



Philosophy

The German based company SAYSU®, located in Bad Vilbel near Frankfurt, is focused on the development, manufacturing and distribution of outdoor fitness equipment.

Playful movement

Our innovative fitness equipment is especially designed to provide improved health through different forms of exercise almost without age-limitation. It creates the opportunity to exercise outdoors on your own or within a group environment.

No membership fees and no trading hours mean you can now exercise whenever you want and at a pace that is controlled by you. Playfully you can improve your cardiovascular system, strengthen and loosen your muscles and enhance your general feeling of well-being.

Scientifically Proven

Apart from these idealistic reasons, we are very aware of the economic aspects that speak in favor of SAYSU® Outdoor Fitness Equipment.

The use of the SAYSU® Outdoor Fitness Equipment lowers medical costs and increases the attractiveness of public parks etc. and thus stimulates tourism.

Quality

We offer you well-proven fitness equipment of best quality, which you can order in powder-coated zinc phosphated or stainless steel. The users of our outdoor fitness equipment enjoy the efficient possibility to improve mobility and endurance and so to keep fit. The wide acceptance of SAYSU® Outdoor Fitness Equipment in all age groups is a sure sign of the success of our concept.

Health Promotion

We are proud to be contributing towards improving the populations health and encouraging people to become more active up to an old age.

SAYSU® facilities can be installed at:

- public parks
- leisure and sports facilities
- clinics, spas
- pedestrian zones, shopping malls
- motorway rest areas
- public swimming pools, beaches
- companies, training centres
- clubs, associations
- housing areas, residential complexes
- retirement homes and residences
- hotels, camping sites

We bring movement
into your life...



SP SERIES

design, development, production ... made in Germany

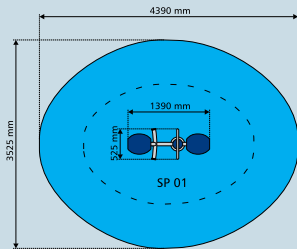
- SP 01 - Twister
- SP 02 - Bike & Stepper
- SP 03 - Station
- SP 04 - Leg Swing
- SP 05 - Arm Rotation
- SP 06 - Leg Press
- SP 07 - Track Tracer
- SP 08 - Roman Chair & Hyperextension
- SP 09 - Double Airwalker
- SP 10 - Airwalker System
- SP 11 - Stretching Tower
- SP 12 - Balance Seat
- SP 13 - Skater
- SP 14 - One Arm Rotation
- SP 15 - Jump Tower

SP 01 - Twister



core training

Stand or sit upright on the twister plate and grip tightly onto the bar. Twist your lower body alternating from the right to left. Keep your shoulders straight and still.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1390 mm
width:	525 mm
height:	1490 mm
floor space:	0,73 m ²
floor space required:	4390 x 3525 mm
volume:	1,09 m ³
weight:	41 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
pipe measurements:	diameter: wall thickness: 168 mm 4,5 mm 60 mm 3,5 mm 35 mm 2 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

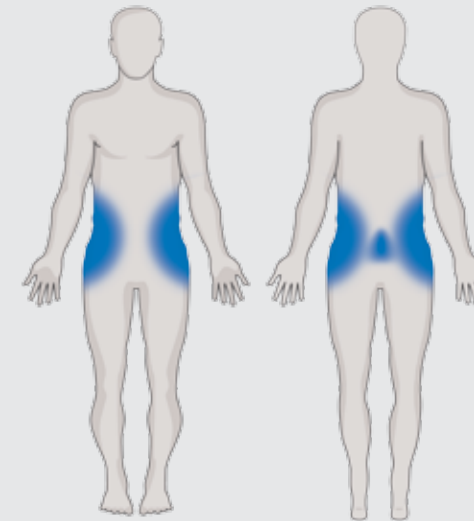
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1 m, when underground-installation:
< 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: rotation limit



- ☐ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

core training

function: twist the lower part, while the upper part of the body is kept still

effect: enhancement of mobility

persons: 2 at the same time

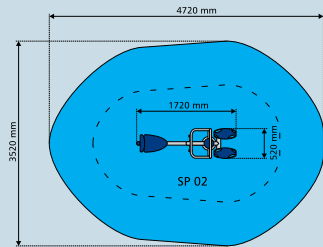
SP 02 – Bike & Stepper



workout of **leg** and **gluteal** muscles

Bike: Sit down on the seat, place your feet onto the pedals and grip tightly onto the bar. Pedal at a steady pace.

Stepper: Stand upright on the foot plates and grip tightly onto the bar. Walk in place.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

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length:	1720 mm
width:	520 mm
height:	1695 mm
floor space:	0,89 m ²
floor space required:	4720 x 3520 mm
volume:	1,52 m ³
weight:	54 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange)
pipe measurements:	diameter: wall thickness: 168 mm 4,5 mm 60 mm 3,5 mm 35 mm 2 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

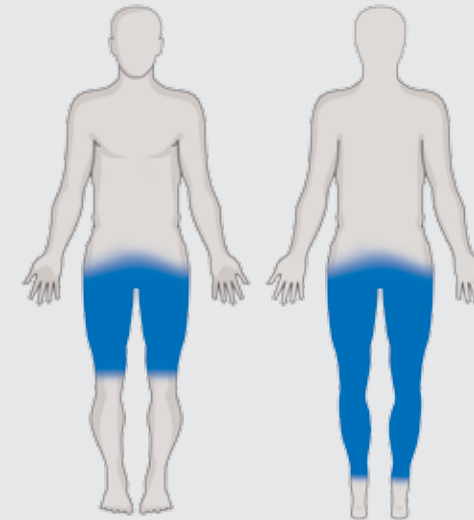
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



- ☐ strength
- ☒ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

training of leg and gluteal muscles

function: biking without resistance, stair climbing with small resistance

effect: improvement of mobility and endurance, coordination training

persons: 2 at the same time

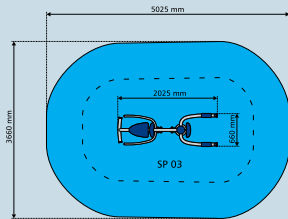
SP 03 – Station



training of chest, back, arm
and abdominal muscles

Dorsal draw: Pull the lever down using slow movements while sitting upright.

Leg raise: Prop up your forearms onto the horizontal arm support. Straighten your neck and tense your abdominals. Then raise your knees slowly.



Installation:

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length:	2025 mm
width:	660 mm
height:	1990 mm
floor space:	1,34 m ²
floor space required:	5025 x 3660 mm
volume:	2,66 m ³
weight:	90 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
pipe measurements:	diameter: wall thickness: 168 mm 4,5 mm 60 mm 3,5 mm 35 mm 2,0 mm 27 mm 2,5 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

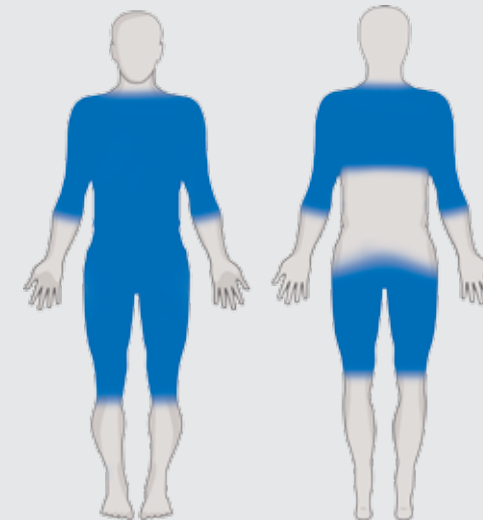
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☐ mobility
- ☐ relaxation

training of chest, back, arm
and abdominal muscles

function: leg raise, pull down

effect: develops strength in all important groups of muscles

persons: 2 at the same time

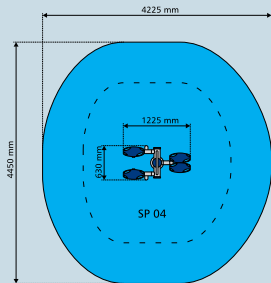
SP 04 - Leg Swing



workout of thighs, abdominals, adductor and abductor

Hip Flex: Stand on the foot plates and keep your hands tight on the handle bar. Swing with your lower body from left to right while keeping the upper body stable.

Adductor-Abductor: Stand on the foot plates and move your legs apart and together while keeping your hands on the handle bars.



Installation:

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Picture of the product may differ from original – subject to technical modification.



length:	1225 mm
width:	630 mm
height:	1590 mm
floor space:	0,77 m ²
floor space required:	4225 x 4450 mm
volume:	1,23 m ³
weight:	64 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
pipe measurements:	diameter: wall thickness: 168 mm 4,5 mm 114 mm 3 mm 60 mm 3,5 mm 35 mm 2 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

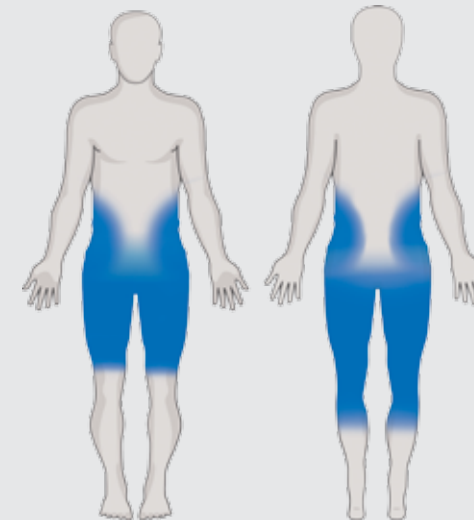
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



- ☒ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

workout of thighs, abdominals, adductor and abductor

function: swinging sideways with the lower part of the body while the upper body is stable, moving apart and closing the legs while standing

effect: supports mobility and coordination

persons: 2 at the same time

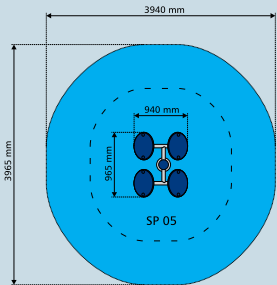
SP 05 - Arm Rotation



stimulates mobility of shoulder girdle, elbow and hand joints

Place your hands on the knobs of the rotating discs and turn them alternating from the left to right or twisting them towards or apart from each other.

