Installation Instructions SC-Series

Saysu-Calisthenics „Basics“ (SCB)

- SCB 1 - Saysu-Calisthenics Basic 1
- SCB 2 - Saysu-Calisthenics Basic 2
- SCB 3 - Saysu-Calisthenics Basic 3
- SCB 4 - Saysu-Calisthenics Basic 4
- SCB 5 - Saysu-Calisthenics Basic 5
- SCB 0 - Saysu-Calisthenics Basic 0

Saysu-Calisthenics „Modules“ (SCM)

- SCM 01 - Pull-up Bars
- SCM 02 - Devils Ladder
- SCM 03 - Wall Bars
- SCM 04 - Monkey Bars (high)
- SCM 05 - Monkey Bars (low)
- SCM 06 - S-Ladder
- SCM 07 - Z-Ladder
- SCM 08 - I-Ladder
- SCM 09 - Parallel Bars 1200
- SCM 10 - Double Parallel Bars 1200
- SCM 11 - Parallel Bars 1800
- SCM 12 - Double Parallel Bars 1800
- SCM 13 - Dip Bars 1200
- SCM 14 - Dip Bars 1800
- SCM 15 - Pole Bars

Saysu-Calisthenics „Freestanding Modules“ (SCFM)

- SCFM 01 - Parallel Bars
- SCFM 02 - Double Parallel Bars
- SCFM 03 - Push-up Triple
- SCFM 04 - Pull-up Bars
- SCFM 05 - Double Pull-up Bars
- SCFM 06 - Low Bars 300
- SCFM 07 - Low Bars 500
- SCFM 08 - Infopanel large
- SCFM 09 - Infopanel small
- SCFM 10 - Rings
- SCSUB 01 - Sit-up Bench high
- SCSUB 02 - Sit-up Bench middle
- SCSUB 03 - Sit-up Bench low

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General Information

Before you start the installation, read the instructions carefully and follow them exactly!
In case of improper installation, we assume no liability and no warranty.

Check the goods on delivery for completeness and perfect condition. Additionally check the equipment dimensions (construction changes reserved). Defects must be reported immediately and noted on the bill of lading.

The fitness equipment of our SC series is suitable for use in public areas and may be operated in combination with playground equipment. Our equipment has been developed in accordance with DIN / EN 16630: 2015 and DIN / EN 1176 and complies with these standards.

According to these standards, there must be signs permanently and in a clearly recognizable manner be placed in the immediate vicinity of the equipment.

If our equipment is being installed in playgrounds or similar facilities in connection with children's playground equipment, we recommend placing them at a sufficient distance and in compliance with the respective safety clearance.

The equipment must be checked and maintained by qualified personnel at regular intervals. Please observe the supplied maintenance instructions. It also contains a maintenance report.

In the case of incomplete installation, repair or maintenance work, the equipment must be shut off sufficiently (maybe under use of a construction fence).

Our customer service (contact details on page 1) will be happy to answer your questions.

The tools of a standard tool case are sufficient for the installation of the equipment.
For the installation you should have the following items ready:

- **Cordless screwdriver with a bit-set for the installation of the module safety screws (TORX + PIN)**
- **Set of hex keys for the installation of the "Infopanel large"**
- **Set of wrenches for the angle profile nuts**
- **Cordless screwdriver with a bit set**
- **Universal threadlocker (Loctite)**
- **Excavation tool (shovel, excavator etc.)**
- **Gravel for drainage**
- **C 25/30 Concrete with utensils (follow manufacturer's instructions)**
- **Filler material for fall protection**
- **Timber**
- **Construction fence / barrier tape**

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Underground

Before the installation you have to decide on which underground the equipment will be installed.
The movement surfaces of fitness equipment with a free fall height of more than 1000mm must be provided with shock-absorbing floors.

Possible undergrounds according to DIN 16630: 2015 are defined in the following table:

	Ground material	Description	Layer thickness in mm	Maximum fall height in mm
1	Concrete/stone	-	-	≤ 1000
2	Bitumen	-	-	≤ 1000
3	Top soil	-	-	≤ 1200
4	Lawn	-	-	≤ 1500
5	Mulch	Crushed bark of coniferous trees, Grain size 20 mm to 80 mm	200	≤ 2000
			300	≤ 3000
6	Wood chips	mechanically shredded wood (no wood-based materials), without bark and leaves, Grain size 5 mm to 30 mm	200	≤ 2000
			300	≤ 3000
7	Sand [b, c]	Grain size 0,2 mm to 2 mm	200	≤ 2000
			300	≤ 3000
8	Gravel [b, c]	Grain size 2 mm to 8 mm	200	≤ 2000
			300	≤ 3000
9	Other ground materials or layer thicknesses	According to HIC test (see EN 1177)		Critical fall height as tested

[a] For loose material 100 mm must be added to the minimum layer thickness
[b] Without silty or clayey parts; Grain size may be determined by a sieving test according to EN 933-1
[c] Not suitable for devices that require a firm footing of the user

Table 1 - Permissible undergrounds in dependace to the free fall heights

Note

Shock-absorbing materials should be adequately maintained. Failure to maintain such surfaces causes a significant reduction in shock absorption. For further information about maintenance, please refer to the maintenance manual.

Installation Instructions SC-Series

Overview about the SC-Basics (SCB)

Unit	Maximum fall height	All fall heights	Included modules	Required floor space (incl. safety-surface)	Weight
SCB 1	**≤3m**	0,5m, 0,8m, 1,1m, 1,5m, 1,8m, 2,2m, 2,5m, 2,6m, 2,8m, 3m	**SCM:** 01(2x), 02, 03	ca. 42m²	ca. 145 kg
SCB 2	**≤3m**	0,5m, 0,8m, 1,1m, 1,5m, 1,8m, 2,2m, 2,5m, 2,6m, 2,8m, 3m	**SCM:** 01(3x), 02, 03, 04, 13	ca. 63m²	ca. 280 kg
SCB 3	**≤3m**	0,3m, 0,5m, 0,8m, 1,1m, 1,5m, 1,8m, 2,2m, 2,4m, 2,5m, 2,6m, 2,8m, 3m	**SCM:** 01, 02, 03, 04, 05, 06 **SCFM:** 06, 07	ca. 100m²	ca. 420 kg
SCB 4	**≤3m**	0,3m, 0,4m, 0,5m, 0,8m, 1,1m, 1,2m, 1,4m, 1,5m, 1,8m, 2,2m, 2,4m, 2,5m, 2,6m, 2,8m, 3m	**SCM:** 01 (2x), 02, 03, 04, 05, 06, 10, 13 **SCFM:** 01, 03, 06, 07	ca. 130m²	ca. 625 kg
SCB 5	**≤3m**	0,3m, 0,4m, 0,5m, 0,8m, 1,1m, 1,2m, 1,4m, 1,5m, 1,8m, 2,2m, 2,3m, 2,4m, 2,5m, 2,6m, 2,8m, 3m	**SCM:** 01 (8x), 02, 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14 **SCFM:** 01, 02, 03, 05, 06, 07, 08 **SCSUB:** 01&02, 03	ca. 270m²	ca. 1250 kg
SCB 0	**≤3m**	0,5m, 0,8m, 1,1m, 1,2m, 1,5m, 1,8m, 2,2m, 2,3m, 2,4m, 2,5m, 2,6m, 2,8m, 3m	**SCM:** 01 (3x), 02, 03, 04, 05, 06, 07, 10, 13, 15 **SCFM:** 01, 05, 08, 10 **SCSUB:** 01&02, 03	ca. 180m²	ca. 840 kg

Table 2 - Overview SCB

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Overview about the fall heights and permissible undergrounds for the SC-Modules (SCM)

Unit	Maximum fall height	All fall heights	Concrete/ Stone/ Bitumen	Top soil	Lawn	Shock absorbing underground (according to drop height)	Loose material
SCM 01 - Pull-up Bars	≤2,6m	2,6m	-	-	-	+	+
SCM 02 - Devils Ladder	≤3m	2,5m, 2,8m	-	-	-	+	+
SCM 03 - Wall Bars	≤2,5m	0,5m, 0,8m, 1,1m, 1,5m, 1,8m, 2,2m	-	-	-	+	+
SCM 04 - Monkey Bars (high)	≤2,6m	2,6m	-	-	-	+	+
SCM 05 - Monkey Bars (low)	≤2,4m	2,4m	-	-	-	+	+
SCM 06 - S-Ladder	≤2,6m	2,6m	-	-	-	+	+
SCM 07 - Z-Ladder	≤2,6m	2,6m	-	-	-	+	+
SCM 08 - I-Ladder	≤2,6m	2,6m	-	-	-	+	+
SCM 09 - Parallel Bars 1200	≤1,2m	1,2m	-	+	+	+	+
SCM 10 - Double Parallel Bars 1200	≤1,2m	1,2m	-	+	+	+	+
SCM 11 - Parallel Bars 1800	≤1,2m	1,2m	-	+	+	+	+
SCM 12 - Double Parallel Bars 1800	≤1,2m	1,2m	-	+	+	+	+
SCM 13 - Dip Bars 1200	≤2,6m	2,6m	-	-	-	+	+
SCM 14 - Dip Bars 1800	≤2,6m	2,6m	-	-	-	+	+
SCM15 - Pole Bars	≤2,6m	0 - 2,6m	-	-	-	+	+

Table 3 - Overview about the fall heights and permissible undergrounds for the SCM

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Overview about the fall heights and permissible undergrounds for the Freestanding Modules (SCFM)

Unit	Maximum fall height	All fall heights	Concrete/ Stone/ Bitumen	Top soil	Lawn	Shock absorbing underground (according to drop height)	Loose material
SCFM 01 - Parallel Bars	**≤1,2m**	1,2m	-	+	+	+	+
SCFM 02 - Double Parallel Bars	**≤1,2m**	1,2m	-	+	+	+	+
SCFM 03 - Push-up Triple	**≤1,4m**	0,4m, 1,1m	-	-	+	+	+
SCFM 04 - Pull-up Bars	**≤2,6m**	2,6m	-	-	-	+	+
SCFM 05 - Double Pull-up Bars	**≤2,6m**	2,3m	-	-	-	+	+
SCFM 06 - Low Bars 300	**≤0,3m**	0,3m	+	+	+	+	+
SCFM 07 - Low Bars 500	**≤0,5m**	0,5m	+	+	+	+	+
SCFM 08 - Infopanel large	**-**	-	+	+	+	+	+
SCFM 09 - Infopanel small	**-**	-	+	+	+	+	+
SCFM 10 - Rings	**-**	-	+	+	+	+	+
SCSUB 01 - Sit-up Bench high	**≤1,5m**	0 - 1,5m	-	-	+	+	+
SCSUB 02 - Sit-up Bench middle	**≤1,5m**	0 - 1,2m, 1,5m	-	-	+	+	+
SCSUB 03 - Sit-up Bench low	**≤0,5m**	0 - 0,5m	+	+	+	+	+

Table 4 – Overview about the fall heights and permissible undergrounds for the SCFM

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Movement surface *(according to DIN 16630:2015-06_4.3.14.4)*

The height above the movement surface needs to be at least 2,20m. The surface must be free of obstacles and is not intended for the stay of spectators. The surface must be also kept free from objects that could cause injury on a dropping user, e.g. columns that are unjustified with adjacent components or protruding foundations.
The movement surface is to expand in case of forced movement by min. 0.5m. In the case of equipment is placed on or against a wall, with a minimum height equal to that of the movement surface, the range of that movement surface may be reduced. Movement surfaces (including movement areas) may overlap. Exceptions are movement surfaces and equipment with forced movement.

Beveling of foundation in combination with loose filling material

According to DIN-EN 16630: 2015, when using loose material such as sand, gravel, mulch or wood chips, the foundations must be made in beveled form (see Fig. 1).
The beveling prevents that parts of the foundation will stick out when the filling material has been ablated because of usage.
A general layer thickness of minimum 200mm for the fall protection is required. So the foundation is 200mm below ground level (see Fig. 1). The required minimum layer thicknesses for the equipment can be determined of table 1 on page 3. Please note the sub-points a-c.
After the installation, this difference must be filled up with the permissible underground material up to the ground level (see marking) and only the main column rises out of the ground.

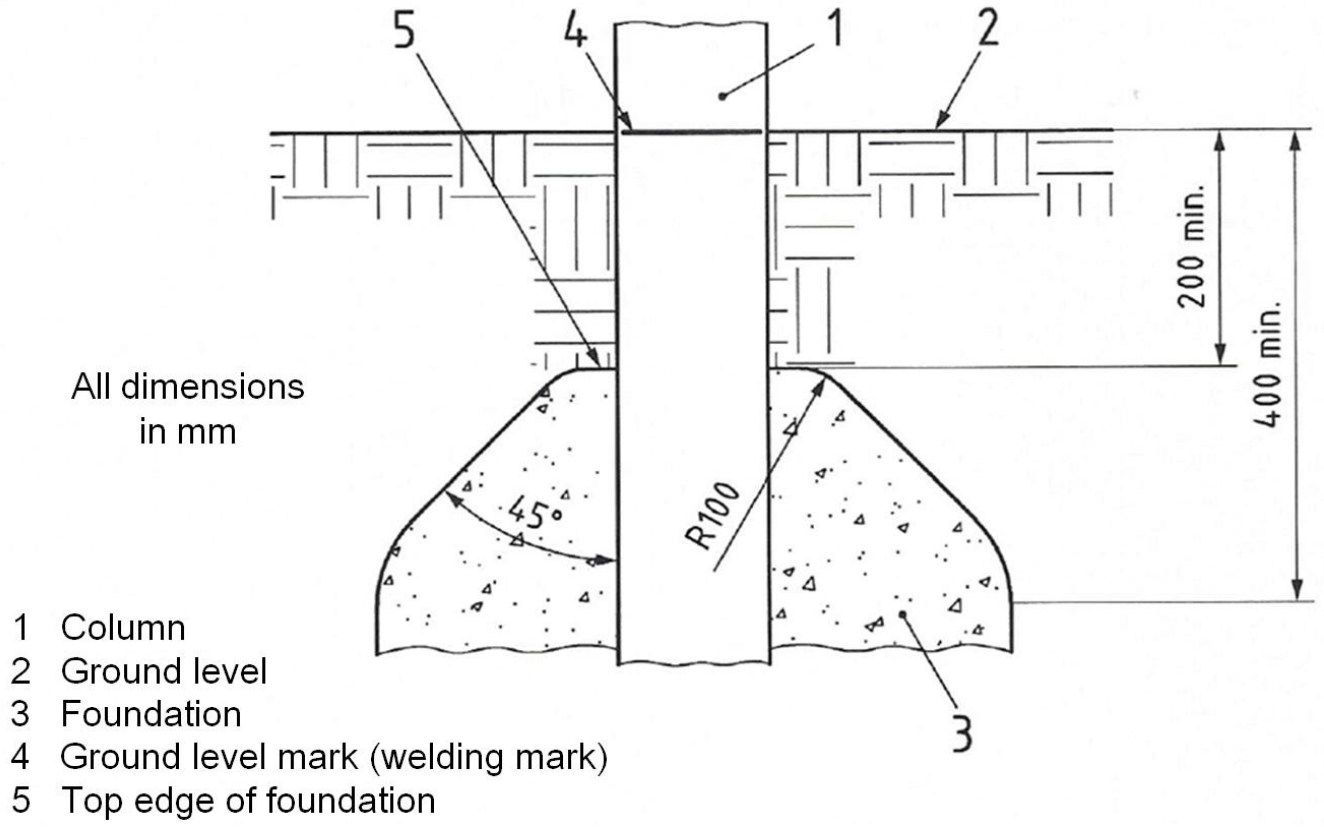

Figure 1 - Beveling of foundation in combination with loose filling material

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General information about the foundations

According to DIN-EN 16630:2015 all foundations must be designed in such a way, that they do not present any danger (e.g. by stumbling). Protruding parts of the foundation, e.g. screw ends, must be min. 200mm below the ground level (unless they are effectively covered).

To uniformly cover the entire movement and safety surface for the equipment, we recommend a general depth of 900mm for the installation with a fall protection layer of 400mm. With a layer depth of 800mm, the foundations are also frost-proof (see Fig. 2).

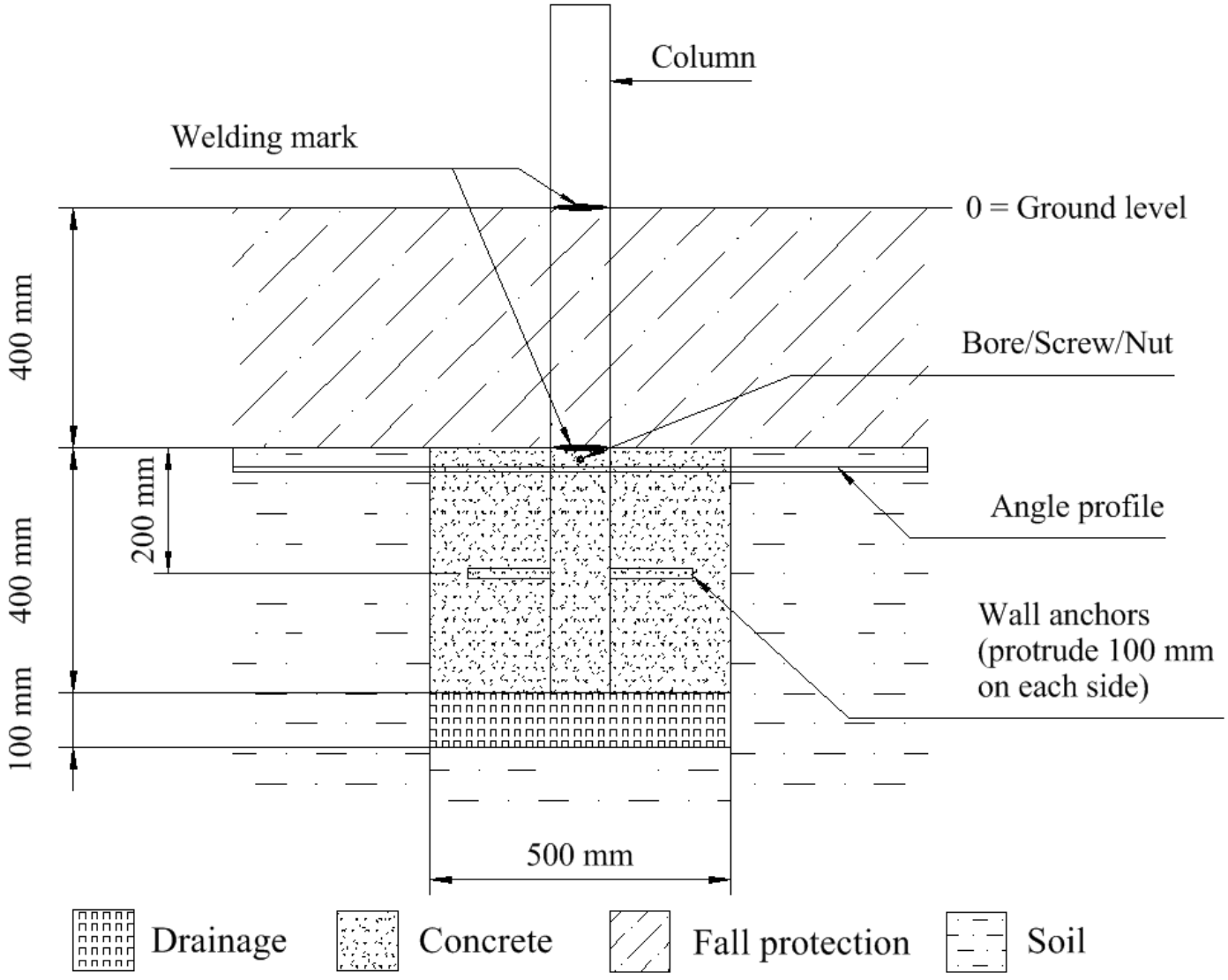

Figure 2 – General foundation

Note

The size of the foundation hole depends on the soil condition. The above dimensions are intended for normal ground conditions with solid ground. When dealing with extremely soft ground, a much larger foundation hole is needed.

Be sure to use only suitable materials and follow the installation instructions!!!

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Assembly instructions of the equipment

1. **After determining a suitable location for the equipment, taking into account the required movement and safety surface (see drawings), select a permissible underground for the fall protection of the equipment (table 1 on page 3).**

   *Please note that the **information panels (SCFM 08 & 09)** and the **SCFM 10 - Rings** must be placed **outside the safety surface** of the sports equipment and do not require any fall protection.*

2. **Dig out holes for the foundations, the angle profiles and the whole fall protection area according to the respective drawing of the equipment. The entire movement and safety surface (area marked with by a dashed line in the drawings labeled with an "A") must be covered with fall protection.**

   If the ground around the foundation is not stable and slips, you need to create a formwork of boards. The transition between the foundations and angle profiles need to be sealed.

3. **Fill the hole with a gravel layer of 100mm for the drainage/leveling layer.**

4. **Position the columns (no. 1-19 in the drawings) centrically in the holes according to the drawings and secure them to prevent a possible falling over of the columns with wooden wedges.**

   Pay attention to the upper welding mark while positioning the wooden wedges! This welding mark needs to be at the final ground level after installation of the equipment.

5. **The supplied fastening utensils are used as a positioning aid (from no. 51 in the drawings). The angle profiles are placed 400mm below ground level (see "bottom" weld mark Fig. 1) on the pre-assembled stud bolts of the columns and fixed with the hex nuts (see Fig. 3 & 4).**

   After fixing, the angle profiles should be flush with the upper edge of the foundations and embedded in them or covered with earth.

6. **Now insert the wall anchors (from no. 51 in the drawings) into the bores below the angle profiles.**

   *These should protrude **100mm** on each side (see Fig. 2).*

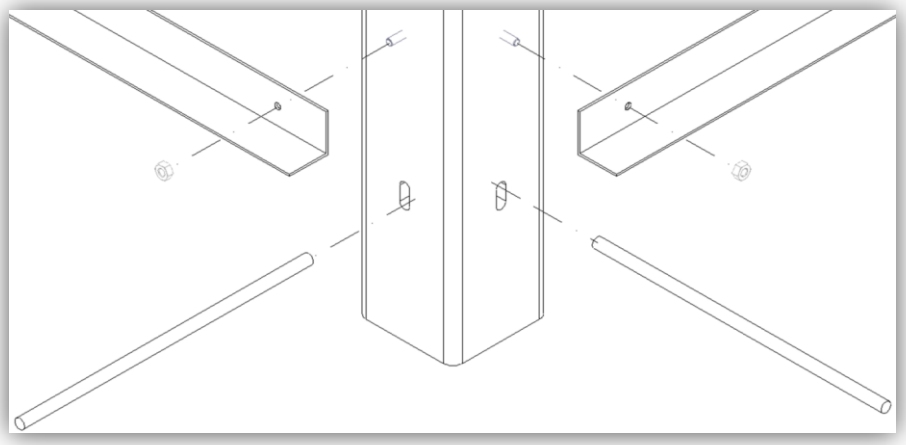

Figure 3 - Installation of the angle profiles and wall anchors

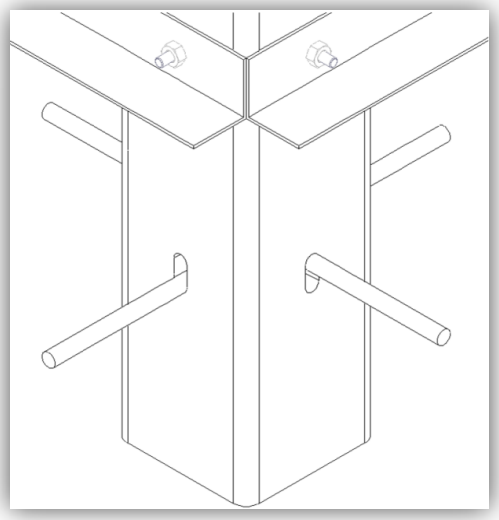

Figure 4 -
Installed angle profiles and wall anchors

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7. **After positioning all columns, the module components (no. 21-50 in the drawings) can be attached to them. Put the bores of the tabs in the module components on the suitable bores of the columns and screw those with the countersunk screws using a suitable universal screw lock (see Fig. 5).**

   *Before the equipment gets its **final release** (no later than 14 days), the screw connections need to be **checked** and if necessary tightened!*

8. **Immediately before setting the columns in concrete, use a water leveler to make sure they are absolutely orthogonal.**

   Note
   To reinforce the foundations you can use metal baskets.

9. **Ready-made C25/30 concrete should be used. Fill the foundation holes up to 400mm below ground level with concrete. Pay attention to the welding marks!**

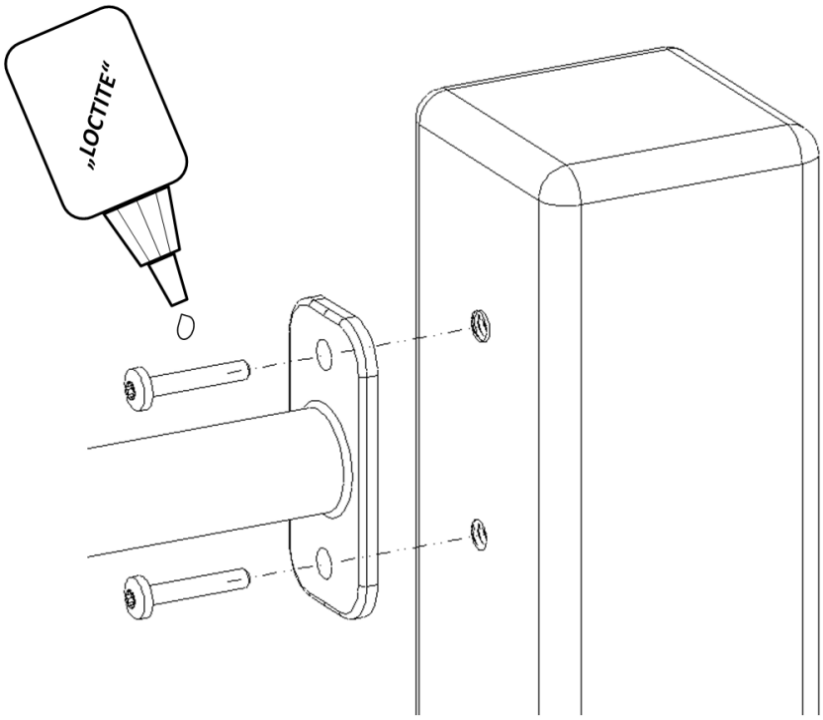

Figure 5 - Attaching the modul components to the columns

   To ensure that all cavities are filled tap the concrete mass with a spade so that even the smallest air bubbles can escape. This makes the concrete stronger and more durable.
   Depending on the weather conditions (the weather forecast should promise dry and frost-free weather for several days when pouring concrete) and drying time according to the manufacturer's instructions, cover the foundations at rainy weather conditions with a tarpaulin or in very hot weather conditions pour water on it every 2 days.

