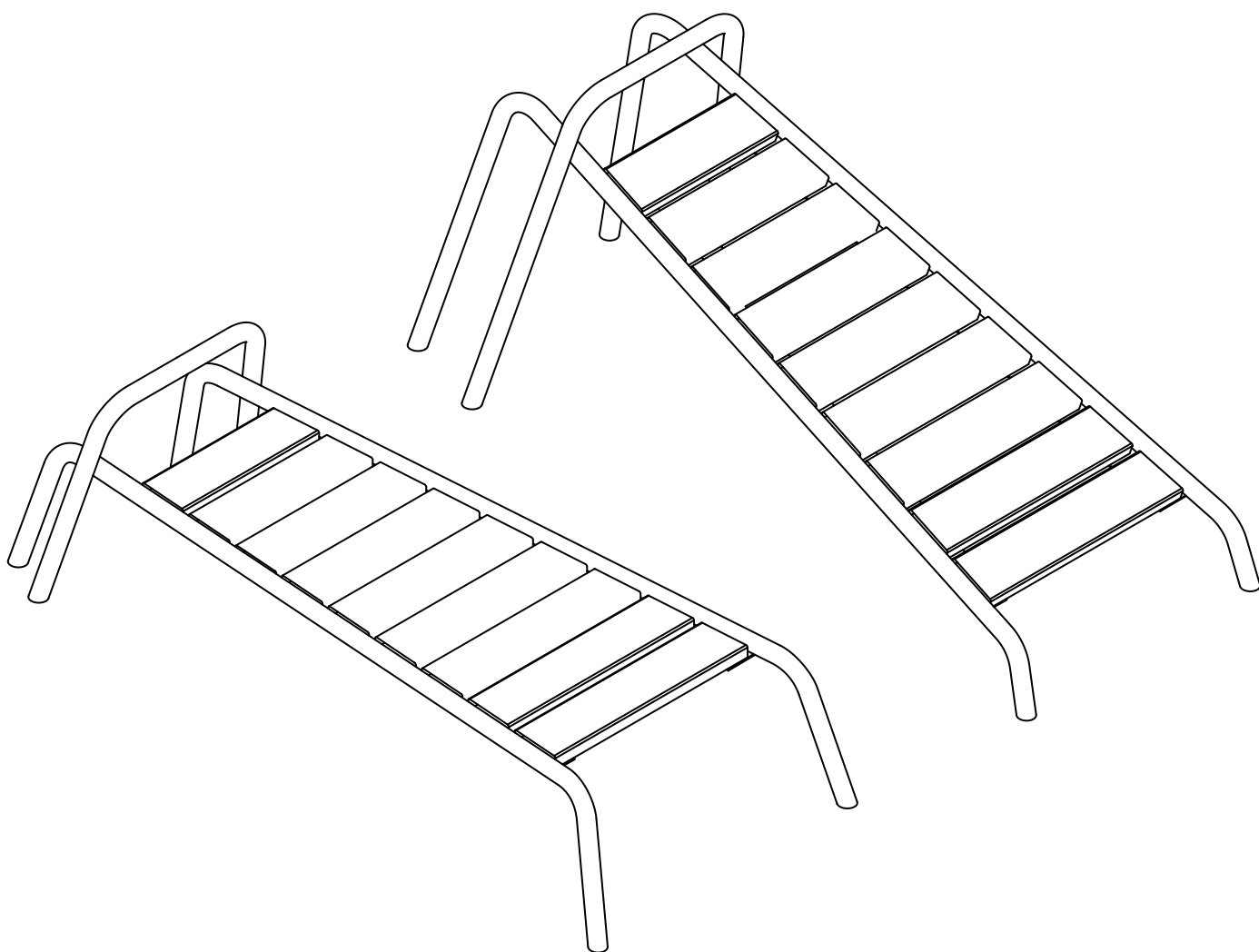


Dungen Situps

Product sheet
Assembly instructions
Clearance space
Maintenance

Article number: 277153, 277154



GLÄNTA

Product Sheet

One of the most classic and rewarding exercises in training is the regular sit-up. However, these require a slight adjustment for outdoor environments as some may feel unsafe lying on the ground. By coming up a little bit and creating a steady foothold, this is a staple in any gym. For a little tougher resistance, we also offer an inclined variation.

