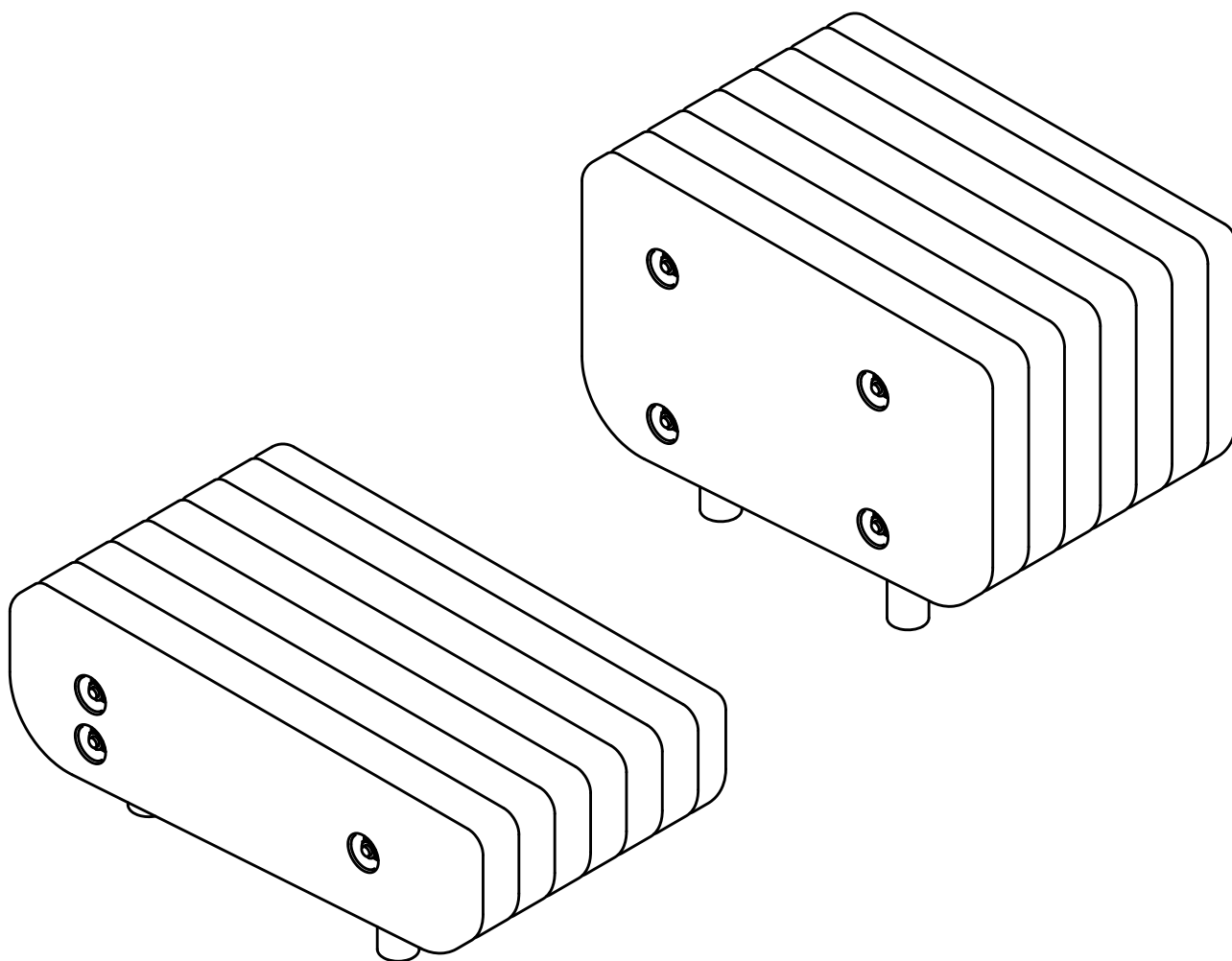


Gläntan Gråsuggorna

Product sheet
Assembly instructions
Clearance space
Maintenance

Article number: 267155, 267150



GLÄNTA

Product Sheet

Through various forms of steps, lunges, and jumps, is Gråsuggan a perfect entry-level tool for the inexperienced exerciser and at the same time a given component in the routine of those accustomed to training.