10. **To ensure the setting time of the foundations, make sure that the equipment will not be used for at least 5 days after concreting by using a fence to shut off the area.**

11. **After the setting time of the foundations the filling material for the fall protection area (safety surface) can be filled in the remaining holes up to the upper welding mark on the ground level (see Fig. 2).**

12. **The system can be immediately released and used after a final check.**

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Drawings

The drawings of the equipment are indicated with an „**A**“, „**B**“ or „**C**“ and are structured as follows:

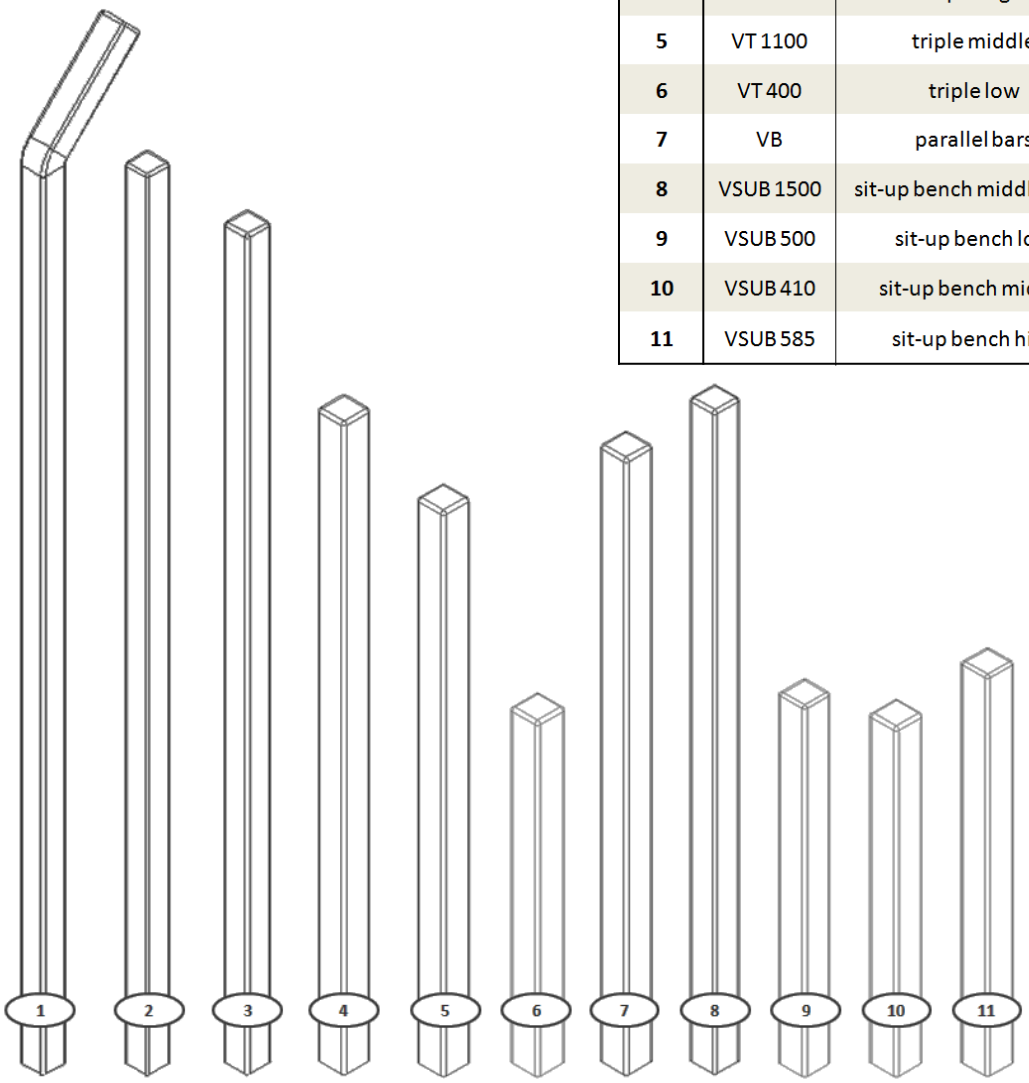
„A“ - Movement/Safety surface (in top view)
„B“ - Assembly plan with parts lists (drawings without screws and nuts)
„C“ - Foundation plan (in top view without modules and parallel bars)

The **item numbers 1-70** in the assembly plans are structured as follows:

- **1-20 Columns (square tubes)***
- **21-50 Module components**
- **51-70 Fastening utensils**

* Because the columns also differ by their bores, an additional letter has been added to them.

Columns (square tubes) without studs & bores (100 x 100 x 2 mm)			
Pos.	Article number	Designation	Dimensions (lxwxh)
1	VHS	high	100 x 420 x 3800 mm
2	VS	standard	100 x 100 x 3400 mm
3	VD	double pull-up	100 x 100 x 3100 mm
4	VT 1400	triple high	100 x 100 x 2200 mm
5	VT 1100	triple middle	100 x 100 x 1900 mm
6	VT 400	triple low	100 x 100 x 1200 mm
7	VB	parallel bars	100 x 100 x 2076 mm
8	VSUB 1500	sit-up bench middle/high	100 x 100 x 2300 mm
9	VSUB 500	sit-up bench low	100 x 100 x 1300 mm
10	VSUB 410	sit-up bench middle	100 x 100 x 1210 mm
11	VSUB 585	sit-up bench high	100 x 100 x 1385 mm



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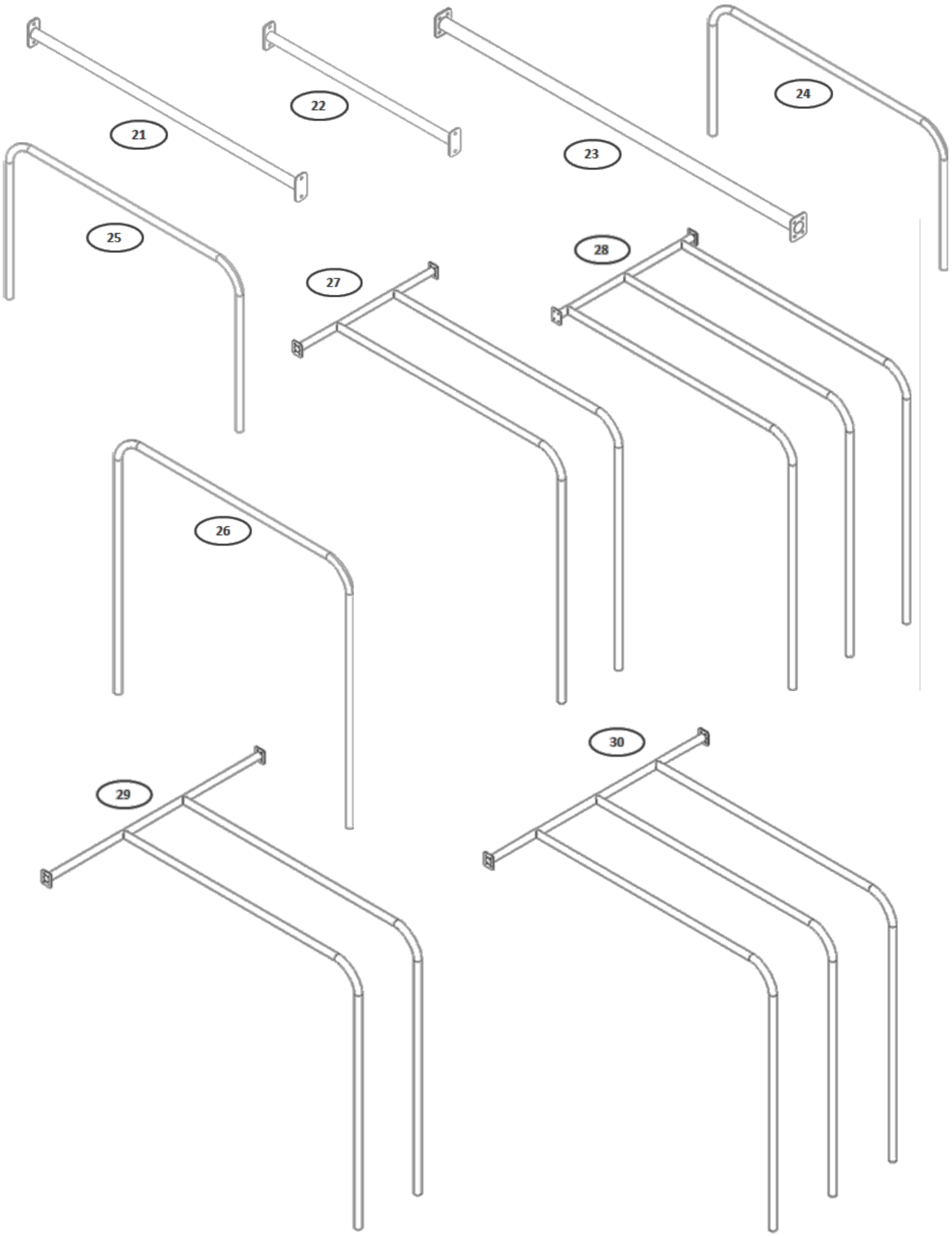
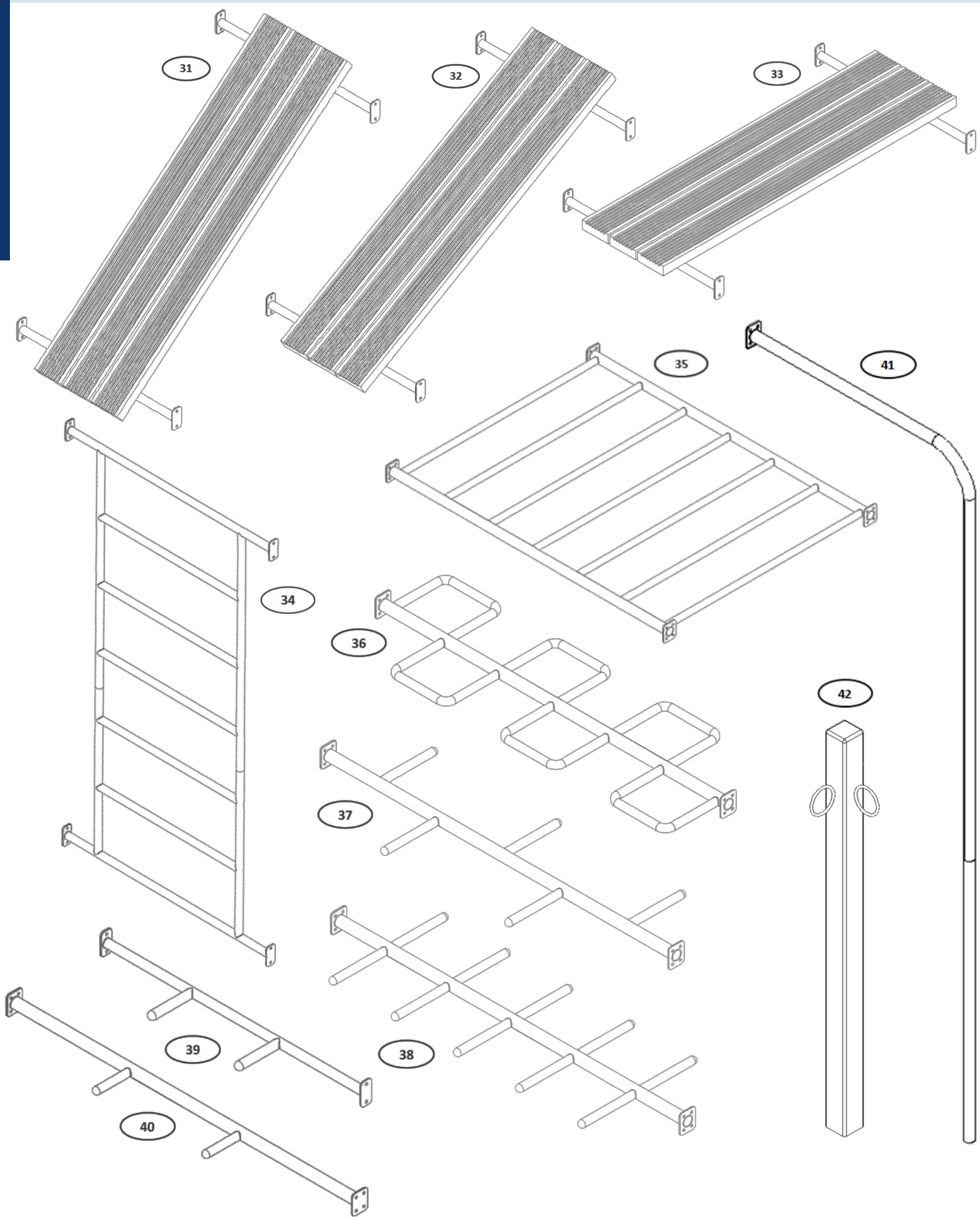
Module components			
Pos.	**Article number**	**Designation**	**Dimensions (lxwxh)**
21	S 1200	pole 1200	1200 x 50 x 100 mm
22	S 855	pole 855	855 x 50 x 100 mm
23	S 1800	pole 1800	1800 x 80 x 100 mm
24	LB 300	pole low bars 300	2000 x 48,3 x 1100 mm
25	LB 500	pole low bars 500	2000 x 48,3 x 1300 mm
26	B 1200	pole parallel bars 1200	2000 x 48,3 x 2000 mm
27	BM 1200	module parallel bars 1200	2000 x 1200 x 2040 mm
28	DBM 1200	module double bars 1200	2000 x 1200 x 2040 mm
29	BM 1800	module parallel bars 1800	2000 x 1800 x 2040 mm
30	DBM 1800	module double parallel bars 1800	2000 x 1800 x 2040 mm
31	SUBM 585	module sit-up bench high	1650 x 855 x 110 mm
32	SUBM 410	module sit-up bench middle	1650 x 855 x 110 mm
33	SUBM 500	module sit-up bench low	1650 x 855 x 110 mm
34	WM	module wall bars	2140 x 1200 x 50 mm
35	HLM	module monkey bars	1800 x 1380 x 100 mm
36	SLM	module s-ladder	1800 x 600 x 100 mm
37	ZLM	module z-ladder	1800 x 600 x 100 mm
38	ILM	module i-ladder	1800 x 600 x 100 mm
39	DM 1200	module dip bars 1200	1200 x 225 x 100 mm
40	DM 1800	module dip bars 1800	1800 x 240 x 100 mm
41	FM	module pole bars	1200 x 80 x 3350 mm
42	RM	module rings	220 x 220 x 1800 mm
43	IG	infopanel large framework	1280 x 40 x 2600 mm
44	IP	infopanel large panel	1280 x 4 x 450 mm
45	IK	infopanel small	280 x 290 x 2000 mm

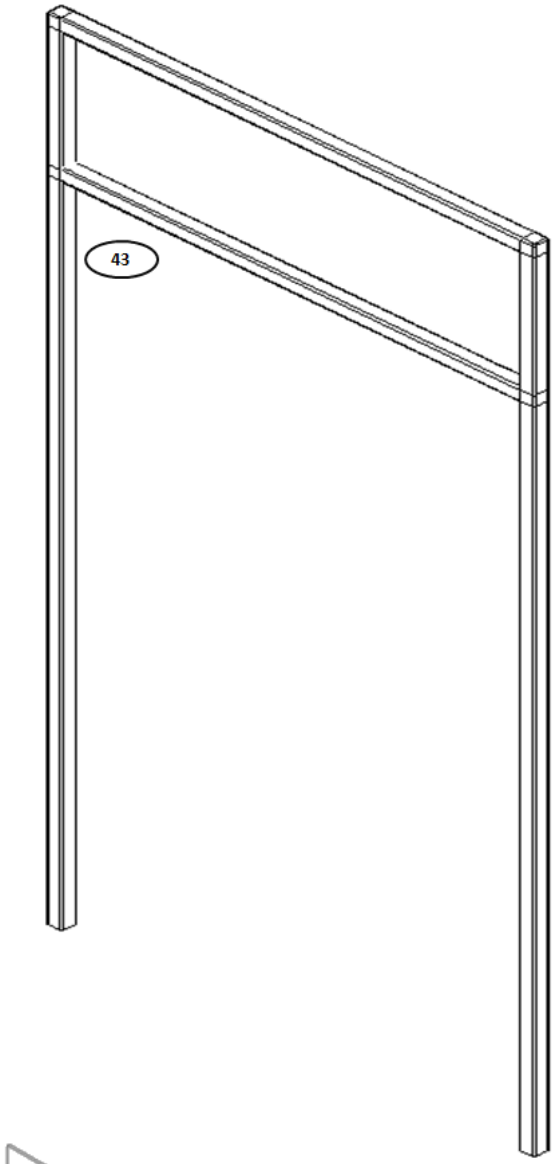
Installation Instructions SC-Series

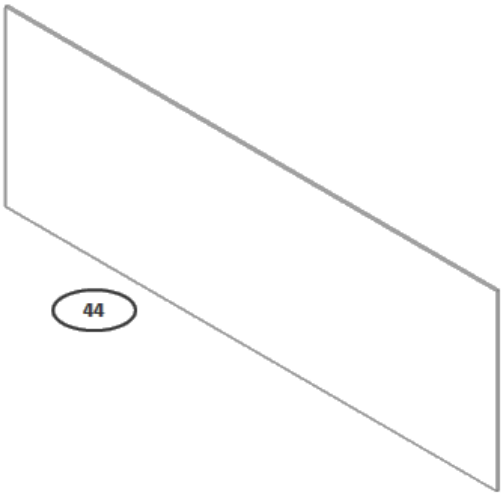


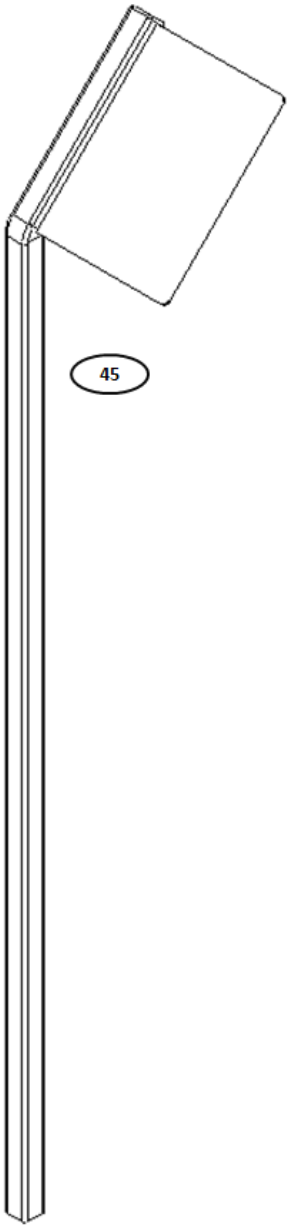
Installation Instructions SC-Series



Installation Instructions SC-Series

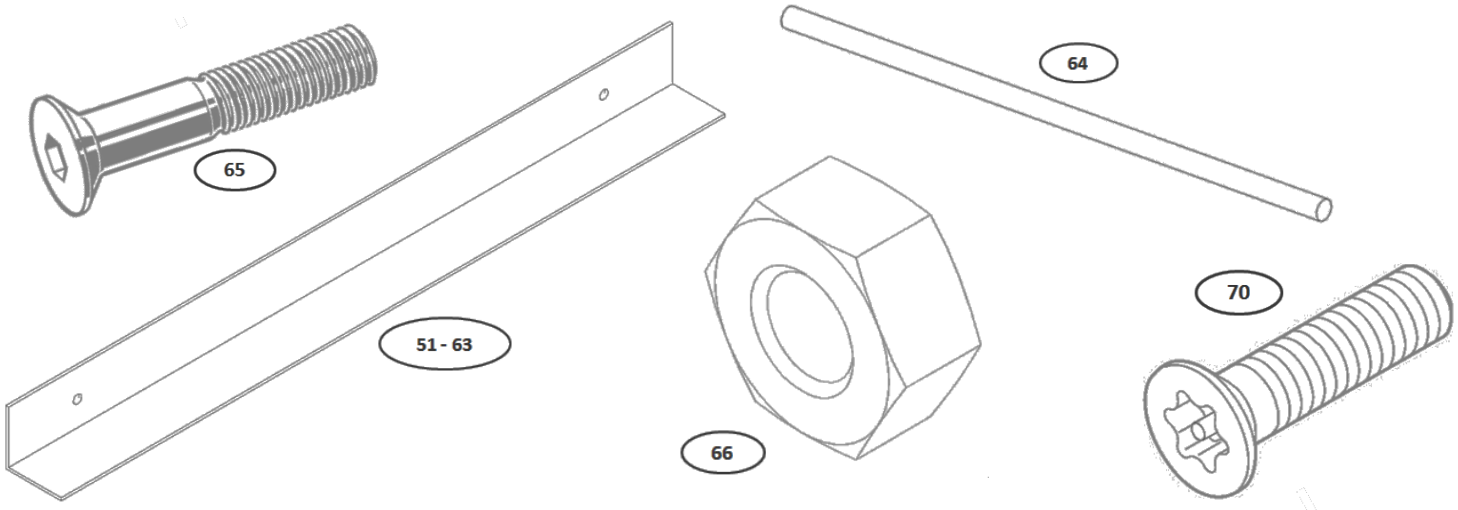






Installation Instructions SC-Series

Fastening utensils			
Pos.	Article number	Designation	Dimensions (lxwxh)
51	WP 500	angle profile parallel bars	20 x 20 x 500 mm
52	WP 950	angle profile SCSUB 01 - 03 (width)	20 x 20 x 950 mm
53	WP 1000	angle profile double parallel bars	20 x 20 x 1000 mm
54	WP 1100	angle profile SCSUB high (length)	20 x 20 x 1100 mm
55	WP 1200	angle profile SCSUB middle (length)	20 x 20 x 1200 mm
56	WP 1300	angle profile short modules & infopanel large	20 x 20 x 1300 mm
57	WP 1400	angle profile SCSUB low (length)	20 x 20 x 1400 mm
58	WP 1500	angle profile of 4 combined poles of parallel bars	20 x 20 x 1500 mm
59	WP 1800	angle profile SCSUB 01 & 02 combined	20 x 20 x 1800 mm
60	WP 1900	angle profile long modules	20 x 20 x 1900 mm
61	WP 2600	angle profile of 2 combined short modules	20 x 20 x 2600 mm
62	WP 3200	angle profile of short & long modules combined	20 x 20 x 3200 mm
63	WP 3900	angle profile of 3 combined short modules	20 x 20 x 3900 mm
64	MA	wall anchor	reinforcing steel 300 x Ø10 mm
65	IS	infopanel screw	hexagon screw countersunk head M6 x 16
66	WPM	angle profile nut	hexagonal nut M10
70	MS	module safety screw	safety screw countersunk head M10 x 23 TORX + PIN



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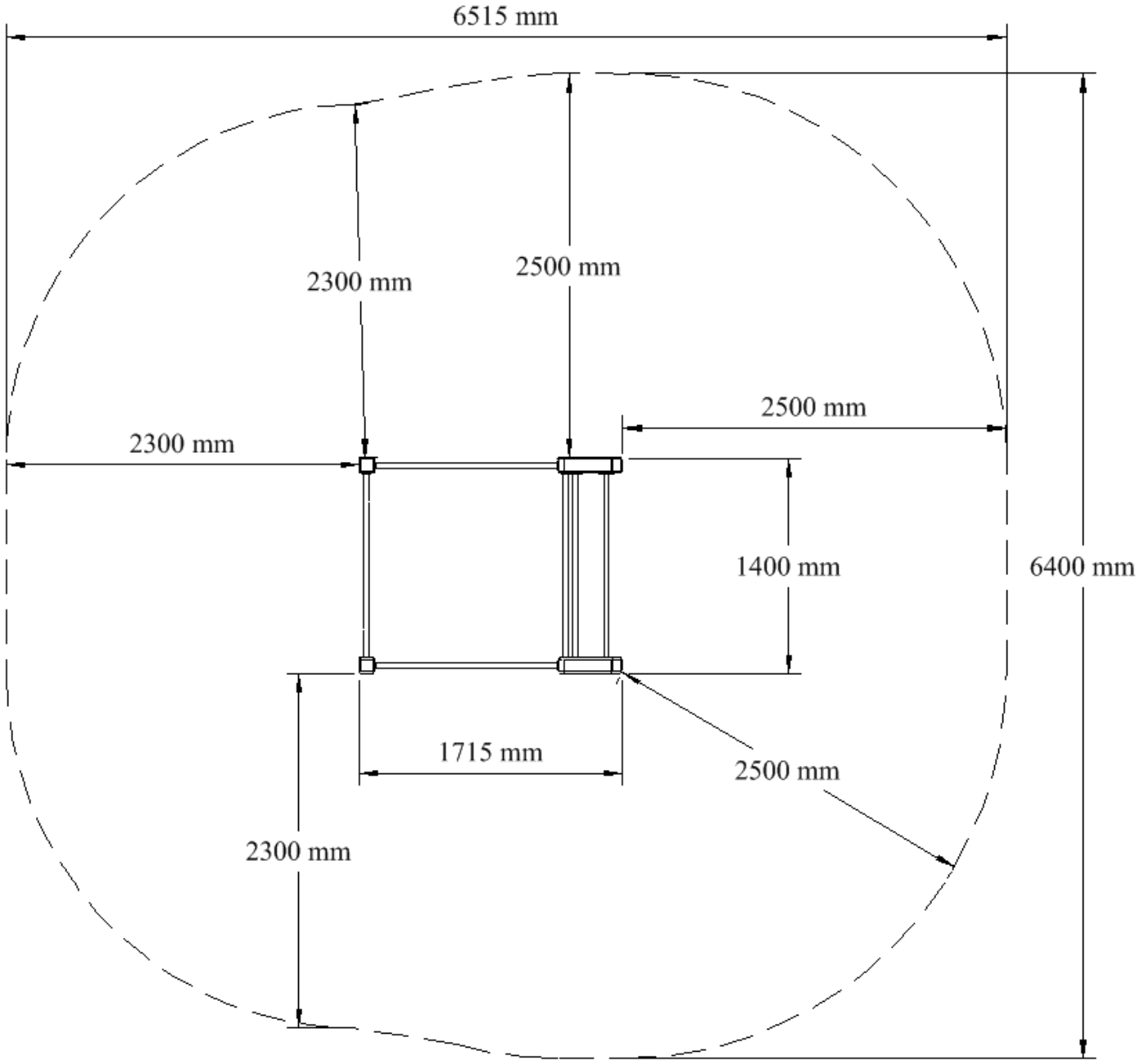
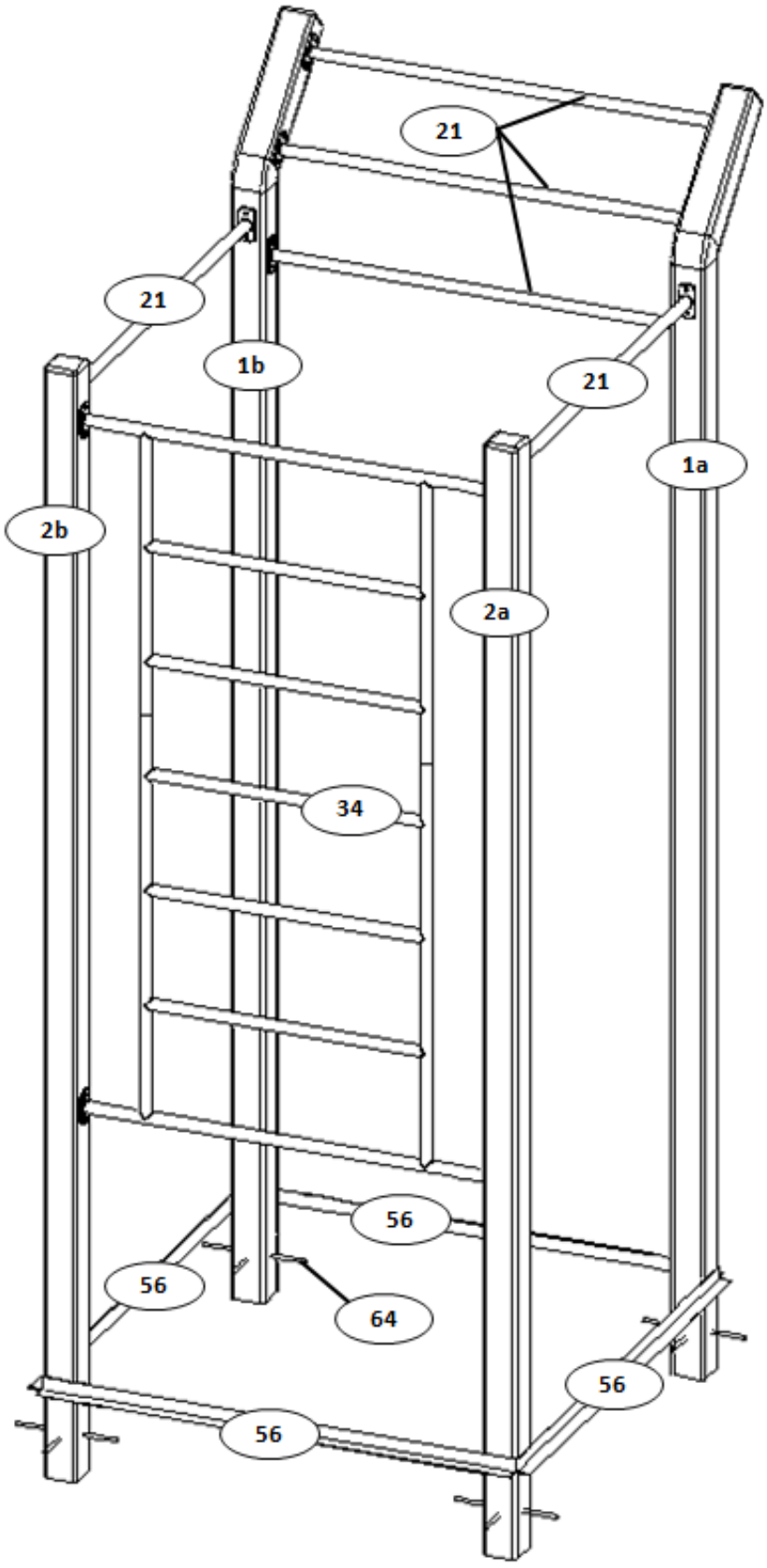
SCB 1 - A



