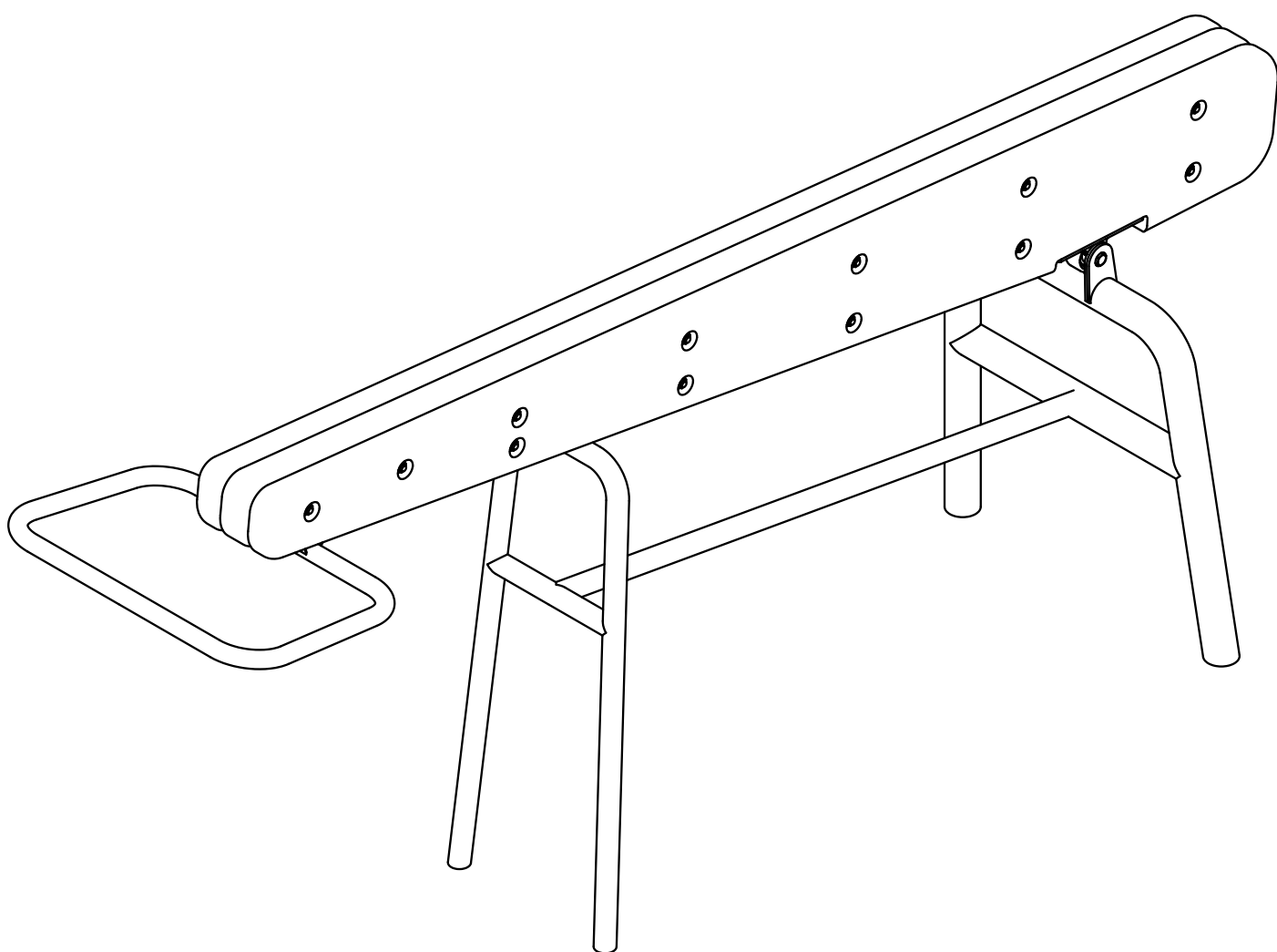


Gläntan Ekoxen Hög

Product sheet
Assembly instructions
Clearance space
Maintenance

Article number: 267152



GLÄNTA

Product sheet

Ekoxen Hög offers various upward pressing exercises for the shoulder area, while also allowing for training of calf and leg muscles by holding the bar at shoulder height for balance and weight. It invites social training as a friend can make it both heavier and lighter by providing weight or relief on the “tail”.

Article number: 267152

Designer: Jan Loftén

Material: Stainless steel and oiled oak

Country of manufacture: Sweden

Environmental labeling: See website

The equipment complies with the standard for permanently installed outdoor fitness equipment SS-EN 16630:2015.