Article number: 277153, 277154

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

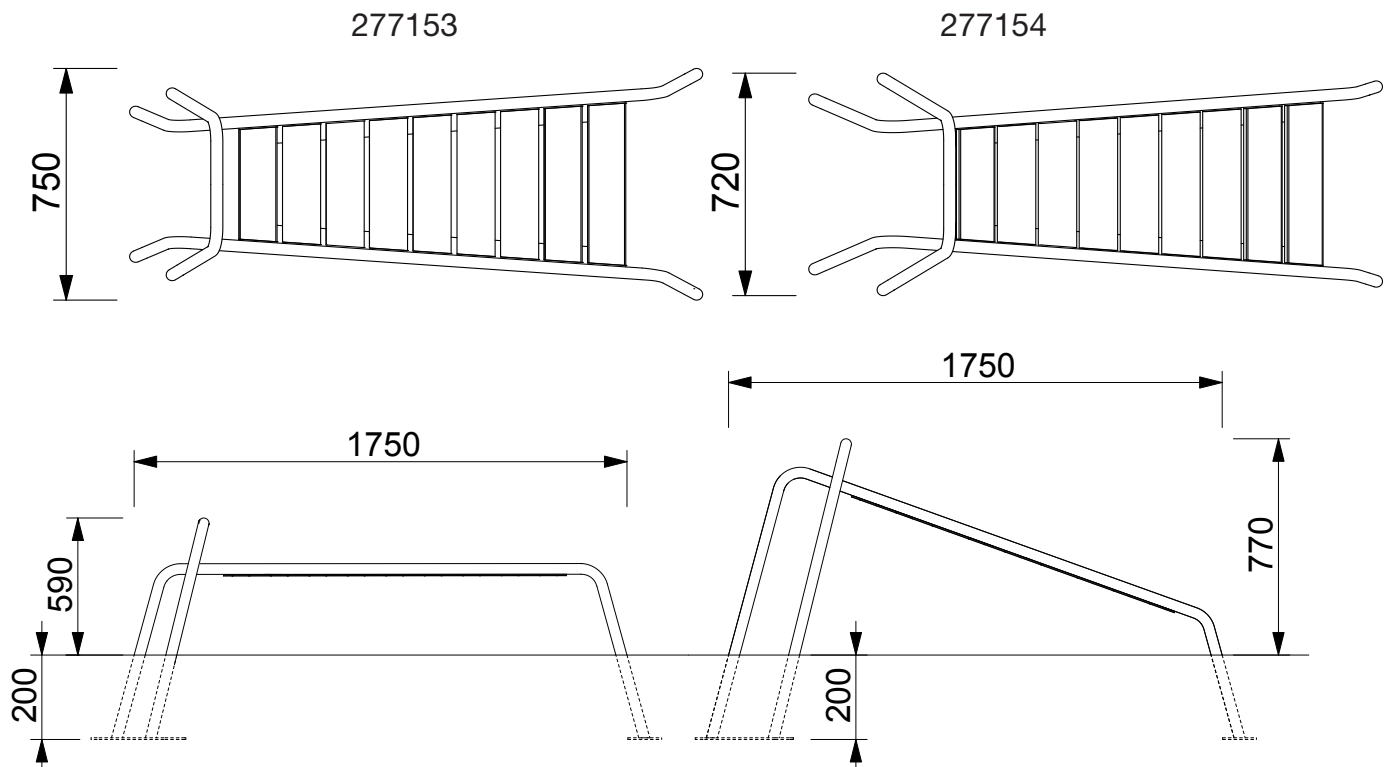
Kvarnholmsvägen 77

131 33 Nacka, Sweden

+46 (0) 70 731 38 13

info@glantadesign.com

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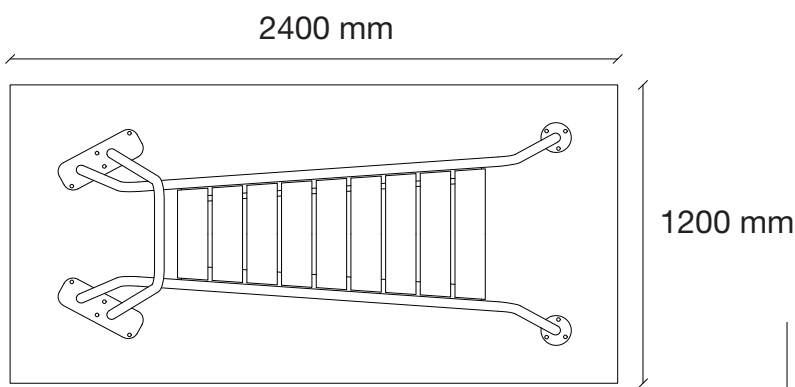


