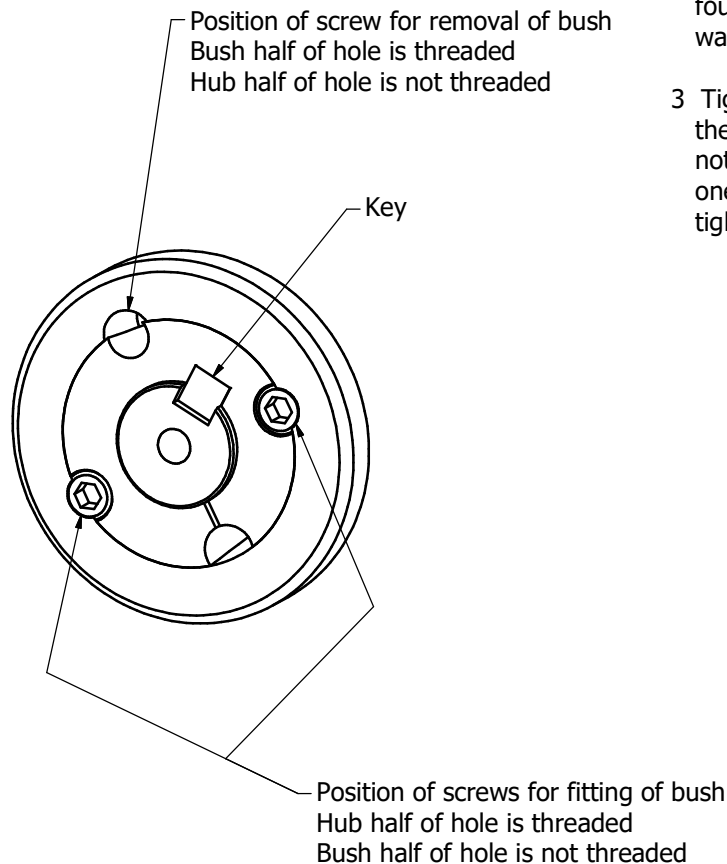


Taper lock bush fitting

- 1 Clean shaft, bore and outside of bush, bore of hub and key. Remove any oil, laquer or dirt. Place bush in hub and match half holes to make complete holes (each complete hole will be threaded on one side only)
- 2 Lightly oil thread and point of set screws, or thread and under head of cap screws. Place screws loosely in holes that are threaded on hub side
- 3 Make sure bush is free in hub. Slip assembly onto shaft and locate in the desired position and fit the key in position. Ensure top clearance on key fitting
- 4 Tighten screws alternately and evenly until all are pulled up tightly (3/8" set screw torque = 20Nm)
 Note that the bush will tighten onto the shaft first, then draw the hub slightly up the taper. This may affect the final axial position of the hub on the shaft. Adjustment of starting position may have to be made to accommodate this
- 5 Hammer against large end of bush using hammer and block or sleeve to avoid damage. Screws can now be turned a little more to the specified torque setting. Repeat this alternate hammering and screw re-tightening until the specified torque is reached.
- 6 Run the unit for a short period, approximately 100 cycles, then re-torque the bush screws.
- 7 Fill empty holes with grease to exldue dirt

Taper lock bush removal

- 1 Remove all screws. Lightly oil thread and point of set screw, or thread and under head of cap screws
- 2 Insert screw into removal hole that is threaded on the bush side. In sizes where washers are found under screw heads, be sure to use these washers
- 3 Tighten screw until bush is loosened in hub and then remove complete assembly. If bush does not loosen immediately, tap on hub. If more than one removal hole, use that number of screws and tighten them alternately to loosen bush



REV	ECN	SIG	DATE

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MATL CODE	
MATL SPEC	
MATL SIZE	
PATT. NO.	

TITLE TAPER LOCK BUSH FITTING & REMOVAL			
DRAWN BY		CHECKED BY	
DATE		DATE	

SCALE	
ISSUE	A
DATE	27/10/17
DWG. NO.	SK-1514

FIXINGS LIST

Product: 6210-070 Cycle - Fitness Legacy Zone
 (For 12mm Thick Panels)

Date of Issue: 01/07/16

Order No:

Issue: A

Item	Unit Qty	Description	Part No.	Checked
1	1	Spindle *	3030-377	
2	1	Spindle *	3030-378	
3	2	Spacer *	3030-379	
4	2	Jockey wheel *	3030-380	
5	1	Pedal spindle (L) left hand thread *	3033-316	
6	1	Pedal spindle (R) right hand thread *	3033-317	
7	2	Jockey spindle *	3033-154	
8				
9	2	Handle *	3730-161	
10	1	Drive belt *	2900-102	
11	2	Key *	3069-033	
12	2	Plate *	3292-156	
13	2	Spacer *	3030-418	
14	2	Spragging iron 460mm	3030-310	
15	2	Metric taper bush 1210-24 c/w set screws *	2412-007	
16	4	Ball bearing dia 52 x dia 25 x 15 *	2541-105	
17	4	Ball bearing dia 28 x dia 12 x 8 (6001-ZZ) *	2541-127	
18	4	Ball bearing dia 42 x dia 20 x 12 (6004-2Z) *	2541-136	
19				
20	2	Black Poeppelmann cap *	2611-031	
21	6	White Washer Boltcap 66 *	2611-043	
22	6	Black Boltcap 66-180 *	2611-044	
23	2	Plastic Insert Round *	2611-047	
24				
Items marked * to be fitted before despatch				