Article number: 267155, 267150

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

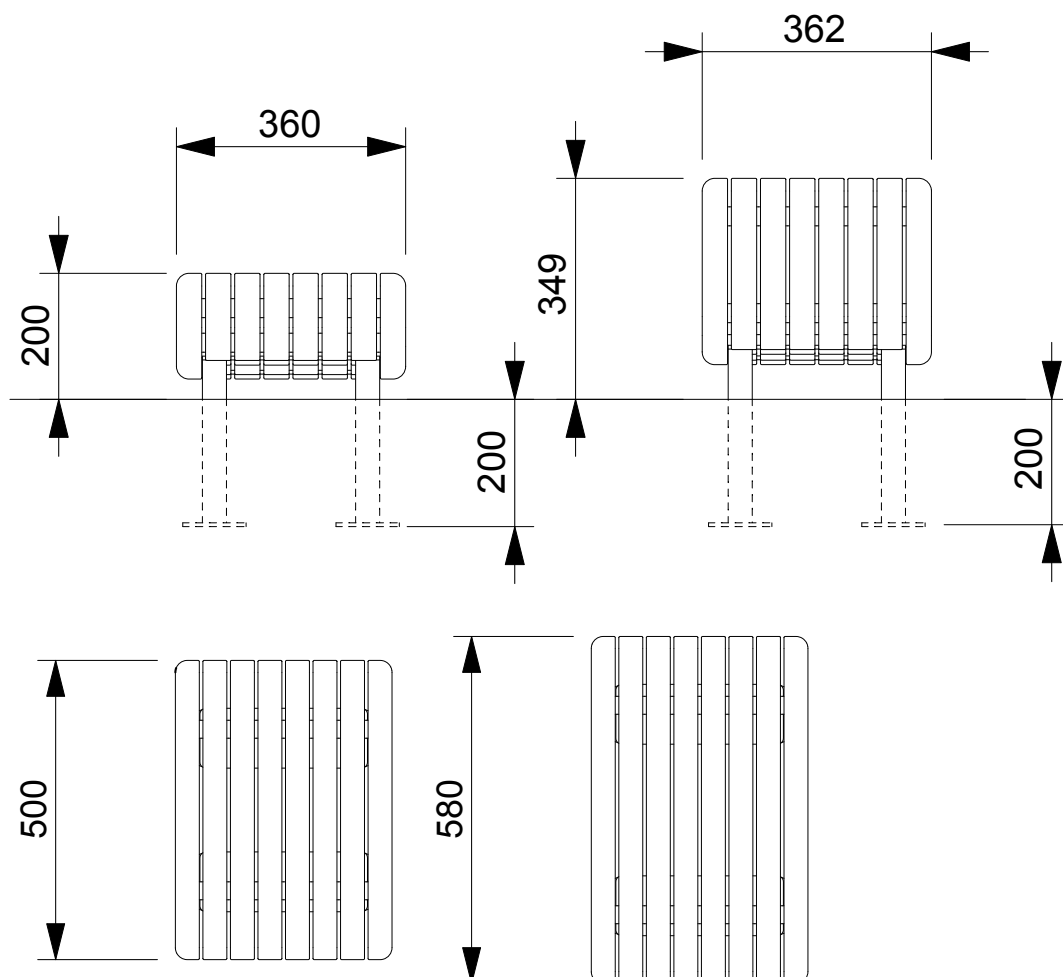
Kvarnholmsvägen 77

131 33 Nacka, Sweden

+46 (0) 70 731 38 13

info@glantadesign.com

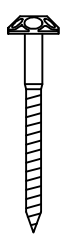
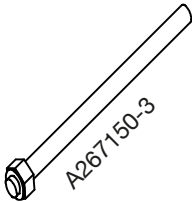
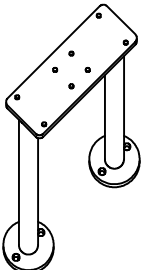
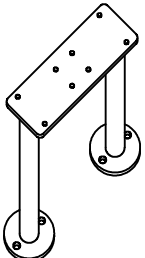
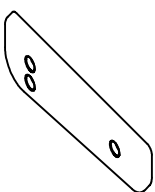
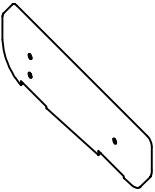
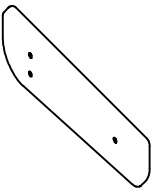
www.glantadesign.com



