

# Installation Instructions ST-Series

- ST 01 – Crunch Bench
- ST 02 – Push-up Bars
- ST 03 – Pull-up Bars
- ST 04 – Back Bench
- ST 05 – Balance Board
- ST 06 – Stretching Bars

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# Installation Instructions ST-Series

## Underground

Concrete, stone or bitumen undergrounds are NOT licit with units that have a drop height of >60cm (see DIN 79000:2012-05 table 2). This concerns the units ST 02-Push-up Bars and ST 03-Pull-up Bars, ST 04-Back Bench and ST 06-Stretching Bars.

Before the installation you have to decide on which underground the equipment will be installed. Possible undergrounds are (more precisely defined in DIN 79 000:2012-05 table 2):

- Concrete/stone
- Bitumen
- Top soil
- Lawn
- Shock Absorbing underground according to DIN EN 1177
- Loose material:
  - Sand
  - Gravel
  - Mulch
  - Wood chips

*According to DIN 79000:2012-05 table 2:*

Unit	Drop height	Concrete/ stone/ bitumen	Top soil	Lawn	Shock absorbing underground (according to drop height)	Loose material*
ST 01 – Crunch Bench	<0,6m	+	+	+	+	+
ST 02 – Push-up Bars	<1,0m	-	+	+	+	+
ST 03 – Pull-up Bars	<1,5m	-	-	+	+	+
ST 04 – Back Bench	<1,0m	-	+	+	+	+
ST 05 – Balance Board	<0,6m	+	+	+	+	+
ST 06 – Stretching Bars	<2,5m	-	-	-	+	+

\* We advise against the use of sand or coarse gravel

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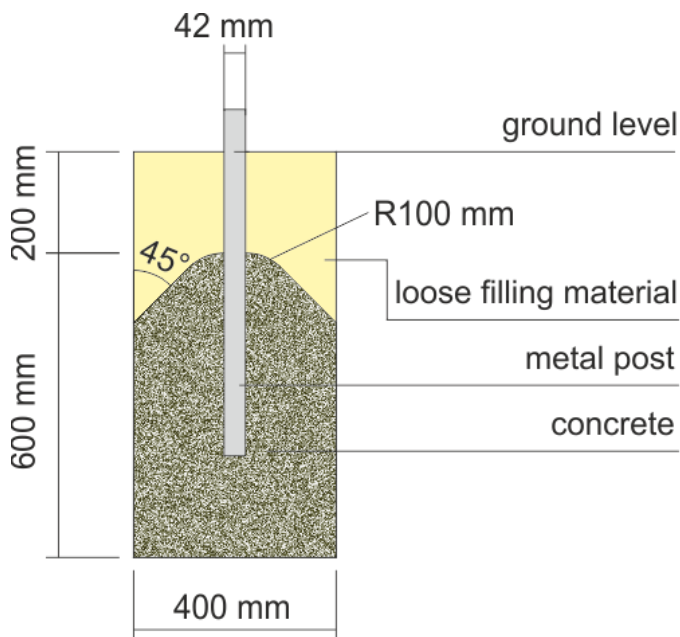
## General information for installing

The underground has a thickness of 200mm (see figure (a)). The foundation is created 200mm below ground level. After installation, the anchoring will be filled up to ground level with the filling material (see marking). Only the main column of the equipment rises out of the ground.

## Beveling of foundation in combination with loose filling material

If you use loose material like sand, gravel, mulch or wood chips, then you have to built the foundation 200mm below ground level and bevel the foundation around the mounting plate (see figure (a)). The beveling prevents that parts of the foundation will poke out when the filling material has been ablated because of usage.