Installation Instructions SC-Series

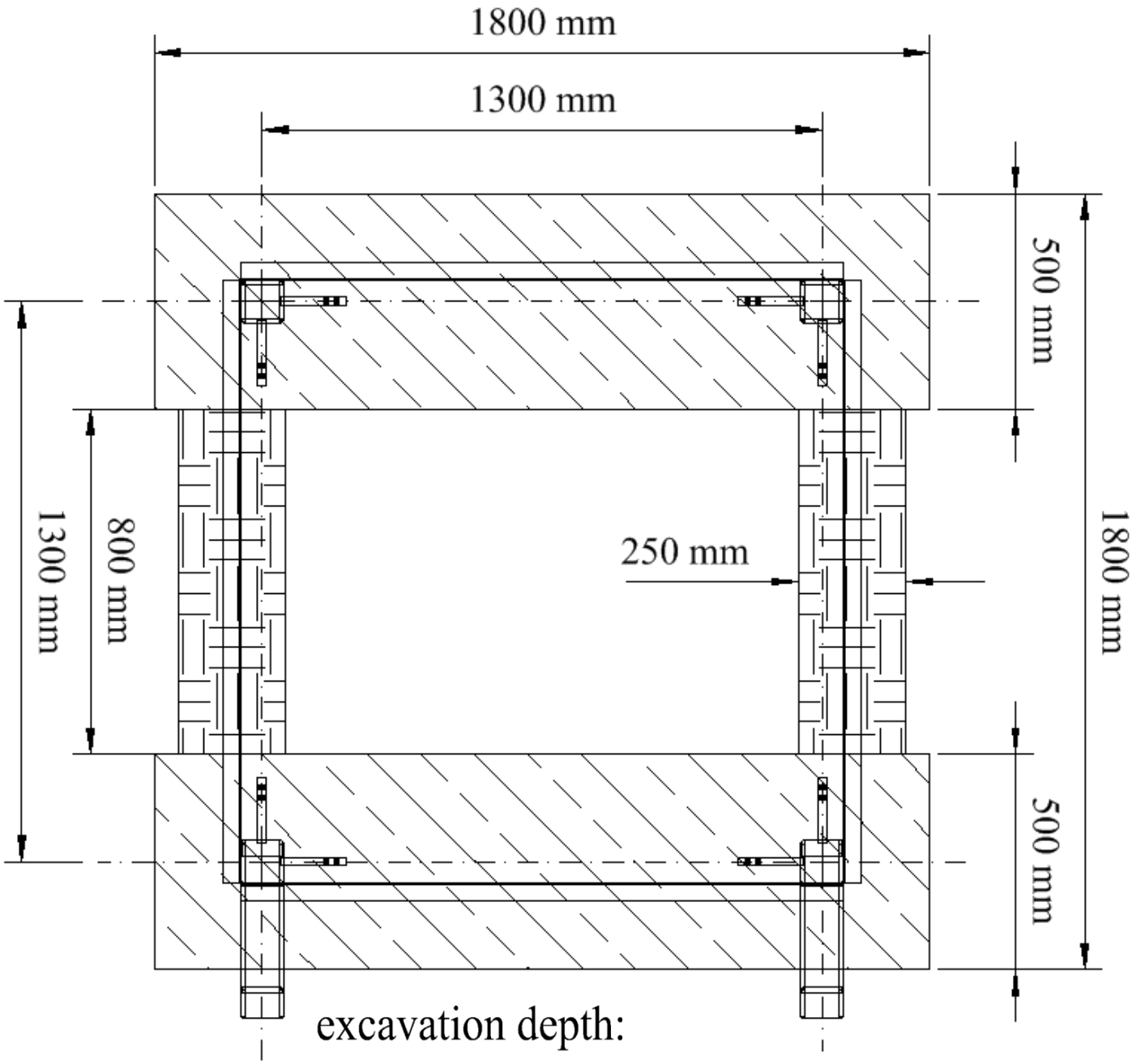
SCB 1 - B

Parts list SCB 1		
Pos.	Article number	QTY
1	VHS	2
2	VS	2
21	S 1200	5
34	WM	1
56	WP 1300	4
64	MA	8
66	WPM	8
70	MS	28



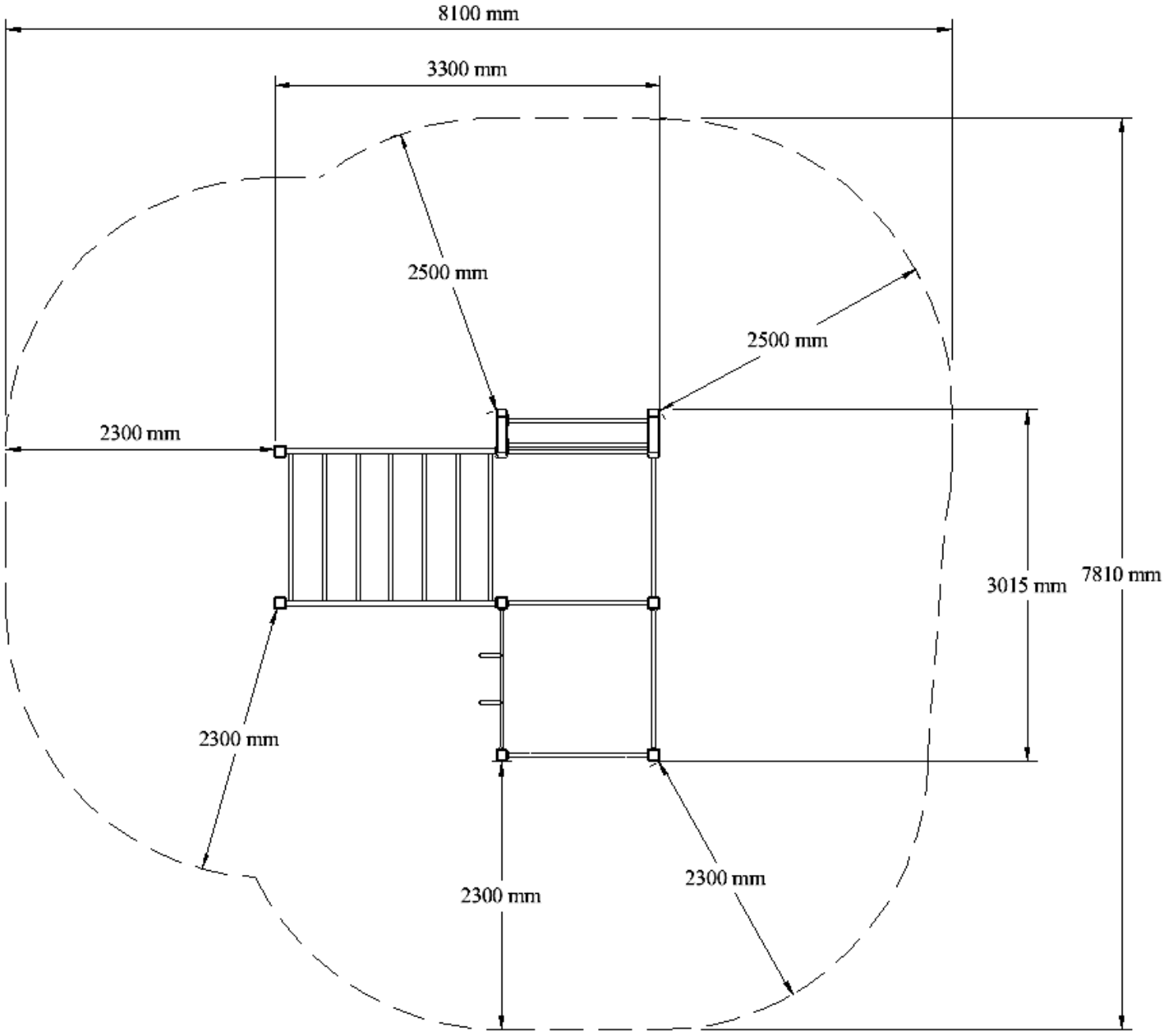
Installation Instructions SC-Series

SCB 1 - C



Installation Instructions SC-Series

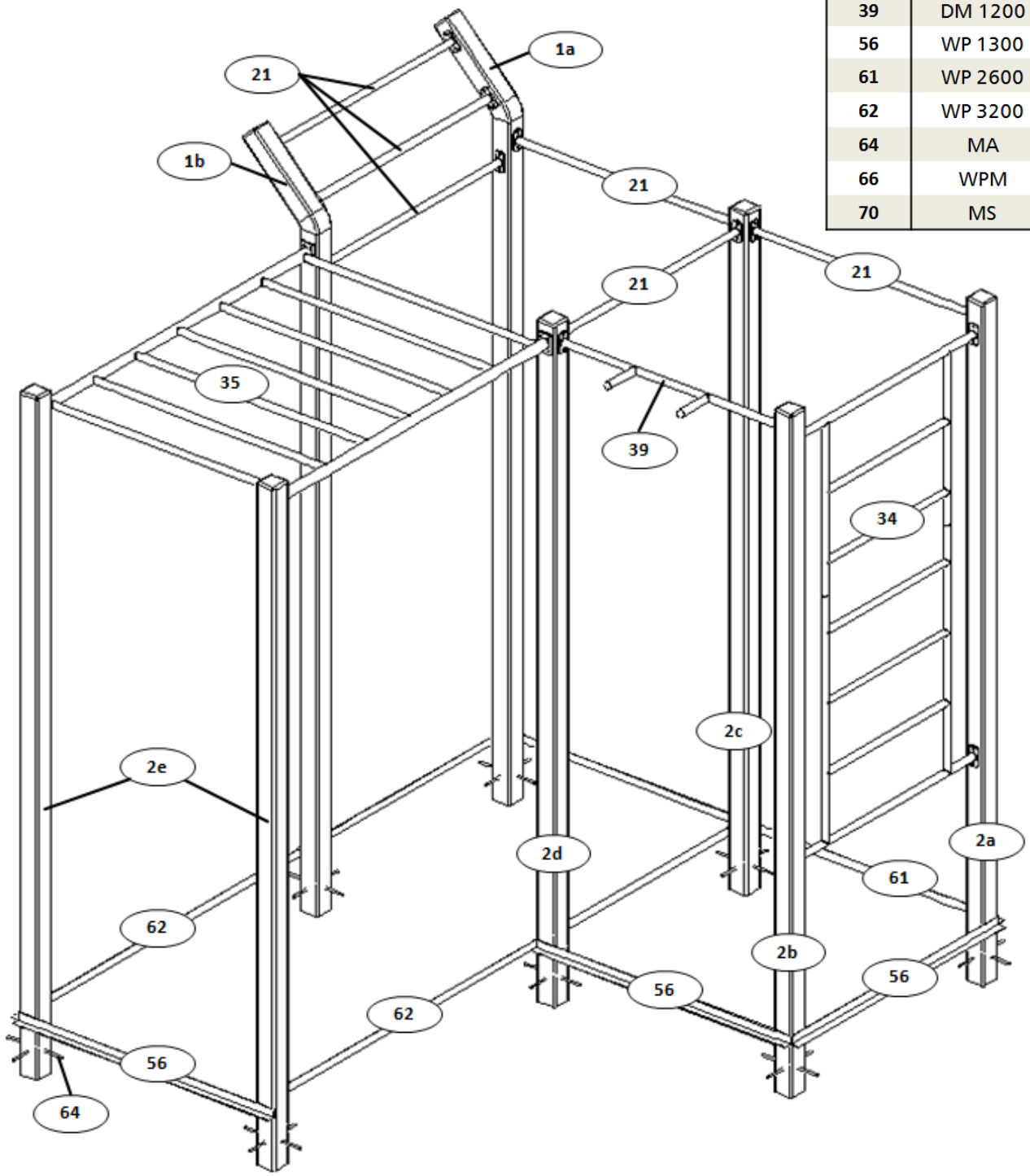
SCB 2- A



Installation Instructions SC-Series

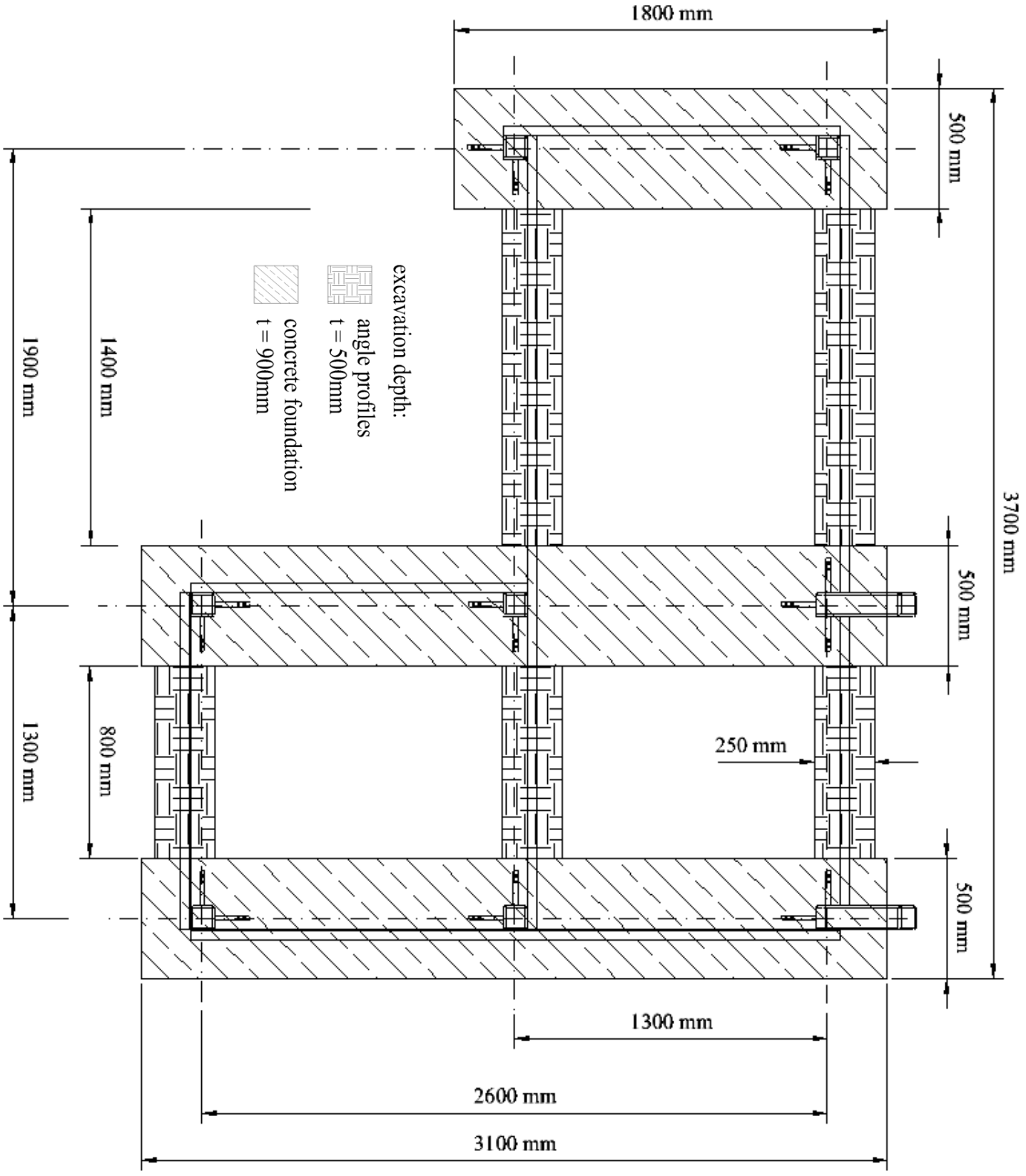
SCB 2 - B

Parts list SCB 2		
Pos.	Article number	QTY
1	VHS	2
2	VS	6
21	S 1200	6
34	WM	1
35	HLM	1
39	DM 1200	1
56	WP 1300	3
61	WP 2600	1
62	WP 3200	2
64	MA	16
66	WPM	15
70	MS	52



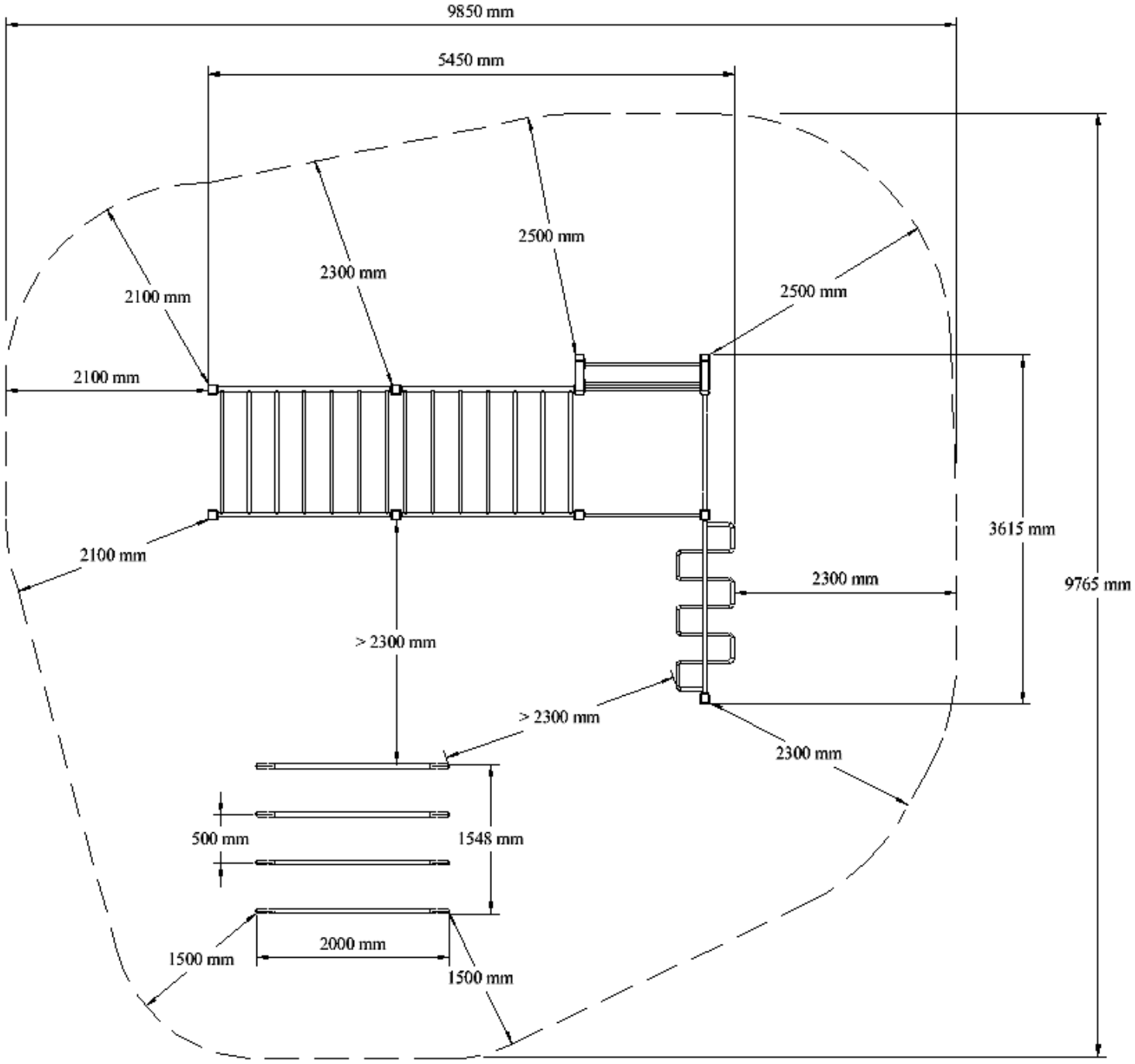
Installation Instructions SC-Series

SCB 2 - C



Installation Instructions SC-Series

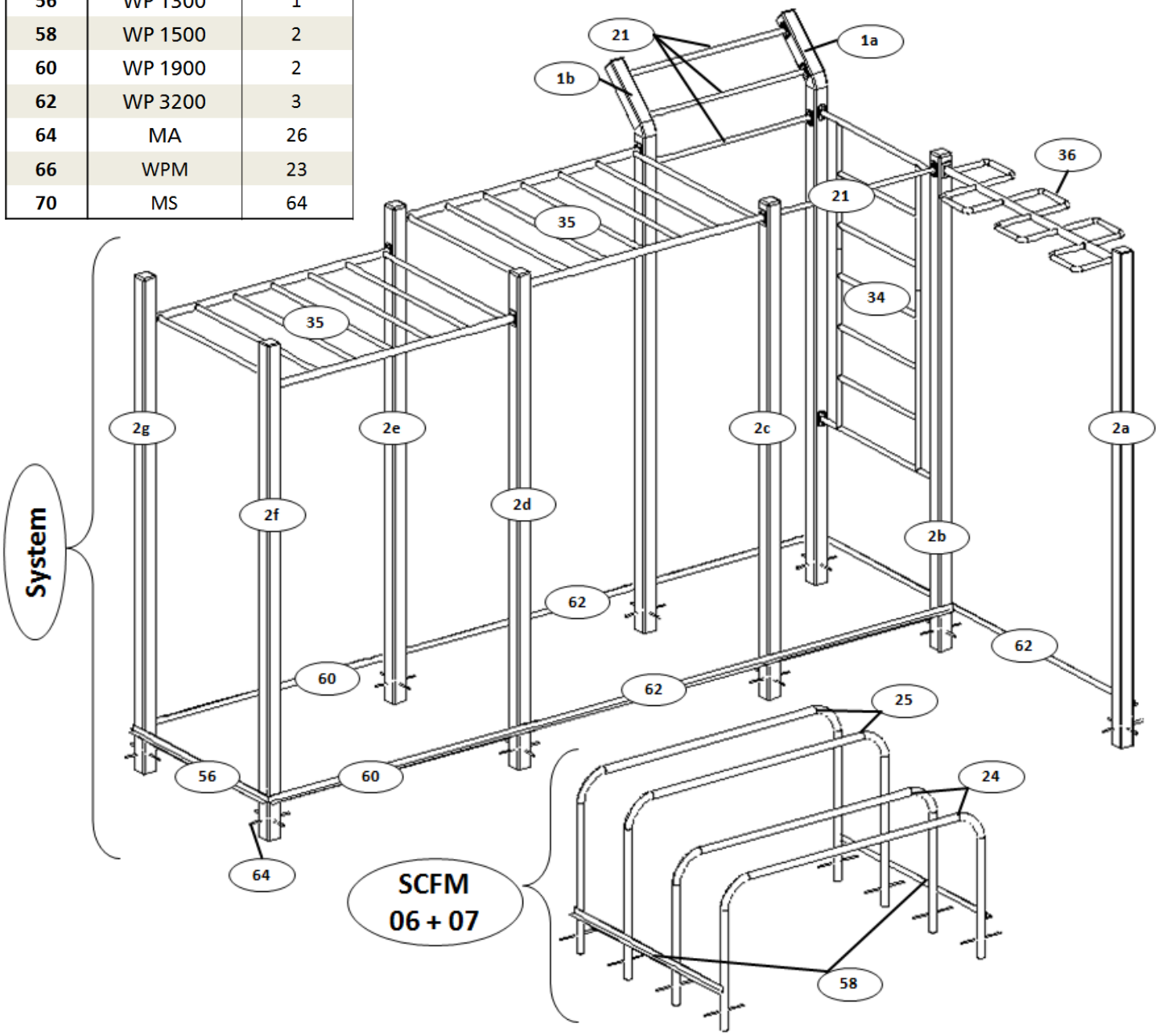
SCB 3 - A



Installation Instructions SC-Series

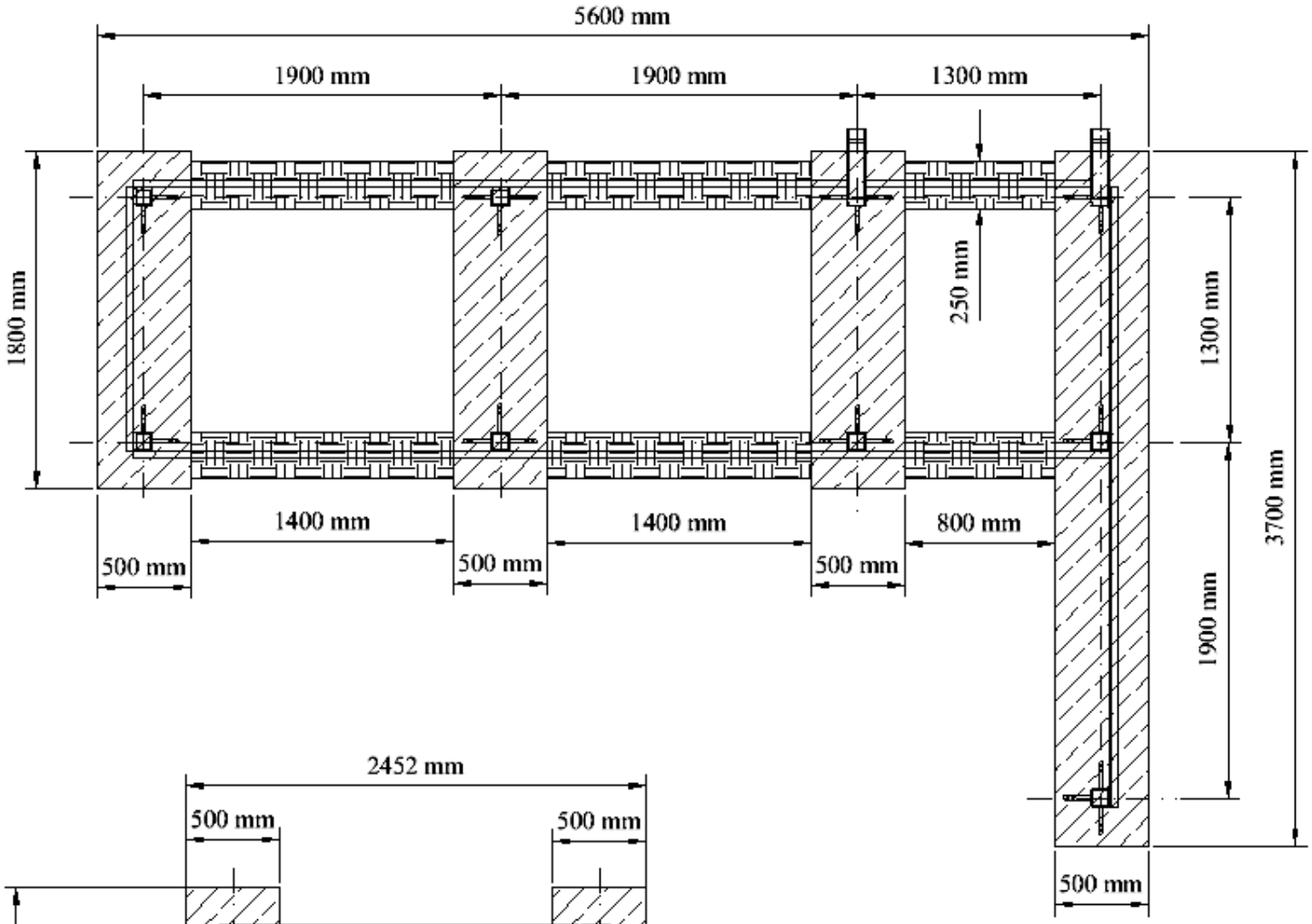
Parts list SCB 3		
Pos.	Article number	QTY
1	VHS	2
2	VS	7
21	S 1200	4
24	LB 300	2
25	LB 500	2
34	WM	1
35	HLM	2
36	SLM	1
56	WP 1300	1
58	WP 1500	2
60	WP 1900	2
62	WP 3200	3
64	MA	26
66	WPM	23
70	MS	64