GLÄNTA

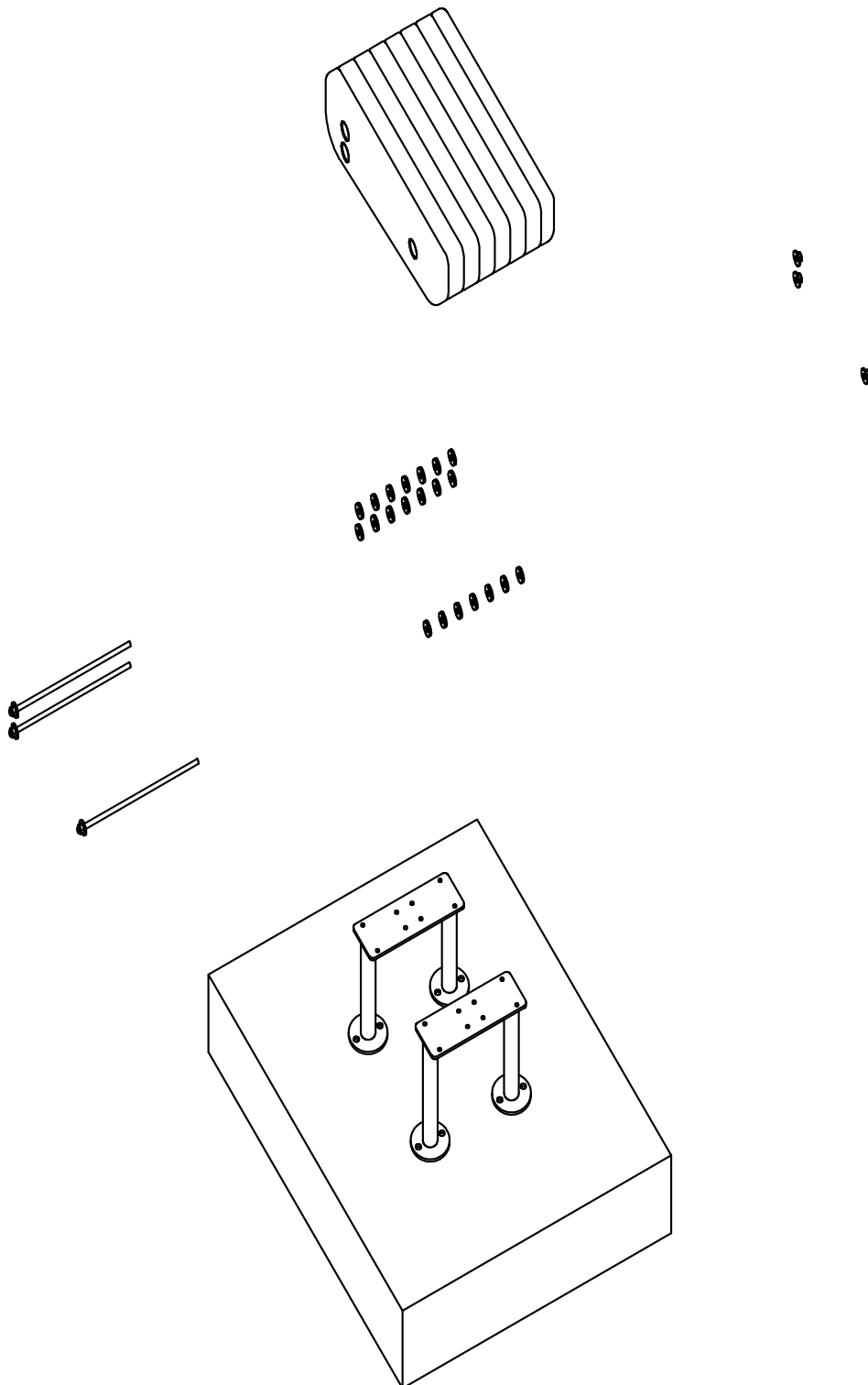
Assembly instructions (small)

Table of contents

 2991807080	 23100100	 24080100	 267151-04
16x Wood screw	3x Nut	6x Lock Washer	21x Washer
 A267150-3	 A267150-1	 A267150-2	
3x Threaded rod	1x Front Leg	1x Rear Leg	
 B267150-2	 B267150-3	 B267150-1	
1x Left Board	6x Middle Board	1x Right Board	

Assembly instructions (Small)