Figure (a)  
Beveling of foundation when using loose filling material



## Foundation plans

Unit	ST 01:	... continue on page 4
Unit	ST 02:	... continue on page 5
Unit	ST 03:	... continue on page 6
Unit	ST 04:	... continue on page 7
Unit	ST 05:	... continue on page 8
Unit	ST 06:	... continue on page 9

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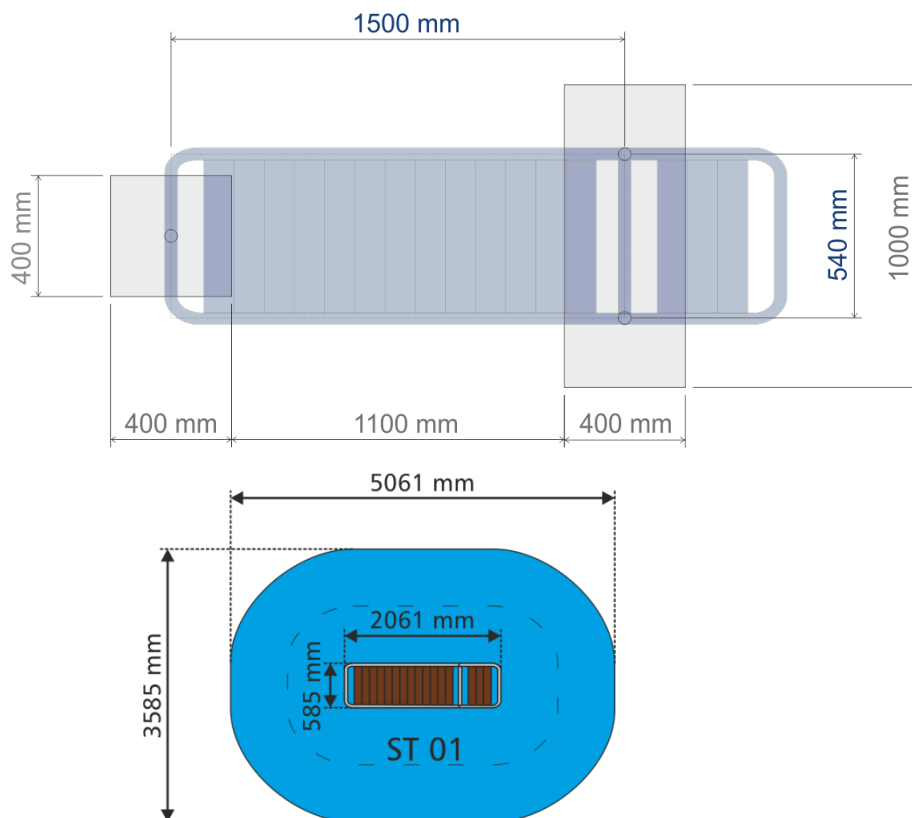
## Foundation plan for ST 01-Crunch Bench

1. Dig a hole for a spot and a strip foundation as shown in figure (b) with the minimum dimensions of
  - (l) 1000mm, (w) 400mm, (h) 800mm for the strip foundation.
  - (l) 400mm, (w) 400mm, (h) 800mm for the spot foundation.
2. Position the posts centrally in the holes as shown in figure (b).
3. Ready-made C25 concrete should be used. Approximately 0,1m<sup>3</sup> concrete is needed for each spot foundation and 0,2m<sup>3</sup> for each strip foundation.
4. Fill the hole with concrete up to 200mm below ground level.
  - If you use loose filling material, then you have to bevel the foundation as shown in figure (a).

Figure (b)

Foundation plan and area of movement of the ST 01-Crunch Bench

## ST 01



### Please note

Choose a suitable underground for the unit (see page 2, table 2)!

The size of the hole for the foundation is depending on the consistency of the ground. The dimensions mentioned above are applicable for normal conditions with firm ground. If the ground is extremely soft, a much bigger foundation is needed.