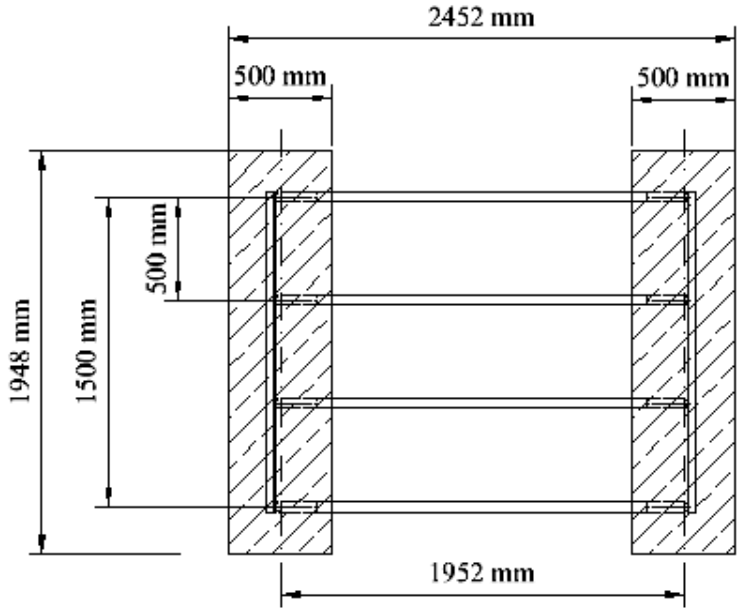
SCB 3 - B



Installation Instructions SC-Series

SCB 3 - C





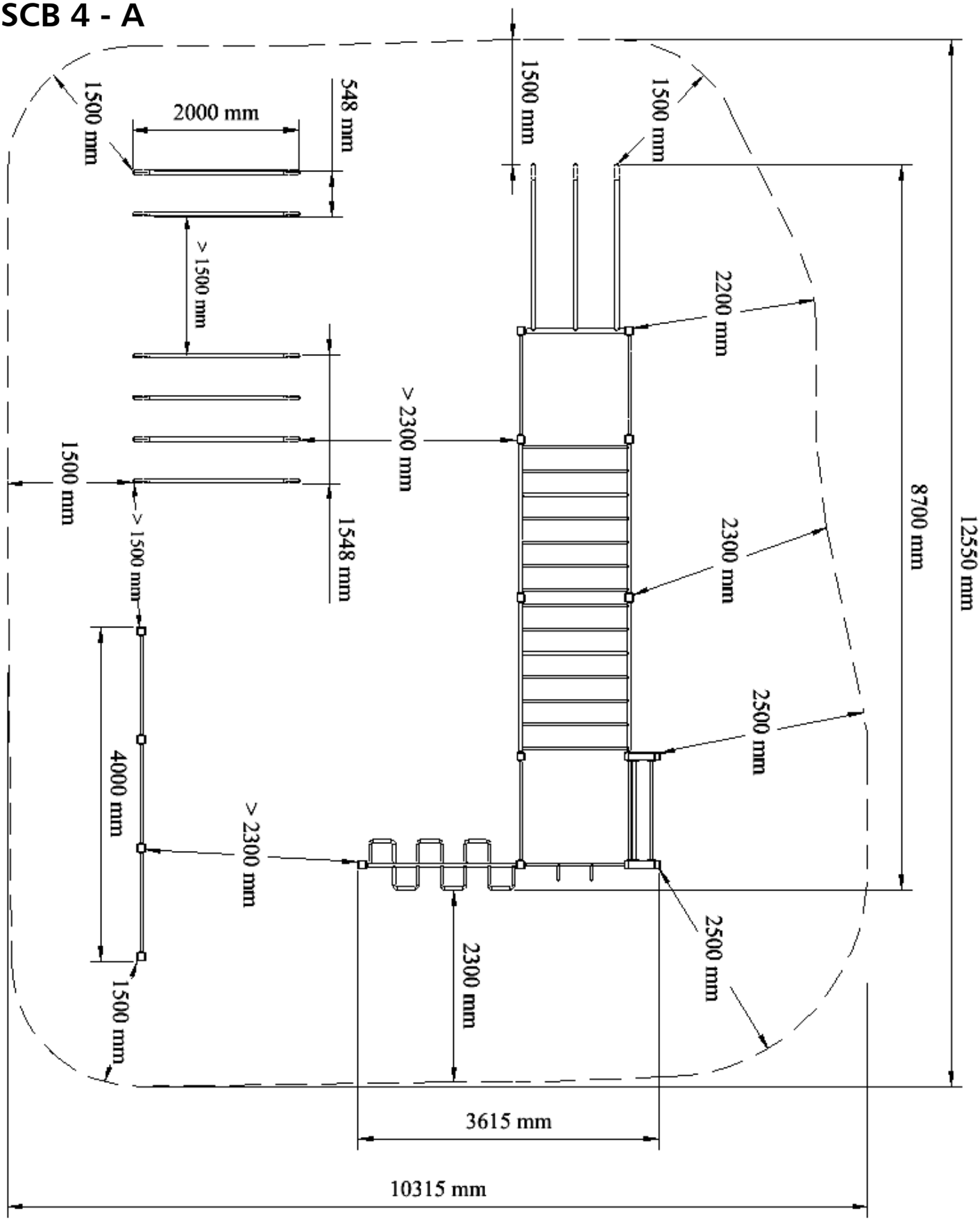
excavation depth:

angle profiles
t = 500mm

concrete foundation
t = 900mm

Installation Instructions SC-Series

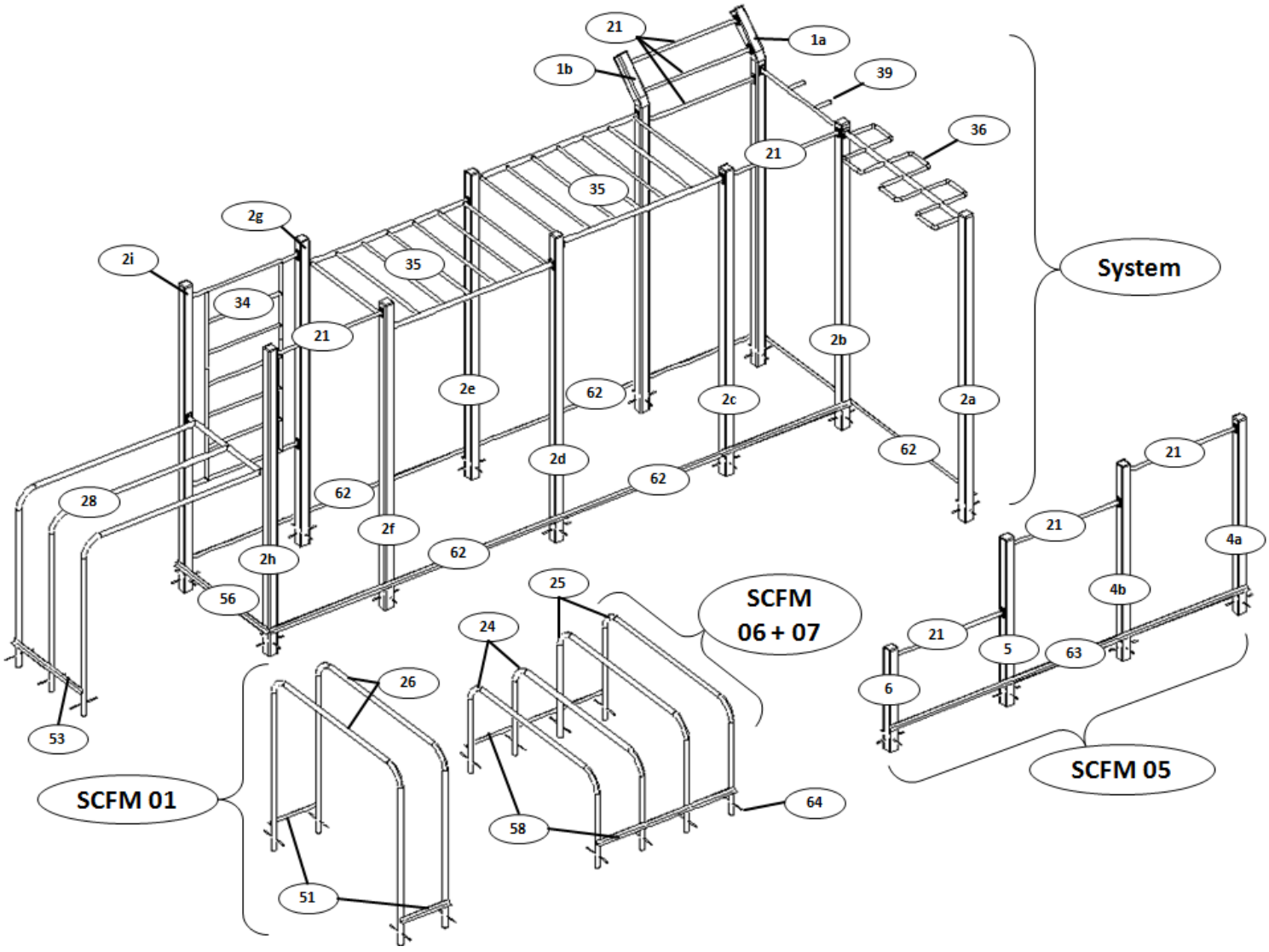
SCB 4 - A



Installation Instructions SC-Series

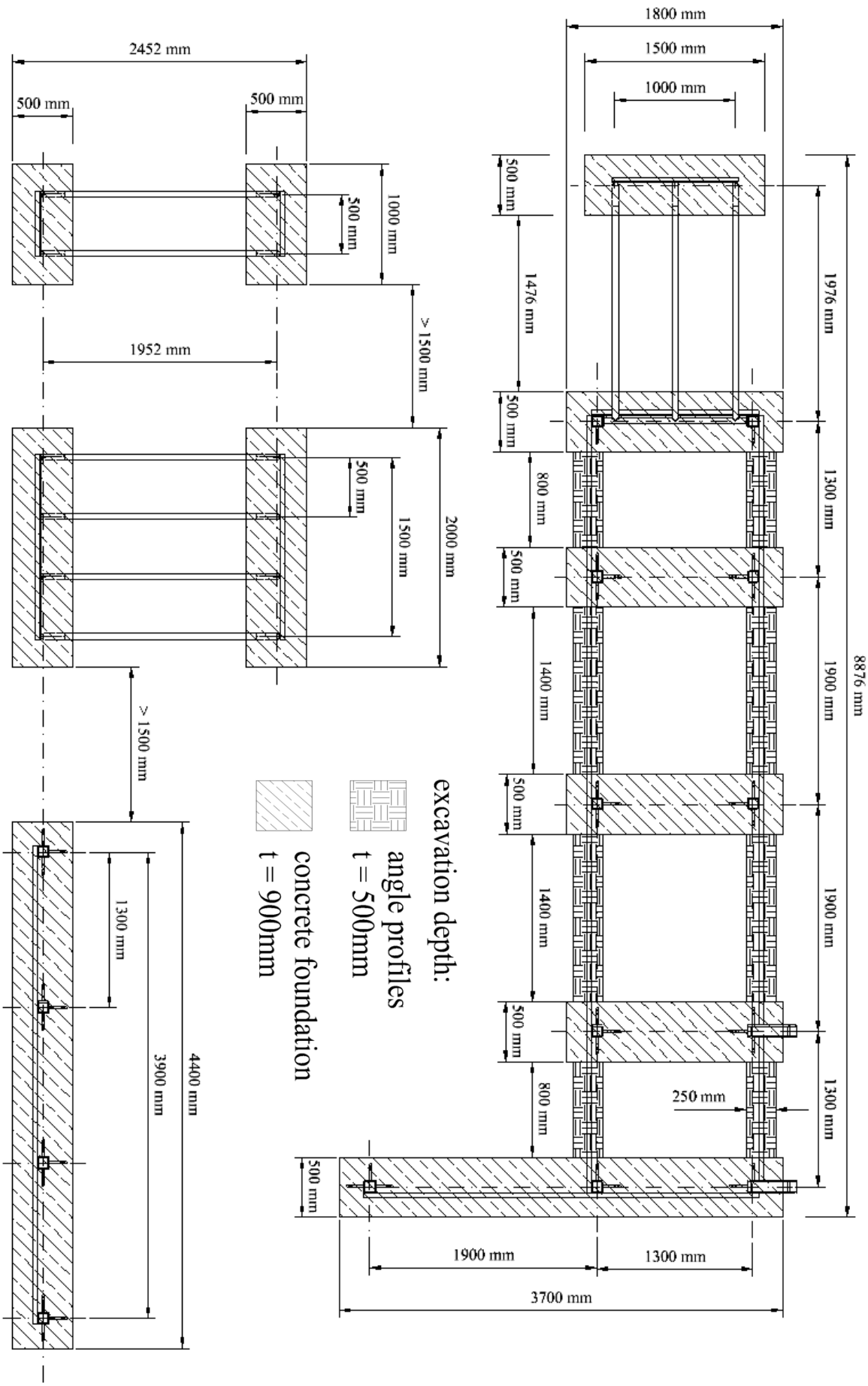
SCB 4 - B

Parts list SCB 4					
Pos.	Article number	QTY	Pos.	Article number	QTY
1	VHS	2	**36**	SLM	1
2	VS	9	**39**	DM 1200	1
4	VT 1400	2	**51**	WP 500	2
5	VT 1100	1	**53**	WP 1000	1
6	VT 400	1	**56**	WP 1300	1
21	S 1200	8	**58**	WP 1500	2
24	LB 300	2	**62**	WP 3200	5
25	LB 500	2	**63**	WP 3900	1
26	B 1200	2	**64**	MA	45
28	DBM 1200	1	**66**	WPM	36
34	WM	1	**70**	MS	92
35	HLM	2			



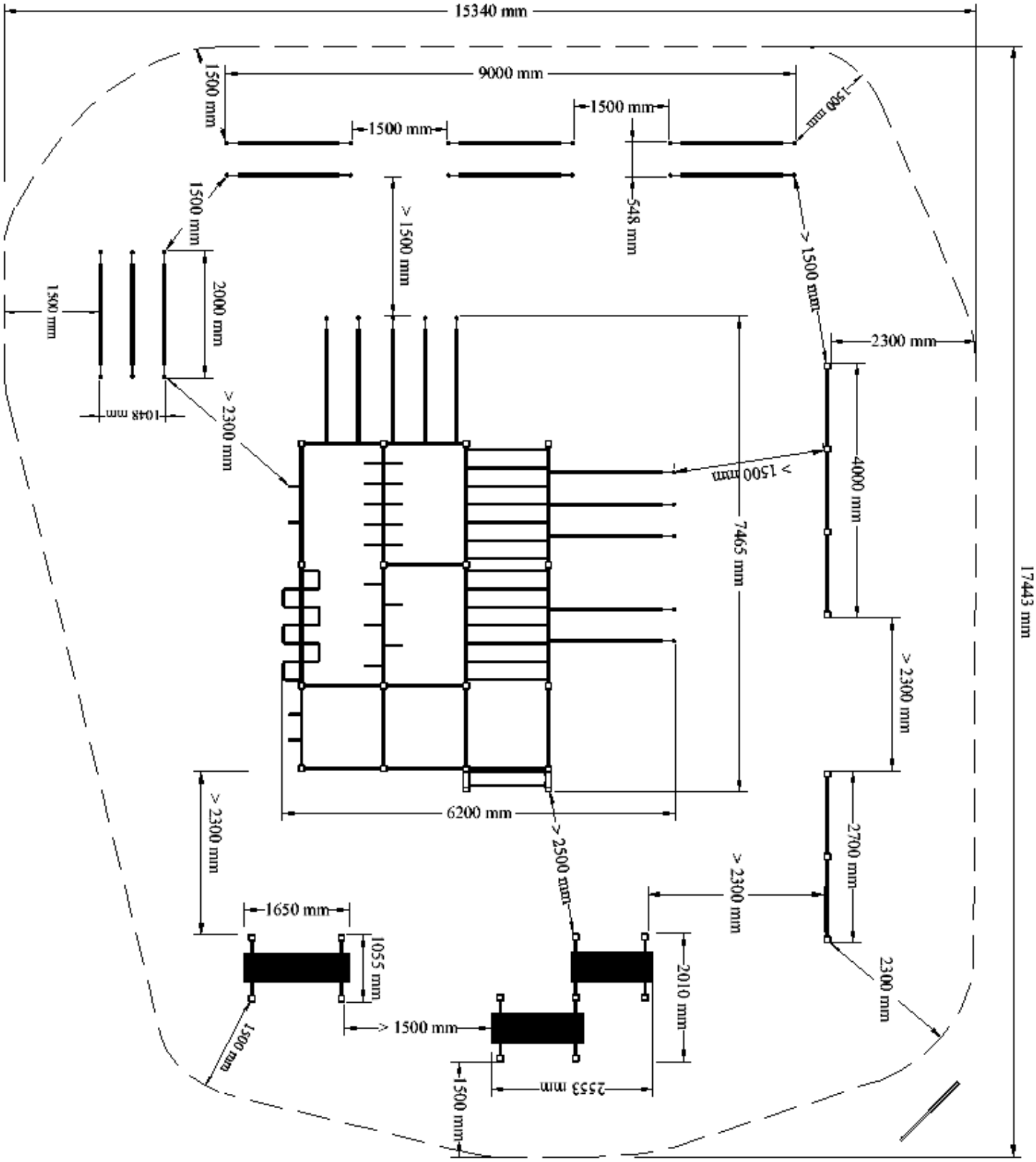
Installation Instructions SC-Series

SCB 4 - C



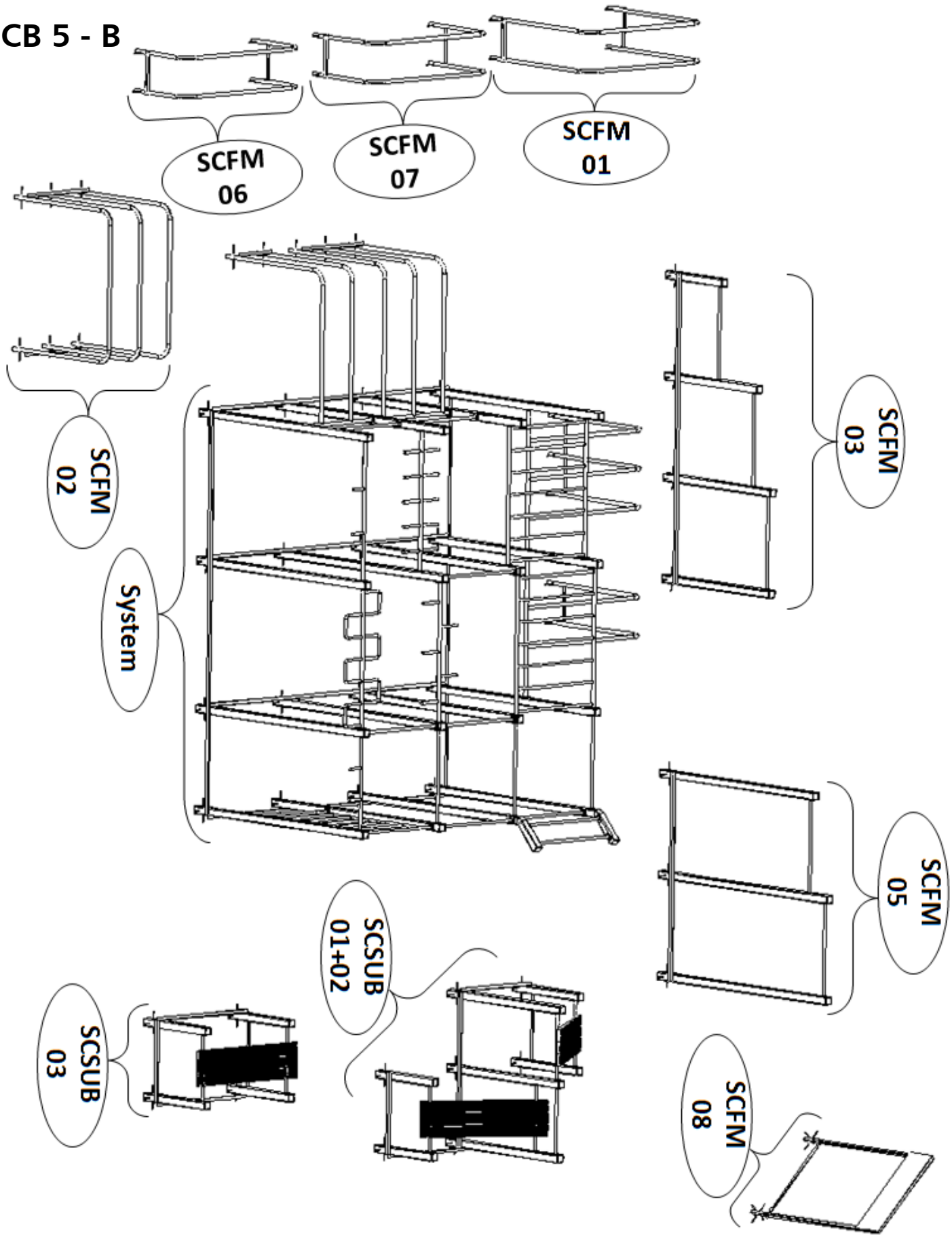
Installation Instructions SC-Series

SCB 5 - A



Installation Instructions SC-Series

SCB 5 - B

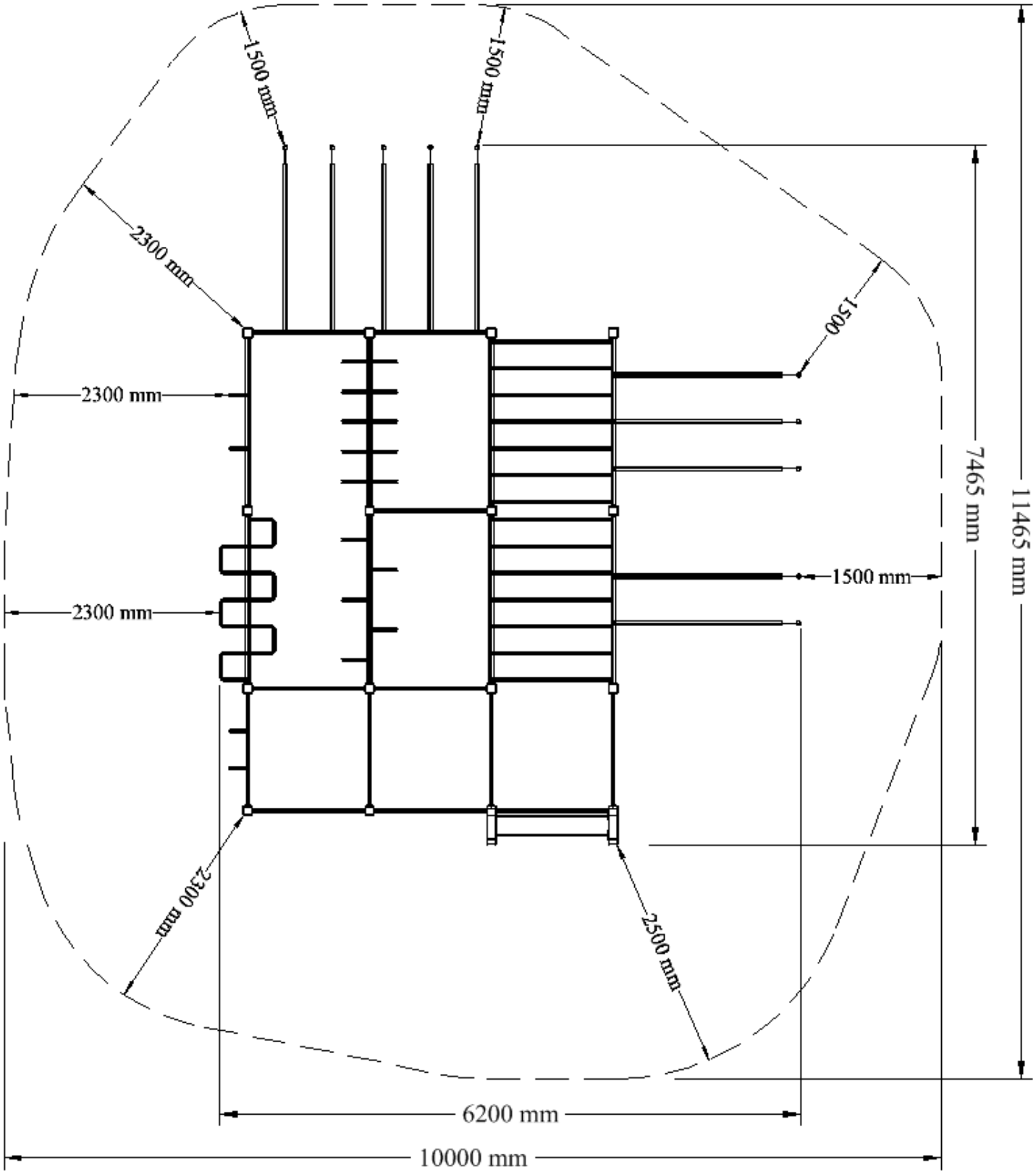


Installation Instructions SC-Series

Parts list SCB 5					
Pos.	Article number	QTY	Pos.	Article number	QTY
1	VHS	2	36	SLM	1
2	VS	16	37	ZLM	1
3	VD	1	38	ILM	1
4	VT 1400	2	39	DM 1200	1
5	VT 1100	1	40	DM 1800	1
6	VT 400	1	43	IG	1
8	VSUB 1500	3	44	IP	1
9	VSUB 500	4	51	WP 500	8
10	VSUB 410	2	52	WP 950	4
11	VSUB 585	2	53	WP 1000	4
21	S 1200	17	54	WP 1100	1
22	S 855	1	55	WP 1200	1
24	LB 300	2	56	WP 1300	1
25	LB 500	2	57	WP 1400	2
26	B 1200	5	59	WP 1800	1
27	BM 1200	1	60	WP 1900	2
28	DBM 1200	1	61	WP 2600	1
29	BM 1800	1	62	WP 3200	2
30	DBM 1800	1	63	WP 3900	5
31	SUBM 585	1	64	MA	100
32	SUBM 410	1	65	IS	6
33	SUBM 500	1	66	WPM	82
34	WM	1	70	MS	204
35	HLM	2			

