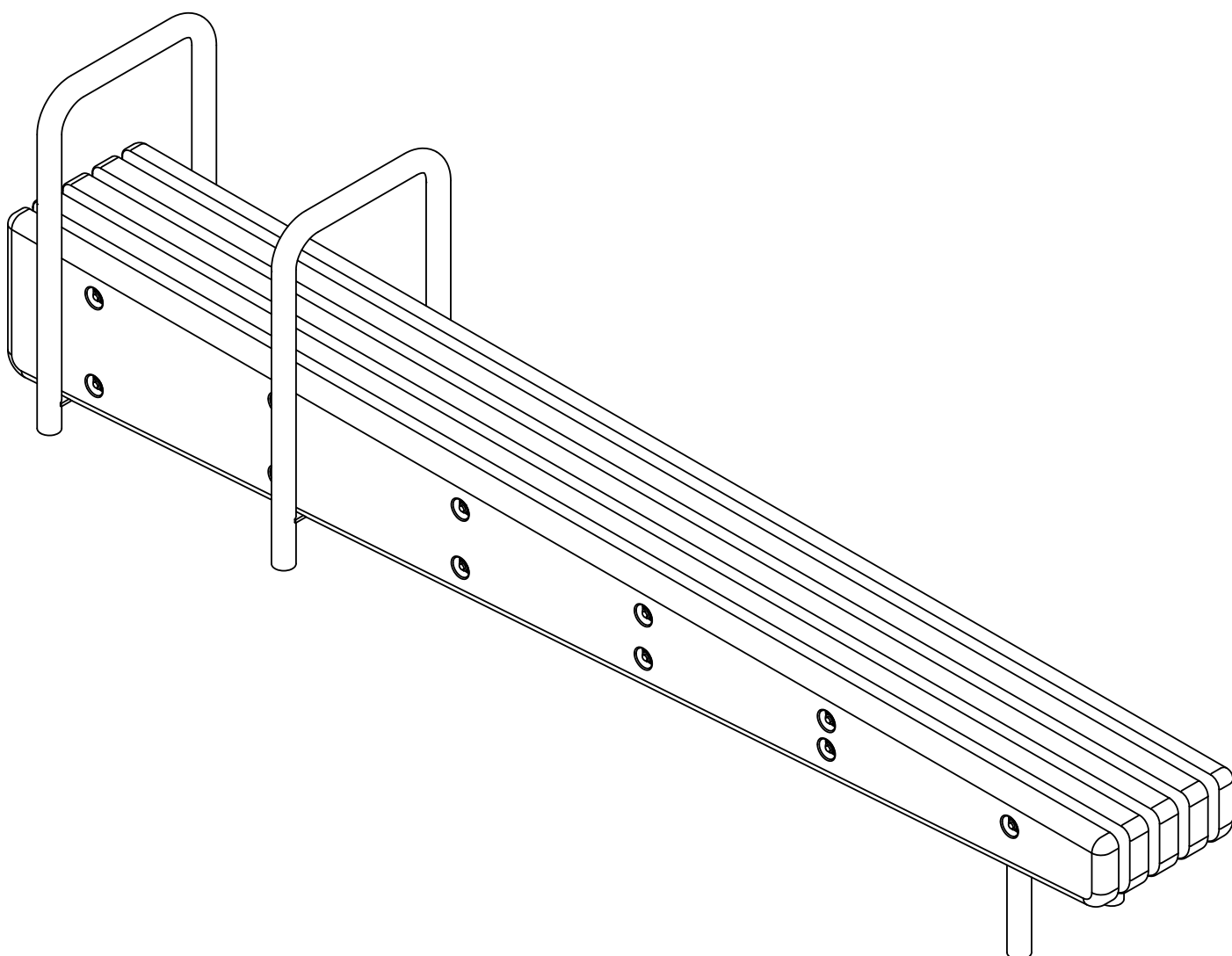


Gläntan Gäddan Lång

Product sheet
Assembly instructions
Clearance space
Maintenance

Article number: 267154



GLÄNTA

Product sheet

On the Gäddan Lång, the possibilities for various forms of push-ups and tricep dips are endless. It also enables different types of leg strength and endurance training, while the flat surface on top naturally invites you to rest and stretch.