*Use only appropriate material and follow the installation instructions closely!!!*

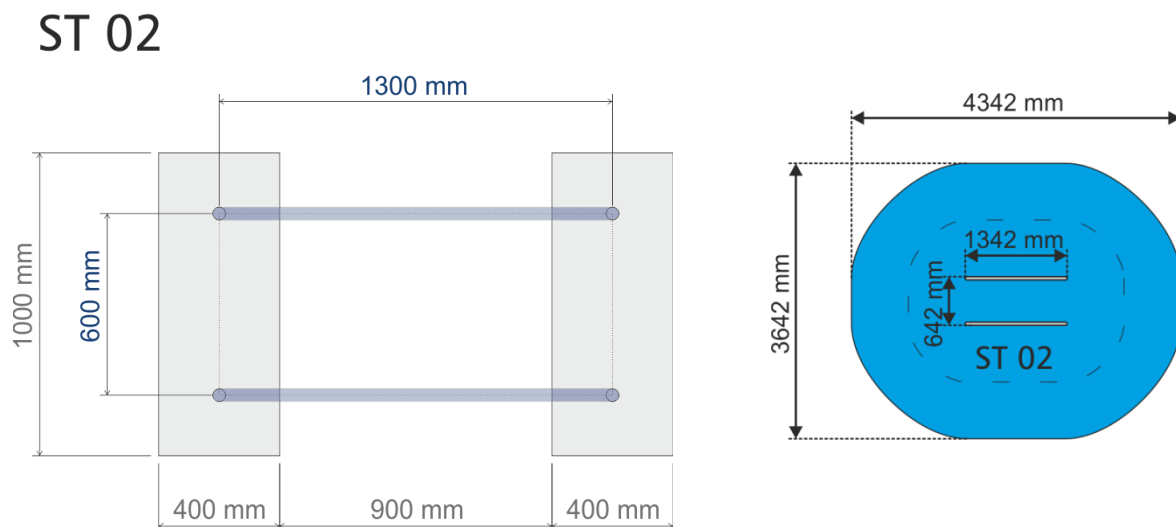
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## Foundation plan for ST 02-Push-up Bars

1. Dig a hole for two strip foundations as shown in figure (c) with the minimum dimensions of
  - (l) 1000mm, (w) 400mm, (h) 800mm for each strip foundation.
2. Position the posts centrally in the holes as shown in figure (c).
3. Ready-made C25 concrete should be used. Approximately 0,2m<sup>3</sup> concrete is needed for each strip foundation.
4. Fill the hole with concrete up to 200mm below ground level.
  - If you use loose filling material, then you have to bevel the foundation as shown in figure (a).

Figure (c)

Foundation plan and area of movement of the ST 02-Push-up Bars



### Please note

Choose a suitable underground for the unit (see page 2, table 2)!

The size of the hole for the foundation is depending on the consistency of the ground. The dimensions mentioned above are applicable for normal conditions with firm ground. If the ground is extremely soft, a much bigger foundation is needed.

*Use only appropriate material and follow the installation instructions closely!!!*

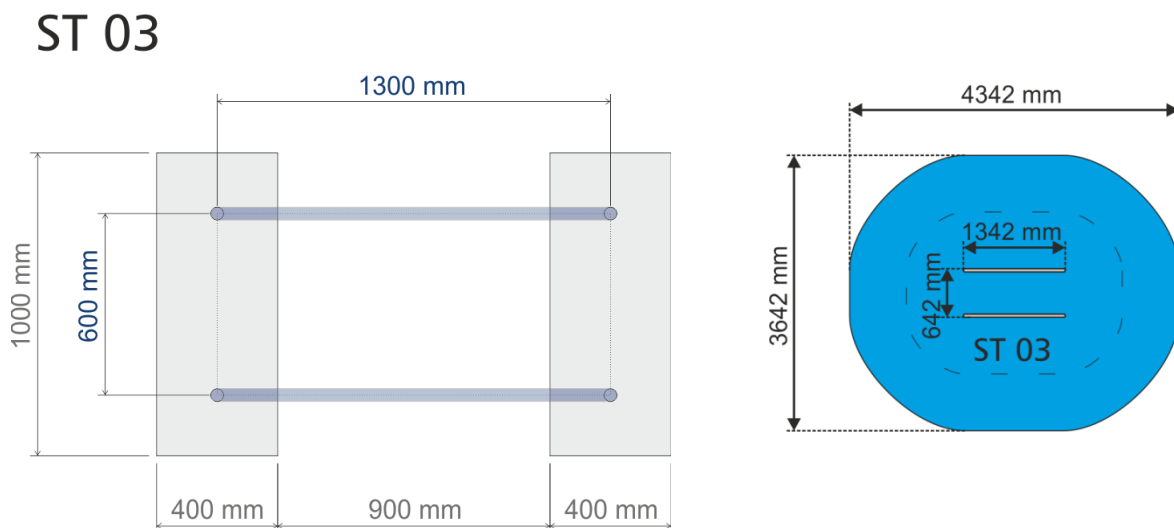
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## Foundation plan for ST 03-Pull-up Bars