Glänta Design

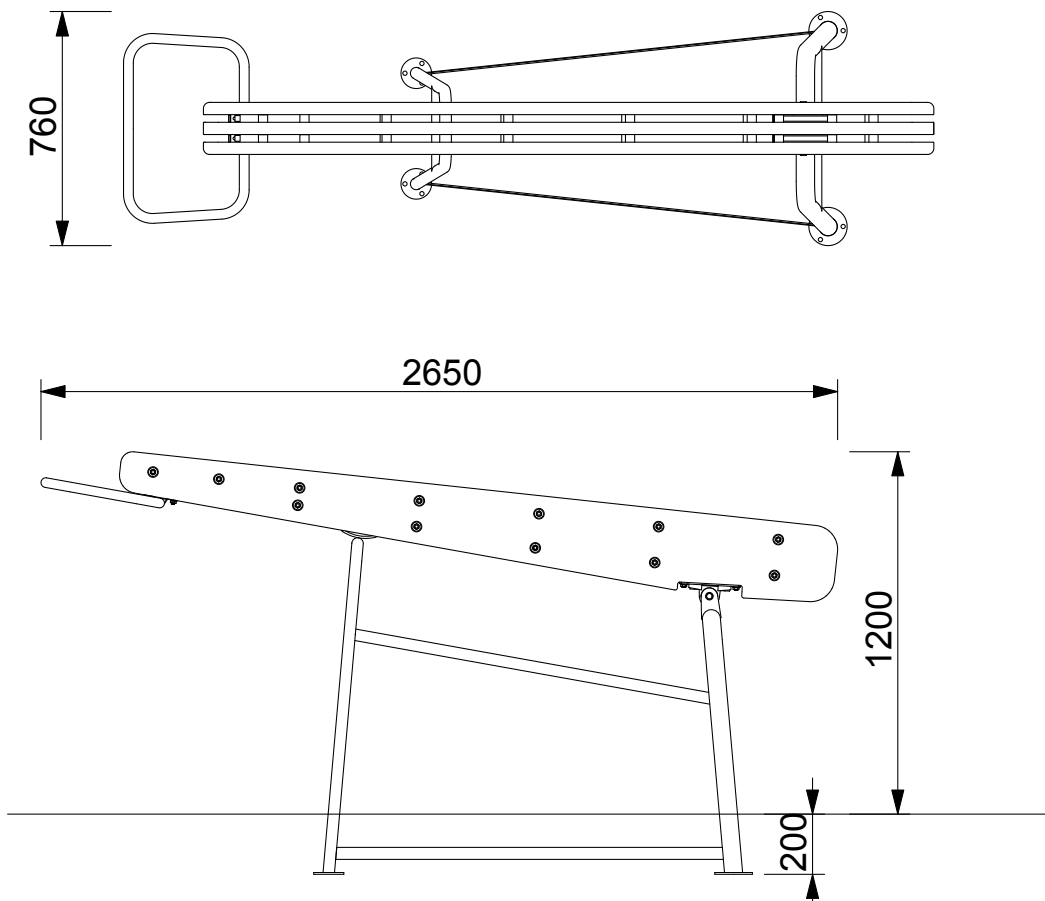
Kvarnholmsvägen 77

131 33, Nacka, Sweden

+46 (0) 70 731 38 13

info@glantadesign.com

www.glantadesign.com



GLÄNTA

Assembly instructions

It is important to follow the assembly instructions for the equipment to function properly and be safe to use. Glänta takes no responsibility for equipment that has been assembled or attached to the ground in any other way than stated in the provided assembly instructions.

Foundation

Note!

The outer edge of the foundation is chamfered at a 45-degree angle.