Article number: 267154

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.

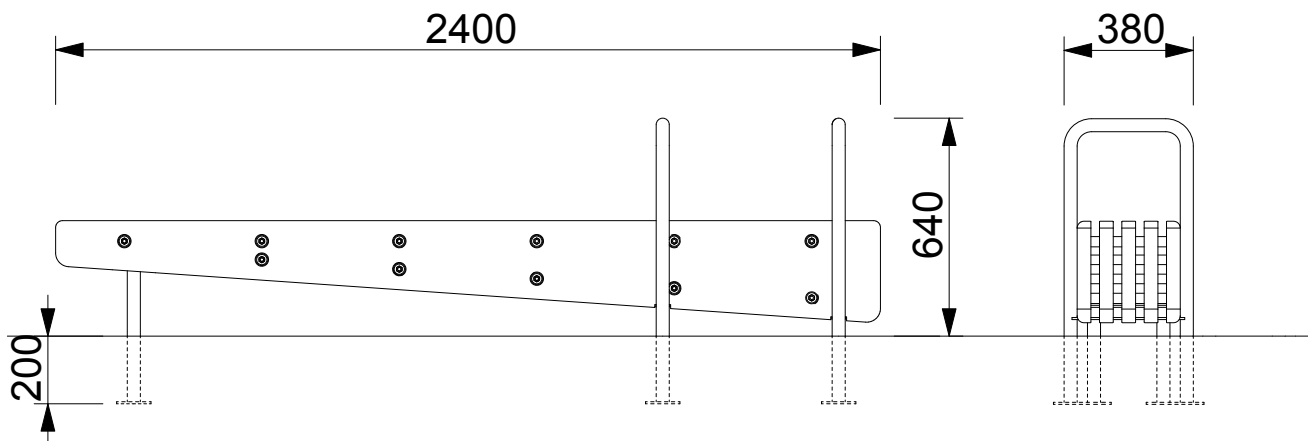
Glänta Design

Kvarnholmsvägen 77, 131 33 Nacka

+46 (0) 70 731 38 13

info@glantadesign.com

www.glantadesign.com



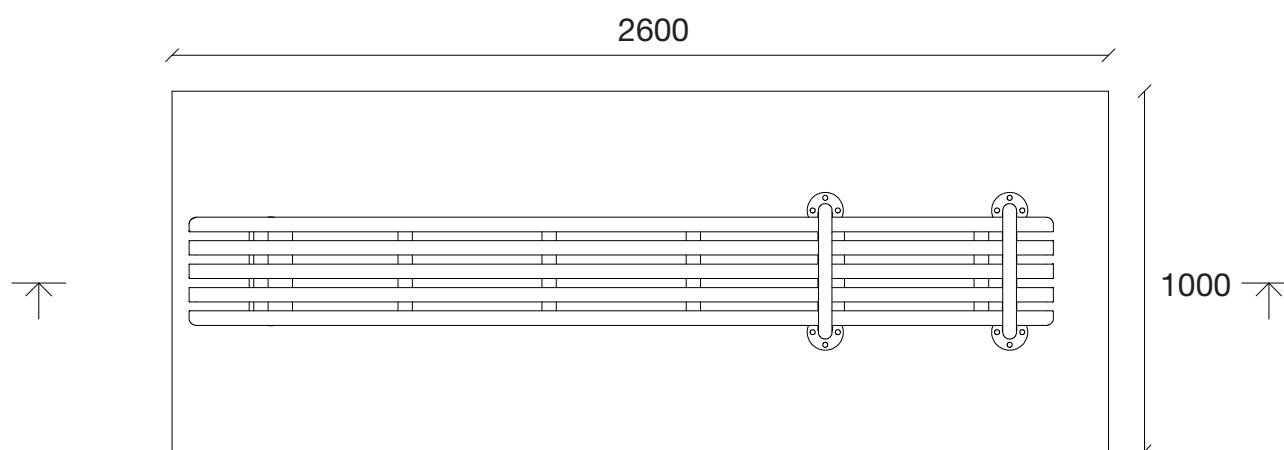
Assembly instructions

It is important to follow the assembly instructions for the equipment to function satisfactorily and be safe to use. Glänta assumes no responsibility for equipment that has been assembled or anchored to the ground in a manner other than that specified in the accompanying assembly instructions.