1. Dig a hole for two strip foundations as shown in figure (d) with the minimum dimensions of
  - (l) 1000mm, (w) 400mm, (h) 800mm for the strip foundation.
2. Position the posts centrally in the holes as shown in figure (d).
3. Ready-made C25 concrete should be used. Approximately 0,2m<sup>3</sup> concrete is needed for each strip foundation.
4. Fill the hole with concrete up to 200mm below ground level.
  - If you use loose filling material, then you have to bevel the foundation as shown in figure (a).

Figure (d)

Foundation plan and area of movement of the ST 03-Pull-up Bars



### Please note

Choose a suitable underground for the unit (see page 2, table 2)!

The size of the hole for the foundation is depending on the consistency of the ground. The dimensions mentioned above are applicable for normal conditions with firm ground. If the ground is extremely soft, a much bigger foundation is needed.

*Use only appropriate material and follow the installation instructions closely!!!*

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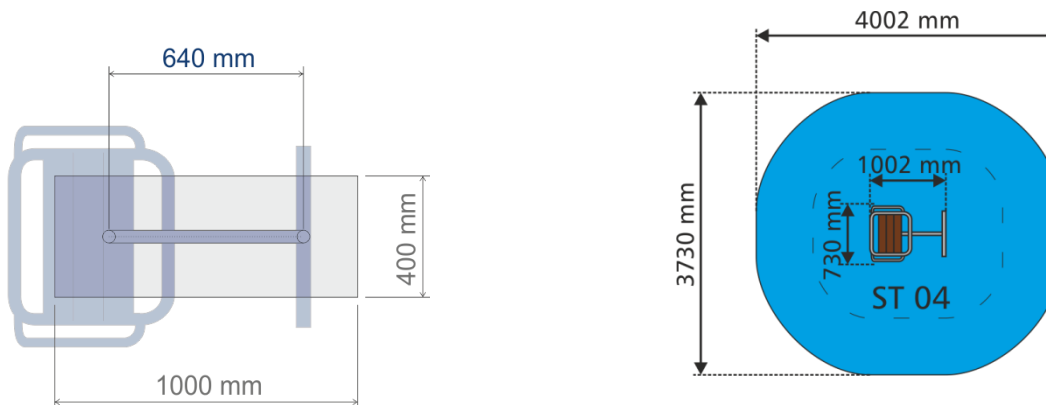
## Foundation plan for ST 04-Back Bench

1. Dig a hole for one strip foundation as shown in figure (e) with the minimum dimension of
  - (l) 1000mm, (w) 400mm, (h) 800mm for the strip foundation.
2. Position the posts centrally in the holes as shown in figure (e).
3. Ready-made C25 concrete should be used. Approximately 0,2m<sup>3</sup> concrete is needed for each strip foundation.
4. Fill the hole with concrete up to 200mm below ground level.
  - If you use loose filling material, then you have to bevel the foundation as shown in figure (a).

Figure (e)

Foundation plan and area of movement of the ST 04-Back Bench

## ST 04



### Please note

Choose a suitable underground for the unit (see page 2, table 2)!

The size of the hole for the foundation is depending on the consistency of the ground. The dimensions mentioned above are applicable for normal conditions with firm ground. If the ground is extremely soft, a much bigger foundation is needed.