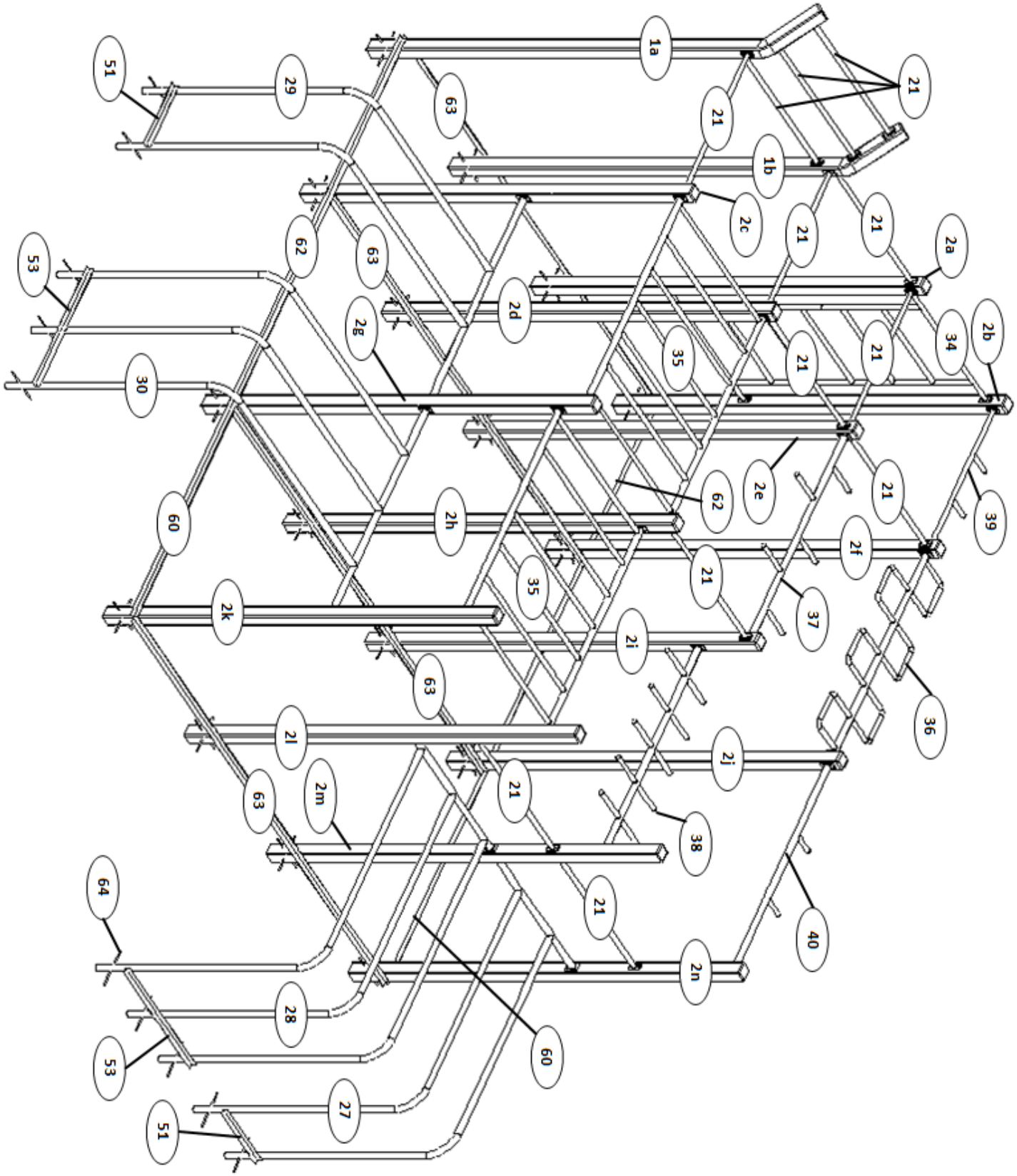
Installation Instructions SC-Series

SCB 5 System - A



Installation Instructions SC-Series

SCB 5 System - B

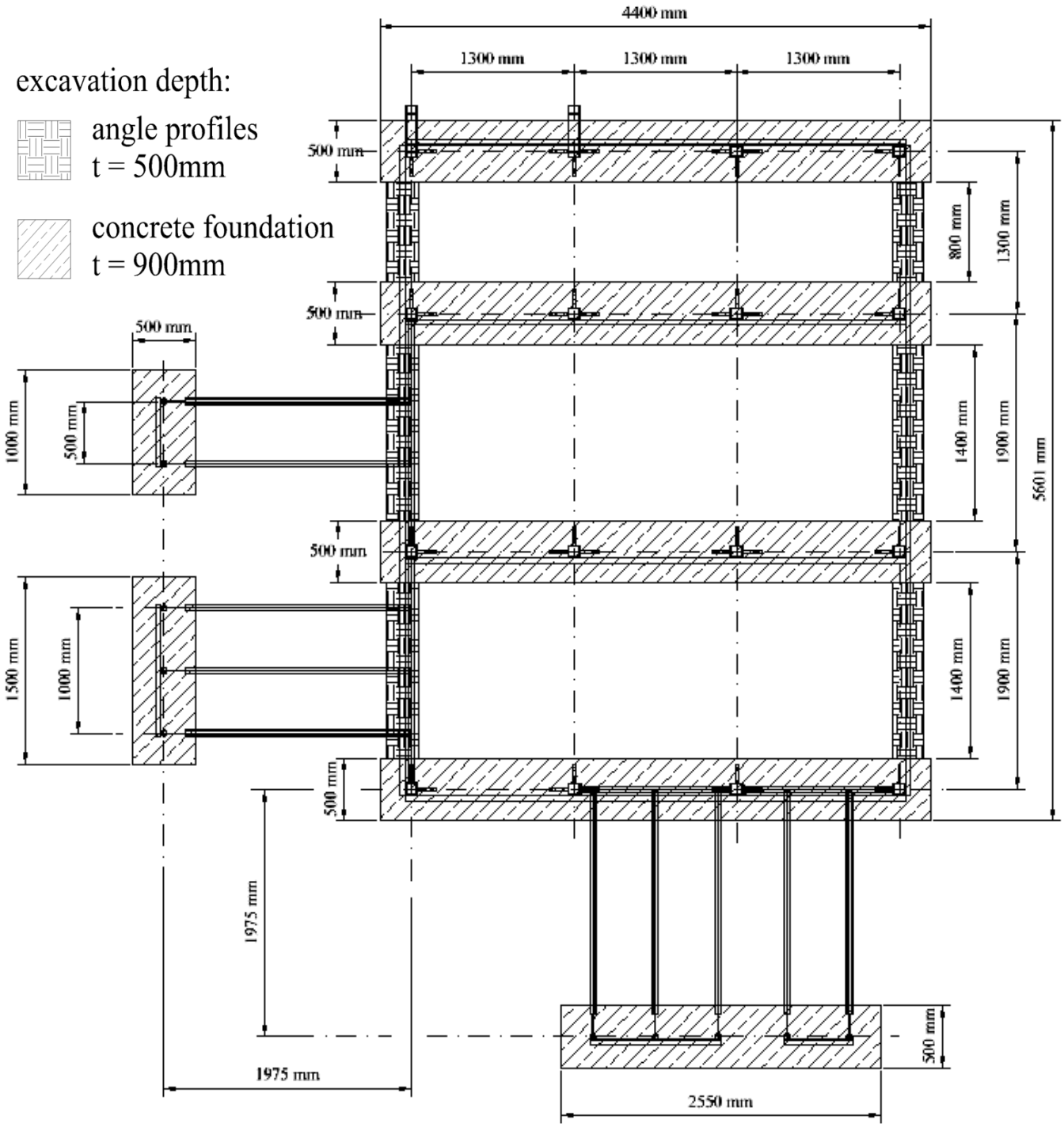


Installation Instructions SC-Series

Parts list SCB 5 System		
Pos.	**Article number**	**QTY**
1	VHS	2
2	VS	14
21	S 1200	12
27	BM 1200	1
28	DBM 1200	1
29	BM 1800	1
30	DBM 1800	1
34	WM	1
35	HLM	2
36	SLM	1
37	ZLM	1
38	ILM	1
39	DM 1200	1
40	DM 1800	1
51	WP 500	2
53	WP 1000	2
60	WP 1900	2
62	WP 3200	2
63	WP 3900	4
64	MA	42
66	WPM	36
70	MS	156

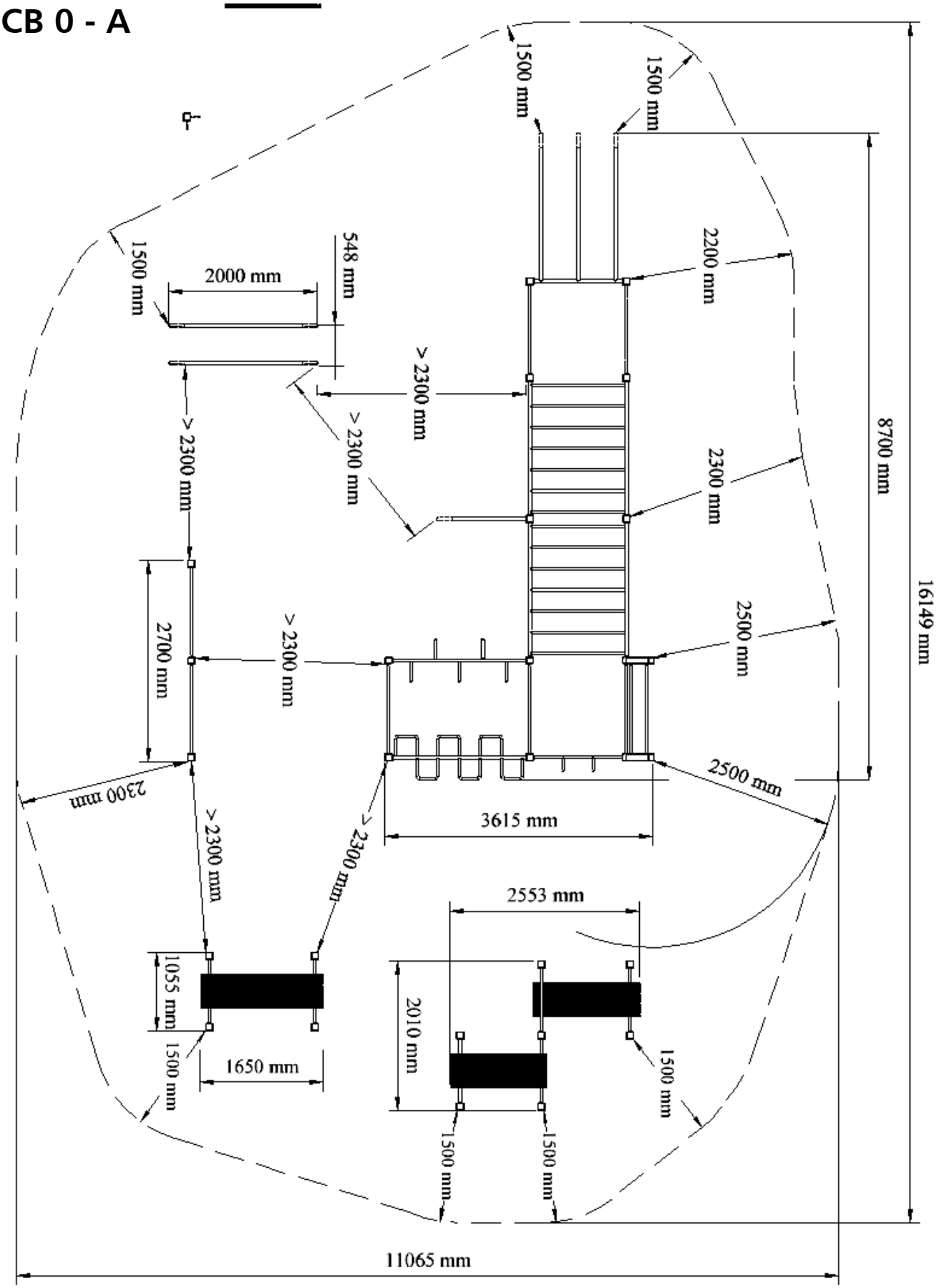
Installation Instructions SC-Series

SCB 5 System - C



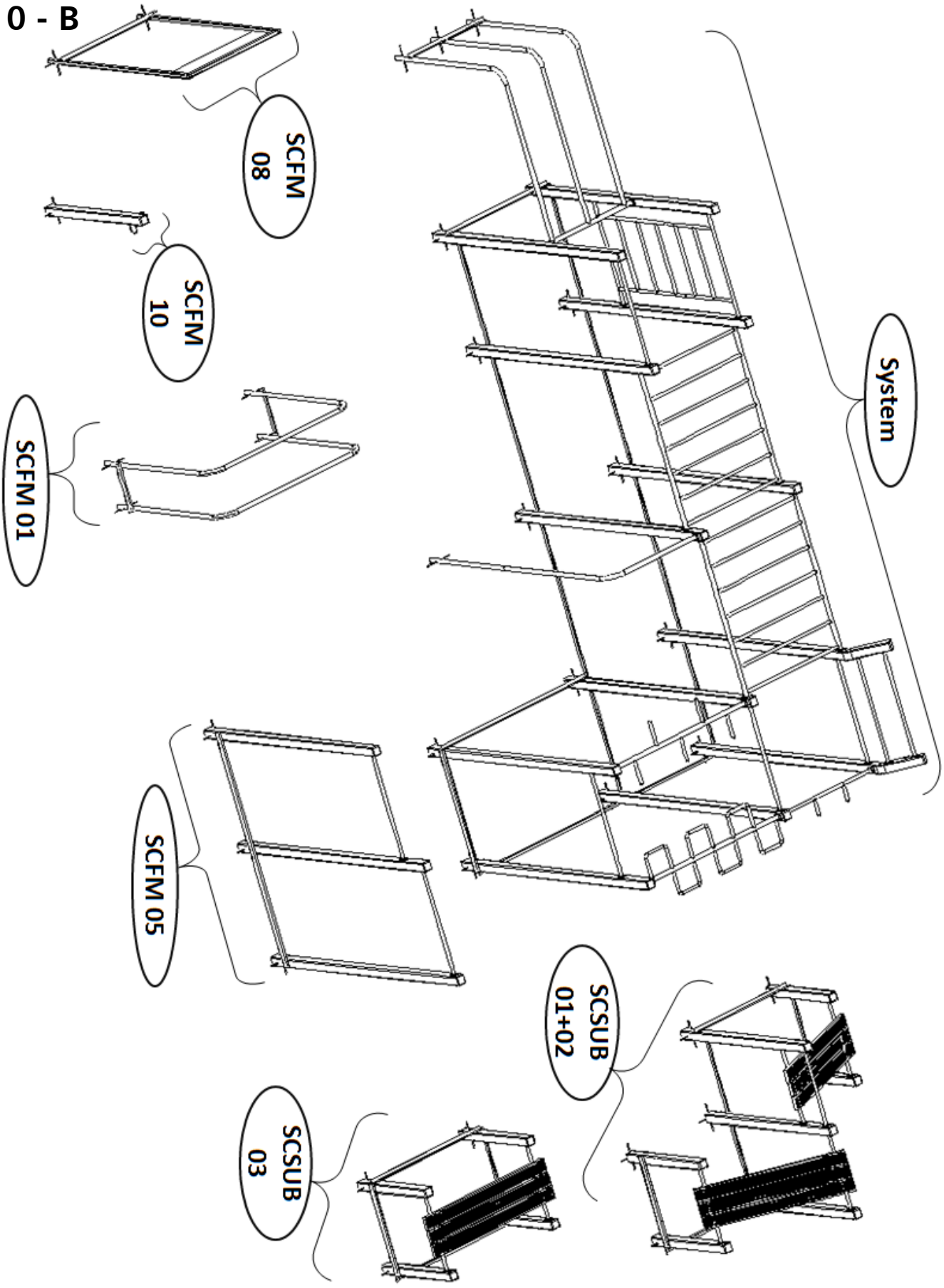
Installation Instructions SC-Series

SCB 0 - A



Installation Instructions SC-Series

SCB 0 - B

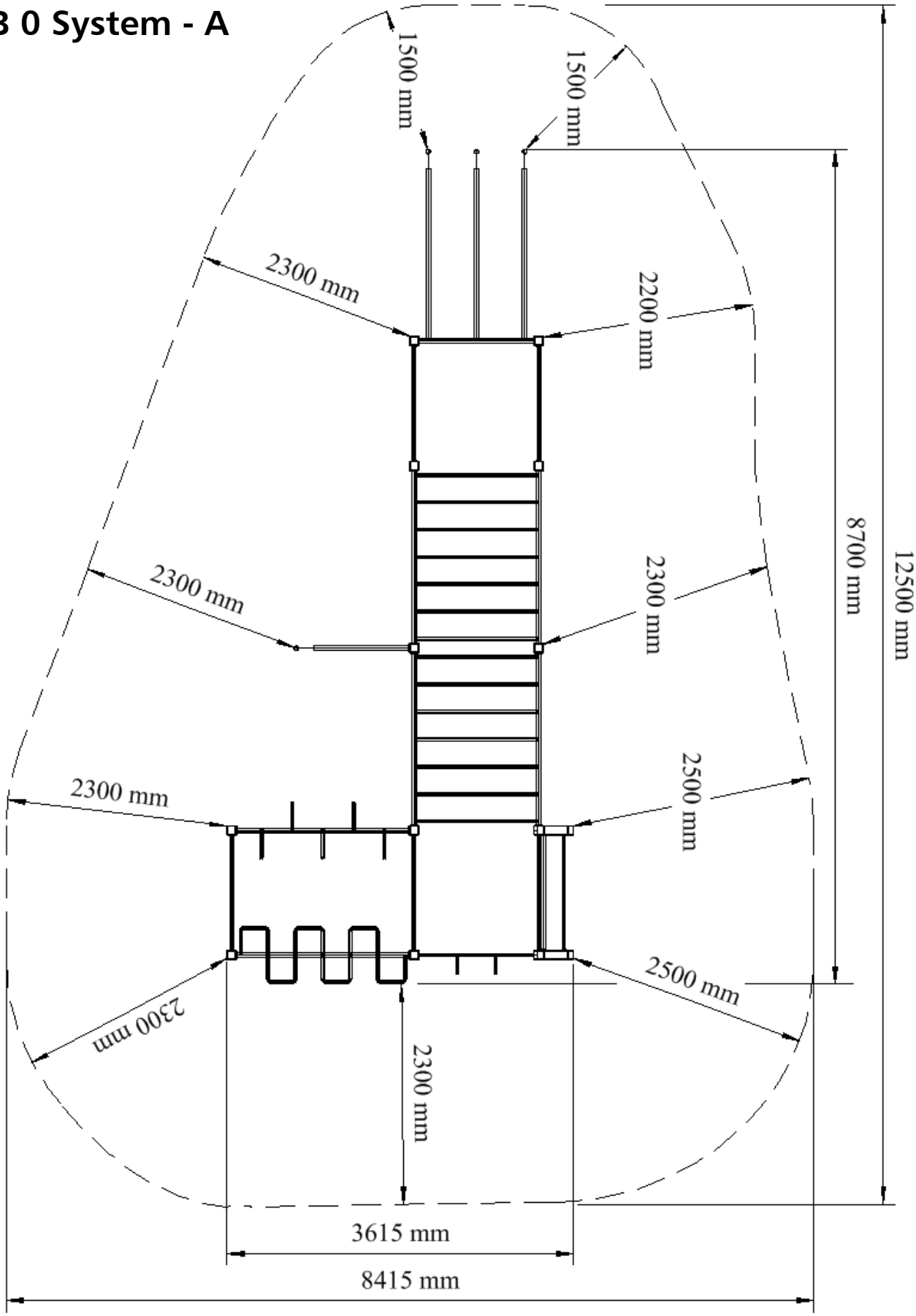


Installation Instructions SC-Series

Parts list SCB 0					
Pos.	Article number	QTY	Pos.	Article number	QTY
1	VHS	2	**41**	FM	1
2	VS	12	**42**	RM	1
3	VD	1	**43**	IG	1
8	VSUB 1500	3	**44**	IP	1
9	VSUB 500	4	**51**	WP 500	2
10	VSUB 410	2	**52**	WP 950	4
11	VSUB 585	2	**53**	WP 1000	1
21	S 1200	8	**54**	WP 1100	1
22	S 855	1	**55**	WP 1200	1
26	B 1200	2	**56**	WP 1300	3
28	DBM 1200	1	**57**	WP 1400	2
31	SUBM 585	1	**59**	WP 1800	1
32	SUBM 410	1	**60**	WP 1900	1
33	SUBM 500	1	**61**	WP 2600	1
34	WM	1	**62**	WP 3200	5
35	HLM	2	**64**	MA	66
36	SLM	1	**65**	IS	6
37	ZLM	1	**66**	WPM	52
39	DM 1200	1	**70**	MS	132

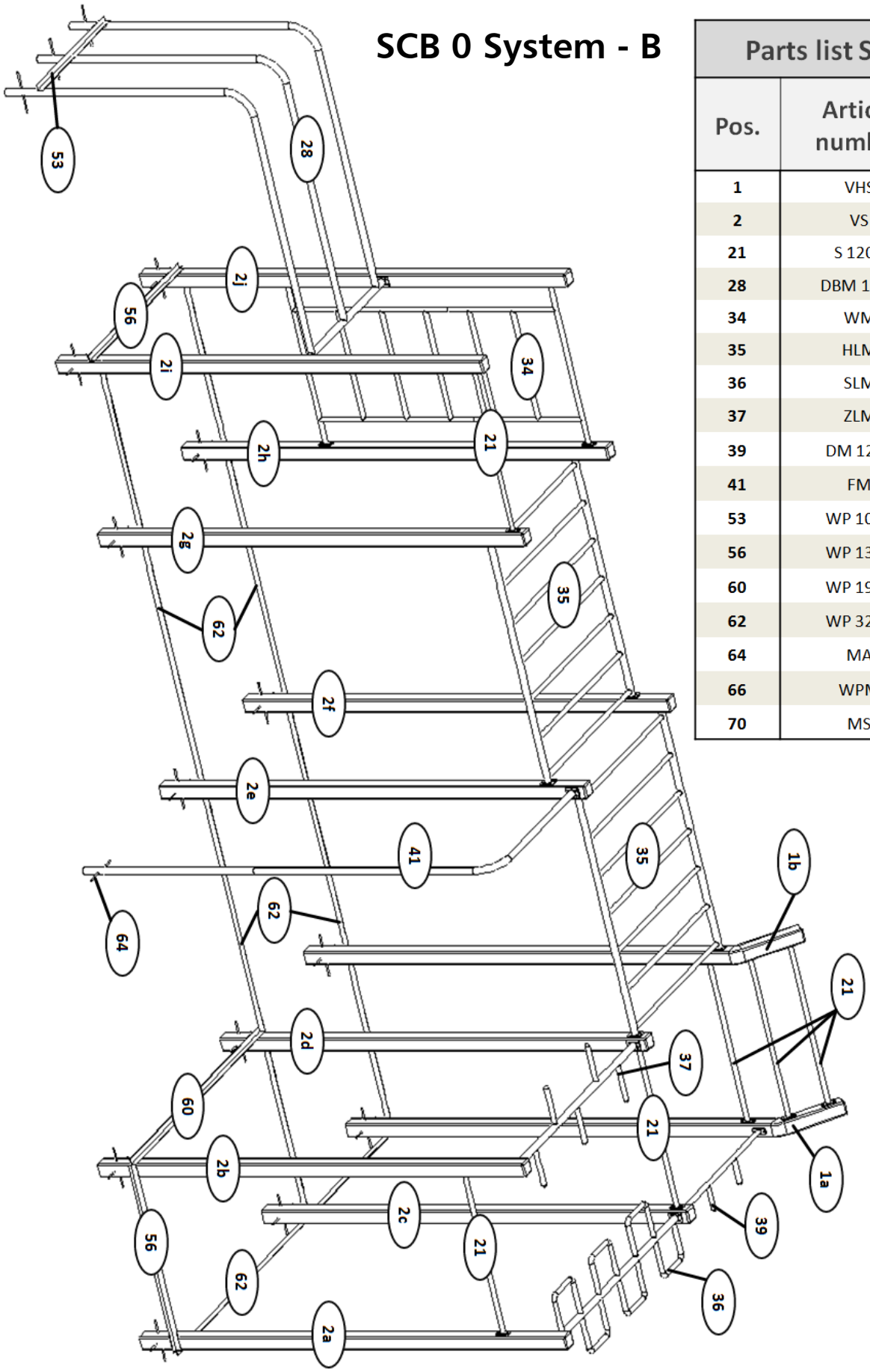
Installation Instructions SC-Series

SCB 0 System - A



Installation Instructions SC-Series

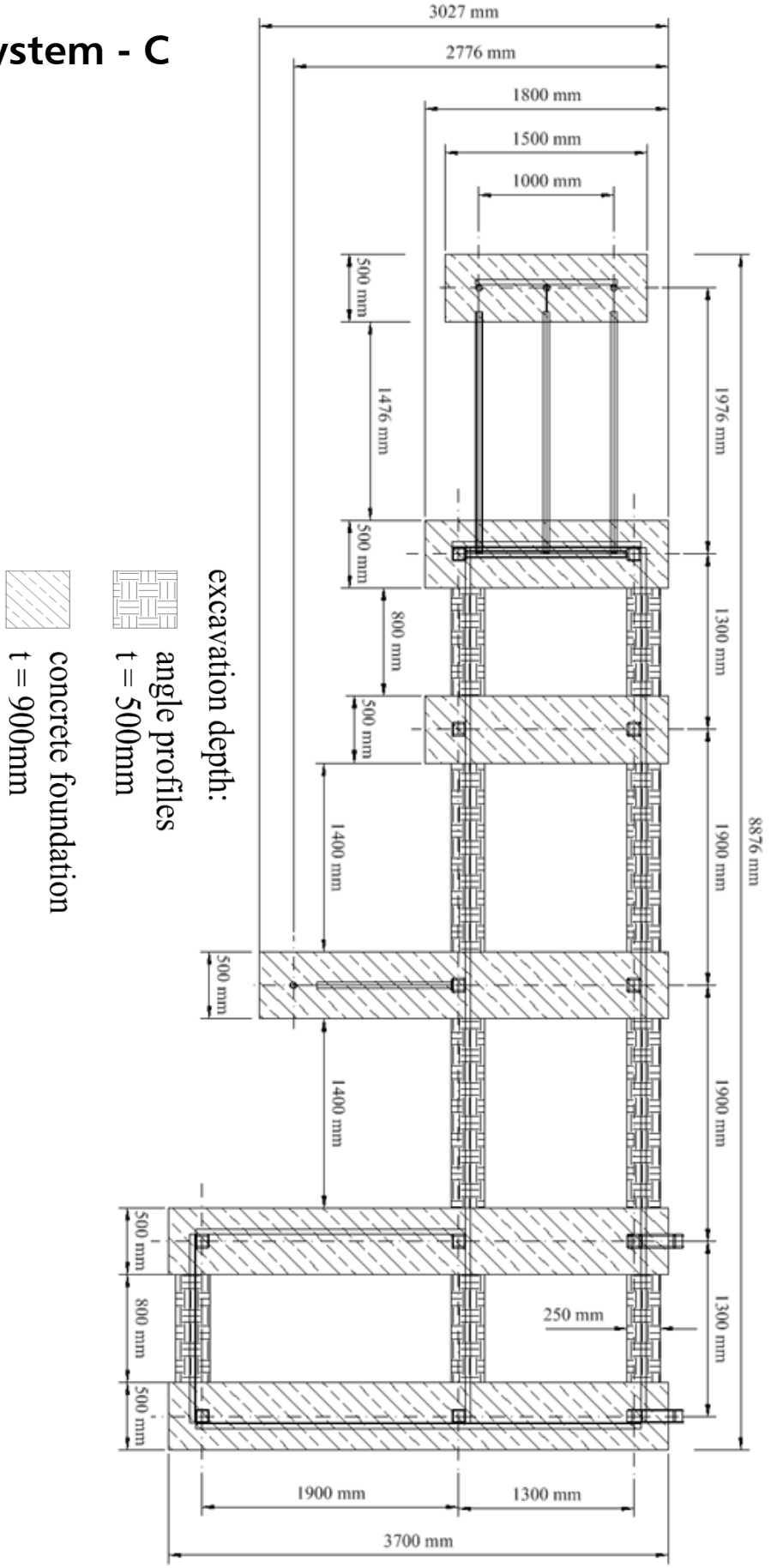
SCB 0 System - B



Parts list SCB 0 System		
Pos.	Article number	QTY
1	VHS	2
2	VS	10
21	S 1200	6
28	DBM 1200	1
34	WM	1
35	HLM	2
36	SLM	1
37	ZLM	1
39	DM 1200	1
41	FM	1
53	WP 1000	1
56	WP 1300	2
60	WP 1900	1
62	WP 3200	5
64	MA	28
66	WPM	24
70	MS	96