Foundation

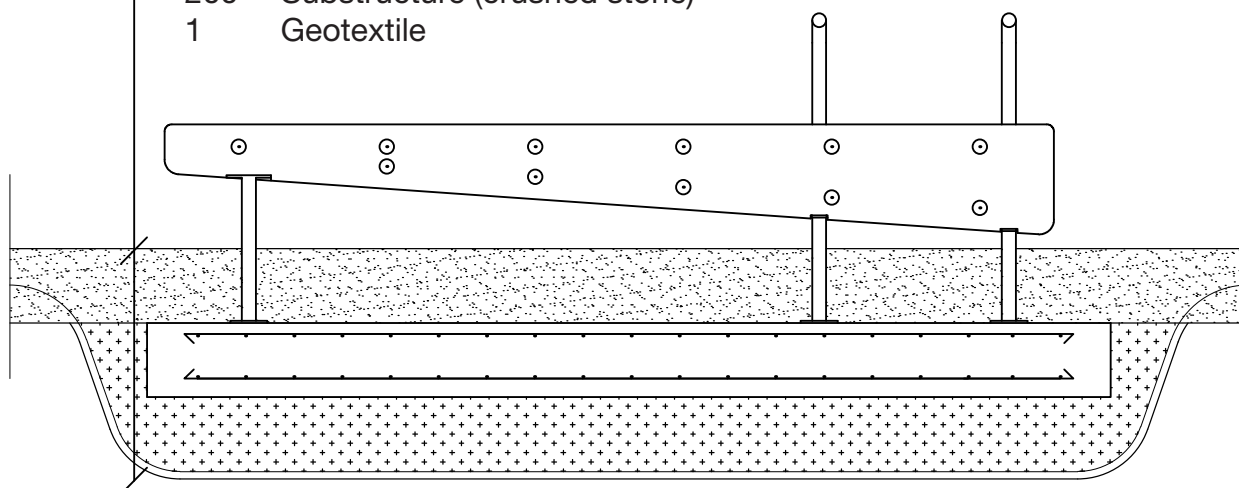
Note!

The outer edge of the foundation should be beveled at 45 degrees.



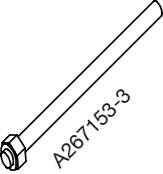
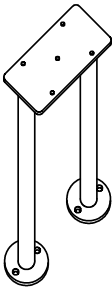
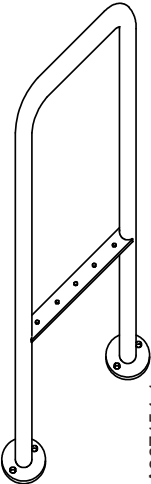
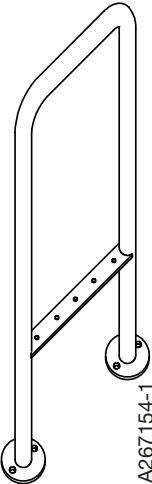
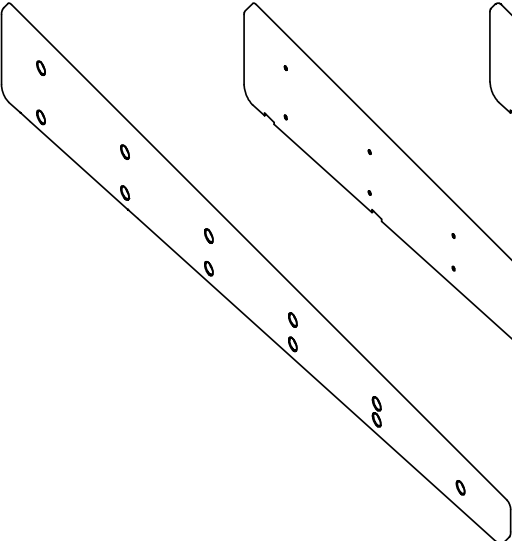
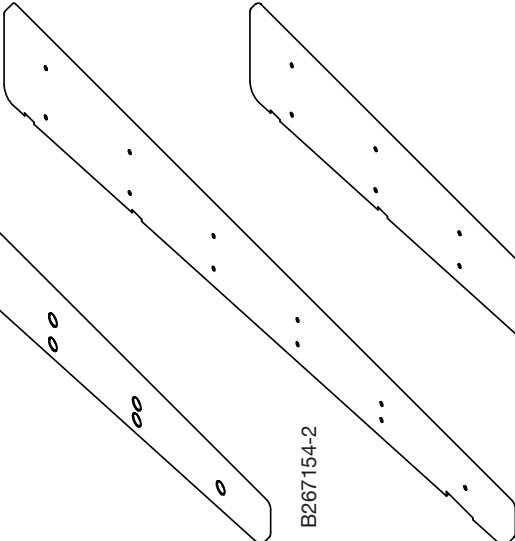
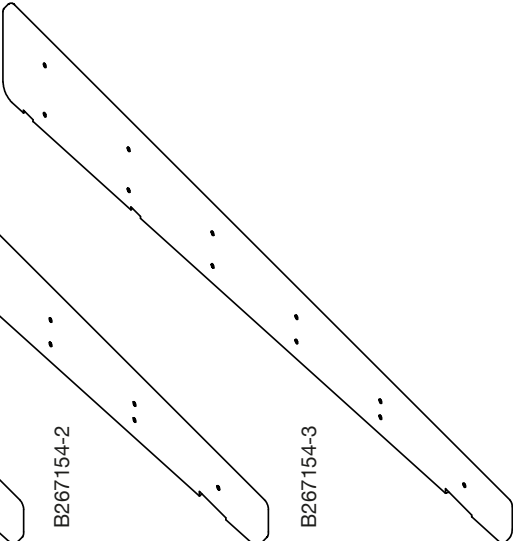
(mm)