For a hand massage, place your palm flat onto the disc and turn it.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

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length:	940 mm
width:	965 mm
height:	1470 mm
floor space:	0,91 m²
floor space required:	3940 x 3965 mm
volume:	1,33 m³
weight:	43 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
pipe measurements:	diameter: 168 mm 60 mm
	wall thickness: 4,5 mm 3 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

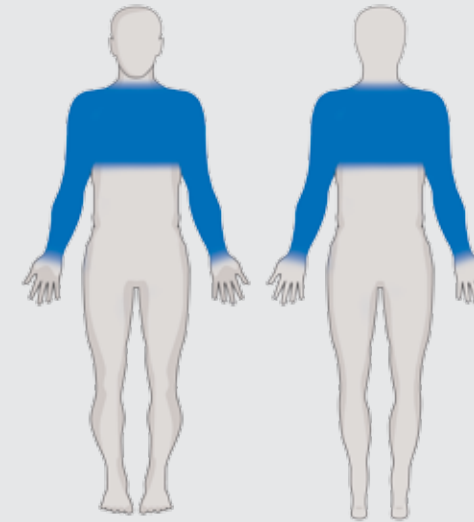
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☒ relaxation

stimulates mobility training of shoulder girdle, elbow and hand joints

function: rotation of the discs with both hands

effects: improvement of mobility and coordination, mobilization of the joints, relaxation

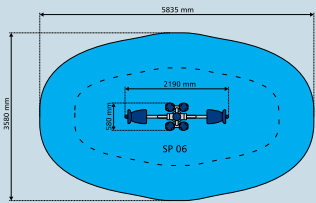
persons: 2 at the same time

SP 06 - Leg Press



strengthening of the upper leg muscles

Sit down and press your feet against the foot plates until your legs are almost fully extended. Then bend the legs to a 90° angle.
Avoid straightening the legs completely.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

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length:	580 mm
width:	2190 mm
height:	1680 mm
floor space:	1,27 m ²
floor space required:	3580x 5835 mm
volume:	2,13 m ³
weight:	81 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
pipe measurements:	diameter: 168 mm wall thickness: 4,5 mm 60 mm 3,5 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

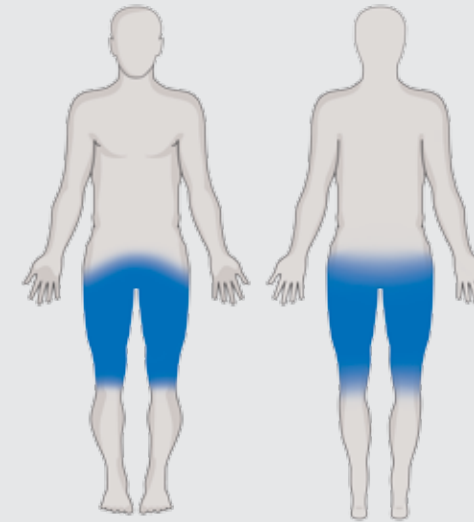
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☐ mobility
- ☐ relaxation

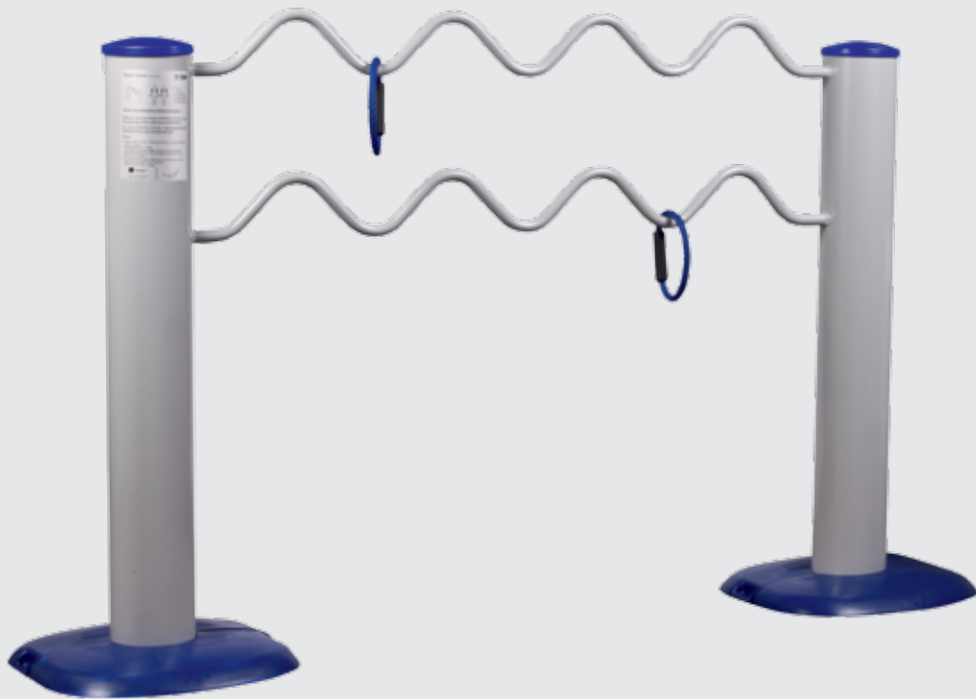
strengthening of the upper leg muscles

function: pushing away the body with the legs while sitting

effect: helps to strengthen thighs and gluteus muscles

persons: 2 at the same time

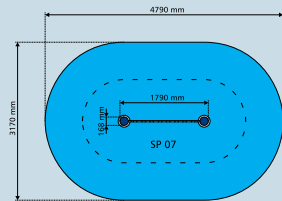
SP 07 – Track Tracer



improvement of coordination and concentration

Stand in front of the Track Tracer and hold on to the hanging ring. Lead it along the bent pipe without touching the metal.

To increase the level of difficulty, you can move both rings at the same time.



Installation:

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For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1790 mm
width:	168 mm
height:	1290 mm
floor space:	0,30 m ²
floor space required:	4790 x 3170 mm
volume:	0,39 m ³
weight:	51 kg
plastic parts:	AW564, AR764 (injection molding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: 168 mm wall thickness: 4,5 mm 27 mm 2,5 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

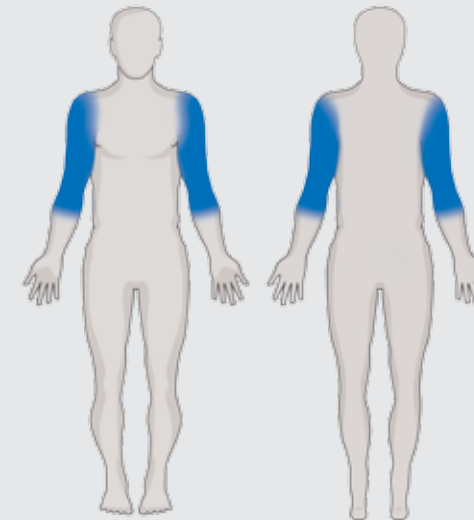
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☐ mobility
- ☒ relaxation

improvement of coordination and concentration

function: leading a ring along a bent pipe without touching the pipe

effect: improvement of coordination and concentration

persons: 2 at the same time

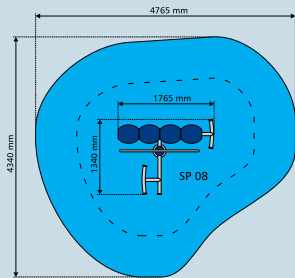
SP 08 – Roman Chair & Hyperextension



workout of **abdominal**, gluteus and hip muscles

Roman Chair: Sit down on the seat, place your feet under the foot bar and cross your arms over your chest. Then lie backwards and come up again.

Hyperextension: Stand with your heels touching the lower bar and lean your hip against the upper bar. Cross your arms over your chest. Then lean down and come up again.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1765 mm
width:	1340 mm
height:	965 mm
floor space:	2,37 m ²
floor space required:	4765 x 4340 mm
volume:	2,28 m ³
weight:	46 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue)  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 168 mm 4,5 mm 60 mm 3,5 mm 35 mm 2,0 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

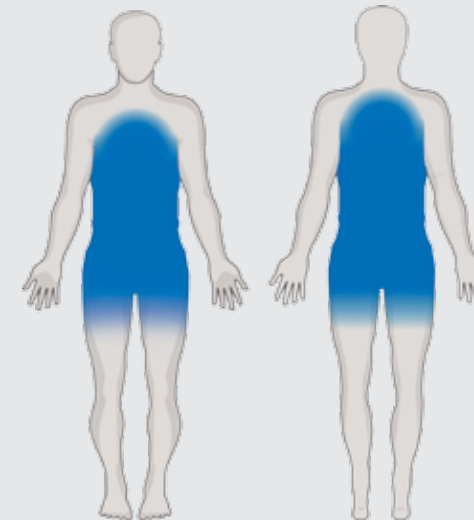
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

training of abdominal, gluteus and hip muscles

function: curl and roll up the upper body

effect: strengthening of the supporting muscles

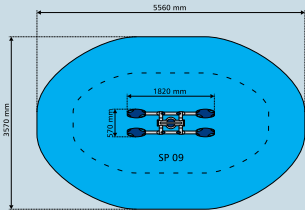
persons: 2 at the same time

SP 09 - Double Airwalker



improvement of coordination,
endurance and mobility

Stand on the foot plates and maintain a firm grip on the handles.
Start walking!



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1820 mm
width:	570 mm
height:	1580 mm
floor space:	1,04 m ²
floor space required:	5560 x 3570 mm
volume:	1,64 m ³
weight:	84 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue)  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 168 mm 4,5 mm 114 mm 3 mm 60 mm 3,5 mm 27 mm 2,5 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

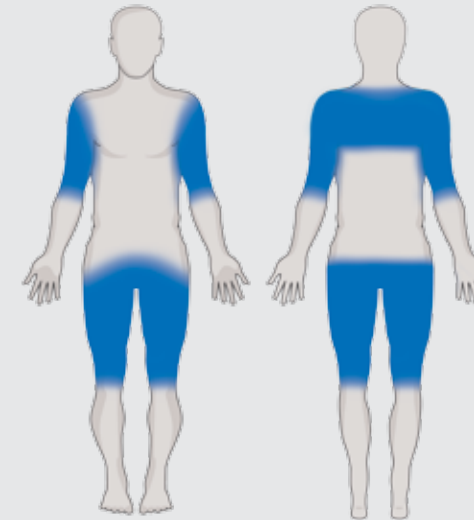
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



	strength
	endurance
	coordination
	mobility
	relaxation

improvement of coordination,
endurance and mobility

function: moving back and forward of legs and arms

effect: improvement of endurance, balance and coordination skills

persons: 2 at the same time, interactive

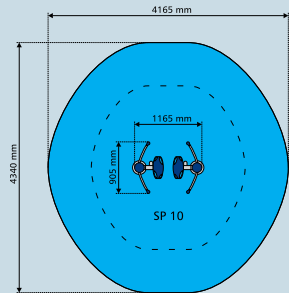
SP 10 - Airwalker



improvement of **mobility** in the lower **back** and **endurance**

Stand on the foot plates and maintain a firm grip on the handles.
Start walking!

*You can extend this unit with as many modules as you desire,
see SP 10 Airwalker System with extension module SP10.01.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1165 mm
width:	905 mm
height:	1400 mm
floor space:	1,05 m ²
floor space required:	4165 x 4340 mm
volume:	1,48 m ³
weight:	68 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue)  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 168 mm 4,5 mm 60 mm 3,5 mm 27 mm 2,5 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

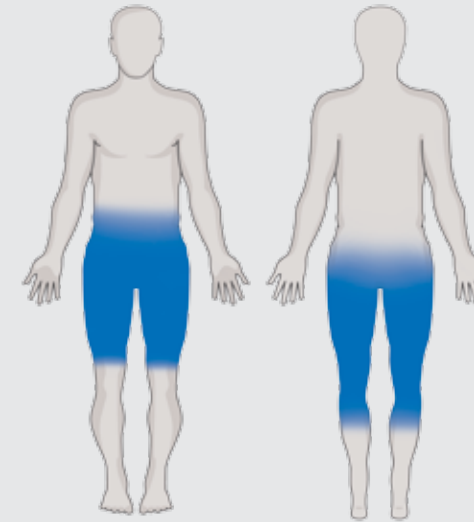
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



	strength
	endurance
	coordination
	mobility
	relaxation

improvement of **mobility** in the lower **back**
and **endurance**

function: moving legs back and forward

effect: improvement of endurance and mobility

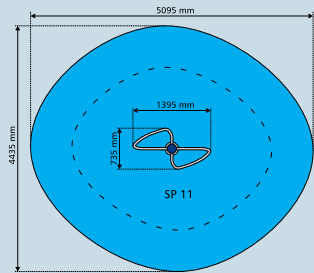
persons: 1

SP 11 - Stretching Tree



variety of stretching exercises

With the Stretching Tree, many very effective stretching exercises are possible, as well as gymnastic and strengthening exercises.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1395 mm
width:	735 mm
height:	1905 mm
floor space:	1,03 m ²
floor space required:	5095 x 4435 mm
volume:	1,95 m ³
weight:	47 kg
plastic parts:	AW564, AR764 (injection molding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: 168 mm 42 mm wall thickness: 4,5 mm 2,5 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