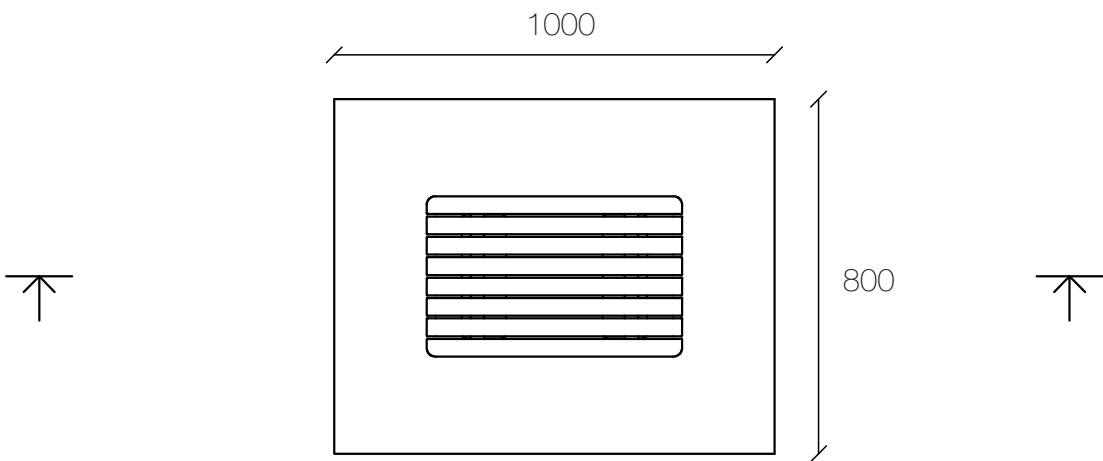
Exploded view



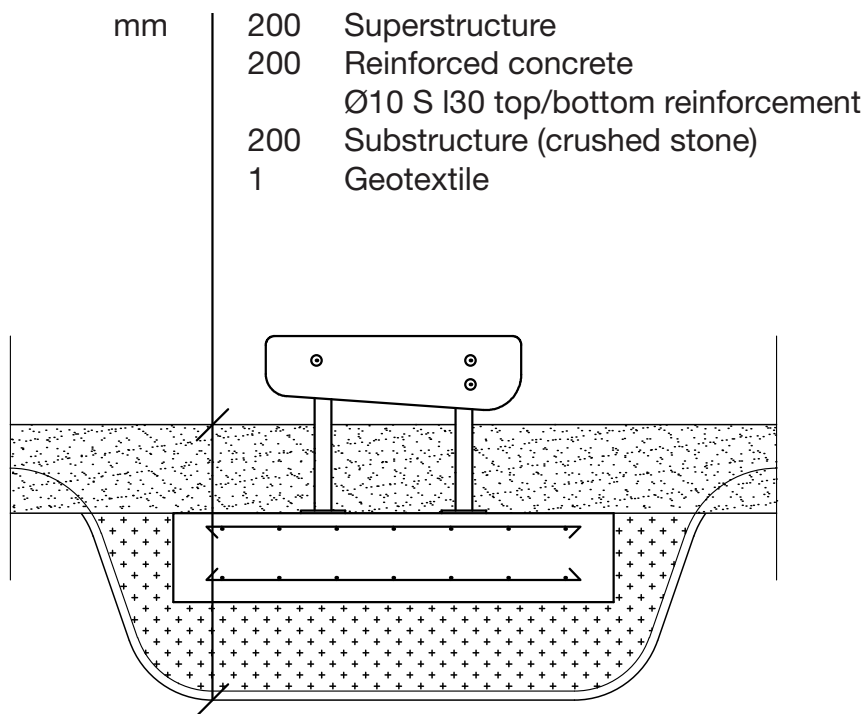
Assembly instructions (Small)

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

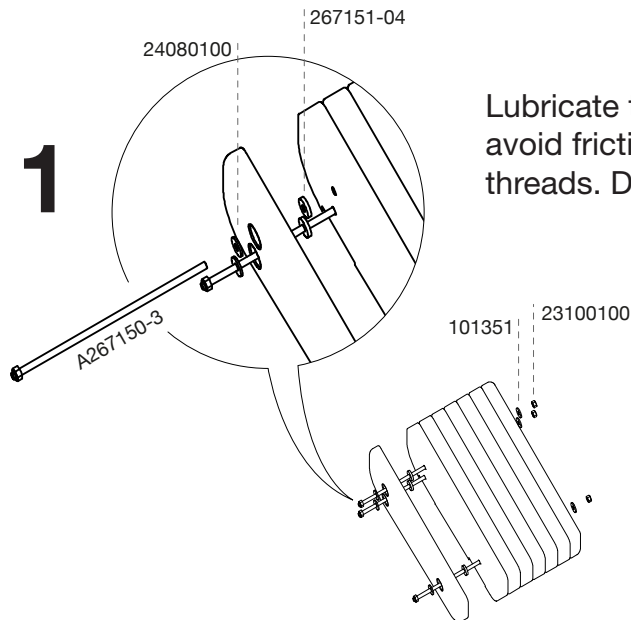


Note!
The outer edge of the foundation is chamfered at a 45-degree angle.



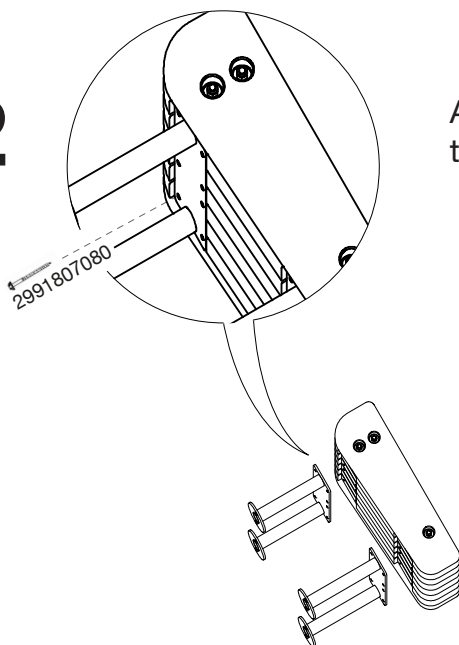
Assembly instructions (Small)

1



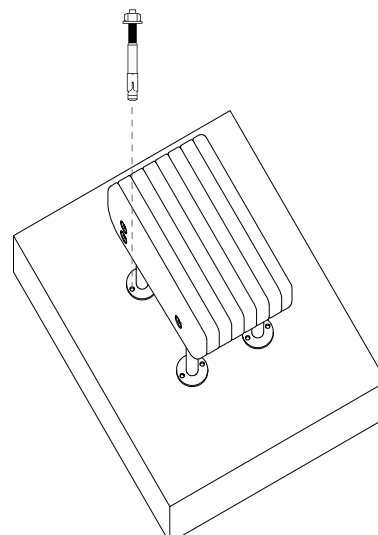
Lubricate the threaded rod and nut to avoid friction heat that damages the threads. Do not use power tools.