- 200 Superstructure
- 200 Reinforced concrete
Ø10 S I30 top/bottom reinforcement
- 200 Substructure (crushed stone)
- 1 Geotextile



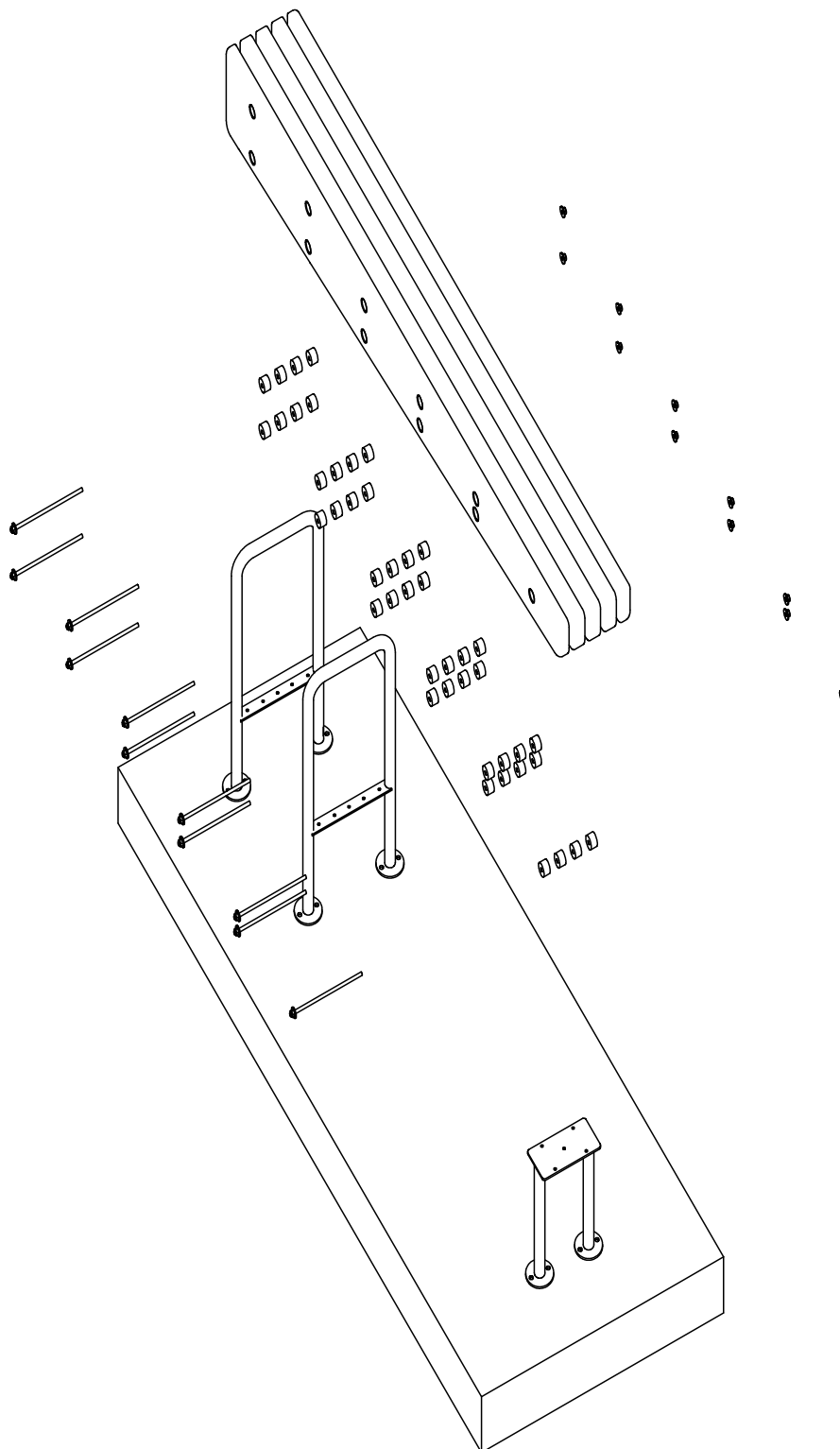
Assembly Instructions

Table of Contents

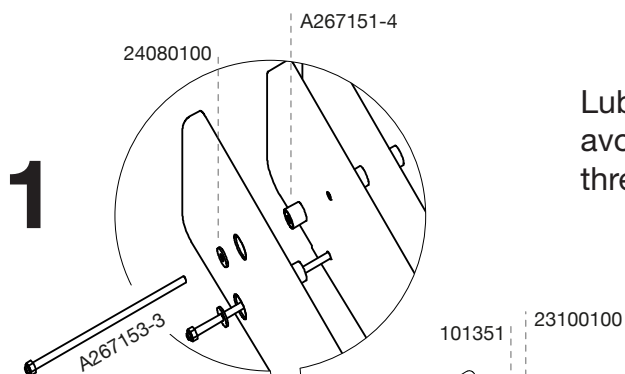
 2991807080	 23100100	 24080100	 A267151-4
15x Wood screw	11x Nut	22x Lock washer	44x Spacer washer
 A267153-3	 A267154-2	 A267154-1	 A267154-1
11x Threaded rod	1x Leg	1x Stand	1x Stand
 B267154-2	 B267154-3	 B267154-1	
1x Board left	3x Board middle	1x Board right	