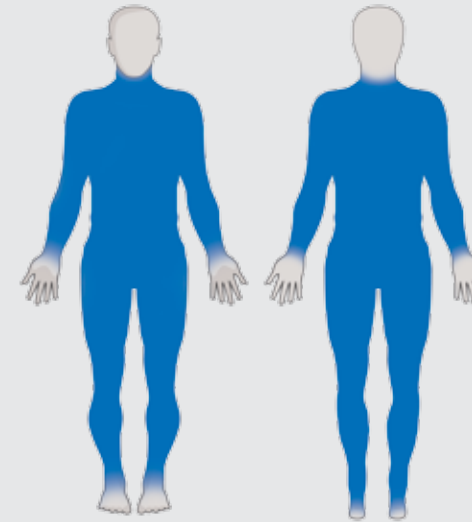
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,85 m

drop height: < 2 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☐ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☒ relaxation

variety of stretching exercises

function: many stretching exercises can be carried out from a safe standing position

effect: improvement of flexibility, relaxation

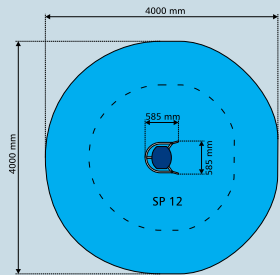
persons: 2 at the same time

SP 12 - Balance Seat



core training

Sit down on the seat and hold on tightly to the handles.
Swing in all directions.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	585 mm
width:	585 mm
height:	980 mm
floor space:	0,34 m ²
floor space required:	4000 x 4000 mm
volume:	0,34 m ³
weight:	23 kg
plastic parts:	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 114 mm 3 mm 35 mm 2 mm 27 mm 2,5 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

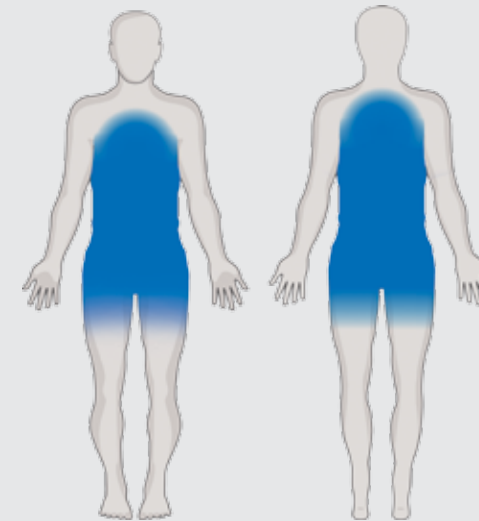
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

core training

function: swing the seat with the feet on the ground

effect: improvement of coordination and mobility

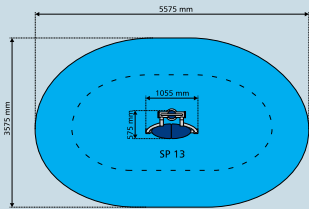
persons: 1

SP 13 - Skater



workout of abdominals and legs

Stand on the board and bend your knees.
Swing sideways and keep the balance.
Hold on tight to the handle.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1055 mm
width:	575 mm
height:	1595 mm
floor space:	0,61 m²
floor space required:	5575 x 3575 mm
volume:	0,97 m³
weight:	57 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 168 mm 4,5 mm 114 mm 4,5 60 mm 3,5 mm 35 mm 2 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

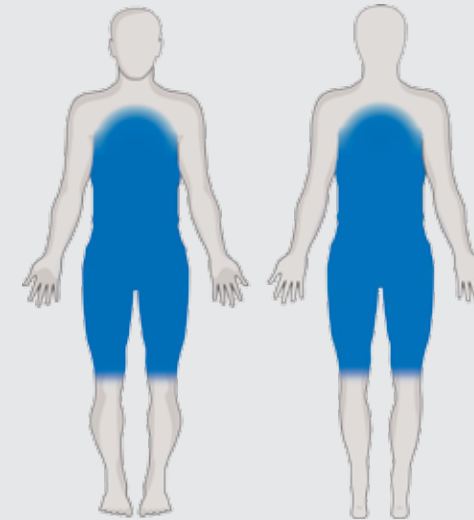
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



	strength
	endurance
	coordination
	mobility
	relaxation

workout of abdominals and legs

function: swinging to the left and right

effect: supports coordination and mobility

persons: 1

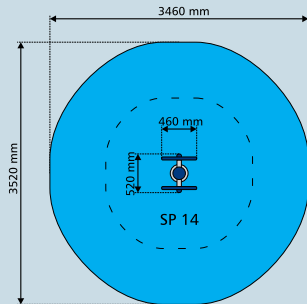
SP 14 - One Arm Rotation



stimulates mobility of shoulder girdle, elbow and hand joints

Place your hands on the knobs on the rotating discs and turn them alternating from the left left to right.

For a hand massage, place your palm flat on the disc and turn it.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	520 mm
width:	460 mm
height:	2000 mm
floor space:	0,24 m ²
floor space required:	3520 x 3460 mm
volume:	0,48 m ³
weight:	40 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
pipe measurements:	diameter: 168 mm wall thickness: 4,5 mm 60 mm 3 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

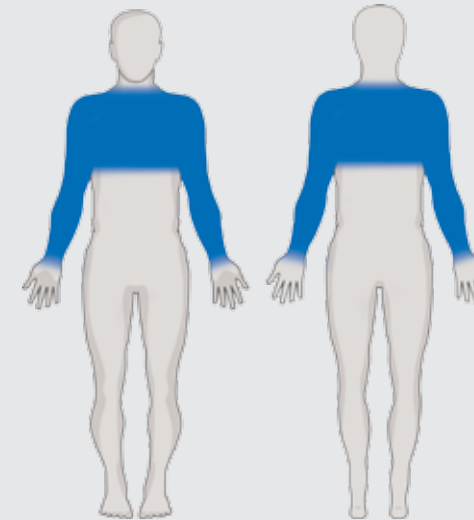
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see DIN 79000:2012-05 Tab. 2 or installation instructions)

safety system: none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☒ relaxation

stimulates **mobility** training of **shoulder girdle, elbow and hand joints**

function: rotation of the discs with the hands

effect: improvement of mobility and coordination, mobilization of the joints, relaxation

persons: 2 at the same time

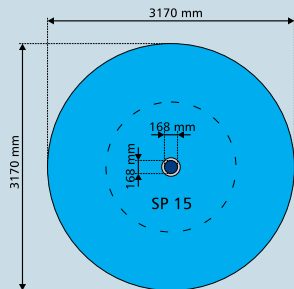
SP 15 - Jump Tower



improvement of jump ability

Jump up on the Jump Tower and see how high you can go. The scale shows your jumping height.

Alternatively you can stand in front of the Jump Tower and stretch one arm as high as possible.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	168 mm
width:	168 mm
height:	3000 mm
floor space:	0,03 m ²
floor space required:	3170 x 3170 mm
volume:	0,08 m ³
weight:	54 kg
plastic parts:	AW564, AR764 (injection molding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: 168 mm wall thickness: 4,5 mm
metal parts:	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

certificates: TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

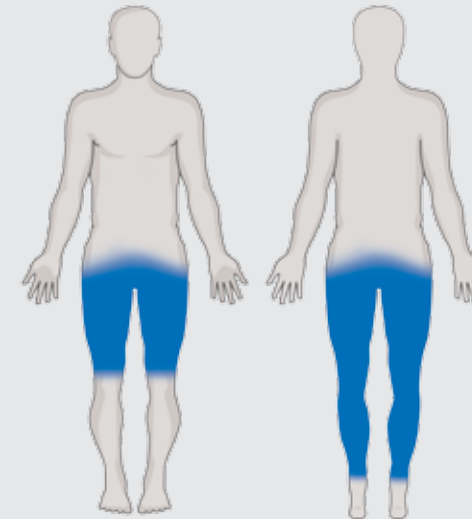
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☒ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

improvement of jump ability

function: stretching and jumping

effect: improvement of jumping power, stretching

persons: 1

SE SERIES

design, development, production ... made in Germany

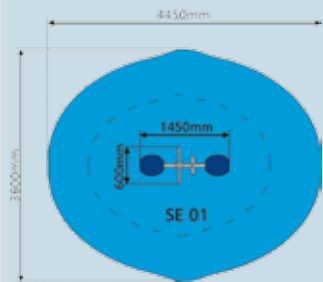
- SE 01 - Twister
- SE 02 - Twister & Stepper
- SE 03 - Bike & Trapezius
- SE 04 - Jump Tower
- SE 05 - Arm Rotation
- SE 06 - Balance Seat
- SE 07 - Track Tracer
- SE 08 - Roman Chair & Hyperextension
- SE 09 - Double Airwalker
- SE 10 - Airwalker System
- SE 11 - One Arm Rotation

SE 01 - Twister



core training

Stand or sit upright on the twister plate and grip tightly onto the bar. Twist your lower body alternating from the right to left. Keep your shoulders straight and still.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1450 mm
width:	600 mm
height:	1600 mm
floor space:	0,87 m²
floor space required:	4450 x 3600 mm
volume:	1,39 m³
weight:	28 kg
plastic parts:	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 114 mm 3 mm 48 mm 2,6 mm 34 mm 3 mm
metal parts:	stainless steel

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

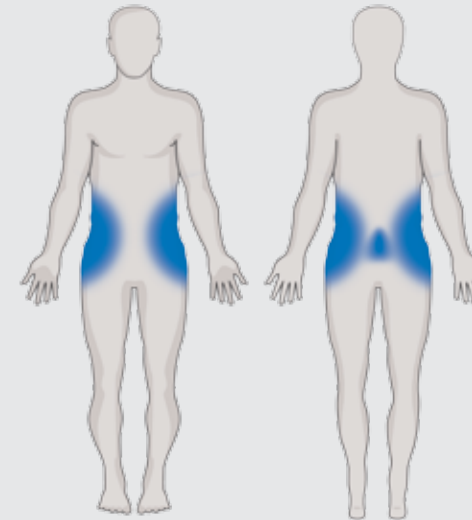
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1 m, when underground-installation:
< 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: rotation limit



- ☐ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

core training

function: twist the lower part, while the upper part of the body is kept still

effect: enhancement of mobility

persons: 2 at the same time

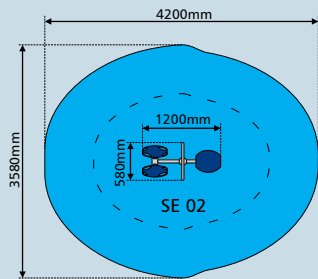
SE 02 - Twister & Stepper



training of abdominal,
hip and leg muscles

Twister: Stand on the twister plate and grip tightly onto the bar. Twist your lower body alternating from the right to left. Keep your shoulders straight and still.

Stepper: Stand upright on the foot plates and grip tightly onto the bar. Walk in place.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1200 mm
width:	580 mm
height:	1850 mm
floor space:	0,70 m ²
floor space required:	3580 x 4200 mm
volume:	1,29 m ³
weight:	32 kg
plastic parts:	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 114 mm 3 mm 60 mm 4 mm 48 mm 2,6 mm 34 mm 3 mm
metal parts:	stainless steel

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

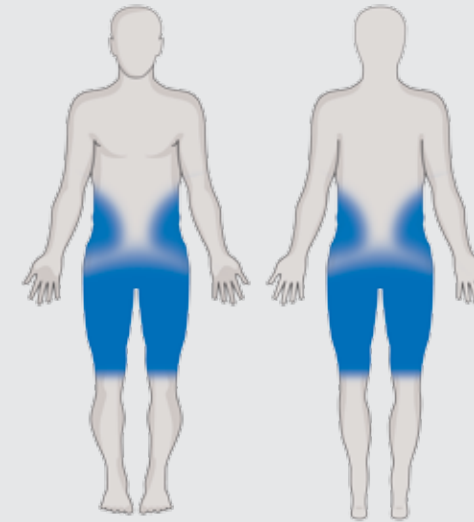
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system,
rotation limit



- ☐ strength
- ☒ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

training of abdominal, hip and leg muscles

function: while keeping the upper body still, the lower part of the body is twisted, stair climbing with small resistance

effect: improvement of mobility and endurance, coordination training

persons: 2 at the same time

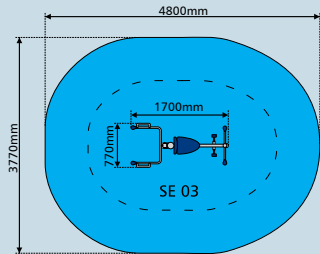
SE 03 - Bike & Trapezius



training of **leg** and
neck muscles

Bike: Sit down on the seat, place your feet onto the pedals and grip tightly onto the bar. Pedal at a steady pace and at the same time turn the bar around its axis.