2



Assemble the wooden body with the threaded rods, then attach the legs.

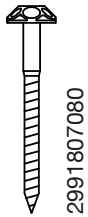
3



Place the equipment centrally on the foundation and secure with expansion bolts M12X120.

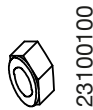
Assembly instructions (Large)

Table of contents



16x

Wood screw



4x

Nut



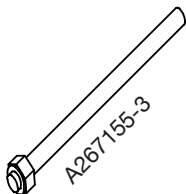
16x

Lock Washer



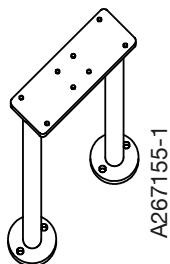
28x

Washer



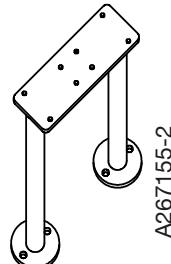
4x

Threaded rod



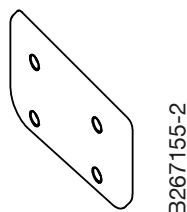
1x

Front Leg



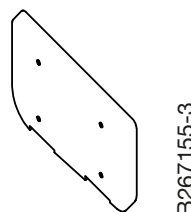
1x

Rear Leg



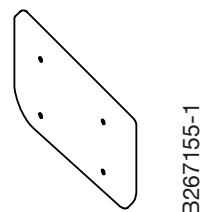
1x

Left Board



6x

Middle Board

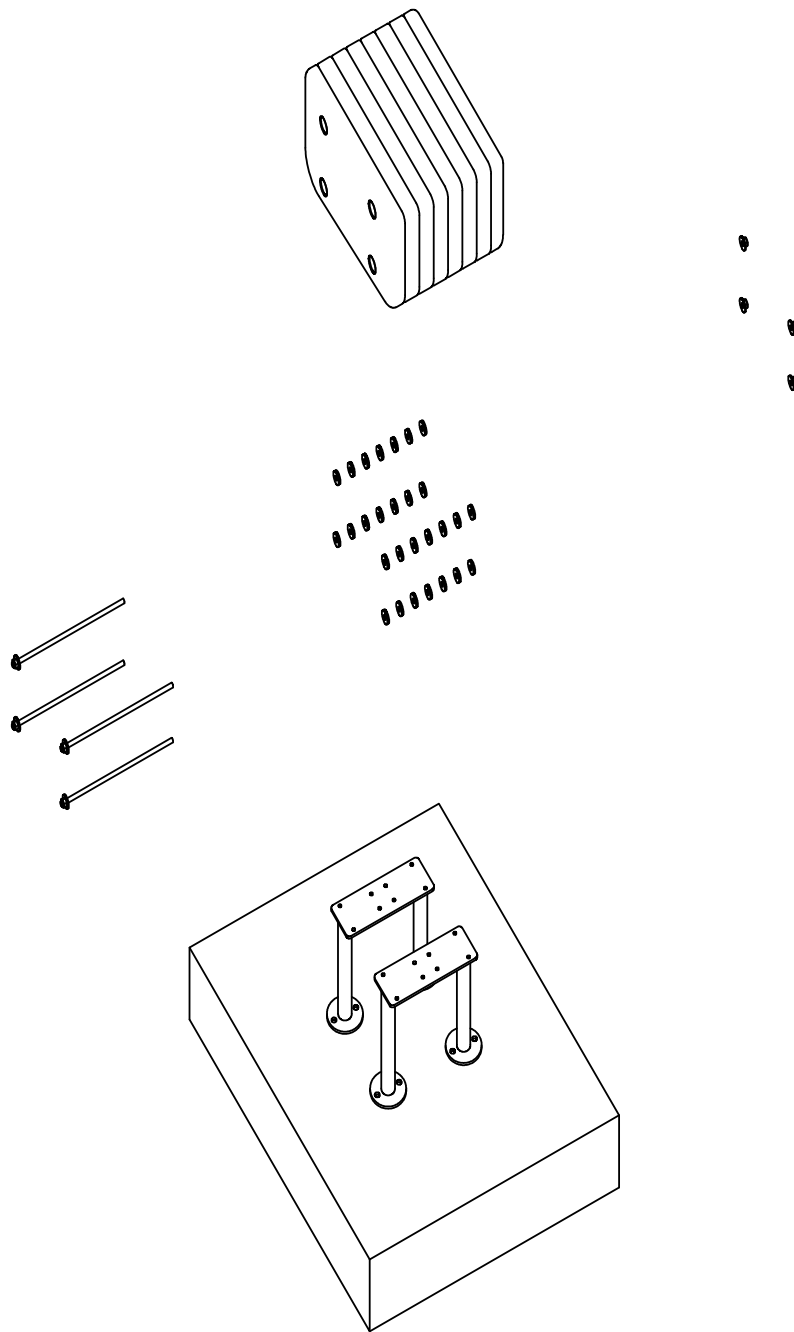


1x

Right Board

Assembly instructions (Large)