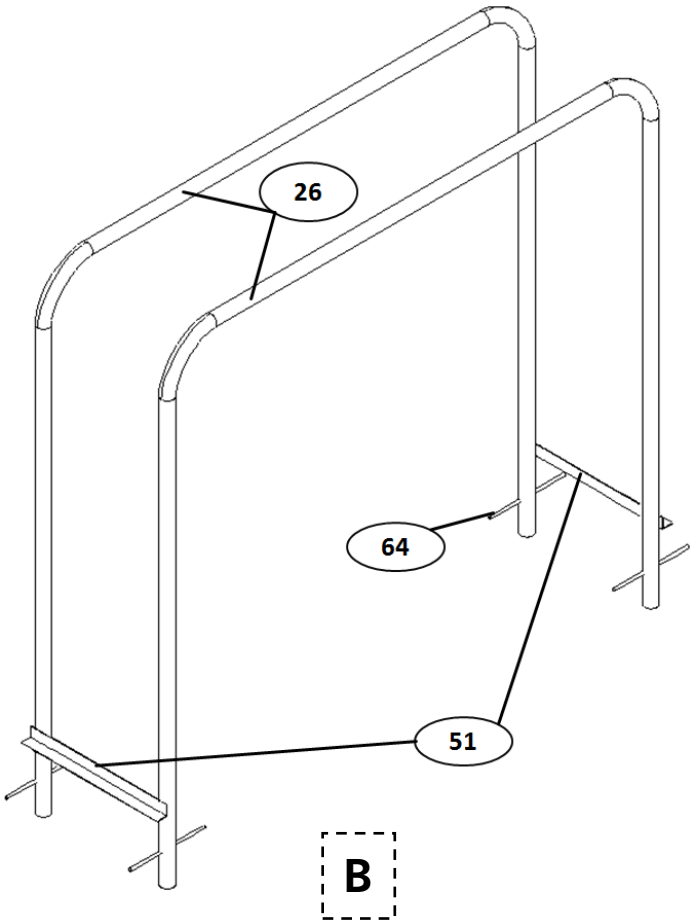
Installation Instructions SC-Series

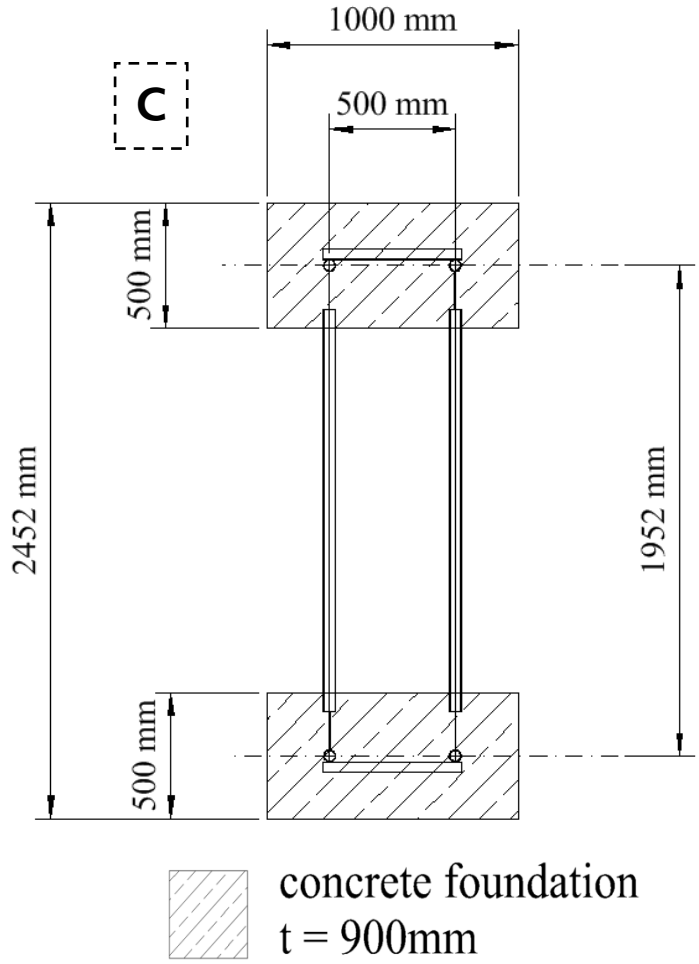
SCB 0 System - C



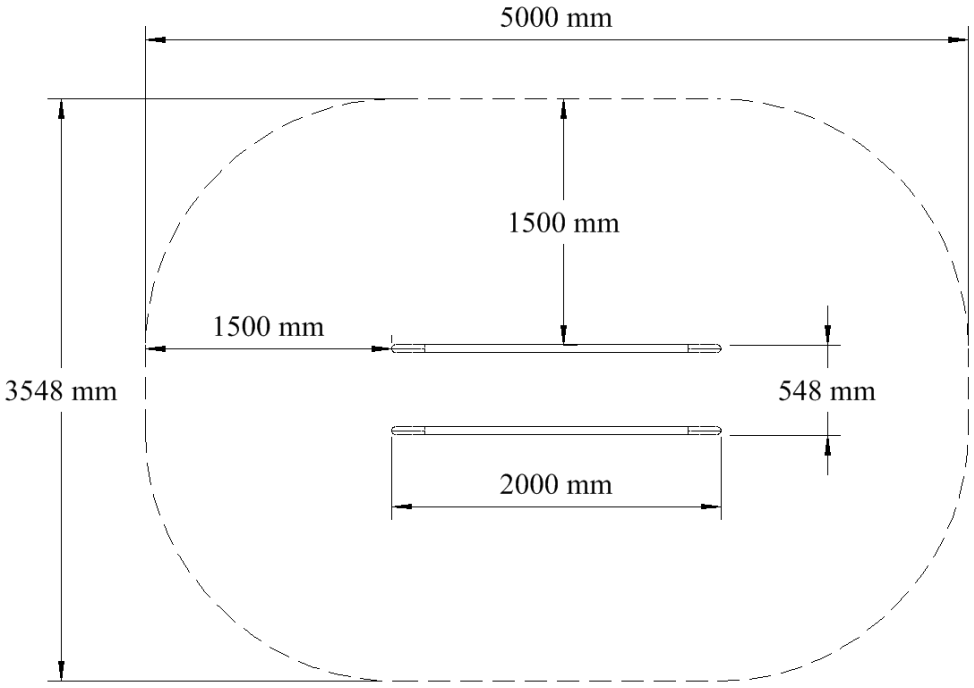
Installation Instructions SC-Series

SCFM 01 - Parallel Bars



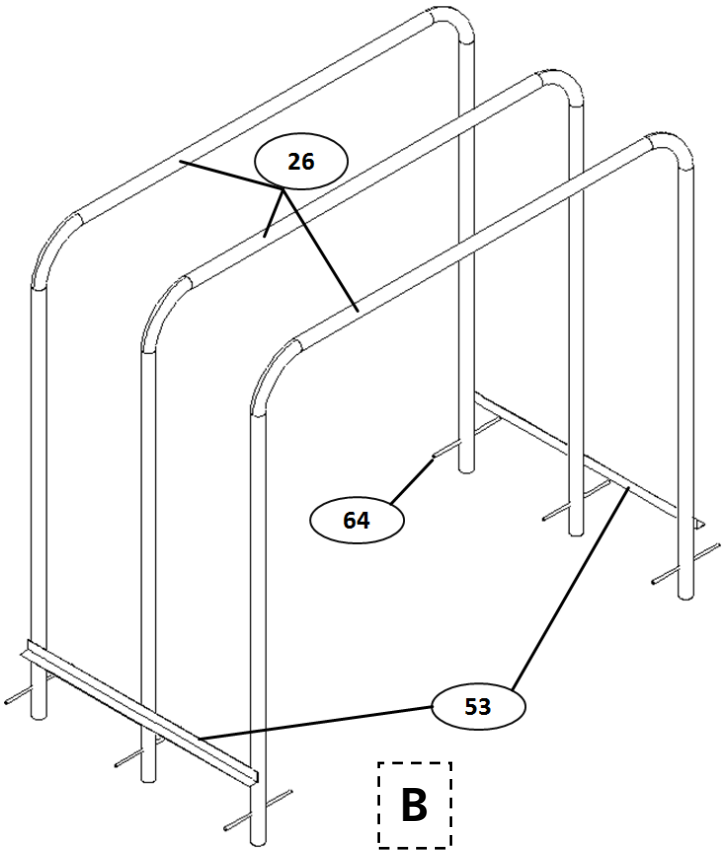


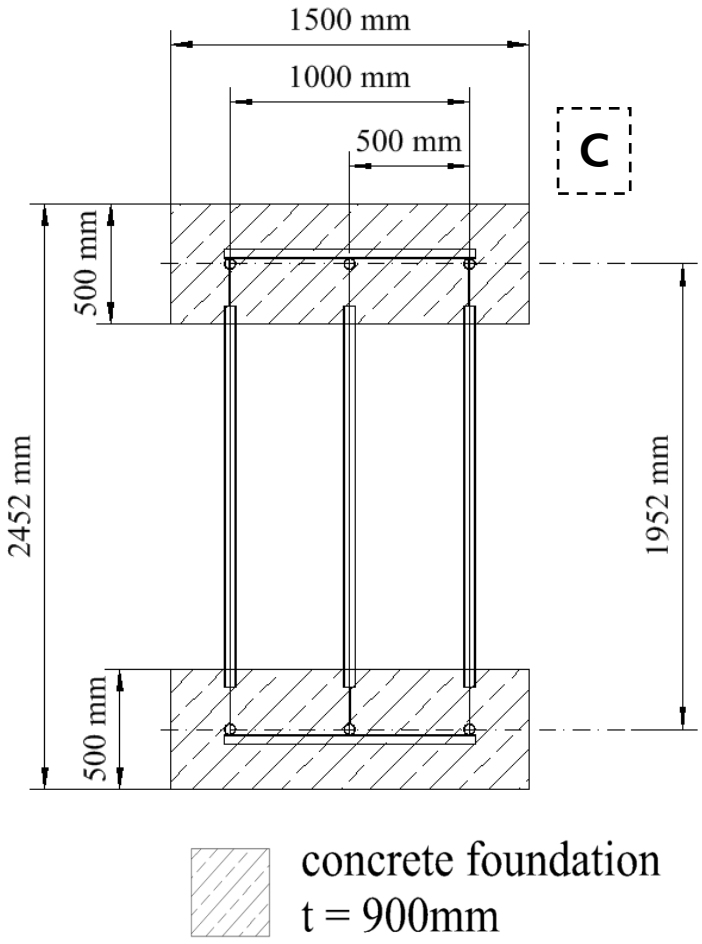
Parts list SCFM 01		
Pos.	Article number	QTY
26	B 1200	2
51	WP 500	2
64	MA	4
66	WPM	4



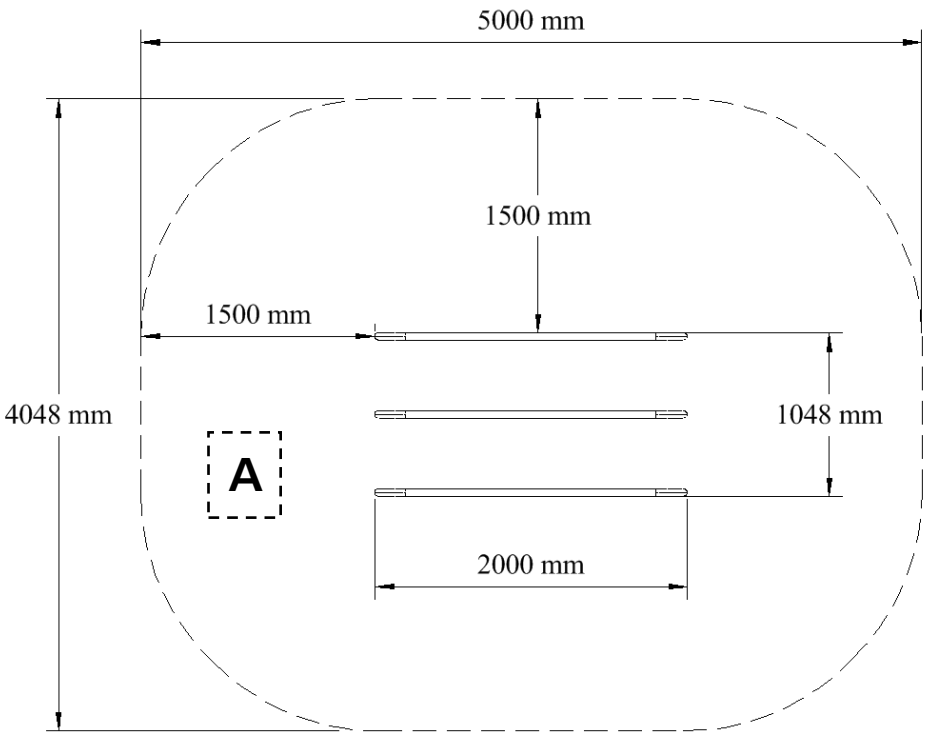
Installation Instructions SC-Series

SCFM 02 - Double Parallel Bars



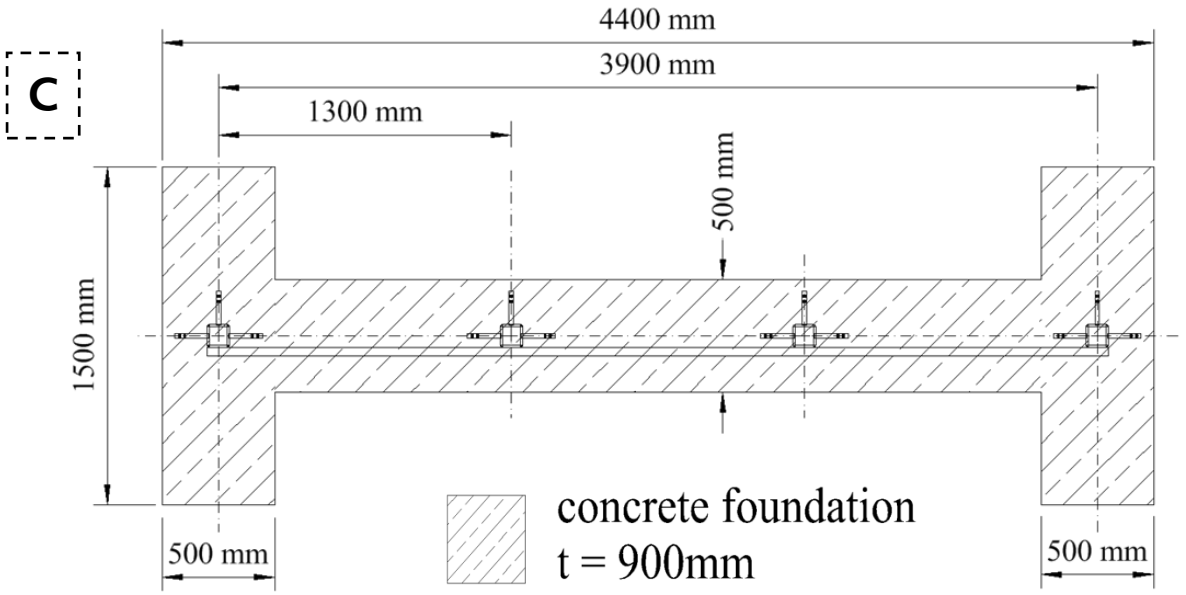


Parts list SCFM 02		
Pos.	Article number	QTY
26	B 1200	3
53	WP 1000	2
64	MA	6
66	WPM	6

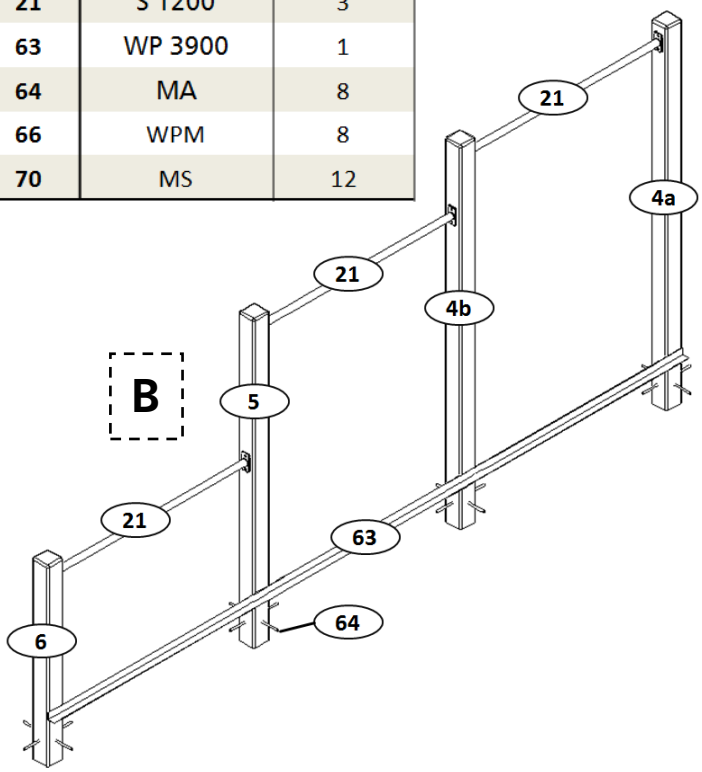


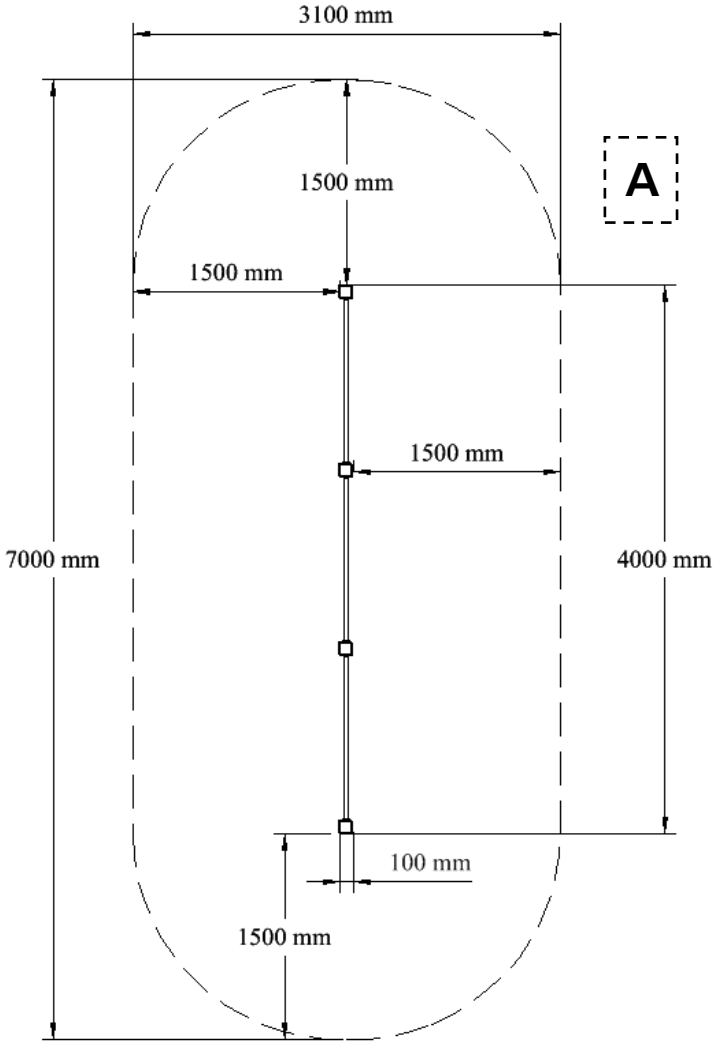
Installation Instructions SC-Series

SCFM 03 - Push-up Triple



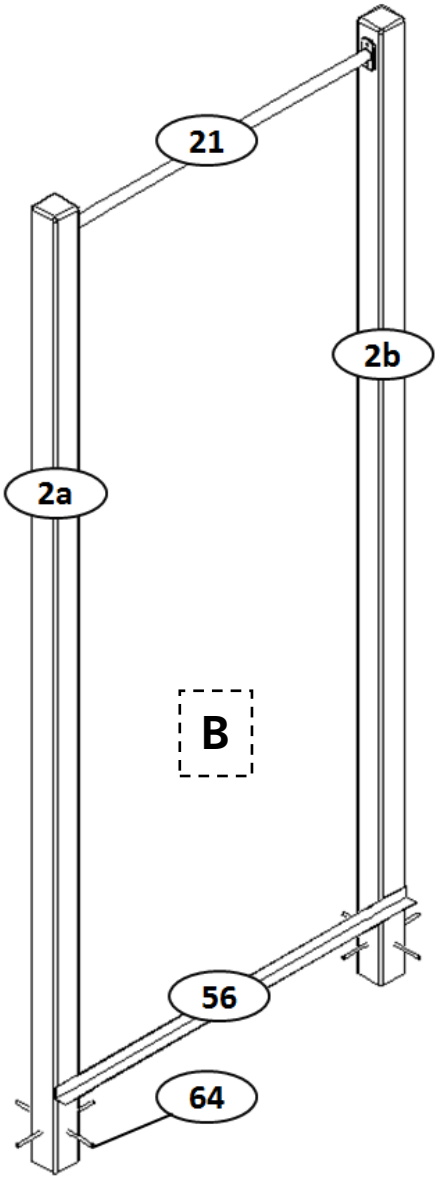
Parts list SCFM 03		
Pos.	Article number	QTY
4	VT 1400	2
5	VT 1100	1
6	VT 400	1
21	S 1200	3
63	WP 3900	1
64	MA	8
66	WPM	8
70	MS	12