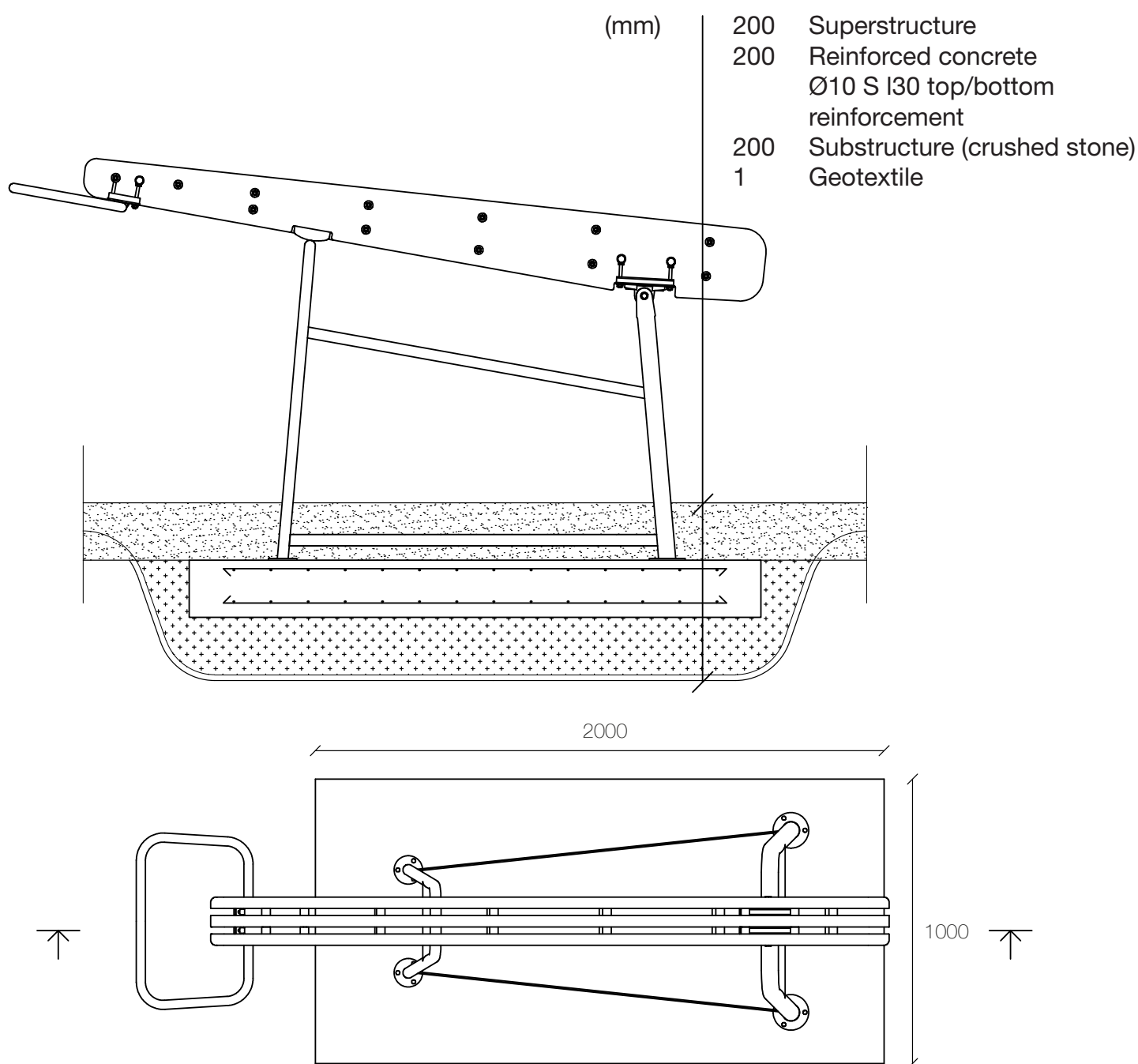
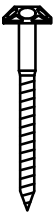
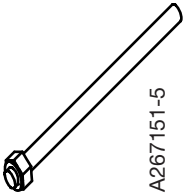
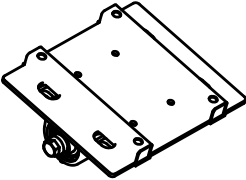
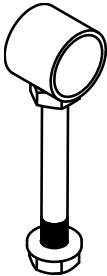
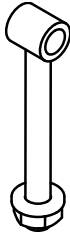
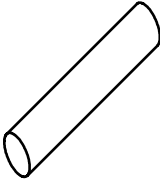