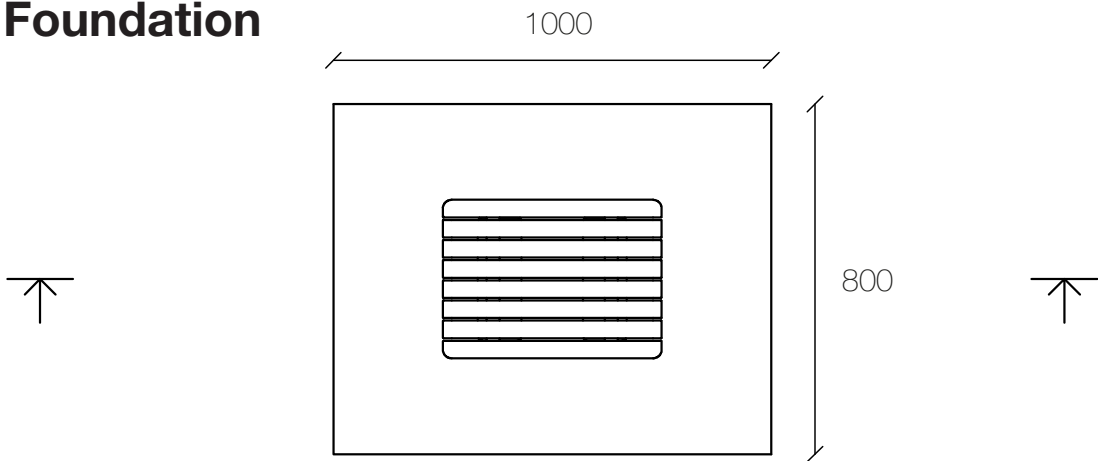
Exploded view



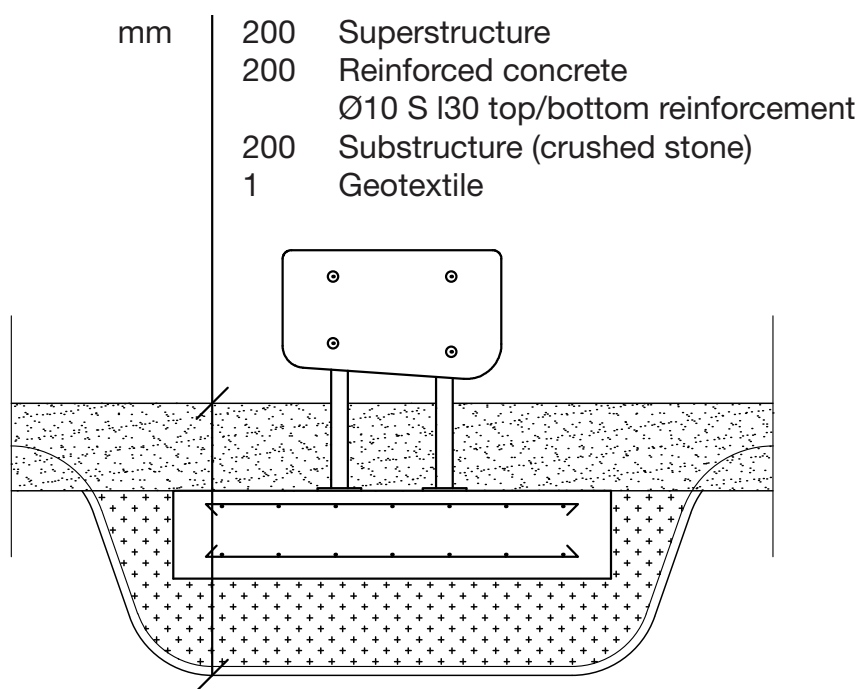
Assembly instructions (Large)