Assembly Instructions

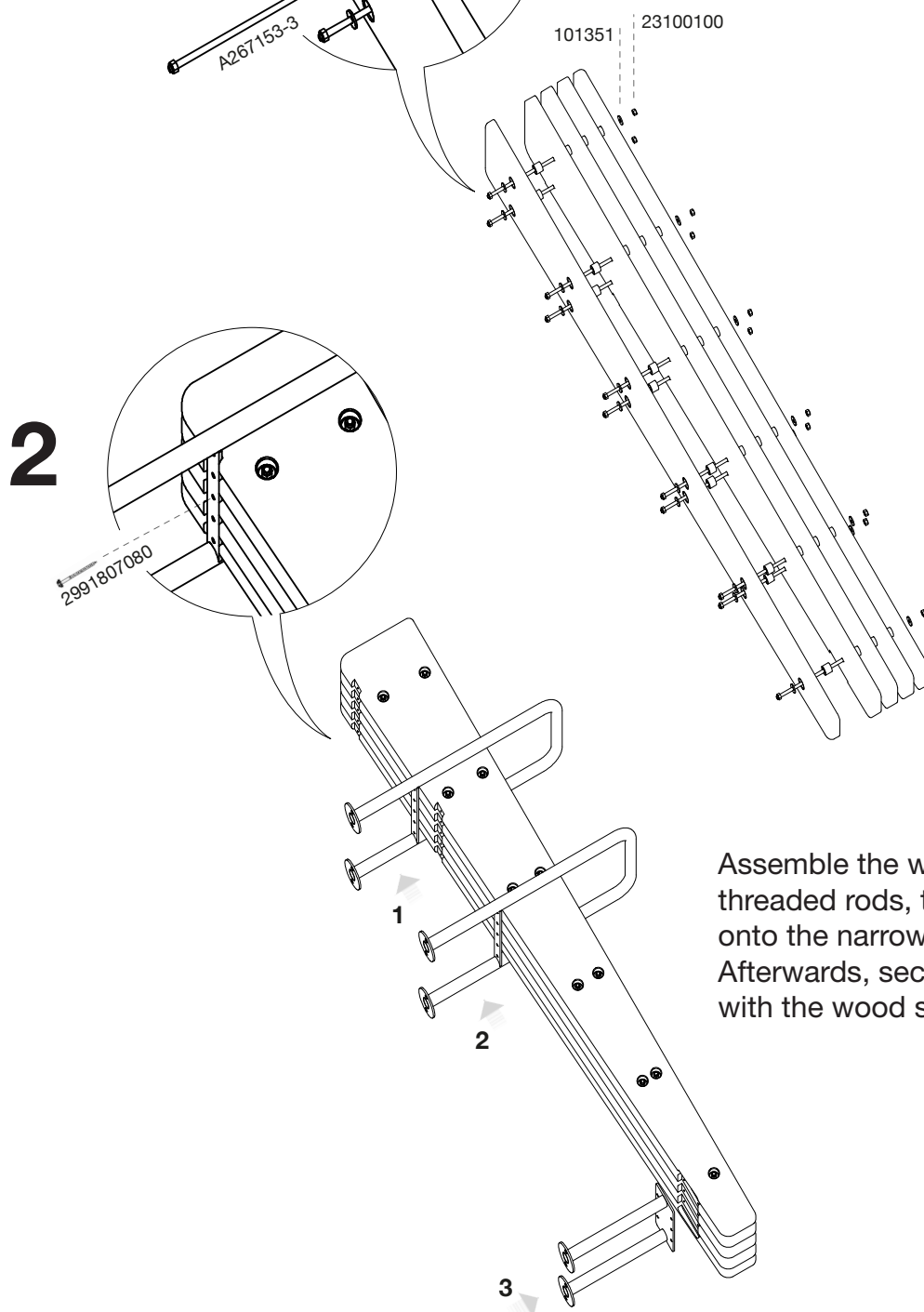
Exploded View



Assembly Instructions



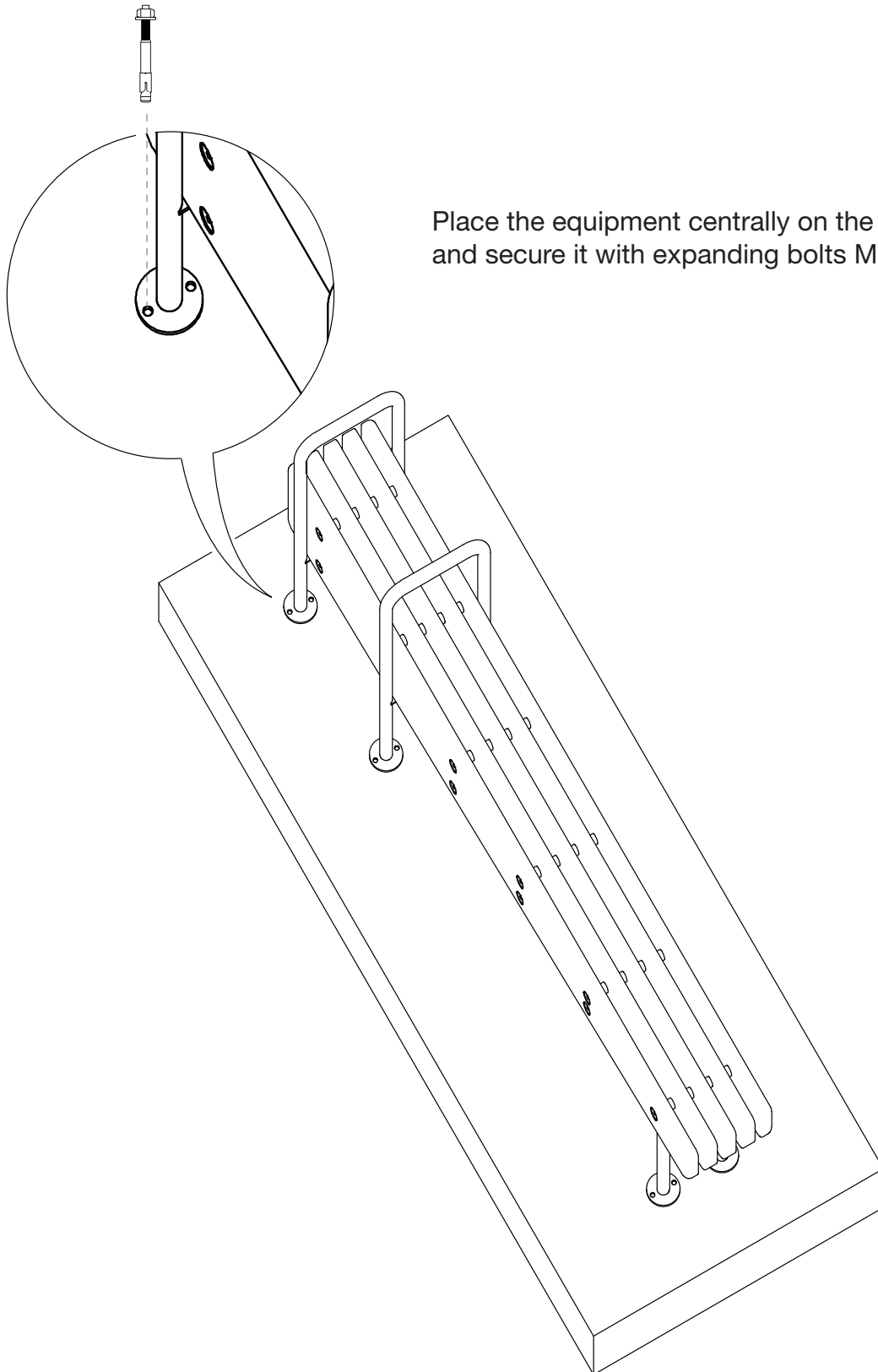
Lubricate the threaded rod and nut to avoid friction