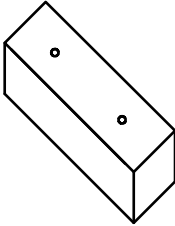
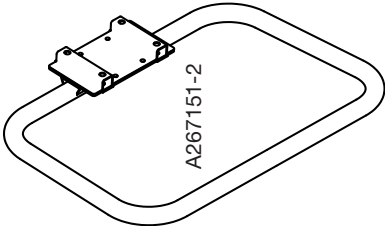
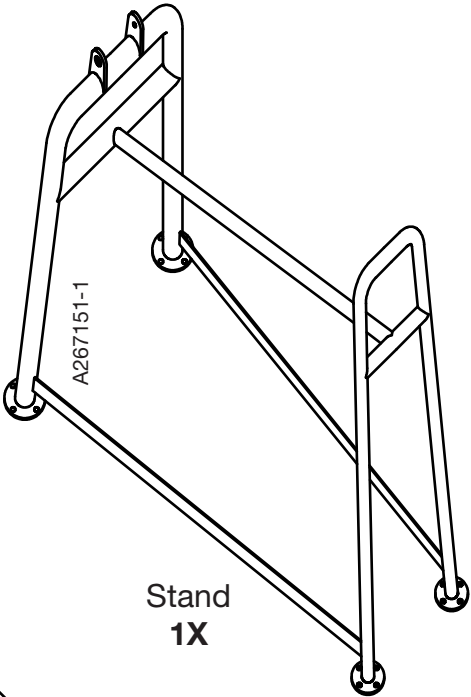
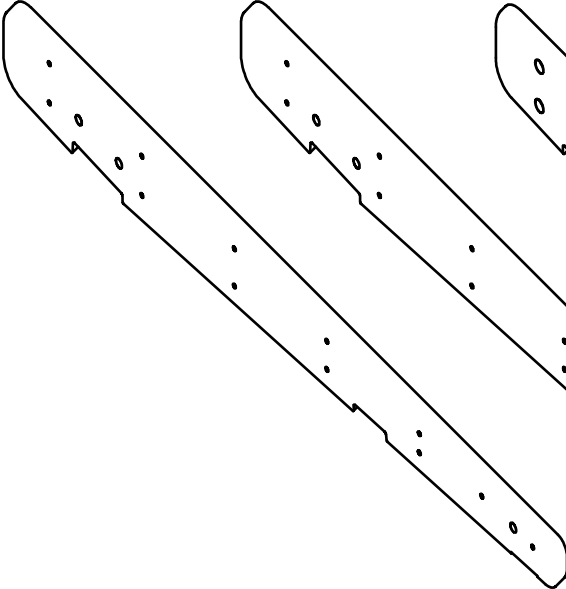
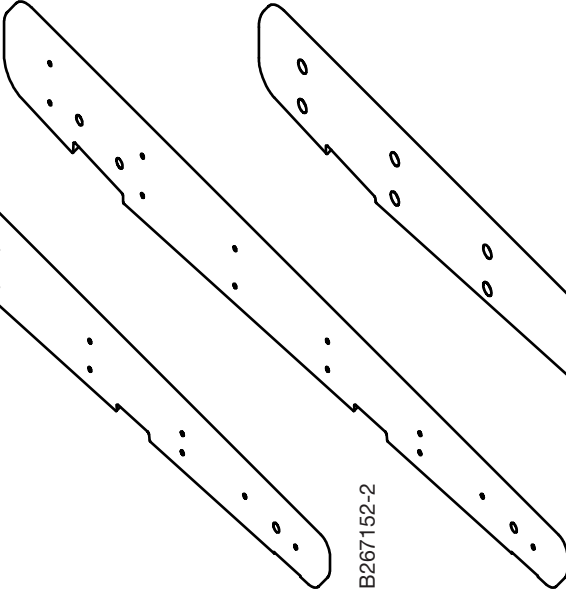
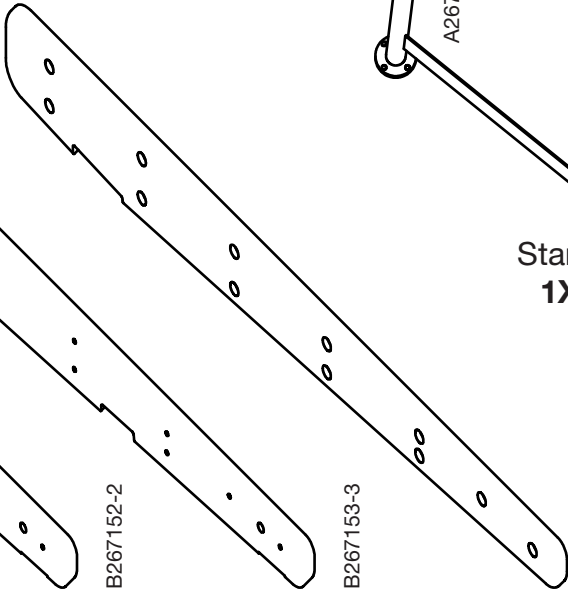
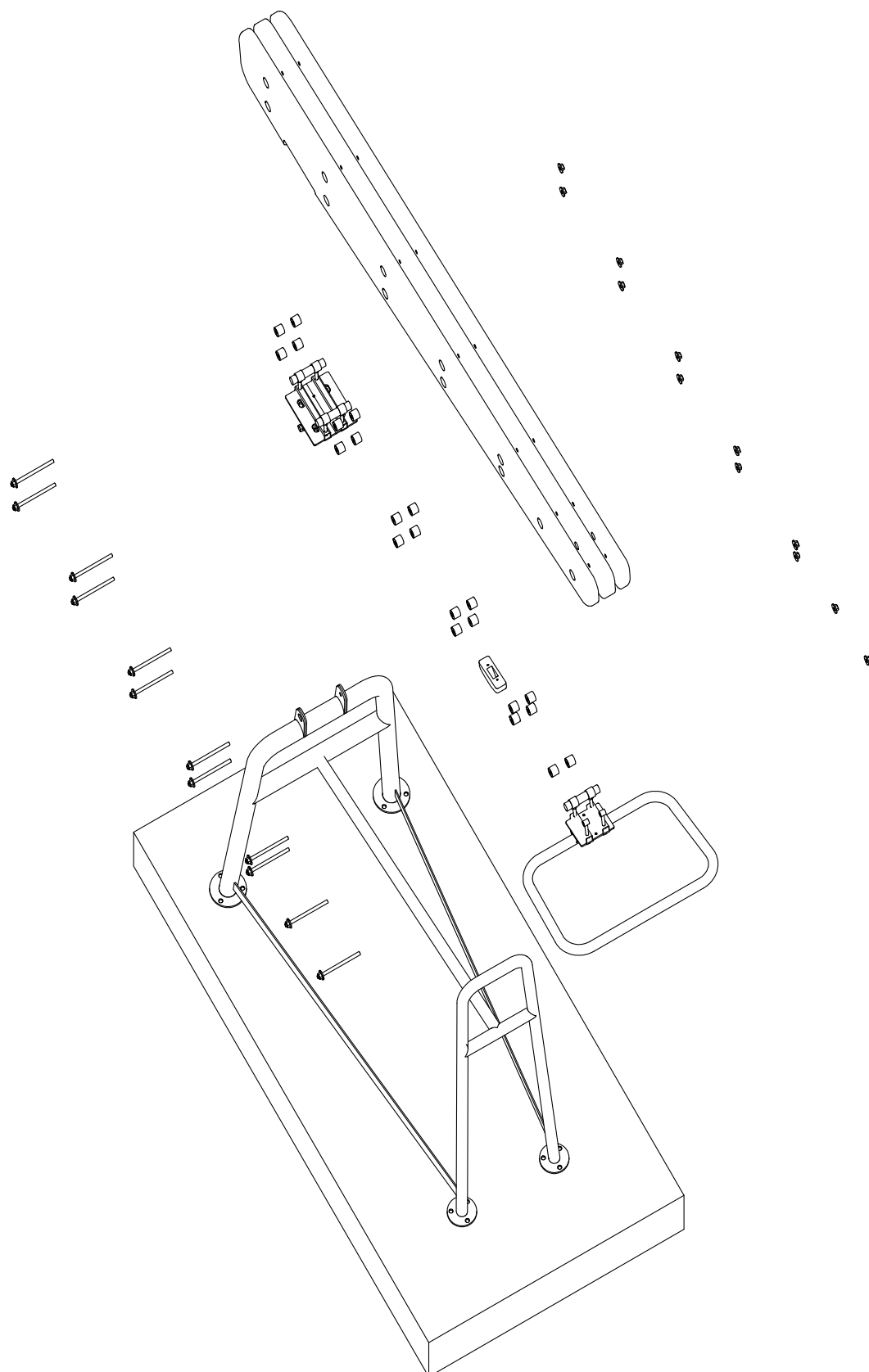