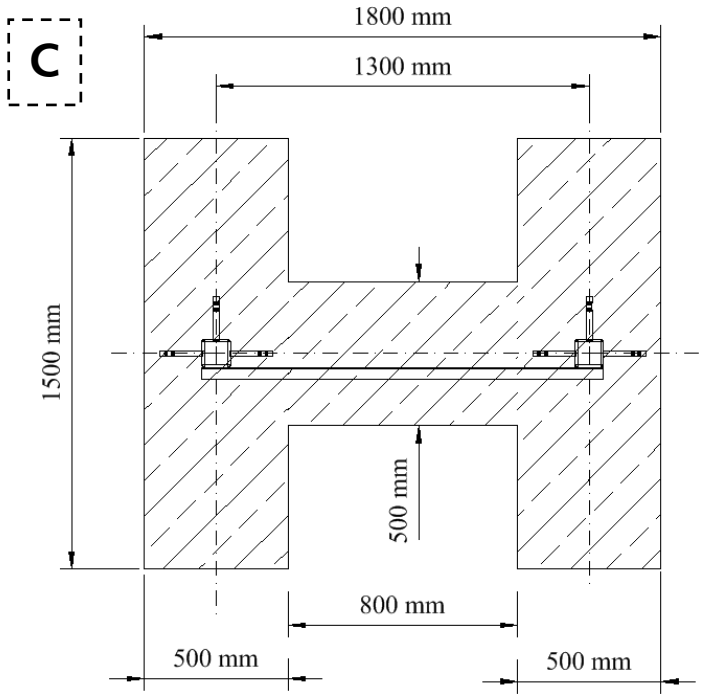




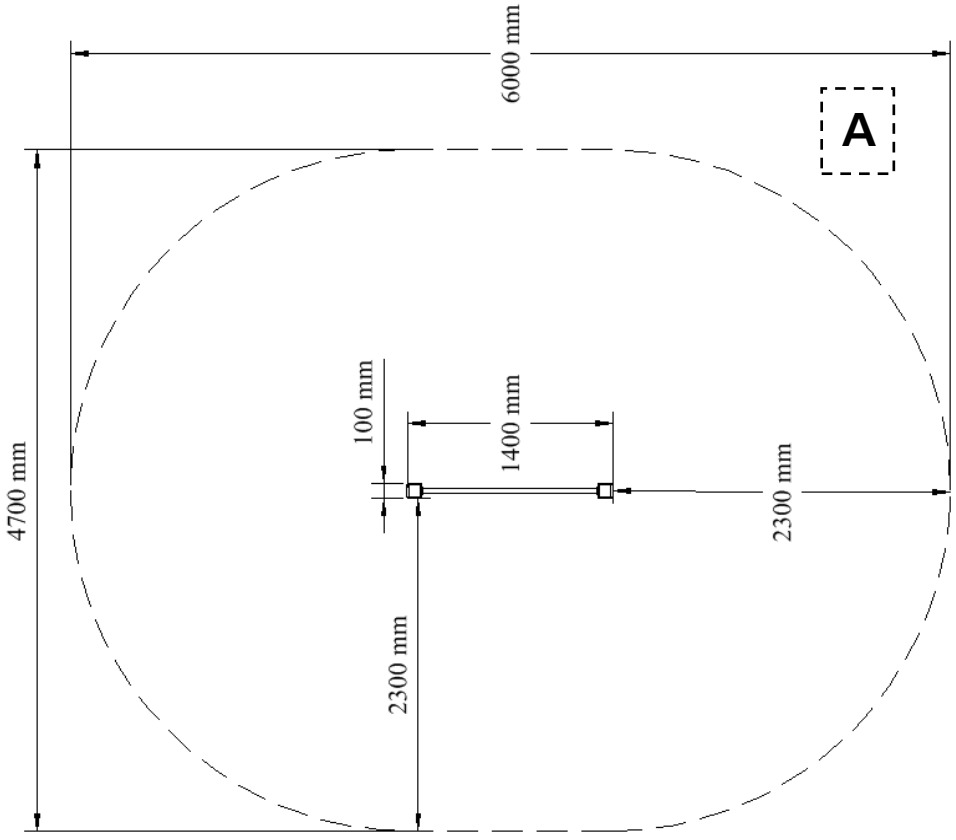
Installation Instructions SC-Series

SCFM 04 - Pull-up Bars





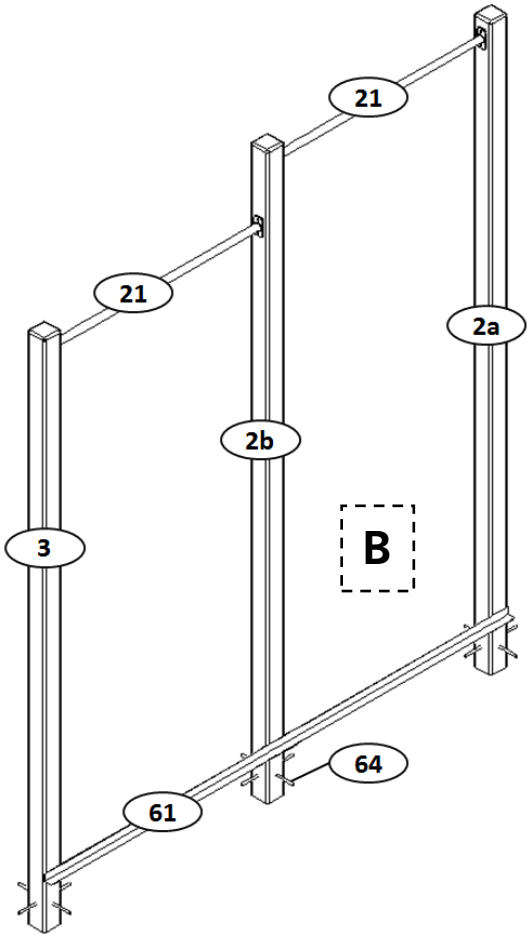
concrete foundation
t = 900mm

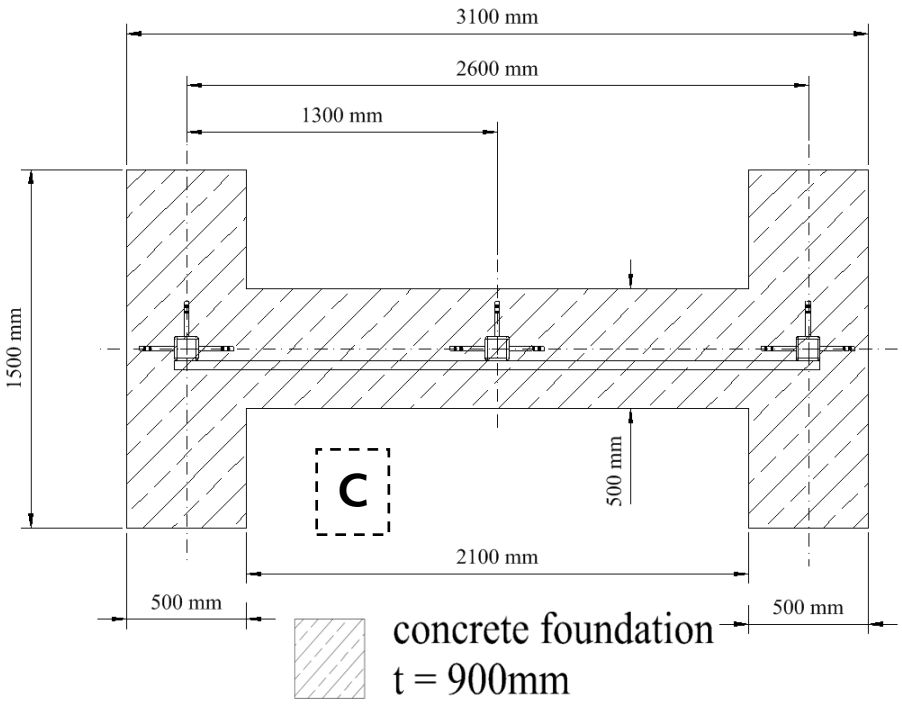


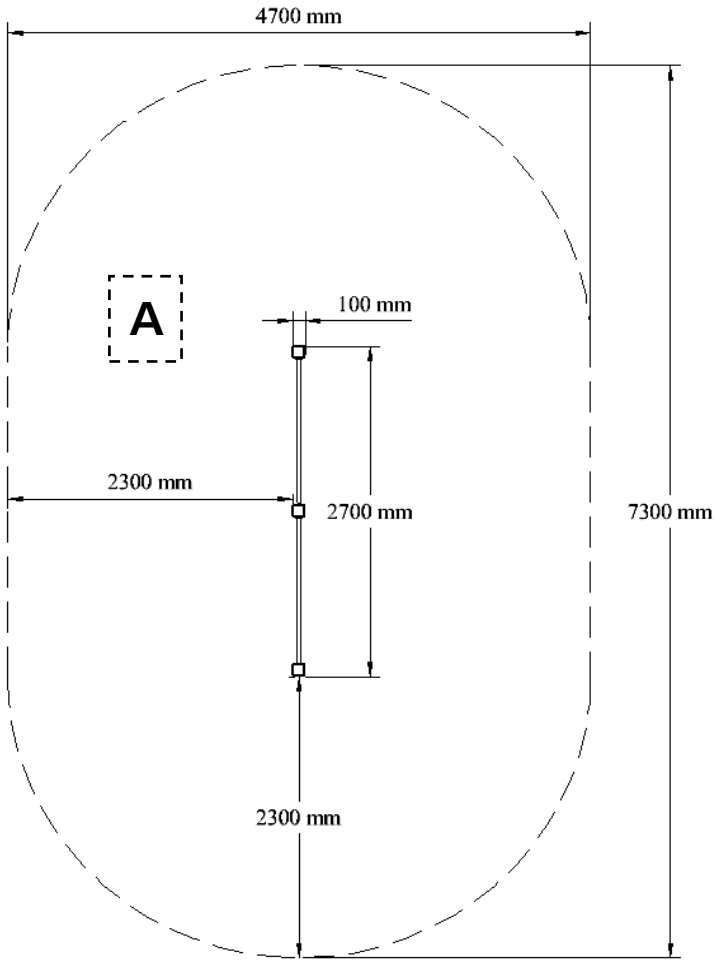
Parts list SCFM 04		
Pos.	Article number	QTY
2	VS	2
21	S 1200	1
56	WP 1300	1
64	MA	4
66	WPM	2
70	MS	4

Installation Instructions SC-Series

SCFM 05 - Double Pull-up Bars



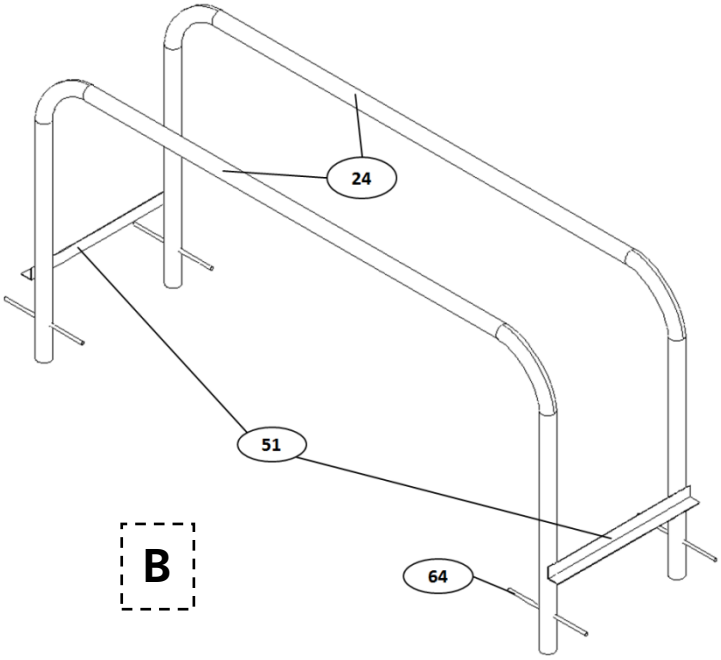


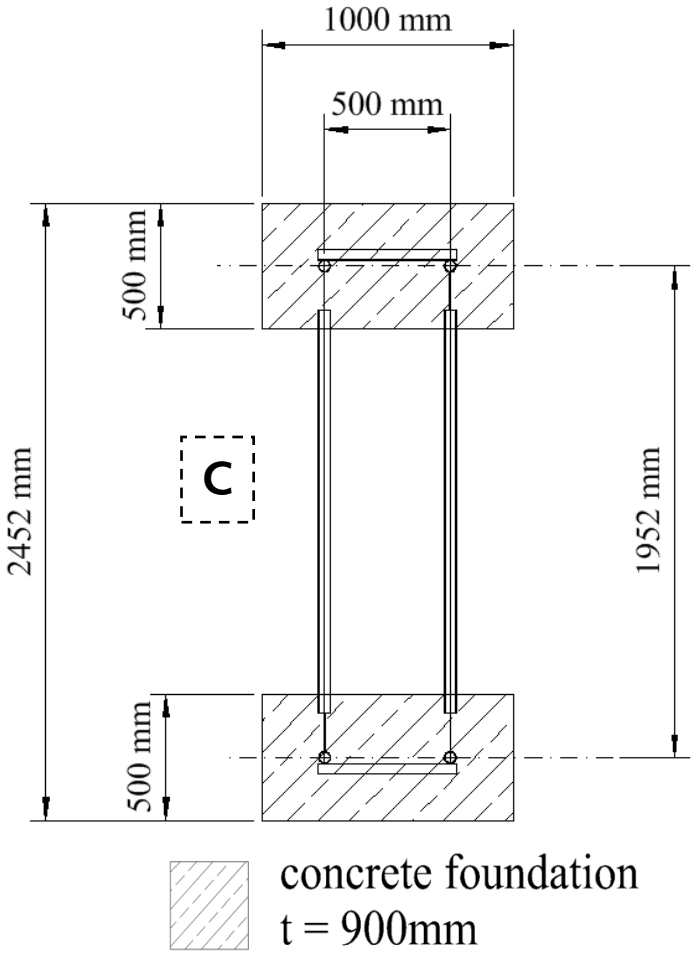


Parts list SCFM 05		
Pos.	Article number	QTY
2	VS	2
3	VD	1
21	S 1200	2
61	WP 2600	1
64	MA	6
66	WPM	3
70	MS	8

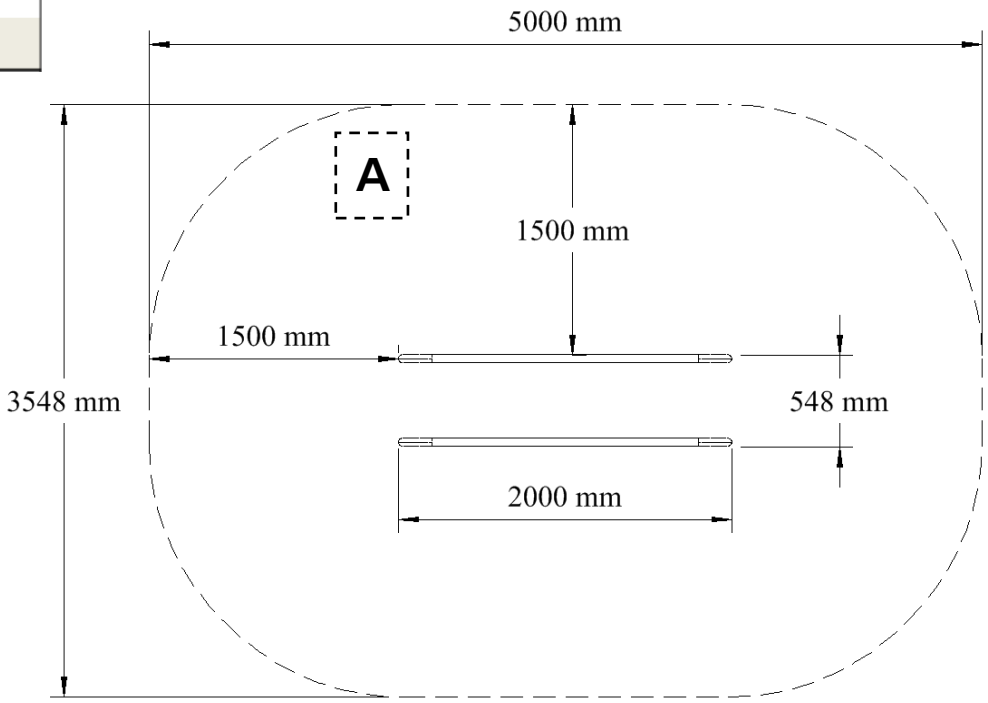
Installation Instructions SC-Series

SCFM 07 - Low Bars 300



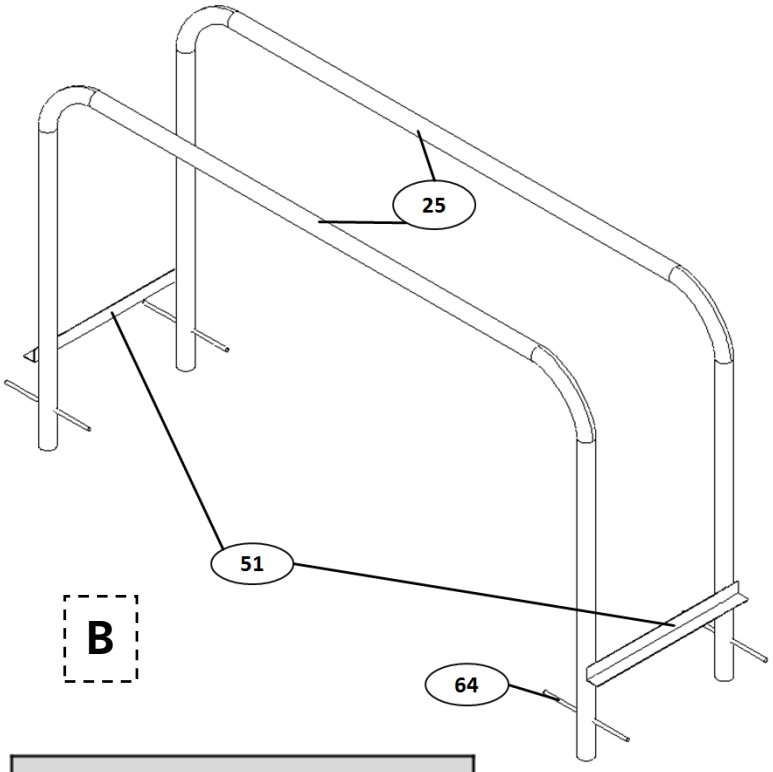


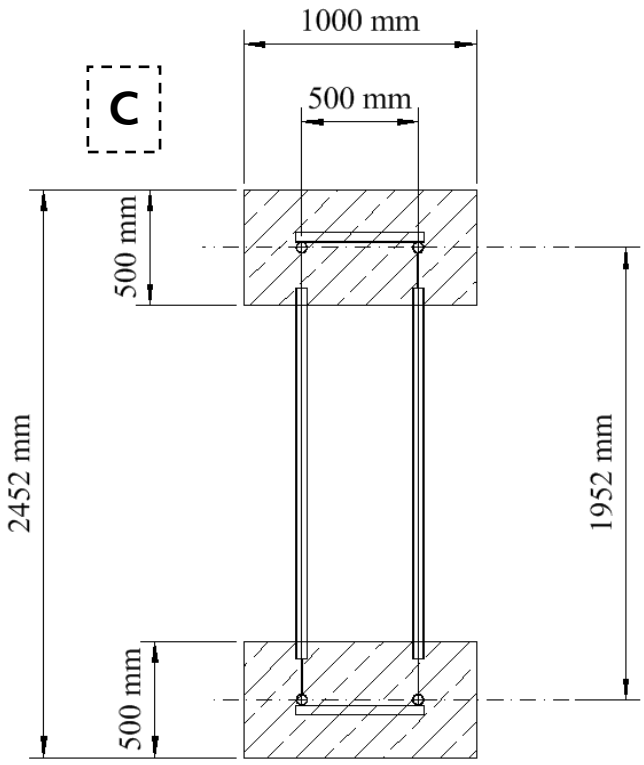
Parts list SCFM 06		
Pos.	Article number	QTY
24	LB 300	2
51	WP 500	2
64	MA	4
66	WPM	4



Installation Instructions SC-Series

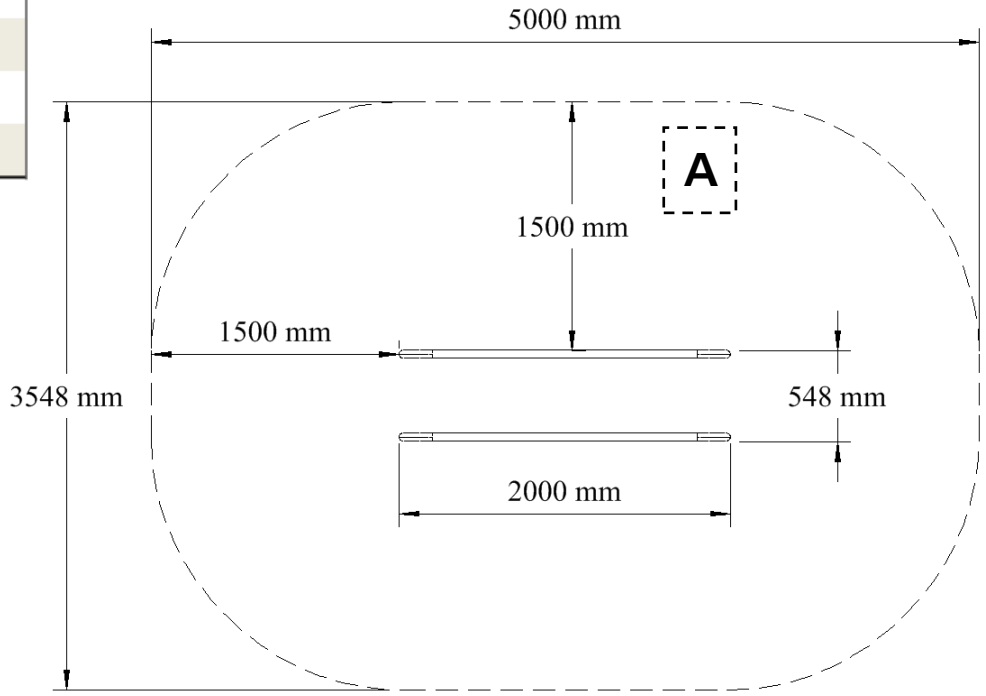
SCFM 07 - Low Bars 500





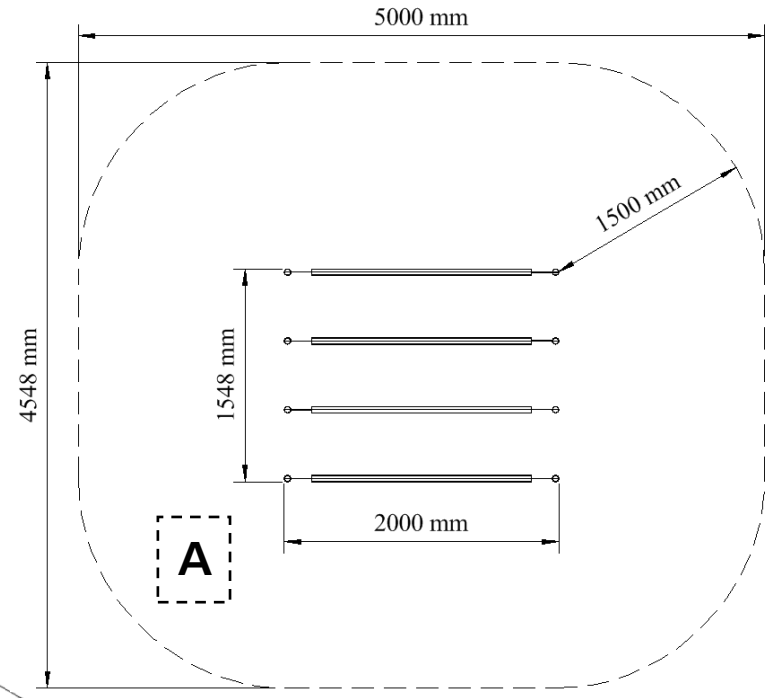
concrete foundation
t = 900mm

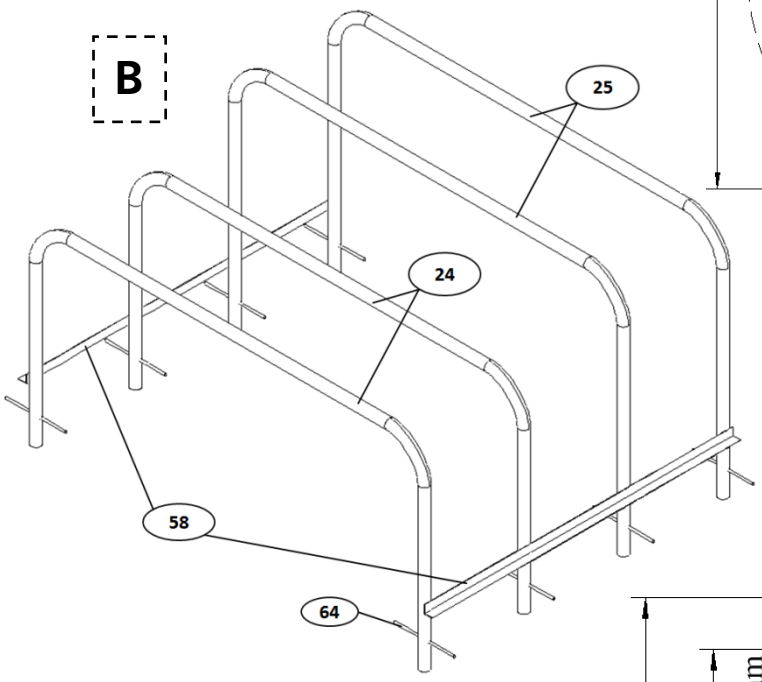
Parts list SCFM 07		
Pos.	Article number	QTY
25	LB 500	2
51	WP 500	2
64	MA	4
66	WPM	4

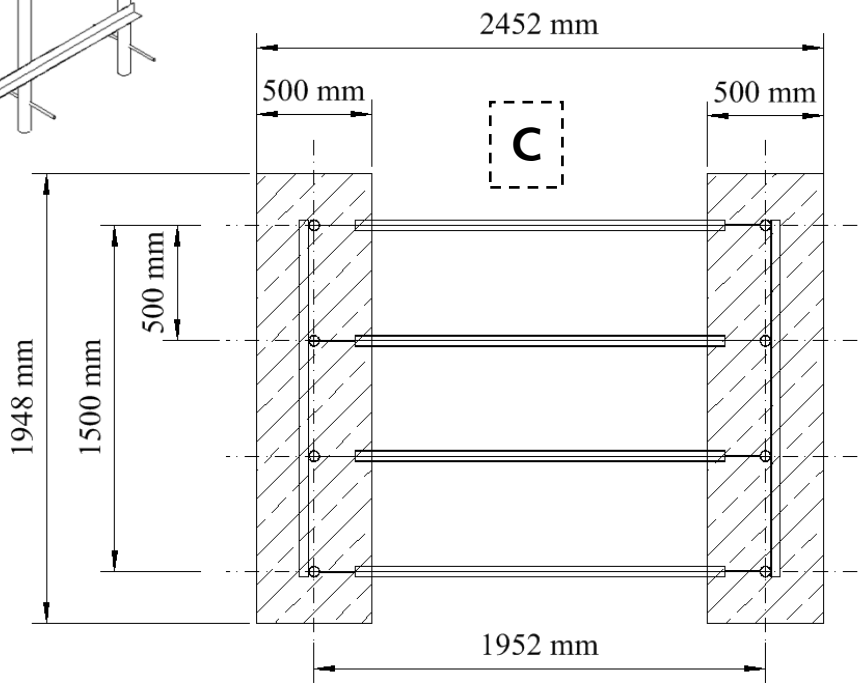


Installation Instructions SC-Series

SCFM 06 & 07 combined - Low Bars 300 & 500





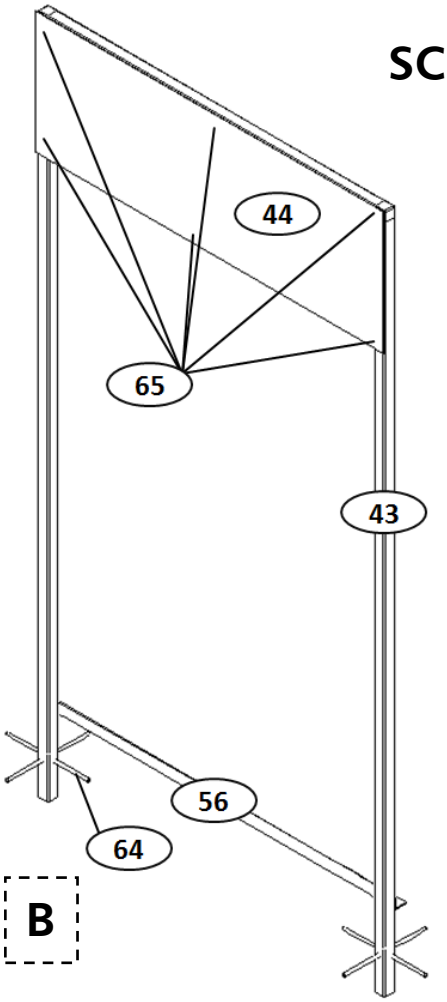


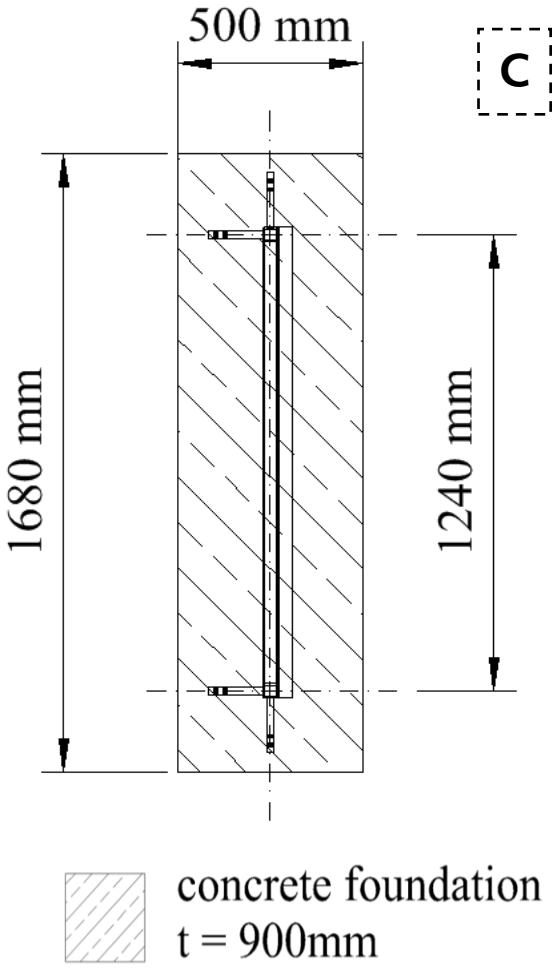
concrete foundation
t = 900mm

Parts list SCFM 06 & 07 combined		
Pos.	Article number	QTY
24	LB 300	2
25	LB 500	2
58	WP 1500	2
64	MA	8
66	WPM	8

Installation Instructions SC-Series

SCFM 08 - Infopanel large





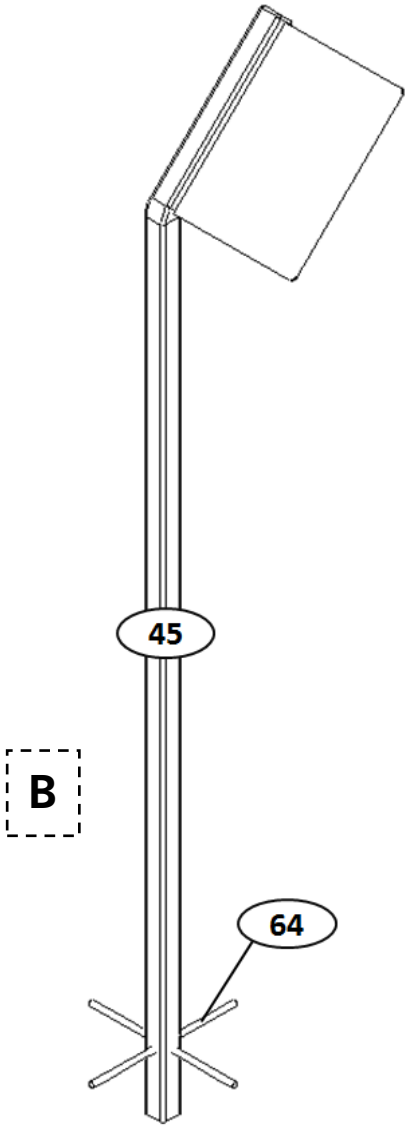
Parts list SCFM 08		
Pos.	Article number	QTY
43	IG	1
44	IP	1
56	WP 1300	1
64	MA	4
65	IS	6
66	WPM	2