heat that can strip the threads. Do not use power tools.



Assemble the wooden body with the threaded rods, then slide the stand onto the narrow part of the body. Afterwards, secure the stand and legs with the wood screws.

Assembly Instructions

3



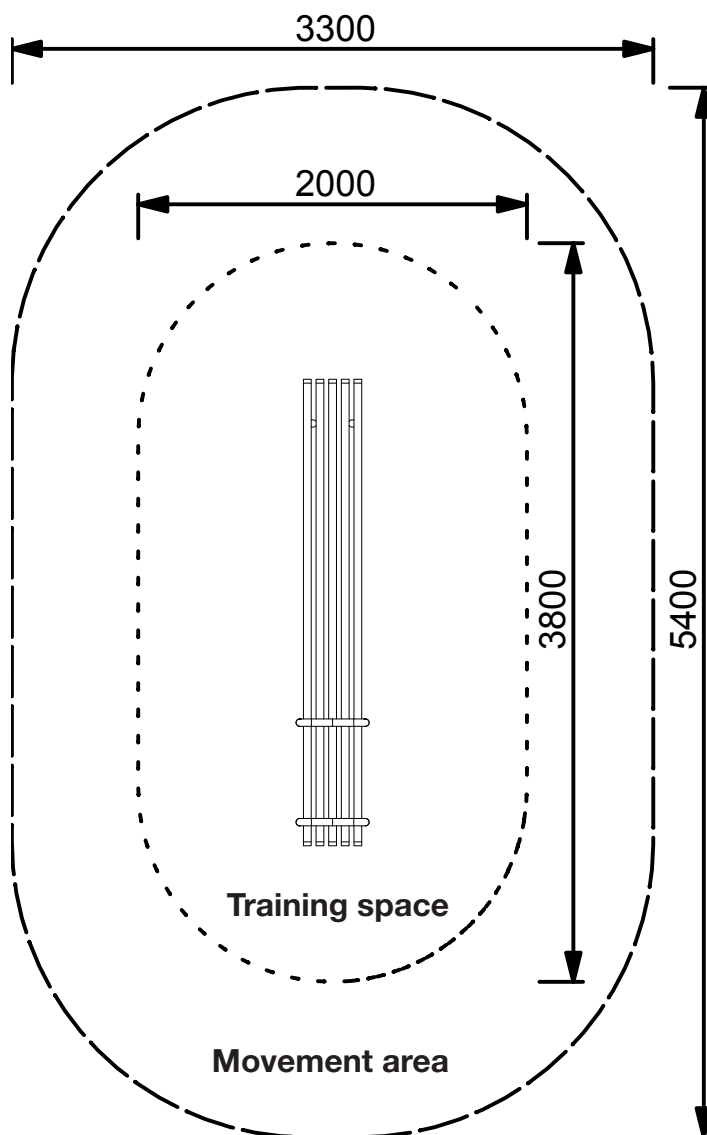
Place the equipment centrally on the foundation and secure it with expanding bolts M12x120.