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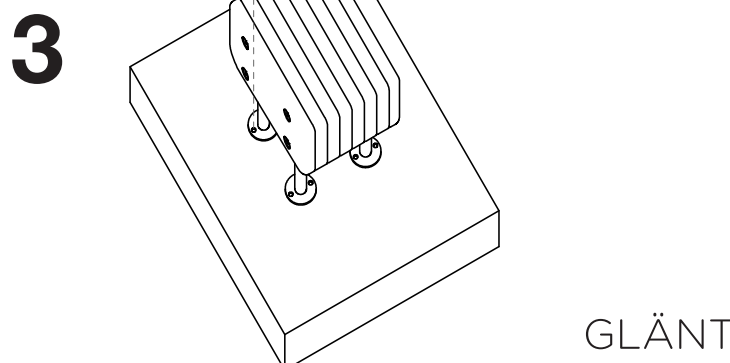
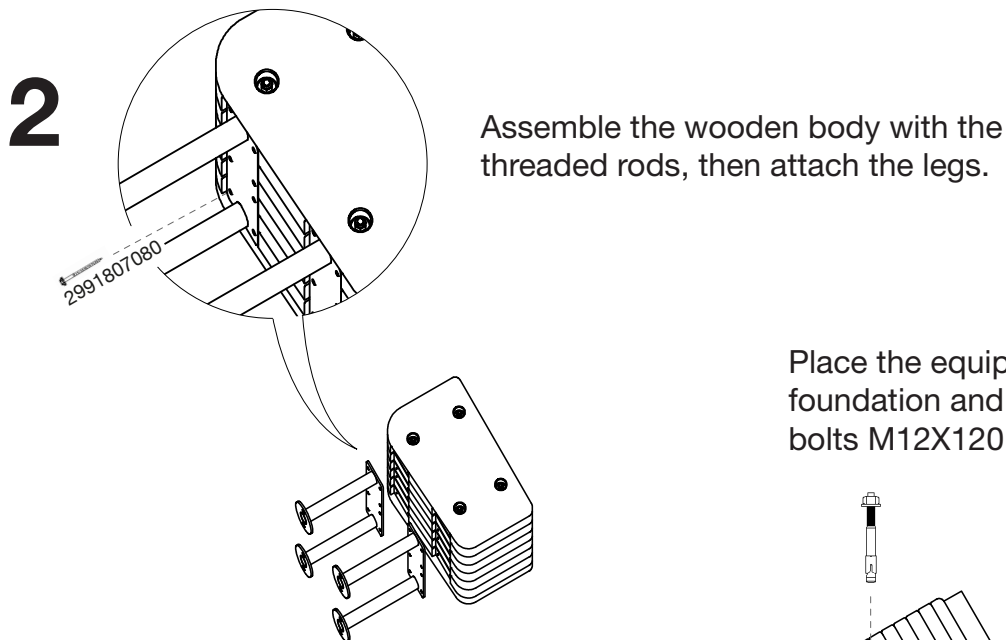
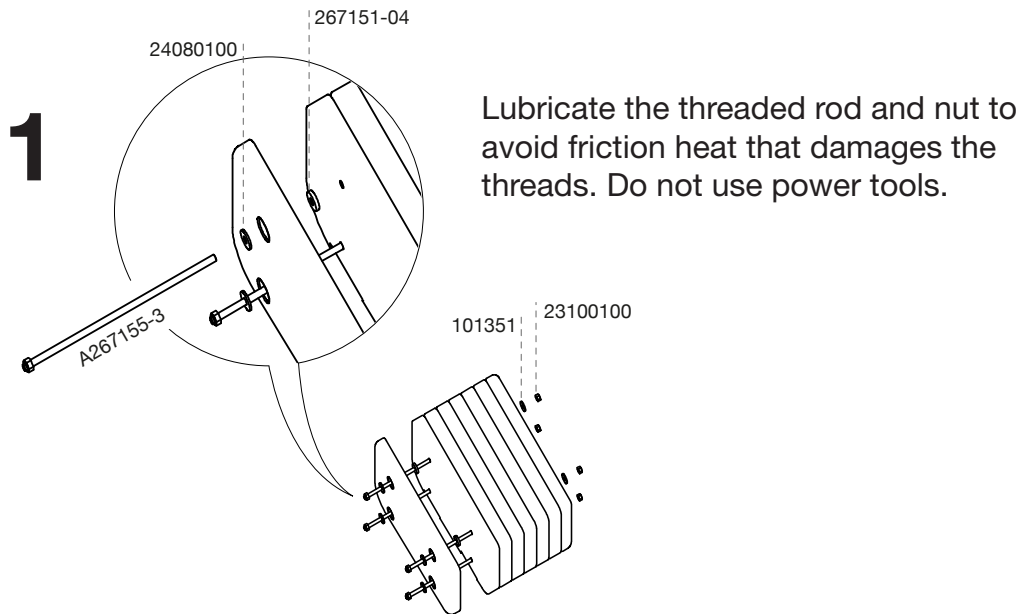
Foundation



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



Assembly instructions (High)