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Assembly instructions 1/2

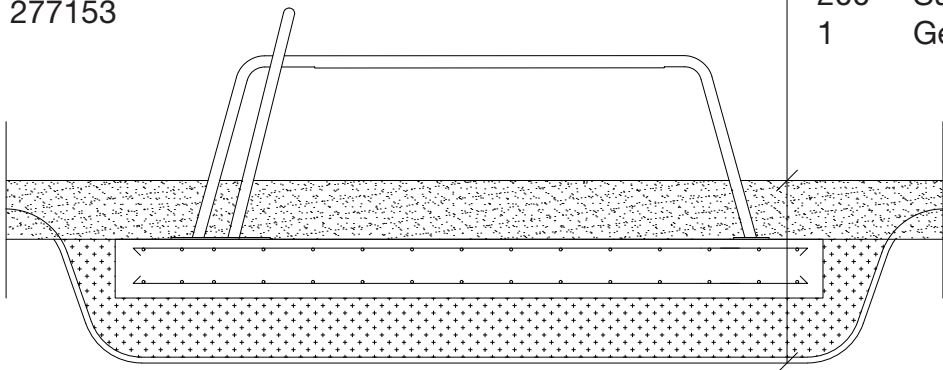
It is important to follow the assembly instructions for the equipment to function properly and be safe to use. Glänta takes no responsibility for equipment that has been assembled or attached to the ground in any other way than stated in the provided assembly instructions.

Foundation



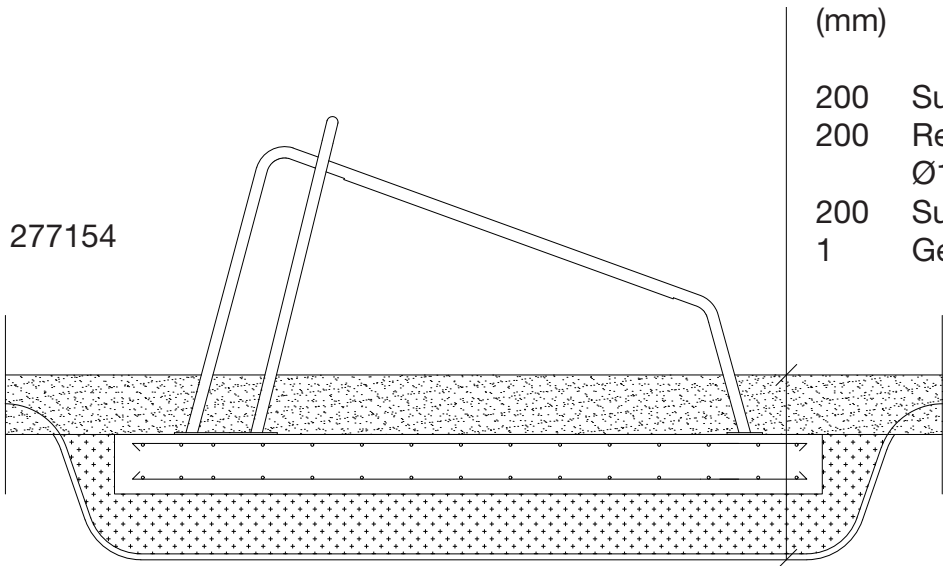
Note!
The outer edge of the foundation is chamfered at a 45-degree angle.

277153



- (mm)
- 200 Superstructure
 - 200 Reinforced concrete
 - Ø10 S 130 top/bottom reinforcement
 - 200 Substructure (crushed stone)
 - 1 Geotextile