Trapezius: Stand between the bars and grip them tightly. Move the bars up and down by moving your shoulders.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1700 mm												
width:	770 mm												
height:	1250 mm												
floor space:	1.31 m ²												
floor space required:	4800 x 3770 mm												
volume:	1,64 m ³												
weight:	38 kg												
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)												
pipe measurements:	<table> <tr> <th>diameter:</th><th>wall thickness:</th></tr> <tr> <td>114 mm</td><td>3 mm</td></tr> <tr> <td>60 mm</td><td>4 mm</td></tr> <tr> <td>48 mm</td><td>2,6 mm</td></tr> <tr> <td>34 mm</td><td>3 mm</td></tr> <tr> <td>27 mm</td><td>2,6 mm</td></tr> </table>	diameter:	wall thickness:	114 mm	3 mm	60 mm	4 mm	48 mm	2,6 mm	34 mm	3 mm	27 mm	2,6 mm
diameter:	wall thickness:												
114 mm	3 mm												
60 mm	4 mm												
48 mm	2,6 mm												
34 mm	3 mm												
27 mm	2,6 mm												
metal parts:	stainless steel												

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

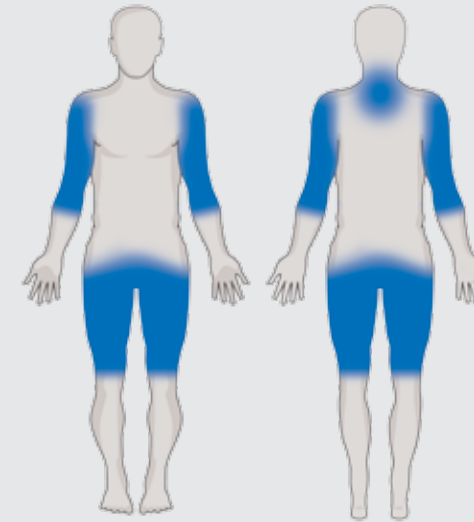
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



- ☐ strength
- ☒ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

training of leg and neck muscles

function: biking with small resistance, lifting of a light weight

effect: improvement of endurance, mobility, trains shoulders and neck

persons: 2 at the same time

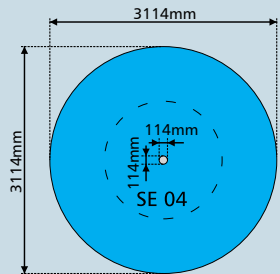
SE 04 - Jump Tower



improvement of jump ability

Jump up on the Jump Tower and see how high you can go. The scale shows your jumping height.

Alternatively you can stand in front of the Jump Tower and stretch one arm as high as possible.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	114 mm
width:	114 mm
height:	3000 mm
floor space:	0,01 m ²
floor space required:	3114 x 3114 mm
volume:	0,04 m ³
weight:	26 kg
plastic parts:	none
pipe measurements:	diameter: 114 mm wall thickness: 3 mm
metal parts:	stainless steel

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

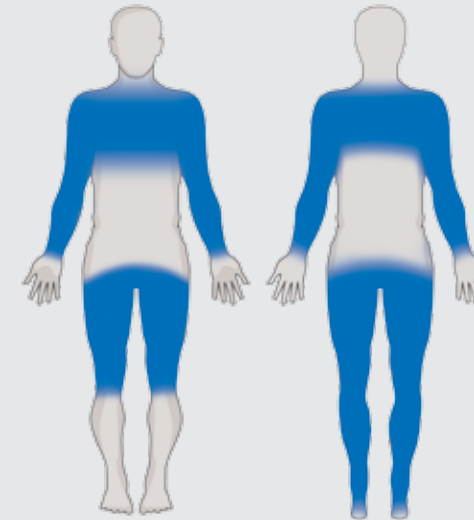
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☒ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

improvement of jump ability

function: stretching and jumping

effect: improvement of jumping power, stretching

persons: 1

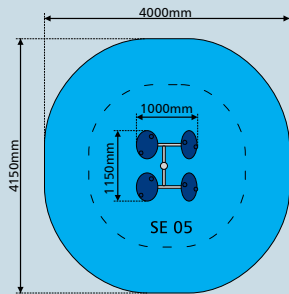
SE 05 - Arm Rotation



stimulates mobility of shoulder girdle, elbow and hand joints

Place your hands on the knobs of the rotating discs and turn them alternating from the left to right or twisting them towards each other.

For a hand massage, place your palm flat on the disc and turn it.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1150 mm
width:	1000 mm
height:	1600 mm
floor space:	1,15 m ²
floor space required:	4115 x 4000 mm
volume:	1,84 m ³
weight:	26 kg
plastic parts:	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: 114 mm wall thickness: 3 mm 42 mm 2 mm
metal parts:	stainless steel

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

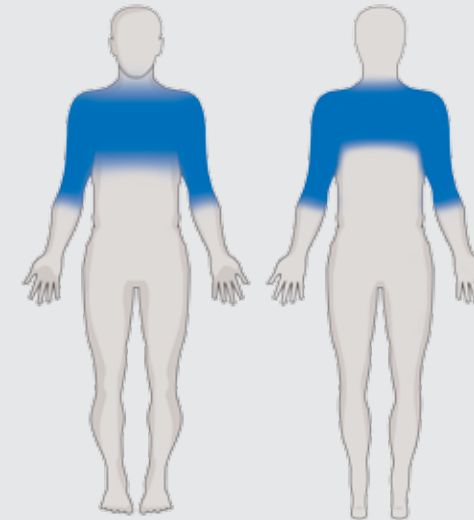
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☒ relaxation

mobility training of shoulder girdle, elbow and hand joints

function: rotation of the discs with the hands

effect: improvement of mobility and coordination, mobilization of the joints, relaxation

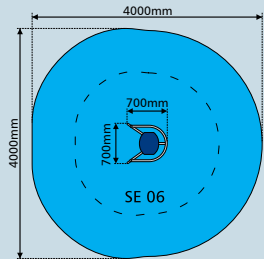
persons: 2 at the same time

SE 06 - Balance Seat



core training

Sit down on the seat and hold on tightly to the handles.
Swing in all directions.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	700 mm
width:	700 mm
height:	900 mm
floor space:	0,49 m ²
floor space required:	4000 x 4000 mm
volume:	0,44 m ³
weight:	20 kg
plastic parts:	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 114 mm 3 mm 34 mm 3 mm 27 mm 2,6 mm
metal parts:	stainless steel

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

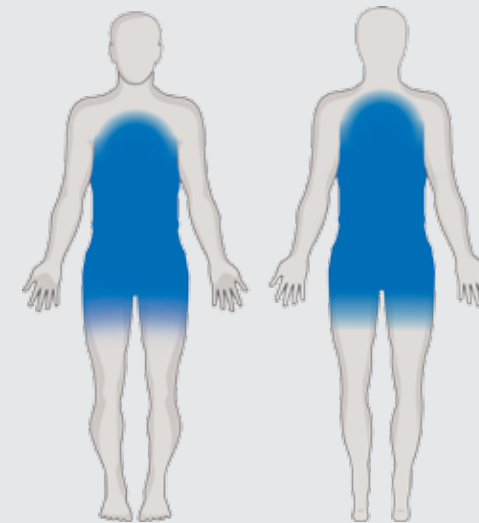
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

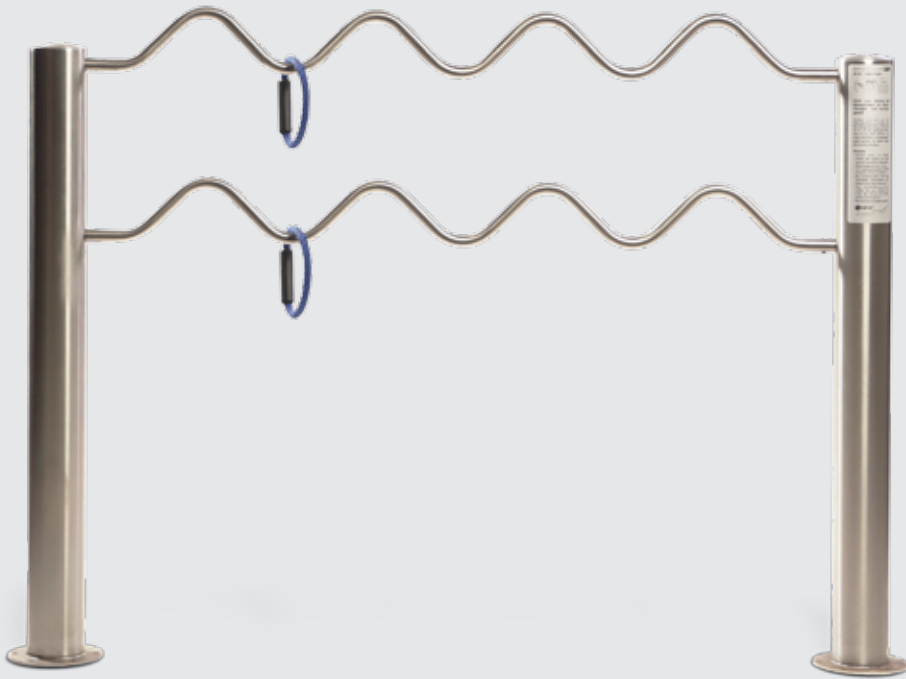
core training

function: swing the seat with the feet on the ground

effect: improvement of coordinatin and mobility

persons: 1

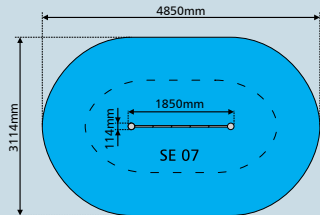
SE 07 -Track Tracer



improvement of **coordination** and **concentration**

Stand in front of the Track Tracer and hold on to the hanging ring. Lead it along the bent pipe without touching the metal.