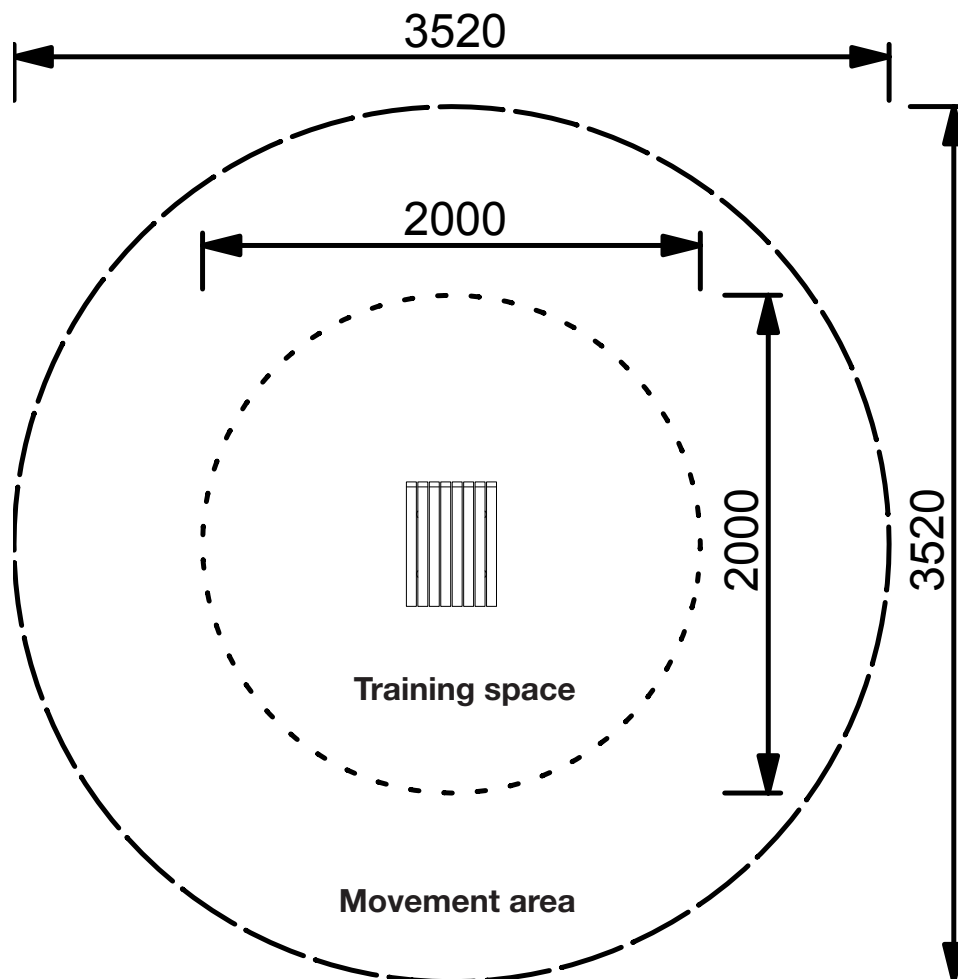


Clearance space

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

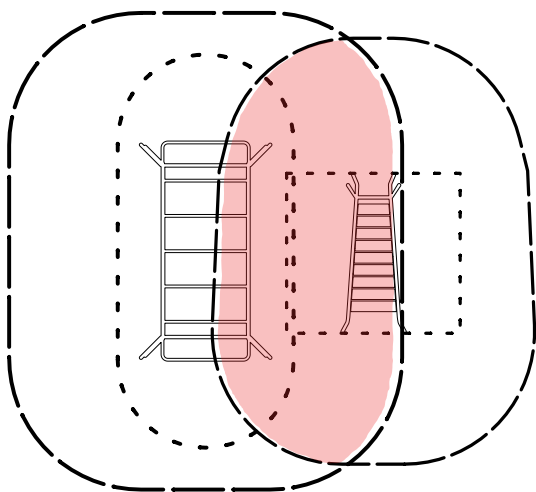
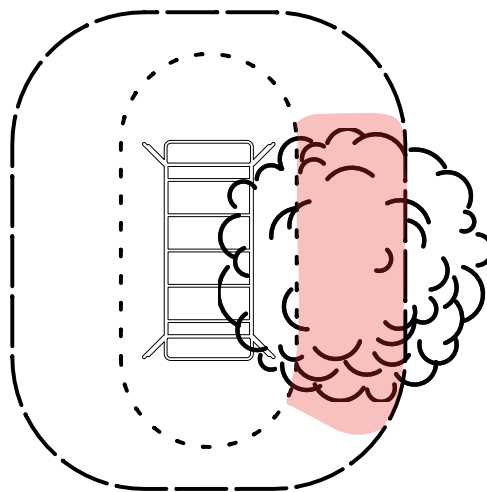
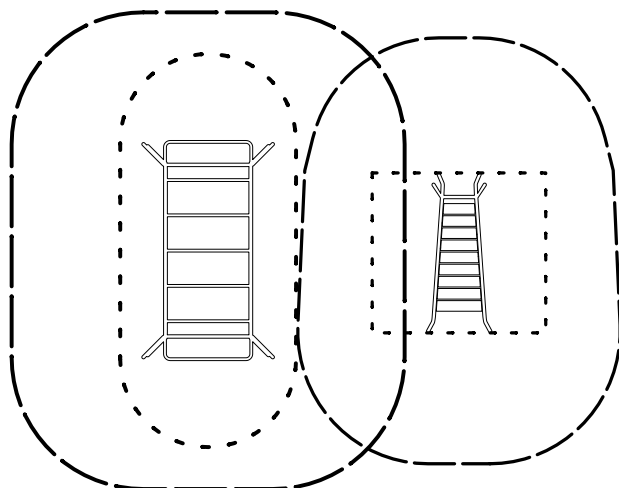


Fig 2 - Not OK



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.

Glänta Design

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