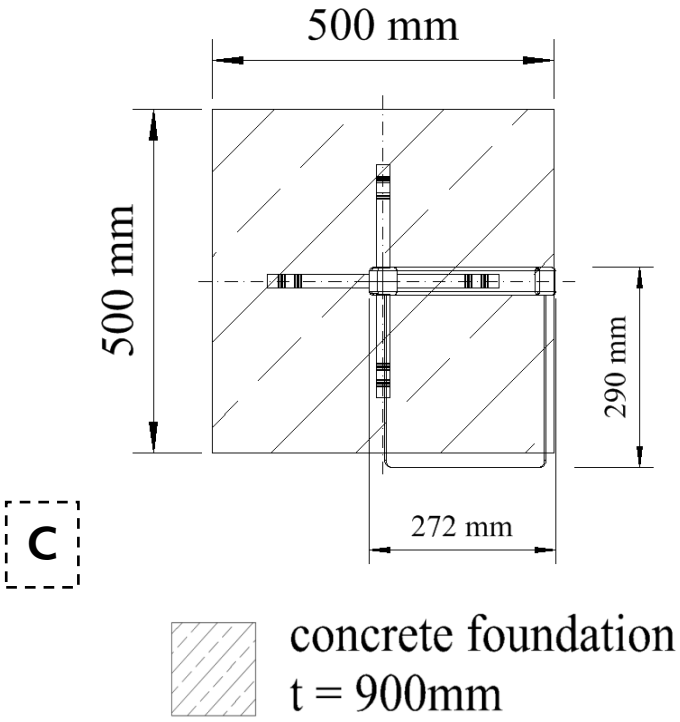
Note

*When setting up the **information panels**, ensure that they are set up **outside the safety area (movement surface)** of the fitness equipment in order to avoid injuries. If possible they should be readable while using the equipment. N**o fall protection** is needed for the Infopanels. Fill up the difference between the foundation and ground level (see Fig. 2 "fall protection") with soil.*

Installation Instructions SC-Series

SCFM 09 - Infopanel small





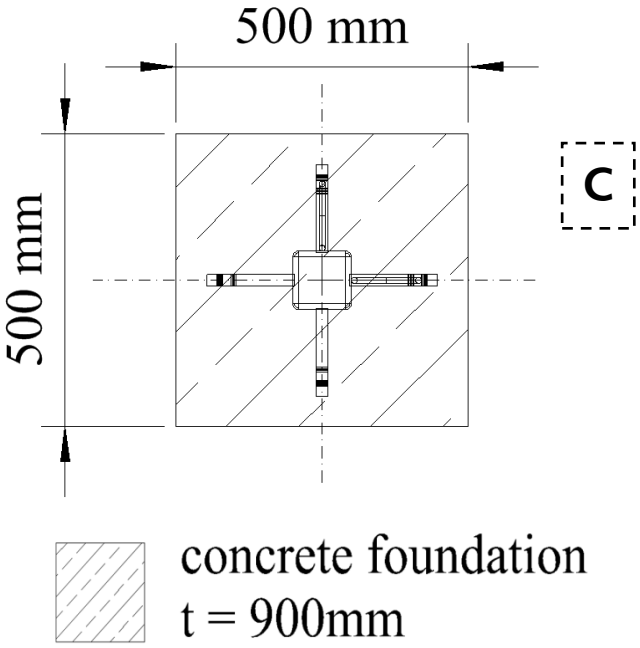
Parts list SCFM 09		
Pos.	Article number	QTY
45	IK	1
64	MA	2

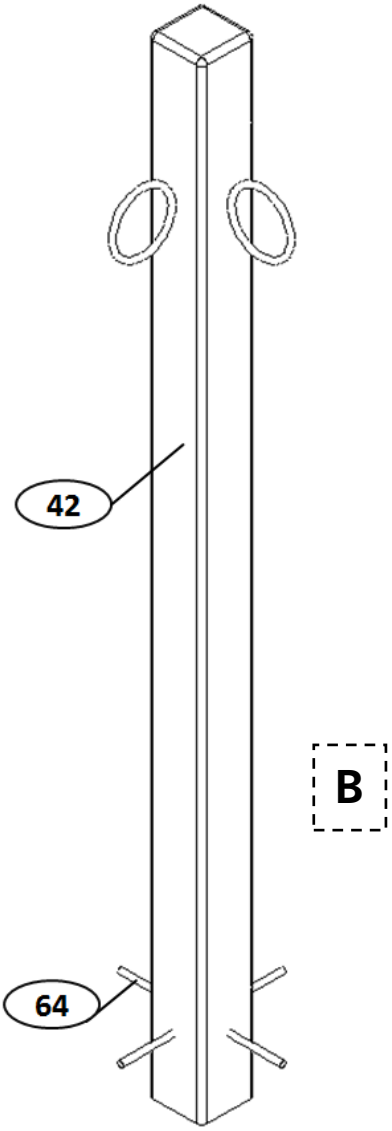
Note

*When setting up the **information panels**, ensure that they are set up **outside the safety area (movement surface)** of the fitness equipment in order to avoid injuries. If possible they should be readable while using the equipment. N**o fall protection** is needed for the Infopanels. Fill up the difference between the foundation and ground level (see Fig. 2 "fall protection") with soil.*

Installation Instructions SC-Series

SCFM 10 - Rings





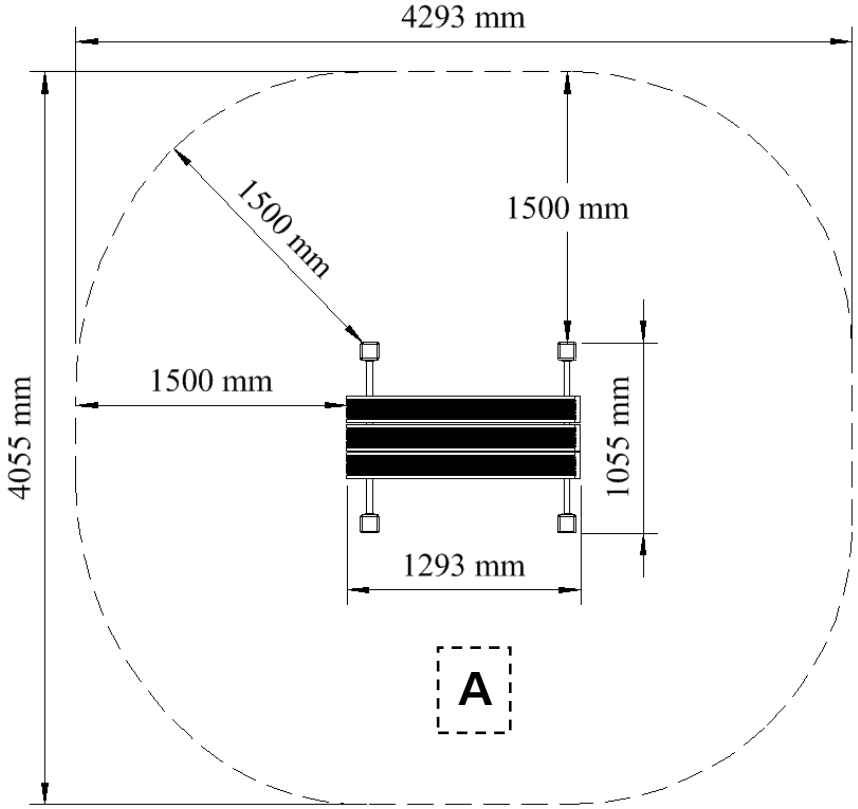
Parts list SCFM 10		
Pos.	Article number	QTY
42	RM	1
64	MA	2

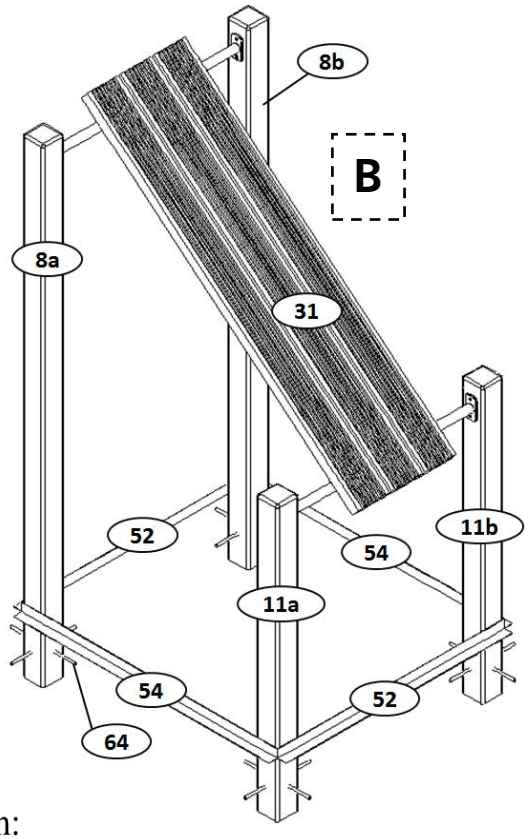
Note

*When setting up the **SCFM 10 - Rings**, ensure that it is set up **outside the safety area (movement surface)** of the fitness equipment in order to avoid injuries. N**o fall protection** is needed for this equipment. Fill up the difference between the foundation and ground level (see Fig. 2 "fall protection") with soil.*

Installation Instructions SC-Series

SCSUB 01 - Sit-up Bench high



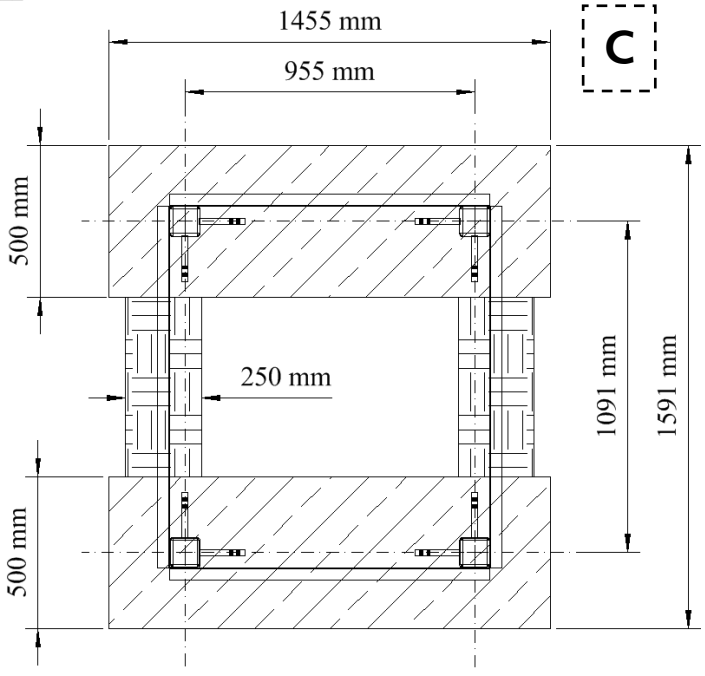


excavation depth:

angle profiles
t = 500mm

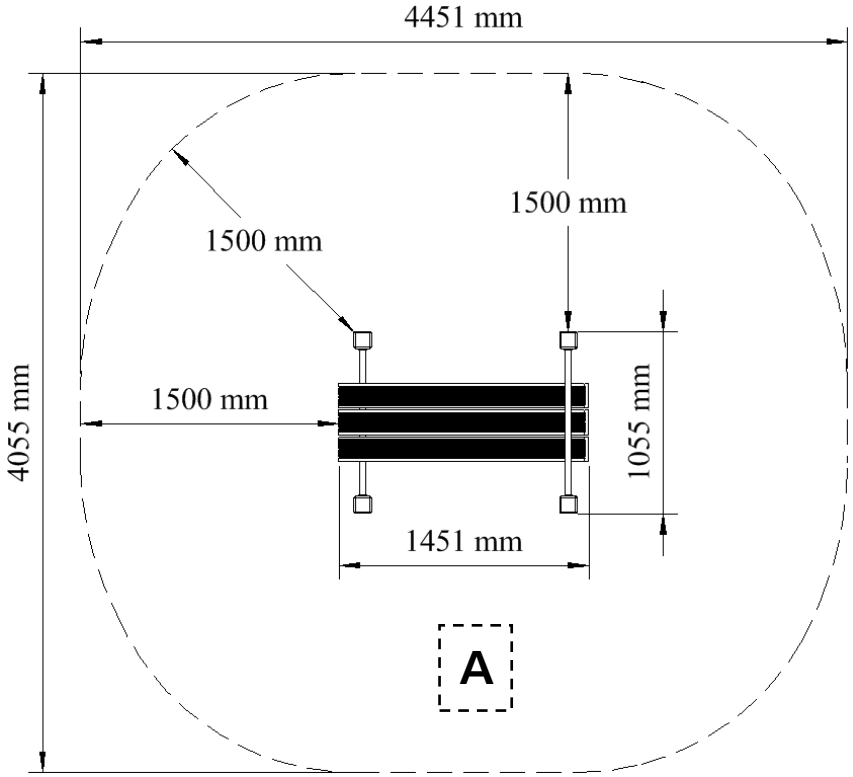
concrete foundation
t = 900mm

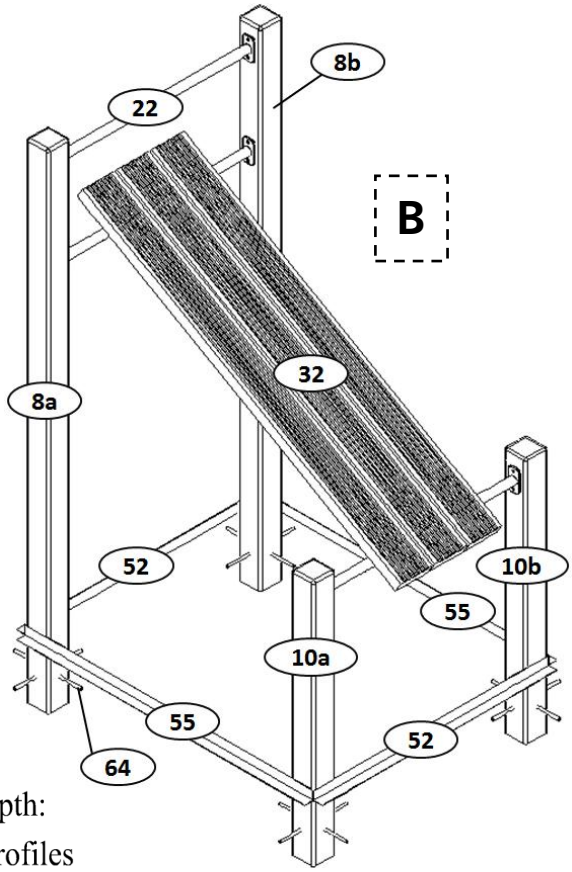
Parts list SCSUB 01		
Pos.	Article number	QTY
8	VSUB 1500	2
11	VSUB 585	2
31	SUBM 585	1
52	WP 950	2
54	WP 1100	2
64	MA	8
66	WPM	8
70	MS	8



Installation Instructions SC-Series

SCSUB 02 - Sit-up Bench middle



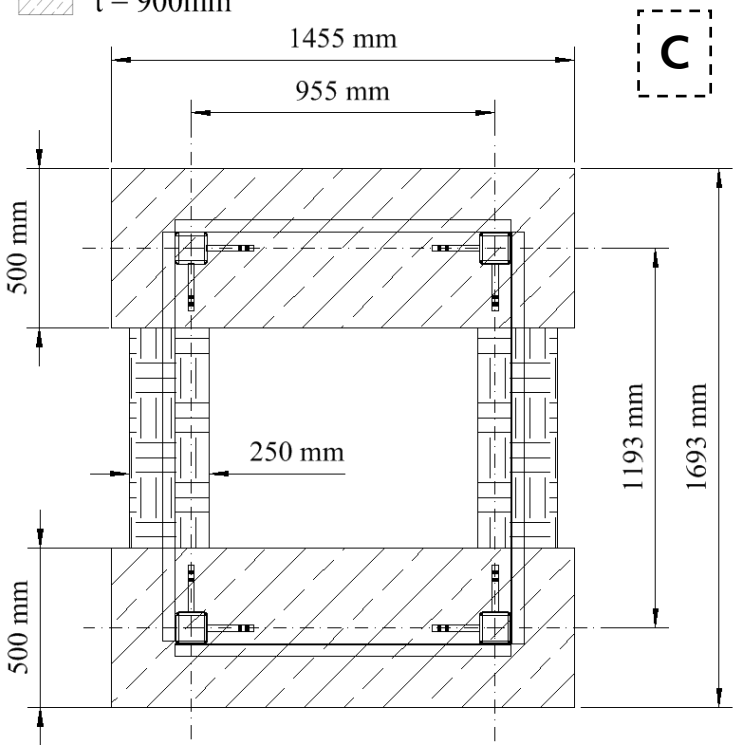


excavation depth:

angle profiles
t = 500mm

concrete foundation
t = 900mm

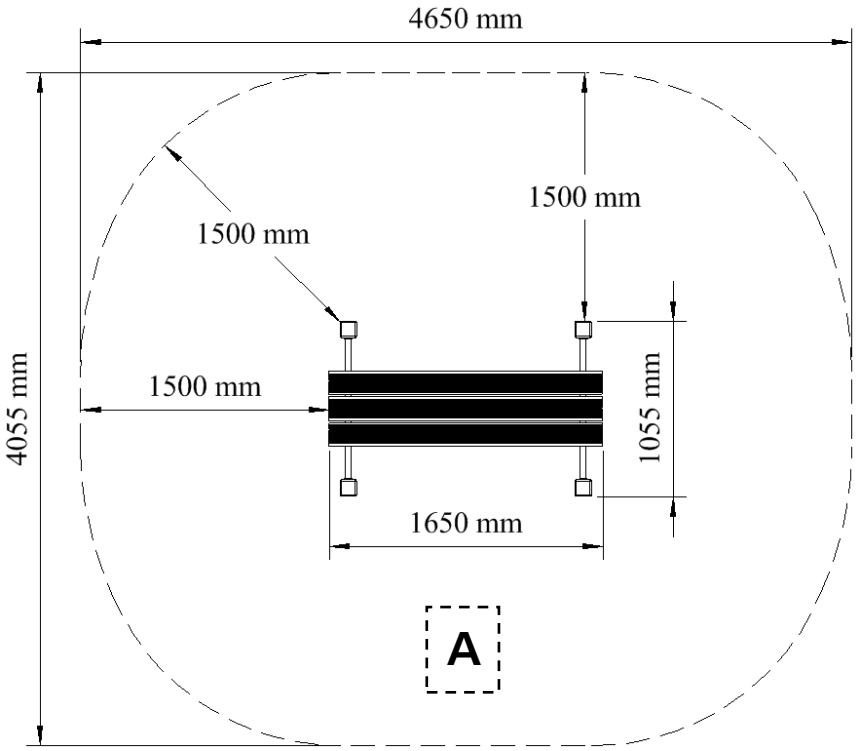
Parts list SCSUB 02		
Pos.	Article number	QTY
8	VSUB 1500	2
10	VSUB 410	2
22	S 855	1
32	SUBM 410	1
52	WP 950	2
55	WP 1200	2
64	MA	8
66	WPM	8
70	MS	12

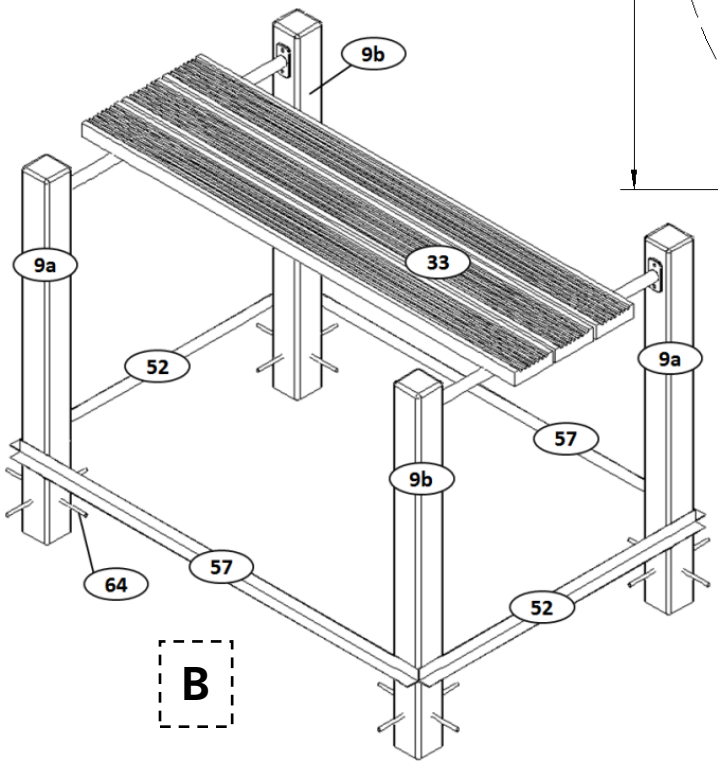


Installation Instructions SC-Series

SCSUB 03 - Sit-up Bench low

Parts list SCSUB 03		
Pos.	Article number	QTY
9	VSUB 500	4
33	SUBM 500	1
52	WP 950	2
57	WP 1400	2
64	MA	8
66	WPM	8
70	MS	8

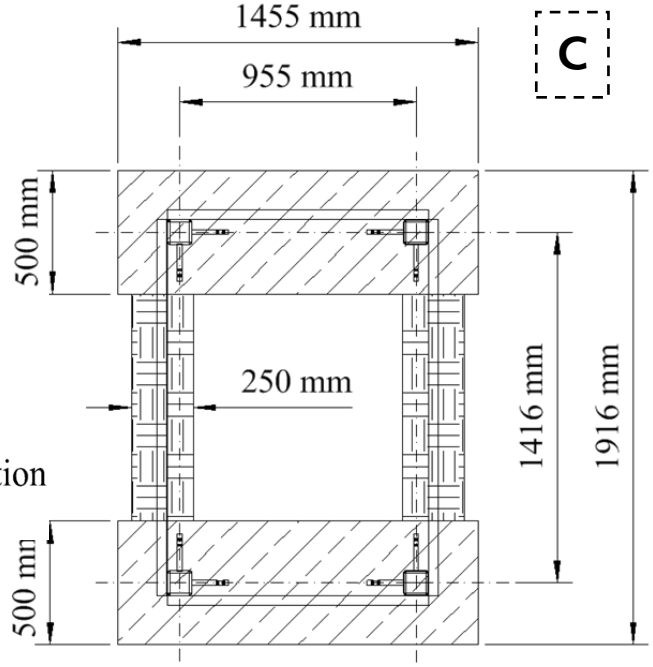




excavation depth:

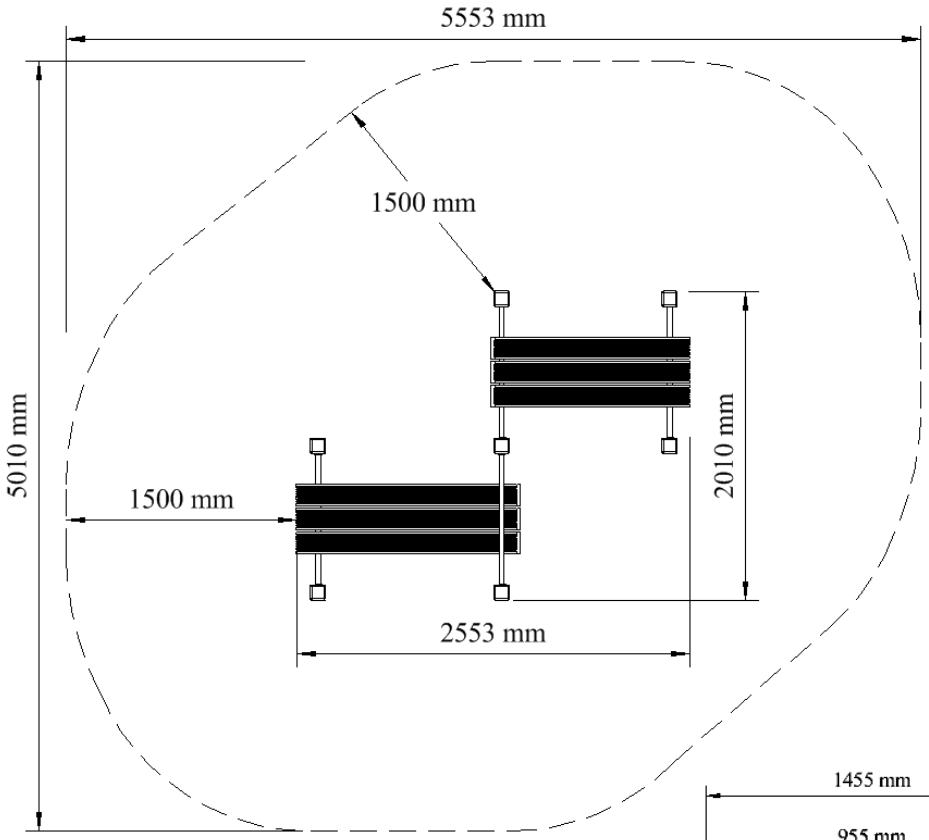
angle profiles
t = 500mm

concrete foundation
t = 900mm

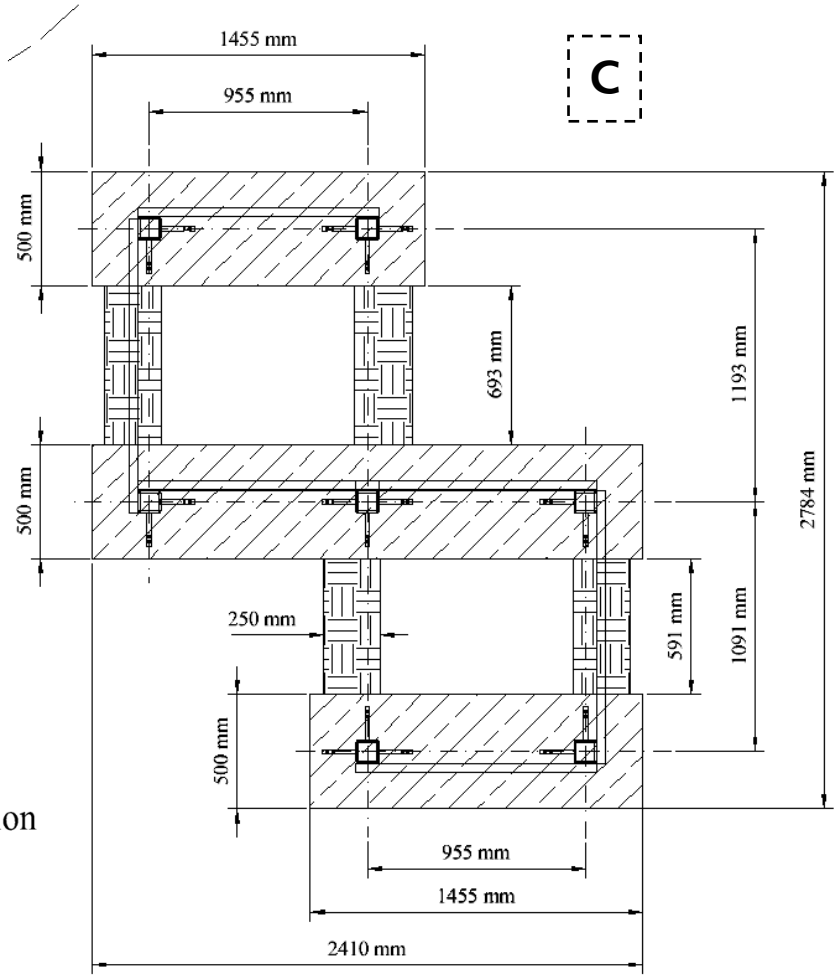


Installation Instructions SC-Series

SCSUB 01 & 02 combined - Sit-up Bench high & middle



A



C

excavation depth:

angle profiles
t = 500mm

concrete foundation
t = 900mm

Installation Instructions SC-Series

SCSUB 01 & 02 combined - Sit-up Bench high & middle

Parts list SCSUB 01 & 02 combined		
Pos.	Article number	QTY
8	VSUB 1500	3
10	VSUB 410	2
11	VSUB 585	2
22	S 855	1
31	SUBM 585	1
32	SUBM 410	1
52	WP 950	2
54	WP 1100	1
55	WP 1200	1
59	WP 1800	1
64	MA	14
66	WPM	11
70	MS	20