277154

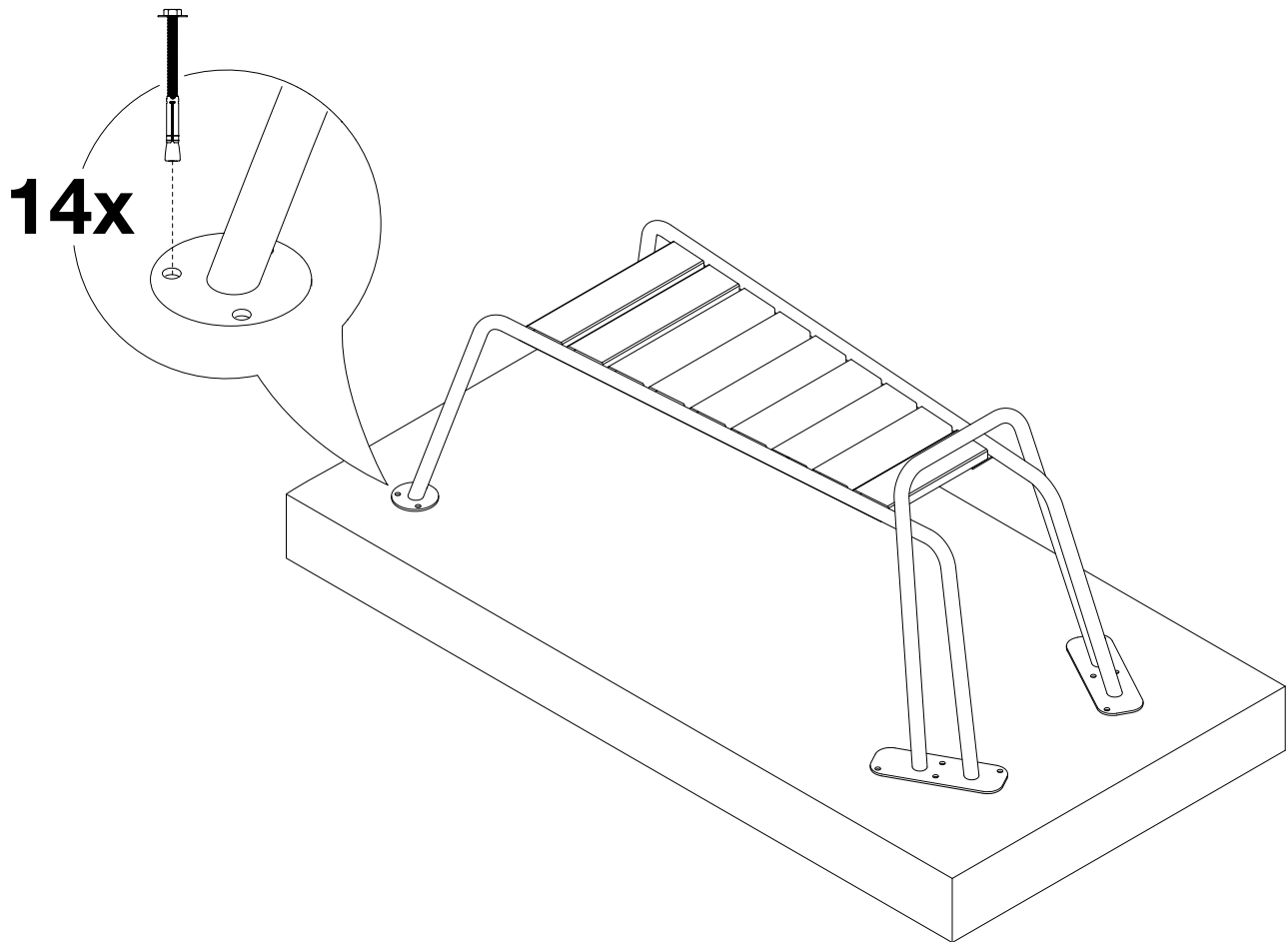


- (mm)
- 200 Superstructure
 - 200 Reinforced concrete
 - Ø10 S 130 top/bottom reinforcement
 - 200 Substructure (crushed stone)
 - 1 Geotextile

Assembly instructions 2/2

Anchoring

Mount the equipment centrally on the foundation using expansion bolts M12X120.