To increase the level of difficulty, you can move both rings at the same time.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1850 mm	
width:	114 mm	
height:	1350 mm	
floor space:	0,21 m ²	
floor space required:	4850 x 3114 mm	
volume:	0,28 m ³	
weight:	27 kg	
plastic parts:	Griffe! keine vorhanden	
pipe measurements:	diameter:	wall thickness:
	114 mm	3 mm
	27 mm	2,6 mm
metal parts:	stainless steel	

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

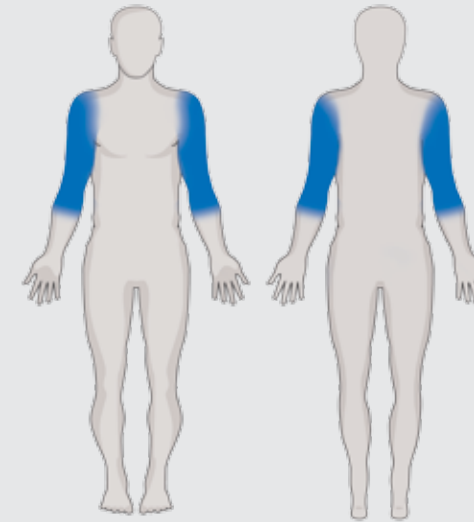
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☐ mobility
- ☒ relaxation

improvement of coordination and concentration

function: leading a ring along a bent pipe without touching the pipe

effect: improvement of coordination and concentration

persons: 2 at the same time

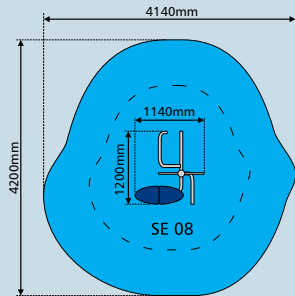
SE 08 -Roman Chair & Hyperextension



workout of abdominal, gluteus and hip muscles

Roman Chair: Sit down on the seat, place your feet under the foot bar and cross your arms over your chest. Then lie backwards and come up again.

Hyperextension: Stand with your heels touching the lower bar and lean your hip against the upper bar. Cross your arms over your chest. Then lean down and come up again.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1200 mm
width:	1140 mm
height:	950 mm
floor space:	1,37 m ²
floor space required:	4200 x 4140 mm
volume:	1,30 m ³
weight:	23 kg
plastic parts:	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 114 mm 3 mm 48 mm 2,6 mm 34 mm 3 mm
metal parts:	stainless steel

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

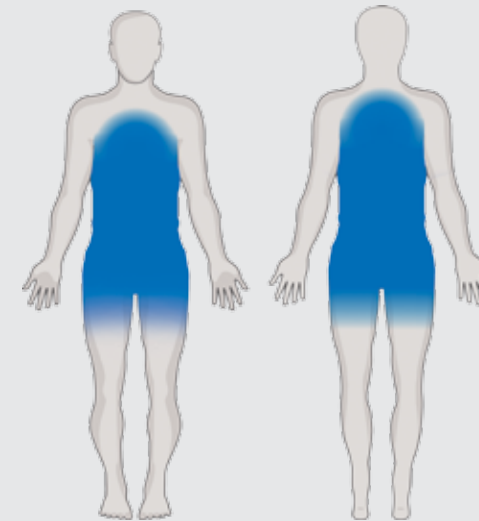
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

workout of abdominal, gluteus and hip muscles

function: curling and rearing of the upper body

effect: strengthening of the core muscles

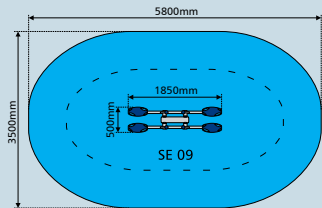
persons: 2 at the same time

SE 09 - Double Airwalker



improvement of coordination,
endurance and mobility

Stand on the foot plates and maintain a firm grip on the handles.
Start walking!



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1850 mm
width:	500 mm
height:	1600 mm
floor space:	0,93 m ²
floor space required:	5800 x 3500 mm
volume:	1,48 m ³
weight:	50 kg
plastic parts:	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
pipe measurements:	diameter: wall thickness: 114 mm 3 mm 60 mm 4 mm 48 mm 2,6 mm 27 mm 2,6 mm
metal parts:	stainless steel

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

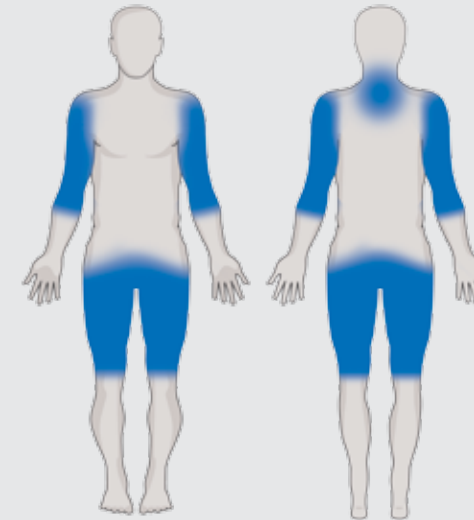
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



- ☐ strength
- ☒ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

improvement of coordination, endurance and mobility

function: alternating back and forth movement of legs and arms

effect: improvement of endurance, coordination and balance skills

persons: 2 at the same time, interactive

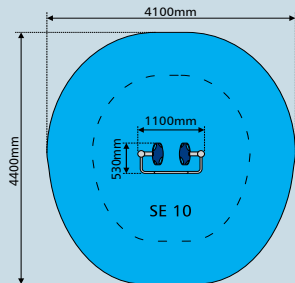
SE 10 - Airwalker System



improvement of **mobility** in the lower **back** and **endurance**

Stand on the foot plates and maintain a firm grip on the handles.
Start walking!

*You can extend this unit with as many modules as you desire,
see SE 10 Airwalker System with extension module SE10.01.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	1100 mm
width:	530 mm
height:	1400 mm
floor space:	0,58 m ²
floor space required:	4100 x 4400 mm
volume:	0,82 m ³
weight:	40 kg (plus 30kg for each added unit)
plastic parts:	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
pipe measurements:	diameter: wall thickness: 114 mm 3 mm 60 mm 4 mm 48 mm 2,6 mm 34 mm 3 mm
metal parts:	stainless steel

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

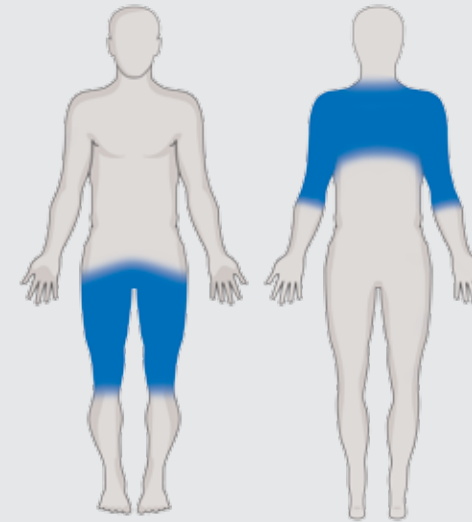
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: stopper with damping system



	strength
	endurance
	coordination
	mobility
	relaxation

improvement of mobility in the lower back and endurance

function: alternating back and forth movement of legs while keeping the upper body stable

effect: improvement of endurance and mobility

persons: 1

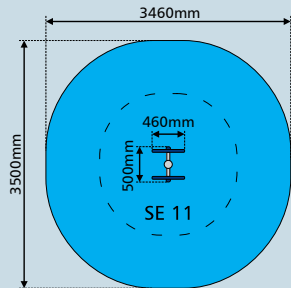
SE 11 - One Arm Rotation



stimulates mobility of shoulder girdle, elbow and hand joints

Place your hands on the knobs of the rotating discs and turn them alternating from the left to right.

For a hand massage, place your palm flat on the disc and turn it.



Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on www.saysu.de or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



length:	500 mm
width:	460 mm
height:	2000 mm
floor space:	0,23 m ²
floor space required:	3500 x 3460 mm
volume:	0,46 m ³
weight:	21 kg
plastic parts:	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange)
pipe measurements:	diameter: 114 mm wall thickness: 3 mm 34 mm 3 mm
metal parts:	stainless steel

certificates: TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

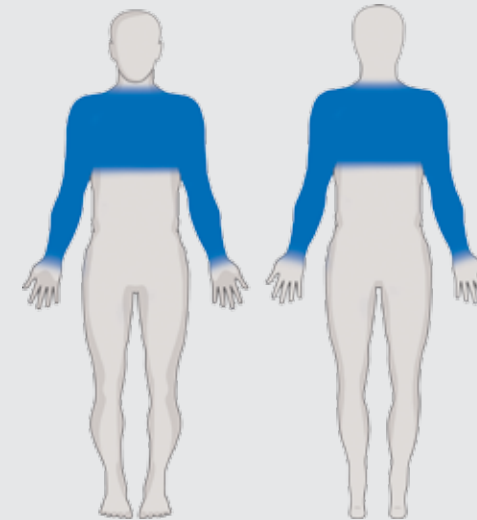
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



☐	strength
☐	endurance
☒	coordination
☒	mobility
☒	relaxation

stimulates **mobility** training of **shoulder girdle, elbow and hand joints**

function: rotation of the discs with the hands

effect: improvement of mobility and coordination, mobilization of the joints, relaxation

persons: 2 at the same time

ST SERIES

design, development, production ... made in Germany



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

ST 01 - Crunch Bench

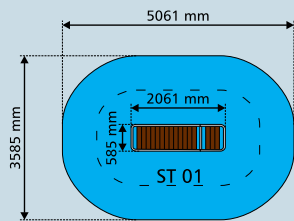


strengthens the abdominals

Lie on your back with your feet or your lower legs on the foot-rest. Bent your knees to a 90° angle and cross your arms over your chest.

Contract your abdominal muscles, lift your shoulders and bring them towards your knees. Bring them back down again.

To change the level of difficulty, you may vary the position of your feet.



Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on www.saysu.de or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

length: 2061 mm
width: 585 mm
height: 836 mm

floor space: 1,21 m²

floor space required: 5061 x 3585 mm

volume: 1,01 m³

weight: 37 kg

wooden parts: Douglas fir (oil finish),
125 x 28mm, FSC-certified

pipe measurements: diameter: 42,4 mm wall thickness: 2 mm

metal parts: stainless steel

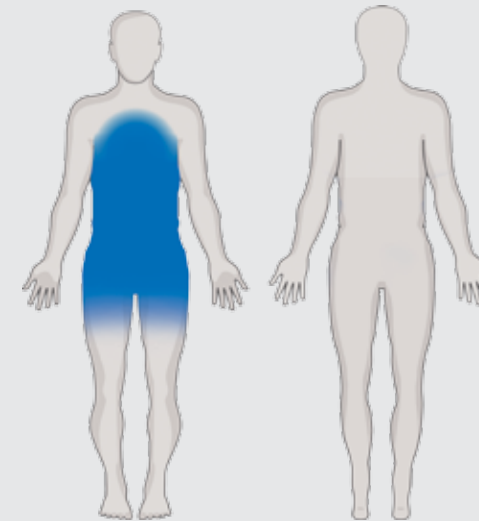
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

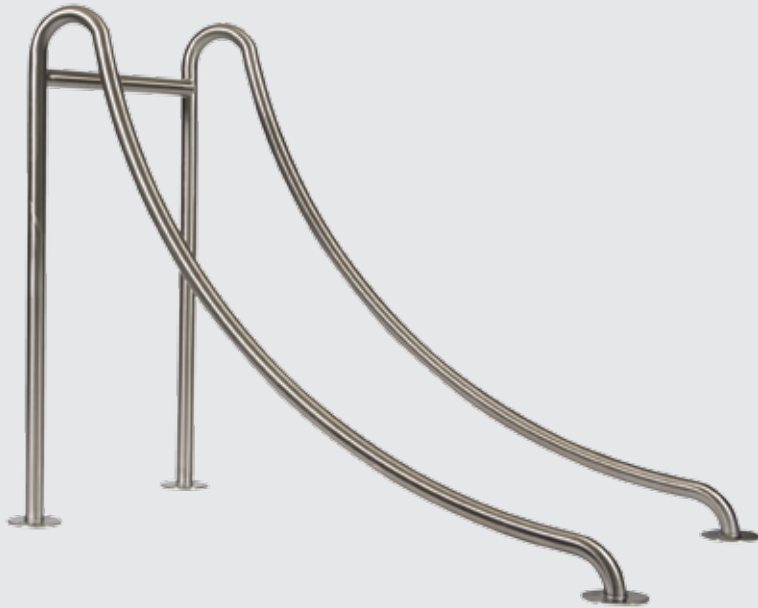
strengthens the abdominals

function: curling of the upper body

effect: strengthening of the core muscles

persons: 1 at the same time

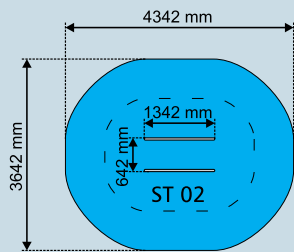
ST 02 - Push-up Bars



strengthens the **upper arm** and **chest muscles**

Stand in front of the unit. Place your hands on the bars with your arms slightly bent. Build up body tension. Lower your body towards your hands and come back up again.