Table of contents

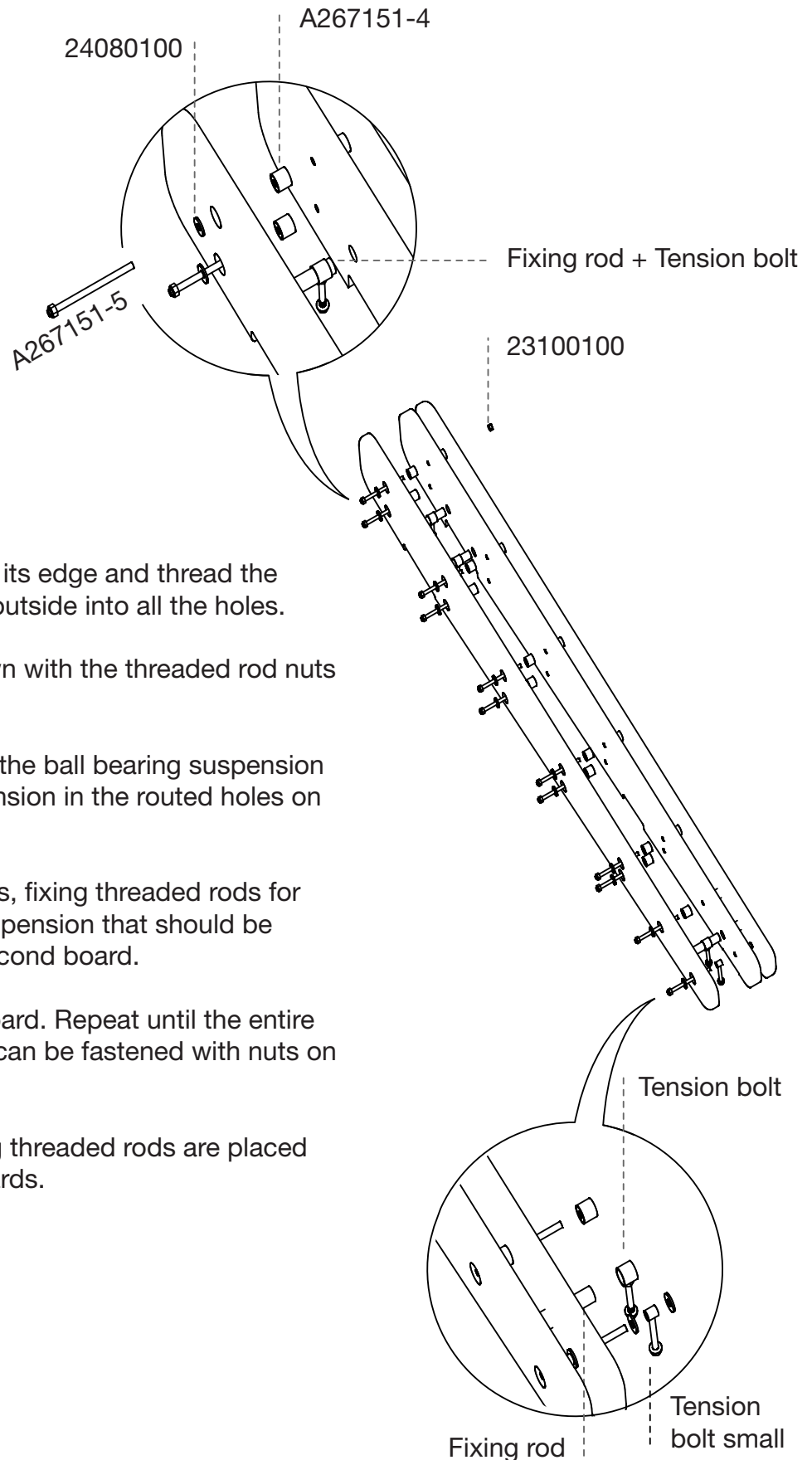
 2991807080 Wood screw 6X	 23100100 Nut 12x	 24080100 Lock washer 24x	 A267151-4 Washer 22x	 A267151-5 Threaded rod 12x
 Bearing 1X	 Tension bolt 6X	 Tension bolt small 2X	 Fixing rod 3x	 734-52RB5 Rubber bumper 1X
 A267151-2 Lifting handle 1X				
 A267151-1 Stand 1X				
 B267152-2 Board left 1X				
 B267153-3 Board middle 1X				
 B267151-1 Board right 1X				