Clearance Space

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

Free fall height: < 1000 mm

Requirement for shock-absorbing surface: 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

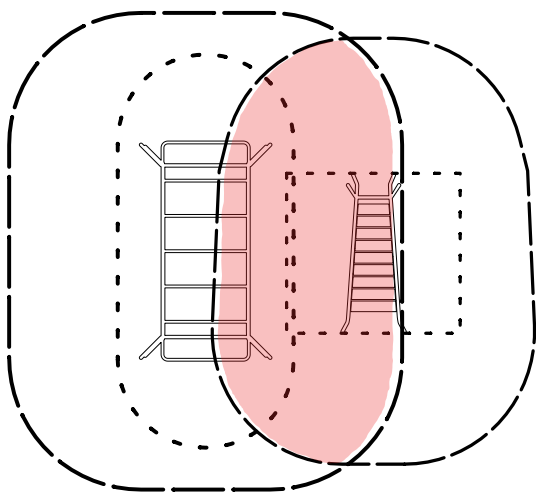
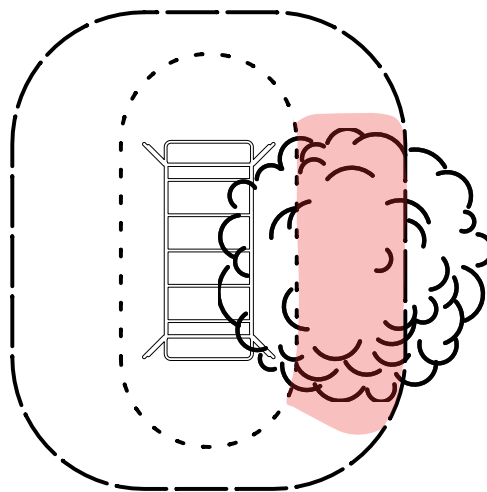
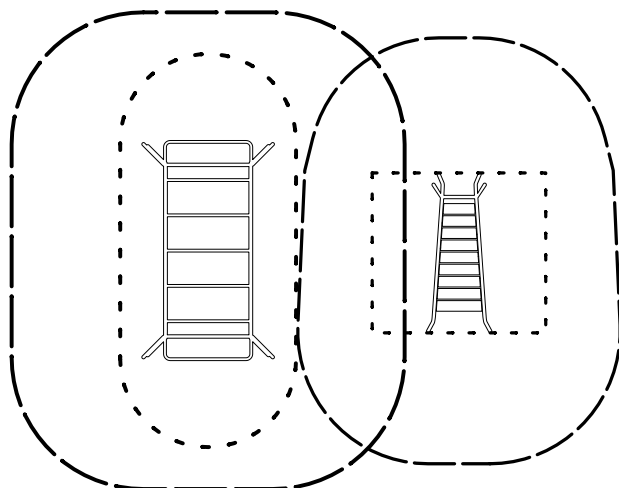


Fig 2 - Not OK



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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