Try to put your hands on different heights or to lift one leg.



Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on www.saysu.de or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

length: 1342 mm
width: 642 mm
height: 1106 mm

floor space: 0,86 m²

floor space required: 4342 x 3642 mm

volume: 0,95 m³

weight: 13 kg

pipe measurements: diameter: 42,4 mm wall thickness: 2 mm

metal parts: stainless steel

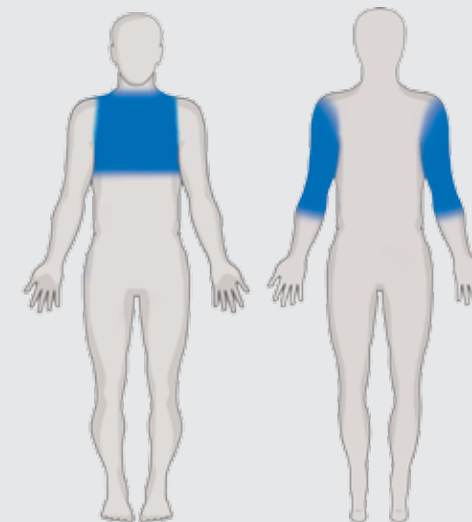
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: <1,0 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☐ mobility
- ☐ relaxation

strengthens the upper arm and chest muscles

function: push-up of body

effect: strengthening of upper body muscles

persons: 1 at the same time

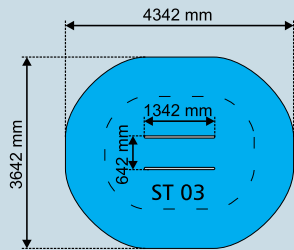
ST 03 - Pull-up Bars



strengthens the **upper arm, chest and back muscles**

Grab the bars from underneath with your arms slightly bent. Build up body tension. Pull yourself towards the bars. Keep the position for a moment and then slowly move back into the starting position.

Try to hold on to the bars in different heights. The lower you grab, the stronger the load.



Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on www.saysu.de or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

length: 1342 mm
width: 642 mm
height: 1621 mm

floor space: 0,86 m²

floor space required: 4342 x 3642 mm

volume: 1,40 m³

weight: 21 kg

pipe measurements: diameter: 42,4 mm wall thickness: 2 mm

metal parts: stainless steel

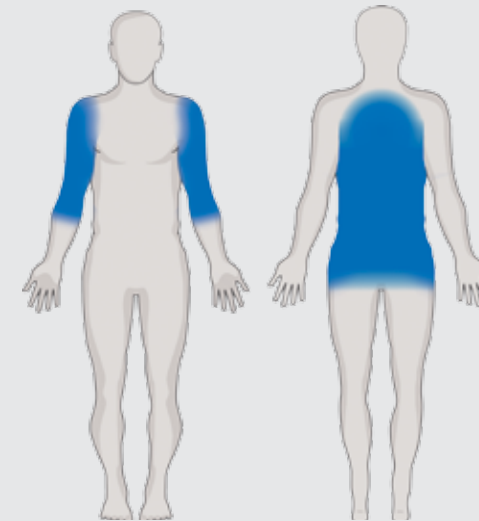
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1,5 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☐ mobility
- ☐ relaxation

strengthens the upper arm, chest and back muscles

function: pull-up of the body

effect: strengthening of arm, chest and back muscles

persons: 1 at the same time

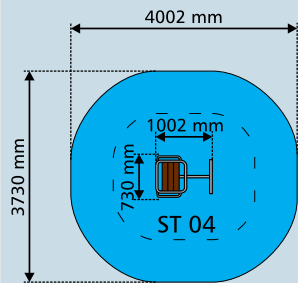
ST 04 - Back Bench



strengthens the rear **thigh** and **back muscles**

Place yourself on the bench facing the ground. Fix your legs by pressing them against the bar. Cross your arms over your chest. Lift your upper body until it is parallel to the ground and back again.

Try to detach one leg from the bar to intensify this exercise.



Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on www.saysu.de or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

length: 1005 mm
width: 730 mm
height: 1105 mm

floor space: 0,73 m²

floor space required: 4002 x 3730 mm

volume: 0,81 m³

weight: 30 kg

wooden parts: Douglas fir (oil finish),
125 x 28mm, FSC-certified

pipe measurements: diameter: wall thickness:
42,4 mm 2 mm

metal parts: stainless steel

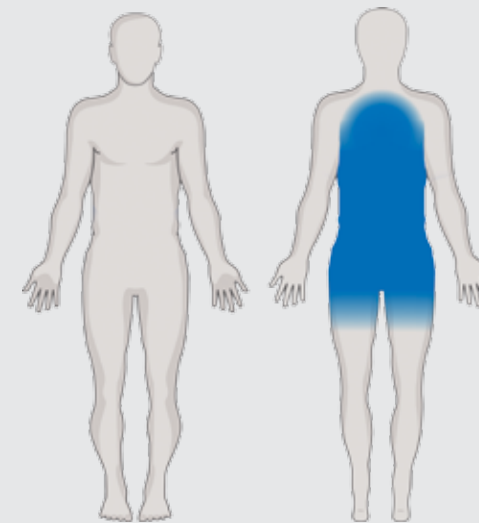
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 1 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

strengthens the rear thigh and
back muscles

function: raising the upper body

effect: strengthening of the back muscles

persons: 1 at the same time

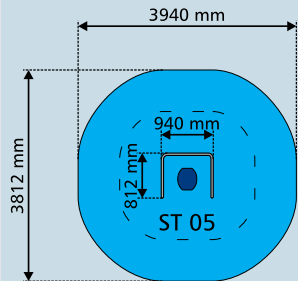
ST 05 - Balance Board



stimulates the **sense of balance**

Stand in the middle of the balance board with your knees slightly bent.
Get out of balance by small movements, then try to regain your balance.

Close your eyes to intensify this exercise.



Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on www.saysu.de or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

length: 940 mm
width: 812 mm
height: 1471 mm

floor space: 0,76 m²

floor space required: 3940 x 3812 mm

volume: 1,12 m³

weight: 22 kg

plastic parts: Petilen YY S 0464 (blow moulding)
 RAL 5002 (ultramarine blue) or 
 RAL 2008 (bright red orange) 

pipe measurements: diameter: 42,4 mm wall thickness: 2 mm

metal parts: stainless steel

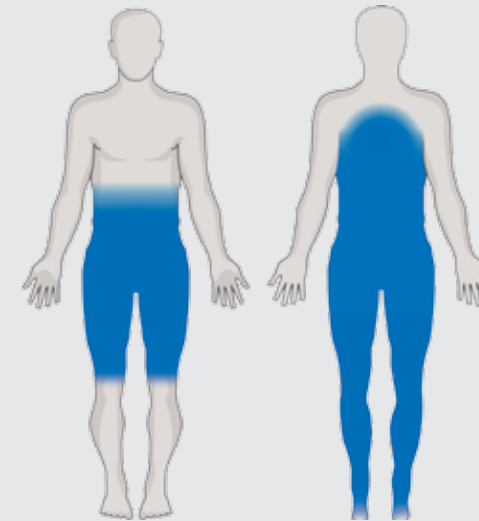
user age: children under 14 years only
 under surveillance of parents

maximum user weight: 130 kg

safe distance: 1,50 m

drop height: < 0,6 m (possible underground see
 DIN 79000:2012-05 Tab. 2 or
 installation instructions)

safety system: stopper with damping system



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☐ mobility
- ☐ relaxation

stimulates the sense of balance

function: keeping the balance on unsteady ground

effect: supports coordination and sense of balance

persons: 1 at the same time

ST 06 - Stretching Bars

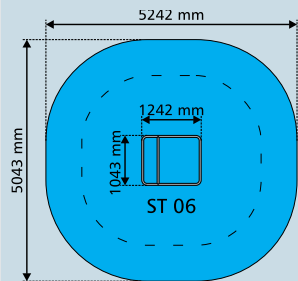


supports **stretching** of the **muscles**

Stretch your muscles to prevent shortening and to relax.

On the top rails you can stretch your whole body to relieve your spine.

Vary the duration of the stretching exercises.



Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on www.saysu.de or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

length: 1242 mm
width: 1043 mm
height: 2222 mm

floor space: 1,30 m²

floor space required: 5242 x 5043 mm

volume: 2,88 m³

weight: 32 kg

pipe measurements: diameter: 42,4 mm wall thickness: 2 mm

metal parts: stainless steel

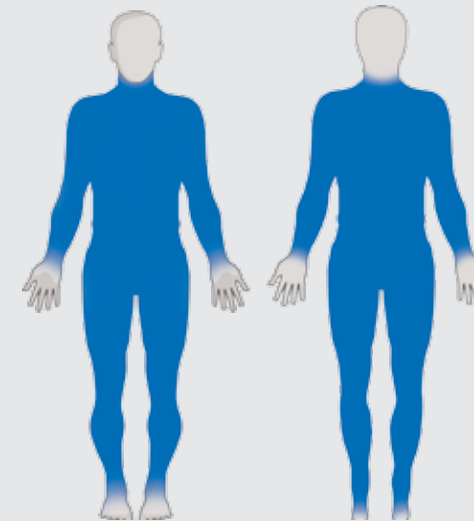
user age: children under 14 years only
under surveillance of parents

maximum user weight: 130 kg

safe distance: 2 m

drop height: < 2,5 m (possible underground see
DIN 79000:2012-05 Tab. 2 or
installation instructions)

safety system: none required



- ☐ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☒ relaxation

supports stretching of the muscles

function: many stretching exercises can be carried out from a safe standing position

effect: improvement of flexibility, relaxation

persons: 2 at the same time

SC 01 - Basic 1



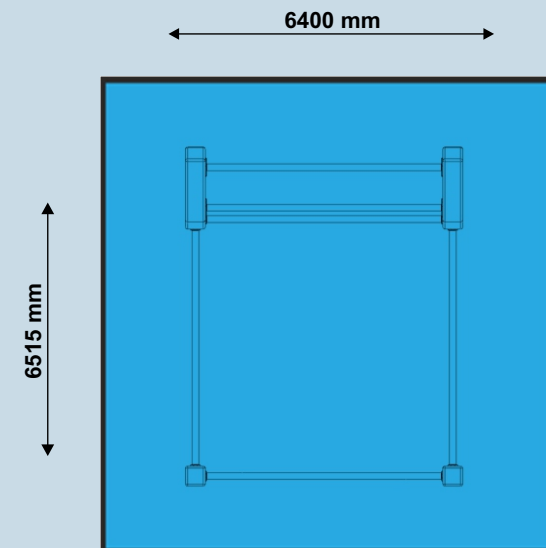
In our Basic 1 we already put together 3 various modules (SCM) in the smallest possible space for you.

All Saysu-Calisthenics Basics are expandable with our modules (SCM) or freestanding modules (SCFM).