Assembly instructions

Exploded view

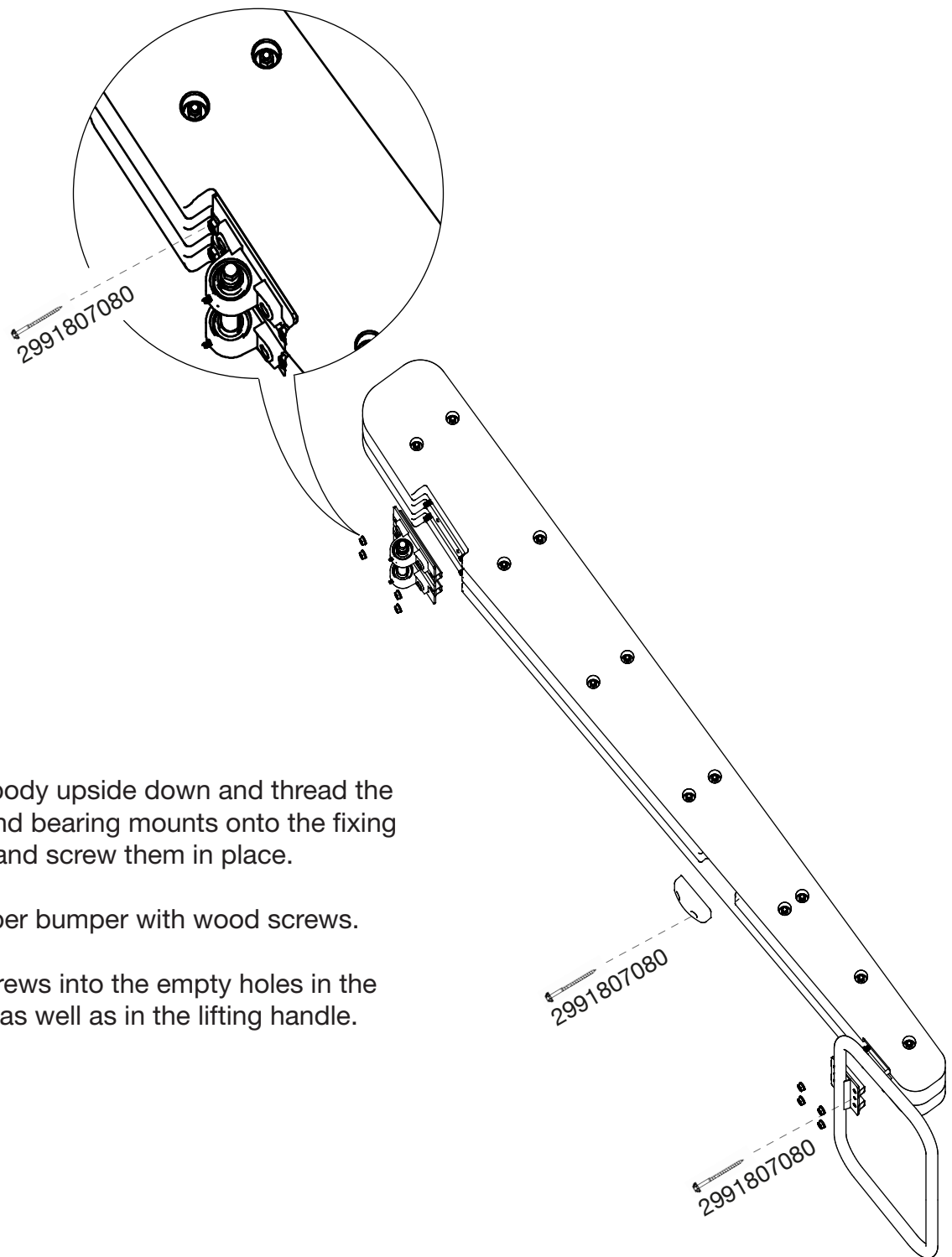


Assembly instructions



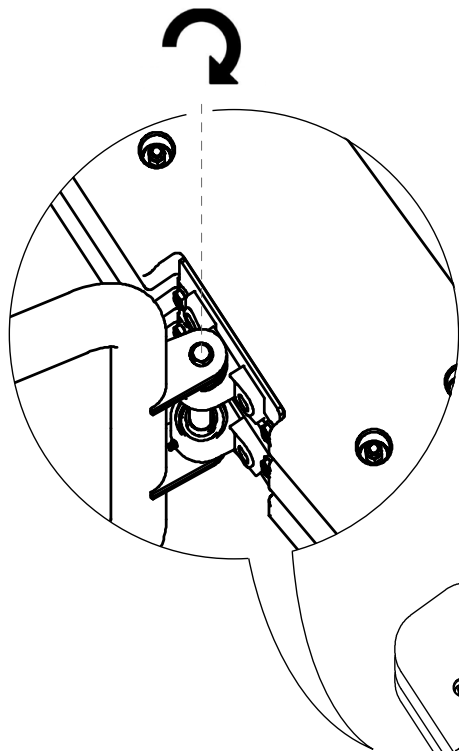
1. Place an outer board on its edge and thread the threaded rods from the outside into all the holes.
2. Lay the outer board down with the threaded rod nuts facing downwards.
3. Place the fixing rods for the ball bearing suspension and lifting handle suspension in the routed holes on the inside.
4. Thread on all the spacers, fixing threaded rods for handles and bearing suspension that should be between the first and second board.
5. Thread on the middle board. Repeat until the entire body is assembled and can be fastened with nuts on the other outer board.
6. Make sure that the fixing threaded rods are placed between the correct boards.

Assembly instructions

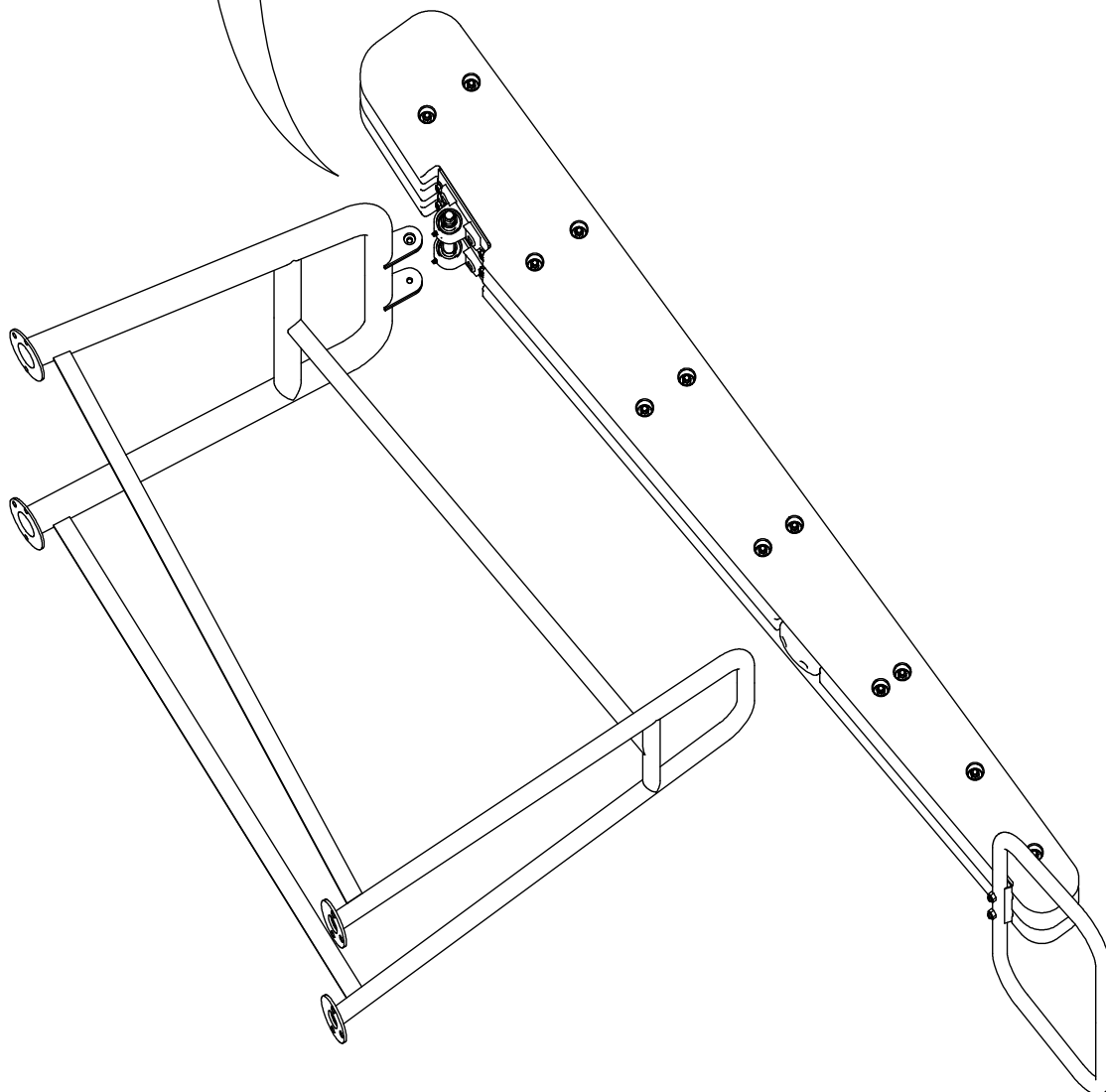


7. Flip the entire body upside down and thread the lifting handle and bearing mounts onto the fixing threaded rods and screw them in place.
8. Attach the rubber bumper with wood screws.
9. Insert wood screws into the empty holes in the bearing mount as well as in the lifting handle.