*Use only appropriate material and follow the installation instructions closely!!!*

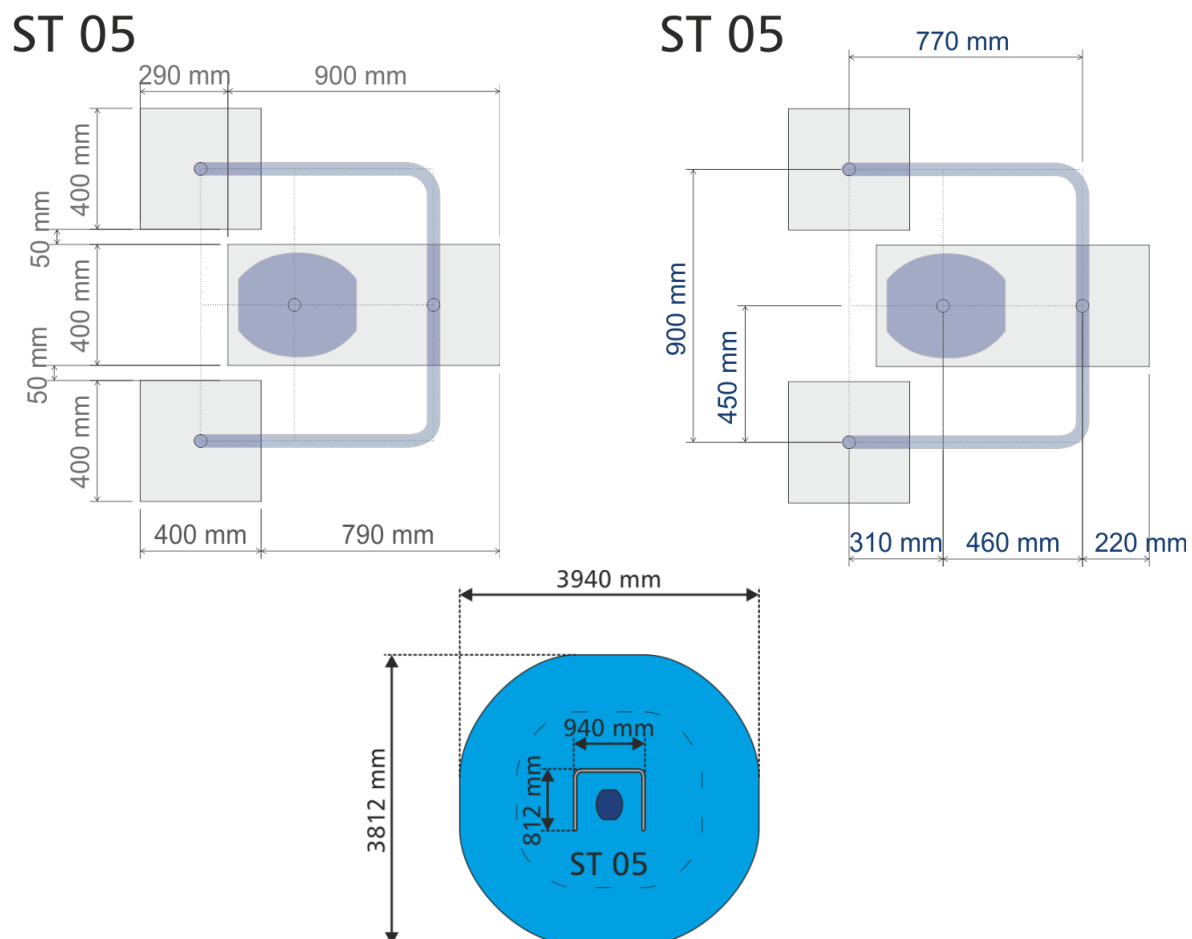
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## Foundation plan for ST 05-Balance Board

1. Dig a hole for two spot and a strip foundation as shown in figure (f) with the minimum dimensions of
  - (l) 1000mm, (w) 400mm, (h) 800mm for the strip foundation.
  - (l) 400mm, (w) 400mm, (h) 800mm for the spot foundation.
2. Position the posts centrally in the holes as shown in figure (b).
3. Ready-made C25 concrete should be used. Approximately 0,1m<sup>3</sup> concrete is needed for each spot foundation and 0,2m<sup>3</sup> for each strip foundation.
4. Fill the hole with concrete up to 200mm below ground level.
  - If you use loose filling material, then you have to bevel the foundation as shown in figure (a).