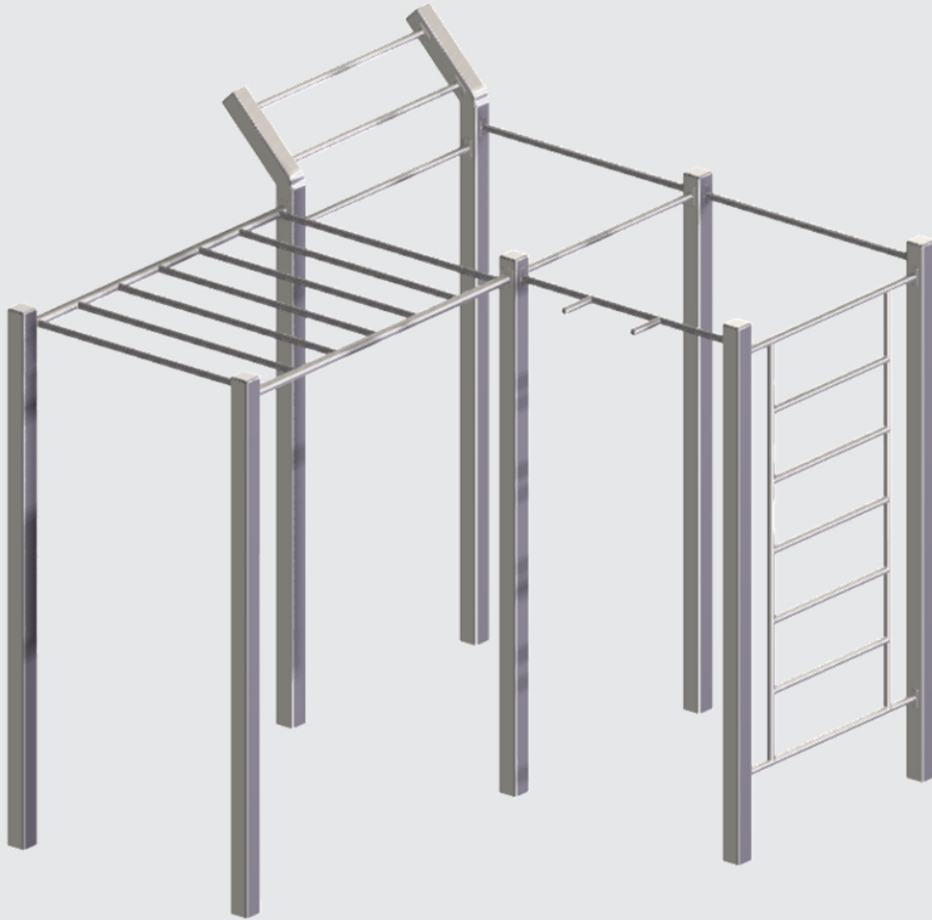
Our SC series allows you to train purely with your own body weight and meets the requirements of DIN EN 16630:2015-06.

The equipment of our calisthenics series must be set up and maintained according to the enclosed installation and maintenance instructions.
The Installation Guide can also be found on www.saysu.de or upon request.
For your draft we can supply 2D and 3D files.
Picture of the product may differ from original - subject to technical modification.

required floor space:	6515 x 6400 mm (42 m²)		user age:	children under 14 years only under surveillance of parents	
weight:	145 kg				
pipe measurements:	diameter:	wall thickness:	included modules:	pull-up bars, devils ladder, wall bars	
	100 mm	2 mm			
	33,7 mm	3,2 mm	possible exercises:	pull-ups, knee & leg raises, push-ups etc.	
metal parts:	stainless steel		certificates:	TÜV and GS registration according to „DIN EN 16630:2015-06“ at the time of printing in preparation	
maximum drop height:	≤ 3 m (possible underground see DIN EN 16630:2015-06 or installation instructions)				
mounting depth:	800 mm (+ 100 mm drainage)				
safe distance:	2,3 - 2,5 m				
maximum weight:	130 kg				
(per user)					



SC 02 - Basic 2



In our Basic 2 we already put together 5 various modules (SCM) in the smallest possible space for you.

All Saysu-Calisthenics Basics are expandable with our modules (SCM) or freestanding modules (SCFM).

Our SC series allows you to train purely with your own body weight and meets the requirements of DIN EN 16630:2015-06.

The equipment of our calisthenics series must be set up and maintained according to the enclosed installation and maintenance instructions.
The Installation Guide can also be found on www.saysu.de or upon request.
For your draft we can supply 2D and 3D files.
Picture of the product may differ from original - subject to technical modification.

required floor space: 8100 x 7810 mm (63 m²)

weight: 280 kg

pipe measurements: diameter: wall thickness:
100 mm 2 mm
48,3 mm 3,2 mm
33,7 mm 3,2 mm

metal parts: stainless steel

maximum drop height: ≤ 3 m (possible underground see
DIN EN 16630:2015-06 or
installation instructions)

mounting depth: 800 mm (+ 100 mm drainage)

safe distance: 2,3 - 2,5 m

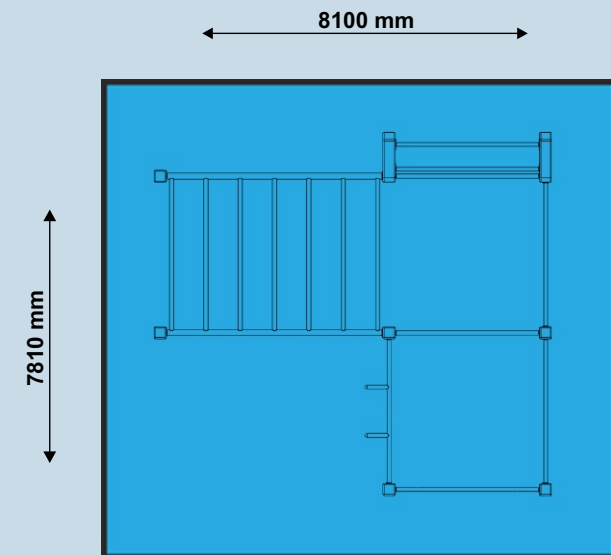
maximum weight: 130 kg
(per user)

user age: children under 14 years only
under surveillance of parents

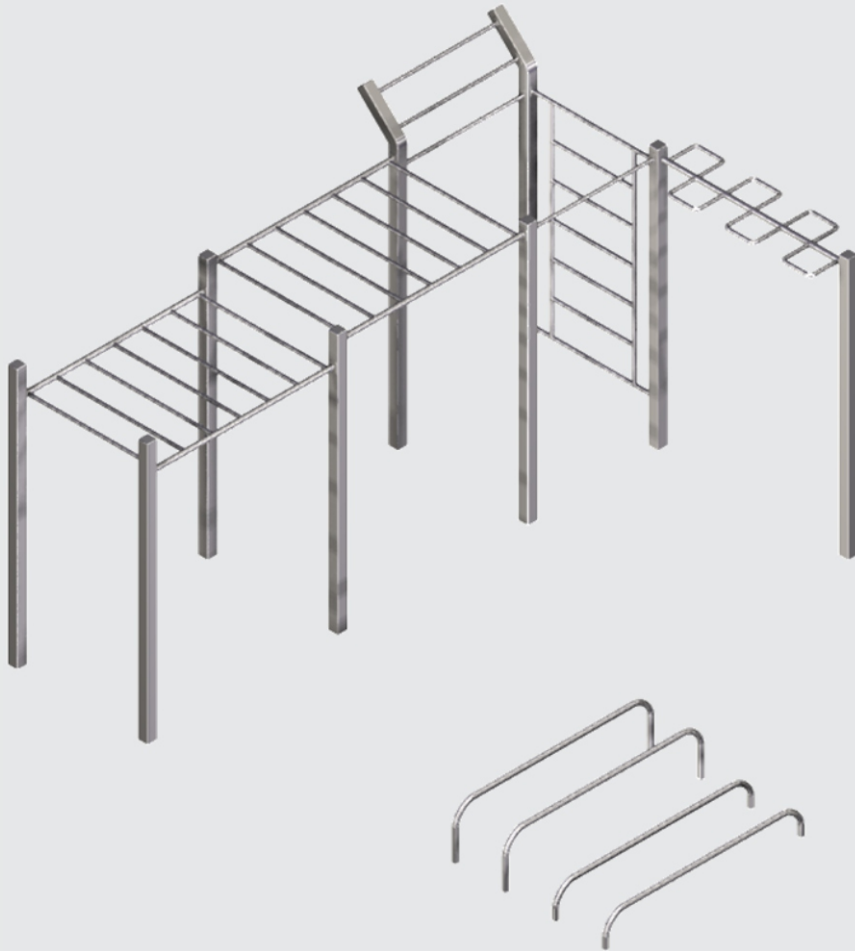
included modules: pull-up bars, devils ladder,
wall bars, monkey bars, dip bars

possible exercises: pull-ups, knee & leg raises, push-ups,
shimmy etc.

certificates: TÜV and GS registration according to
„DIN EN 16630:2015-06“ at the time of printing
in preparation



SC 03 - Basic 3



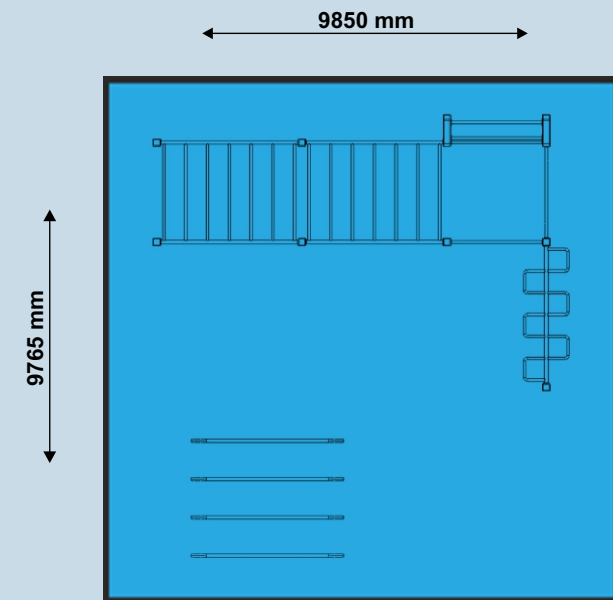
In our Basic 3 we already put together 8 various modules (SCM) in the smallest possible space for you.

All Saysu-Calisthenics Basics are expandable with our modules (SCM) or freestanding modules (SCFM).