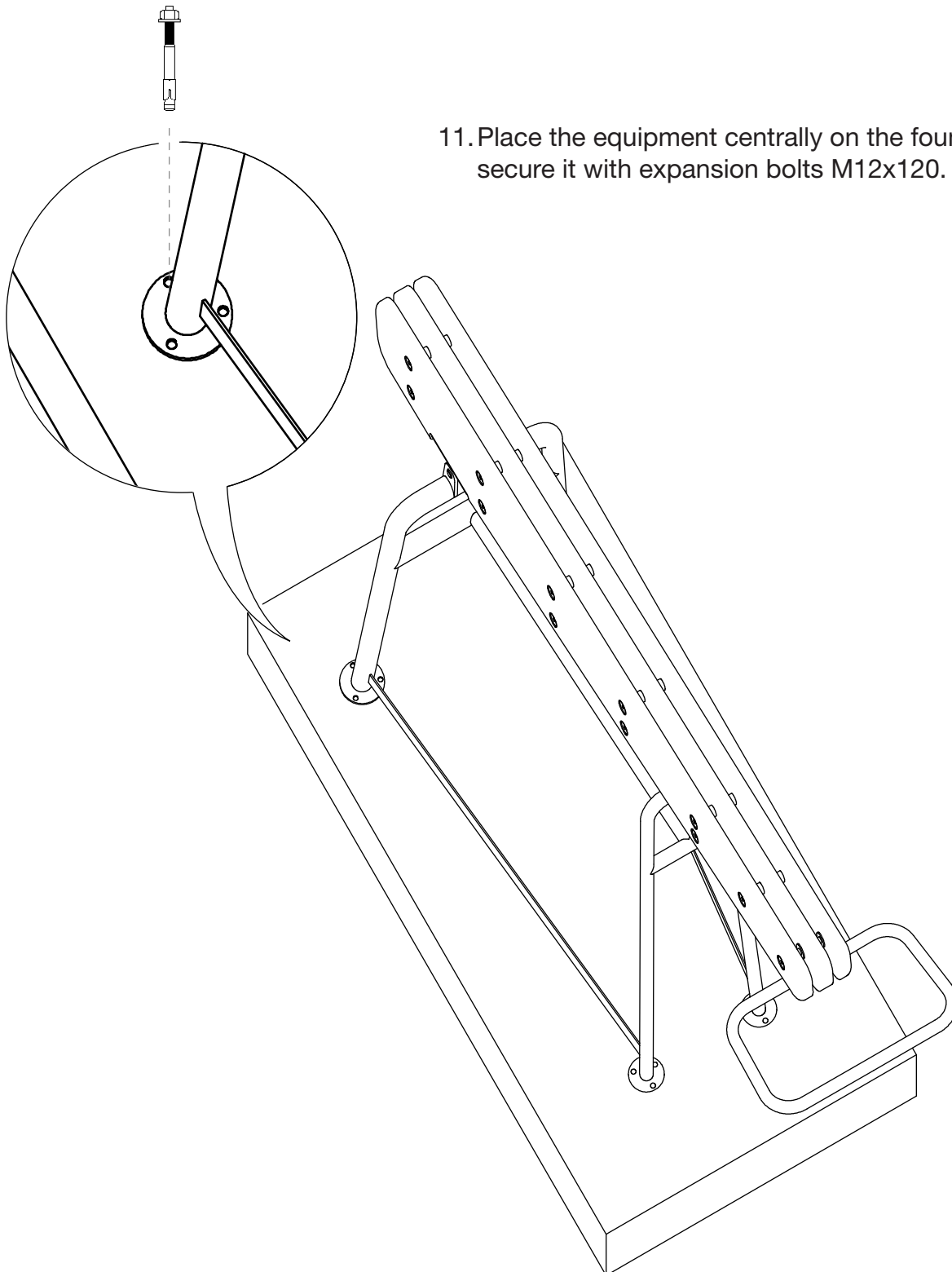
Assembly instructions



10. Place the body in its final position on top of the frame and insert the fixing rod, then screw it in place. from the outside.



Assembly instructions



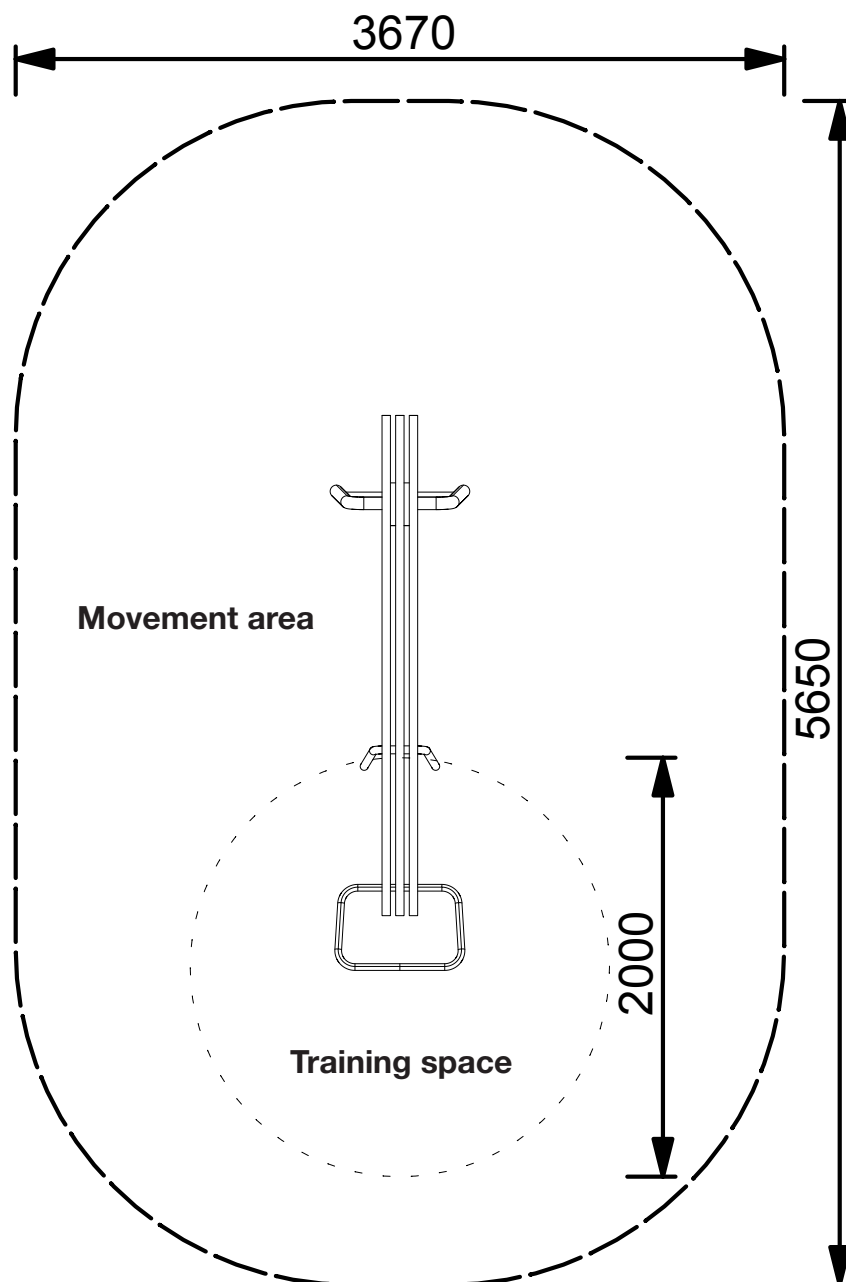
11. Place the equipment centrally on the foundation and secure it with expansion bolts M12x120.