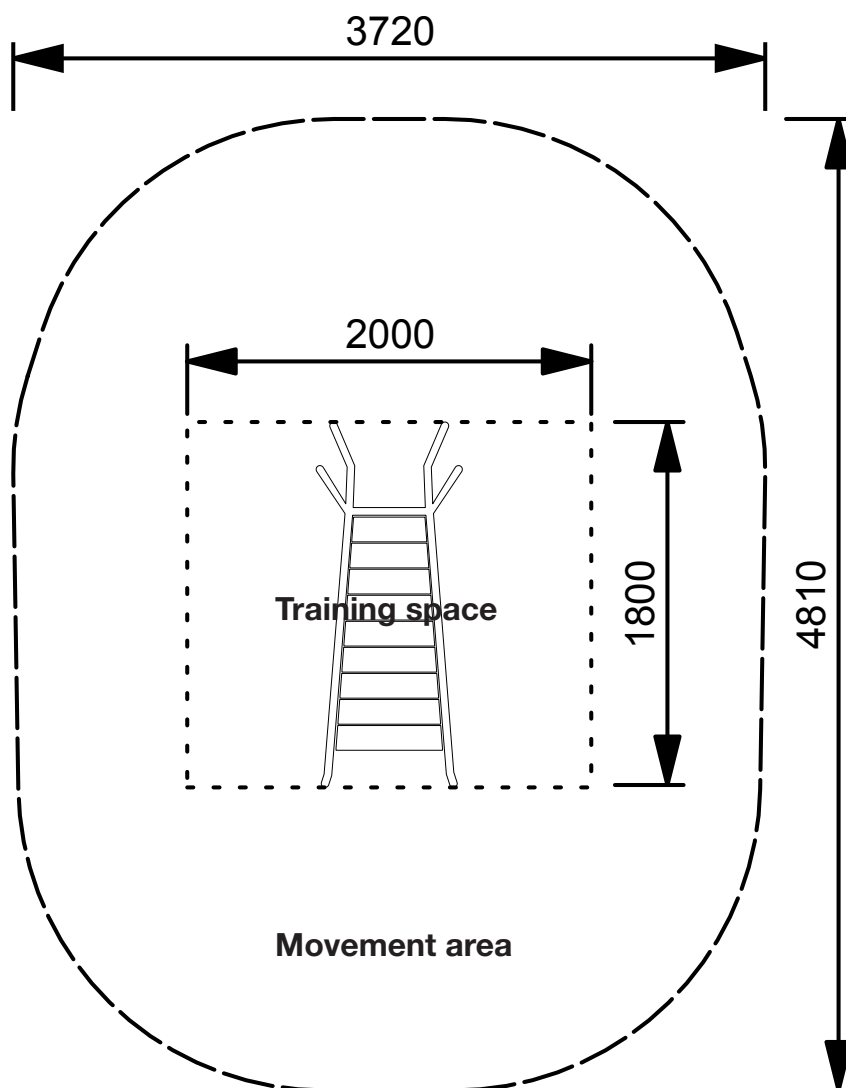


Clearance space

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

Free fall height: < 1000 mm

Requirements for shock-absorbing surfacing: No need



Movement area — — — — —

Training space - - - - -

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

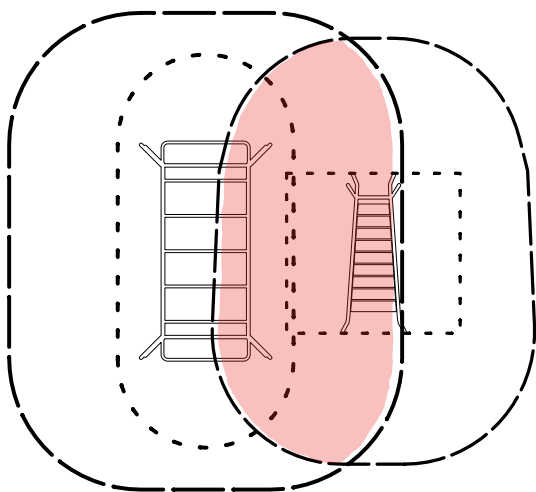
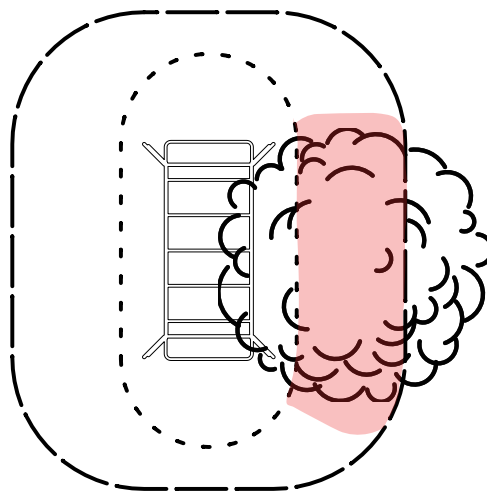
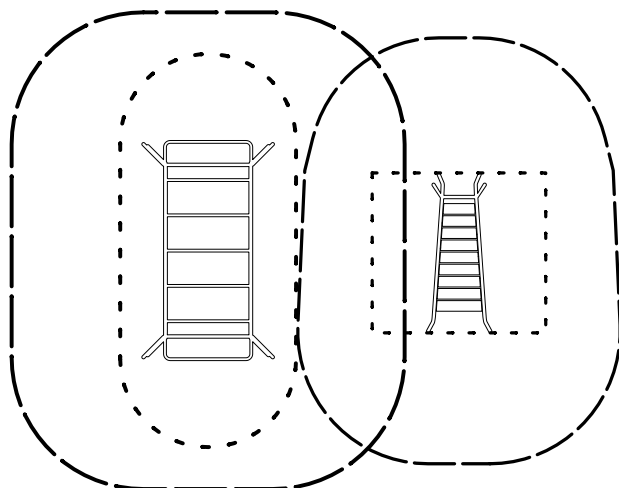


Fig 2 - Not OK



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

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