Figure (f)

Foundation plan and area of movement of the ST 05-Balance Board



### Please note

Choose a suitable underground for the unit (see page 2, table 2)!

The size of the hole for the foundation is depending on the consistency of the ground. The dimensions mentioned above are applicable for normal conditions with firm ground. If the ground is extremely soft, a much bigger foundation is needed.

*Use only appropriate material and follow the installation instructions closely!!!*



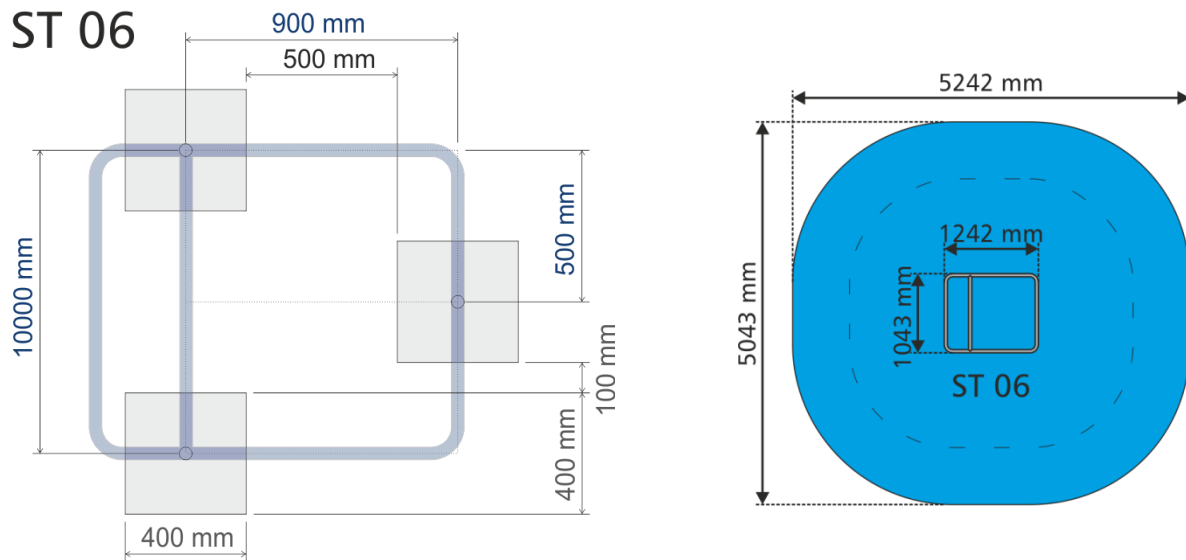
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## Foundation plan for ST 06-Stretching Bars

1. Dig a hole for three spot foundations as shown in figure (g) with the minimum dimensions of
  - (l) 400mm, (w) 400mm, (h) 800mm for the spot foundation.
2. Position the posts centrally in the holes as shown in figure (g).
3. Ready-made C25 concrete should be used. Approximately 0,1m<sup>3</sup> concrete is needed for each spot foundation.
4. Fill the hole with concrete up to 200mm below ground level.
  - If you use loose filling material, then you have to bevel the foundation as shown in figure (a).

Figure (g)

Foundation plan and area of movement of the ST 06-Stretching Bars



### Please note

Choose a suitable underground for the unit (see page 2, table 2)!

The size of the hole for the foundation is depending on the consistency of the ground. The dimensions mentioned above are applicable for normal conditions with firm ground. If the ground is extremely soft, a much bigger foundation is needed.

*Use only appropriate material and follow the installation instructions closely!!!*