Clearance space

Dwg files with safety distances can be downloaded from glantadesign.com

Free fall height: <1000 mm

Requirements for shock-absorbing surfacing: No



Guidelines for clearance space

No fixed or hard objects inside the **movement area** (fences, other gym equipment, trees, rocks, etc.) See **Fig 1** and **Fig 2**.

Fig 1 - Not OK

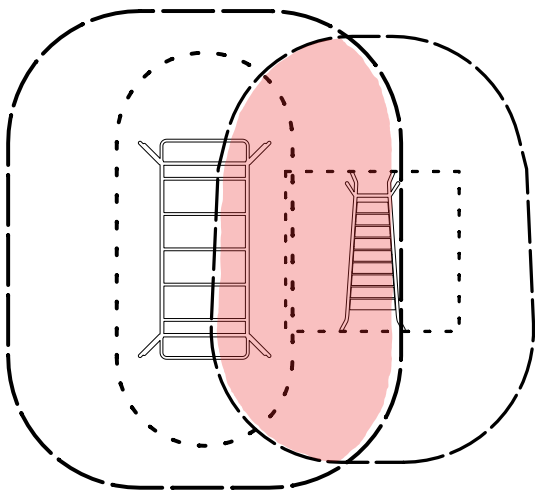
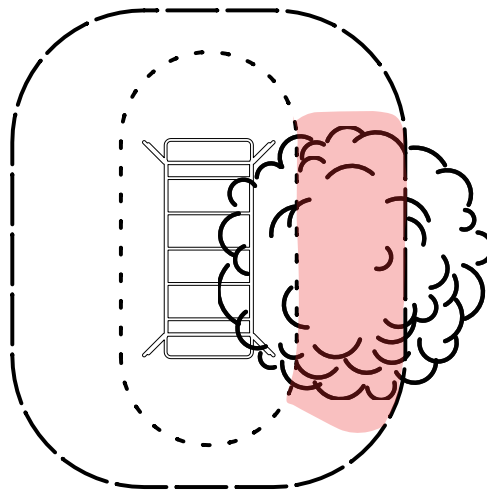
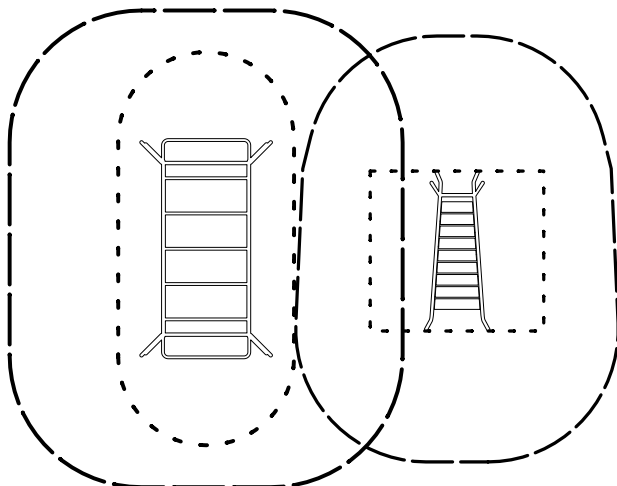


Fig 2 - Not OK



The movement area may overlap, provided the **training space** do not. See **Fig 3**.

Fig 3 - OK



Movement area ————
Training space - - - - -

Maintenance

Maintenance - Oiled oak

The equipment comes factory treated with a quality wax oil from Sherwin Williams. The need for maintenance varies depending on how exposed the equipment is to sun, water, and mechanical wear.

We recommend an annual review and, if necessary, apply a new coat of oil. It is important to clean the wooden parts before oiling them (e.g., use soap or dish detergent).

If the equipment has been attacked by algae/black mold, it may need to be treated with Mold Cleaner or Chlorine to remove and bleach the discoloration. Rinse well (do not use high-pressure wash). Allow the wood surface to dry. Lightly sand the surfaces to be oiled. Treat 1-3 times with wood oil. Repeat treatment until the wood oil is no longer absorbed by the surface. Note! It is important to wipe off excess oil about 20 minutes after application. Follow the instructions on the packaging.

All outdoor wood is exposed to large moisture variations due to weather and wind. Untreated wood experiences greater moisture variation, causing it to swell and shrink alternately, resulting in cracking. Over time, small cracks occur, which is natural for this type of wood.

Maintenance - Stainless Steel

Products made of stainless steel may need to be polished with Autosol Chrome Shine or steel wool.

Construction

About 3 months after installation, all bolts should be tightened, and this should be repeated annually when the wooden parts have dried after winter

Repairs and Service

Contact us for repairs, service, and spare parts.

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