Total No. of Items

Picked By:

Checked By:

COMPILED BY: MC	REV	0				
	ECN No.	1752				
	DATE	15/09/2016				
DATE: 01/07/16	SIGN	MC				

FIXINGS LIST

Product: 6210-070 Cycle - Fitness Legacy Zone
 (For 12mm Thick Panels)

Date of Issue: 01/07/16

Order No:

Issue: A

Item	Unit Qty	Description	Part No.	Checked
25	2	External Circlip Dia 24mm *	2441-013	
26	4	External Circlip Dia 25mm *	2441-014	
27	2	Dia 1/8" x 5/8" Lg Sellok Pin *	2223-023	
28				
29	2	M6 x 6 Grub Screw *	2171-101	
30	2	M8 x 25 socket cap head screw *	2171-084	
31	4	M8 x 25 c'sunk socket head screw *	2171-169	
32	2	M8 x 25 Torx drive pan head screw *	2188-002	
33	6	M8 x 35 C'sk Skt Head Screw *	2171-171	
34	2	M8 x 45 hex head screw *	2175-109	
35	2	M10 Washer (Dia 24mm x 2mm Thk) *	2215-526	
36	4	M8 Nord lock washer *	2212-214	
37	2	M8 Binx nut *	2191-009	
38	2	M8 nut *	2193-004	
39				
40	2	M10 x 35 C'sunk Hex Skt Screw c/w pin *	2171-185	
41	2	M10 spring washer *	2212-203	
42	2	M16 Nord lock washer *	2212-211	
43				
44	4	M20 x 55 HT hex head screw	2175-181	
45	4	M20 washer	2215-512	
46	4	M20 nyloc nut	2192-012	
47	4	M20 Spring Washer	2212-206	
Items marked * to be fitted before despatch				

Total No. of Items

Picked By:

Checked By:

COMPILED BY: MC	REV	0				
	ECN No.	1752				
	DATE	15/09/2016				
DATE: 01/07/16	SIGN	MC				

FIXINGS LIST

Product: 6210-070 Cycle - Fitness Legacy Zone
 (For 15mm Thick Panels)

Date of Issue: 01/07/16

Order No:

Issue: A

Item	Unit Qty	Description	Part No.	Checked
1	1	Spindle *	3030-377	
2	1	Spindle *	3030-378	
3	2	Spacer *	3030-379	
4	2	Jockey wheel *	3030-380	
5	1	Pedal spindle (L) left hand thread *	3033-316	
6	1	Pedal spindle (R) right hand thread *	3033-317	
7	2	Jockey spindle *	3033-154	
8				
9	2	Handle *	3730-161	
10	1	Drive belt *	2900-102	
11	2	Key *	3069-033	
12				
13	2	Spacer *	3030-418	
14	2	Spragging iron 460mm	3030-310	
15	2	Metric taper bush 1210-24 c/w set screws *	2412-007	
16	4	Ball bearing dia 52 x dia 25 x 15 *	2541-105	
17	4	Ball bearing dia 28 x dia 12 x 8 (6001-ZZ) *	2541-127	
18	4	Ball bearing dia 42 x dia 20 x 12 (6004-2Z) *	2541-136	
19				
20	2	Black Poeppelmann cap *	2611-031	
21	6	White Washer Boltcap 66 *	2611-043	
22	6	Black Boltcap 66-180 *	2611-044	
23	2	Plastic Insert Round *	2611-047	
24				
Items marked * to be fitted before despatch				

Total No. of Items

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	ECN No.	1752				
	DATE	15/09/2016				
DATE: 01/07/16	SIGN	MC				

FIXINGS LIST

Product: 6210-070 Cycle - Fitness Legacy Zone
 (For 15mm Thick Panels)

Date of Issue: 01/07/16

Order No:

Issue: A

Item	Unit Qty	Description	Part No.	Checked
25	2	External Circlip Dia 24mm *	2441-013	
26	4	External Circlip Dia 25mm *	2441-014	
27	2	Dia 1/8" x 5/8" Lg Sellok Pin *	2223-023	
28				
29	2	M6 x 6 Grub Screw *	2171-101	
30	2	M8 x 25 socket cap head screw *	2171-084	
31	4	M8 x 25 c'sunk socket head screw *	2171-169	
32	2	M8 x 25 Torx drive pan head screw *	2188-002	
33	6	M8 x 35 C'sk Skt Head Screw *	2171-171	
34	2	M8 x 45 hex head screw *	2175-109	
35	2	M10 Washer (Dia 24mm x 2mm Thk) *	2215-526	
36	4	M8 Nord lock washer *	2212-214	
37	2	M8 Binx nut *	2191-009	
38	2	M8 nut *	2193-004	
39				
40	2	M10 x 35 C'sunk Hex Skt Screw c/w pin *	2171-185	
41	2	M10 spring washer *	2212-203	
42	2	M16 Nord lock washer *	2212-211	
43				
44	4	M20 x 55 HT hex head screw	2175-181	
45	4	M20 washer	2215-512	
46	4	M20 nyloc nut	2192-012	
47	4	M20 Spring Washer	2212-206	
Items marked * to be fitted before despatch				

Total No. of Items

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