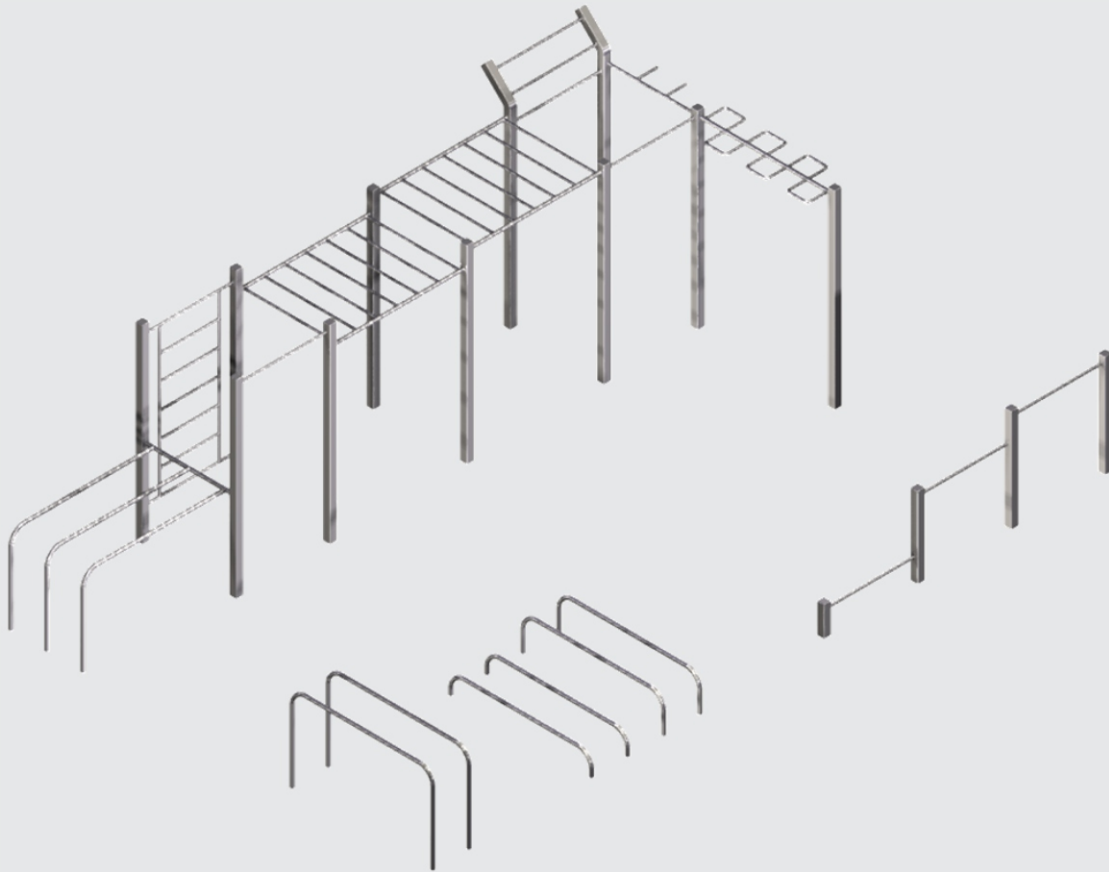
Our SC series allows you to train purely with your own body weight and meets the requirements of DIN EN 16630:2015-06.

The equipment of our calisthenics series must be set up and maintained according to the enclosed installation and maintenance instructions.
The Installation Guide can also be found on www.saysu.de or upon request.
For your draft we can supply 2D and 3D files.
Picture of the product may differ from original - subject to technical modification.

required floor space:	9850 x 9765 mm (100 m²)		user age:	children under 14 years only under surveillance of parents
weight:	420 kg		included modules:	pull-up bars, devils ladder, wall bars, monkey bars, s-ladder, low bars
pipe measurements:	diameter:	wall thickness:	possible exercises:	pull-ups, knee & leg raises, push-ups, shimmy etc.
	100 mm	2 mm		
	48,3 mm	3,2 mm		
	33,7 mm	3,2 mm		
metal parts:	stainless steel		certificates:	TÜV and GS registration according to „DIN EN 16630:2015-06“ at the time of printing in preparation
maximum drop height:	≤ 3 m (possible underground see DIN EN 16630:2015-06 or installation instructions)			
mounting depth:	800 mm (+ 100 mm drainage)			
safe distance:	1,5 - 2,5 m			
maximum weight:	130 kg			
(per user)				



SC 04 - Basic 4

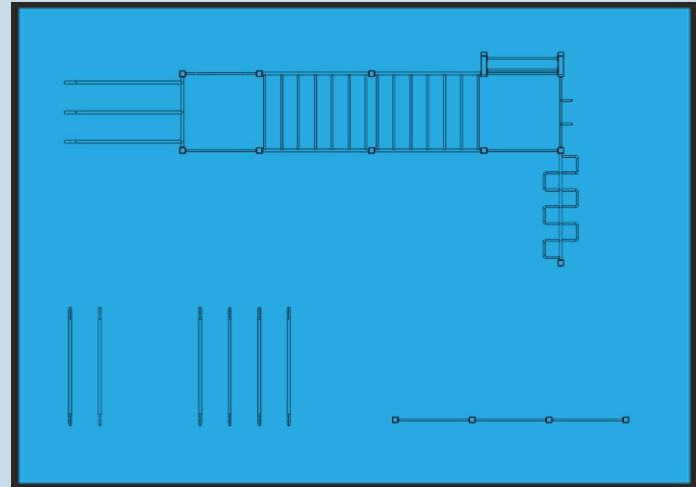


In our Basic 4 we already put together 12 various modules (SCM) in the smallest possible space for you.

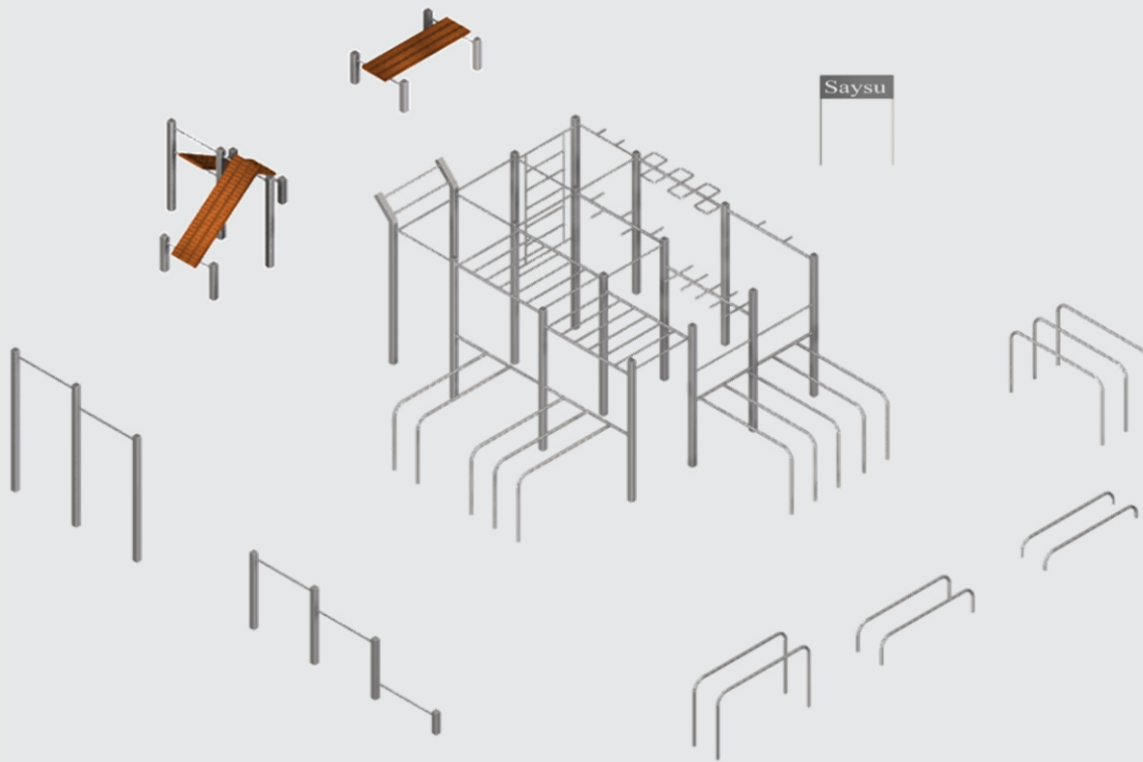
All Saysu-Calisthenics Basics are expandable with our modules (SCM) or freestanding modules (SCFM).

Our SC series allows you to train purely with your own body weight and meets the requirements of DIN EN 16630:2015-06.

The equipment of our calisthenics series must be set up and maintained according to the enclosed installation and maintenance instructions.
The Installation Guide can also be found on www.saysu.de or upon request.
For your draft we can supply 2D and 3D files.
Picture of the product may differ from original - subject to technical modification.

required floor space: 12550 x 10315 mm (130 m²) weight: 625 kg pipe measurements: diameter: wall thickness: 100 mm 2 mm 48,3 mm 3,2 mm 33,7 mm 3,2 mm metal parts: stainless steel maximum drop height: ≤ 3 m (possible underground see DIN EN 16630:2015-06 or installation instructions) mounting depth: 800 mm (+ 100 mm drainage) safe distance: 1,5 - 2,5 m maximum weight: 130 kg (per user)	user age: children under 14 years only under surveillance of parents included modules: pull-up bars, devils ladder, wall bars, monkey bars, s-ladder, parallel bars, double parallel bars, low bars, dip bars, push-up triple possible exercises: pull-ups, knee & leg raises, push-ups, shimmy, dips etc. certificates: TÜV and GS registration according to „DIN EN 16630:2015-06“ at the time of printing in preparation	 12550 mm 10315 mm
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SC 05 - Basic 5



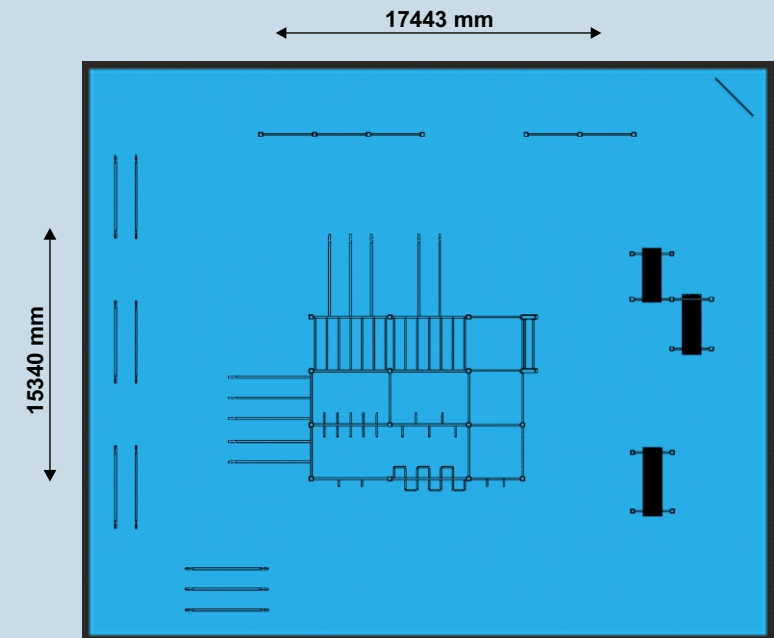
In our Basic 5 we already put together 25 various modules (SCM) in the smallest possible space for you.

All Saysu-Calisthenics Basics are expandable with our modules (SCM) or freestanding modules (SCFM).

Our SC series allows you to train purely with your own body weight and meets the requirements of DIN EN 16630:2015-06.

The equipment of our calisthenics series must be set up and maintained according to the enclosed installation and maintenance instructions.
The Installation Guide can also be found on www.saysu.de or upon request.
For your draft we can supply 2D and 3D files.
Picture of the product may differ from original - subject to technical modification.

required floor space:	17443 x 15340 mm (270 m²)		user age:	children under 14 years only under surveillance of parents	
weight:	1250 kg		included modules:	pull-up bars, devils ladder, wall bars, monkey bars, s-ladder, parallel bars, double parallel bars, low bars, dip bars, push-up triple, z-ladder, i-ladder, sit-up benches, infopanel	
pipe measurements:	diameter:	wall thickness:	possible exercises:	pull-ups, knee & leg raises, push-ups, shimmy, dips, sit-ups etc.	
	100 mm	2 mm	certificates:	TÜV and GS registration according to „DIN EN 16630:2015-06“ at the time of printing in preparation	
	48,3 mm	3,2 mm			
	33,7 mm	3,2 mm			
metal parts:	stainless steel				
maximum drop height:	≤ 3 m (possible underground see DIN EN 16630:2015-06 or installation instructions)				
mounting depth:	800 mm (+ 100 mm drainage)				
safe distance:	1,5 - 2,5 m				
maximum weight:	130 kg				
(per user)					



Damping system for gentle movements

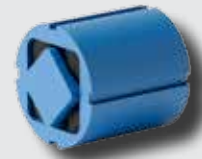
- rubber suspension elements from Rosta® are positioned in the middle of the joints of the fitness units for damping of movement
- the suspension increases gradually, starting from the zero position
- there is a damped stop at 30° to both directions
- the elements work without noise and are maintenance-free

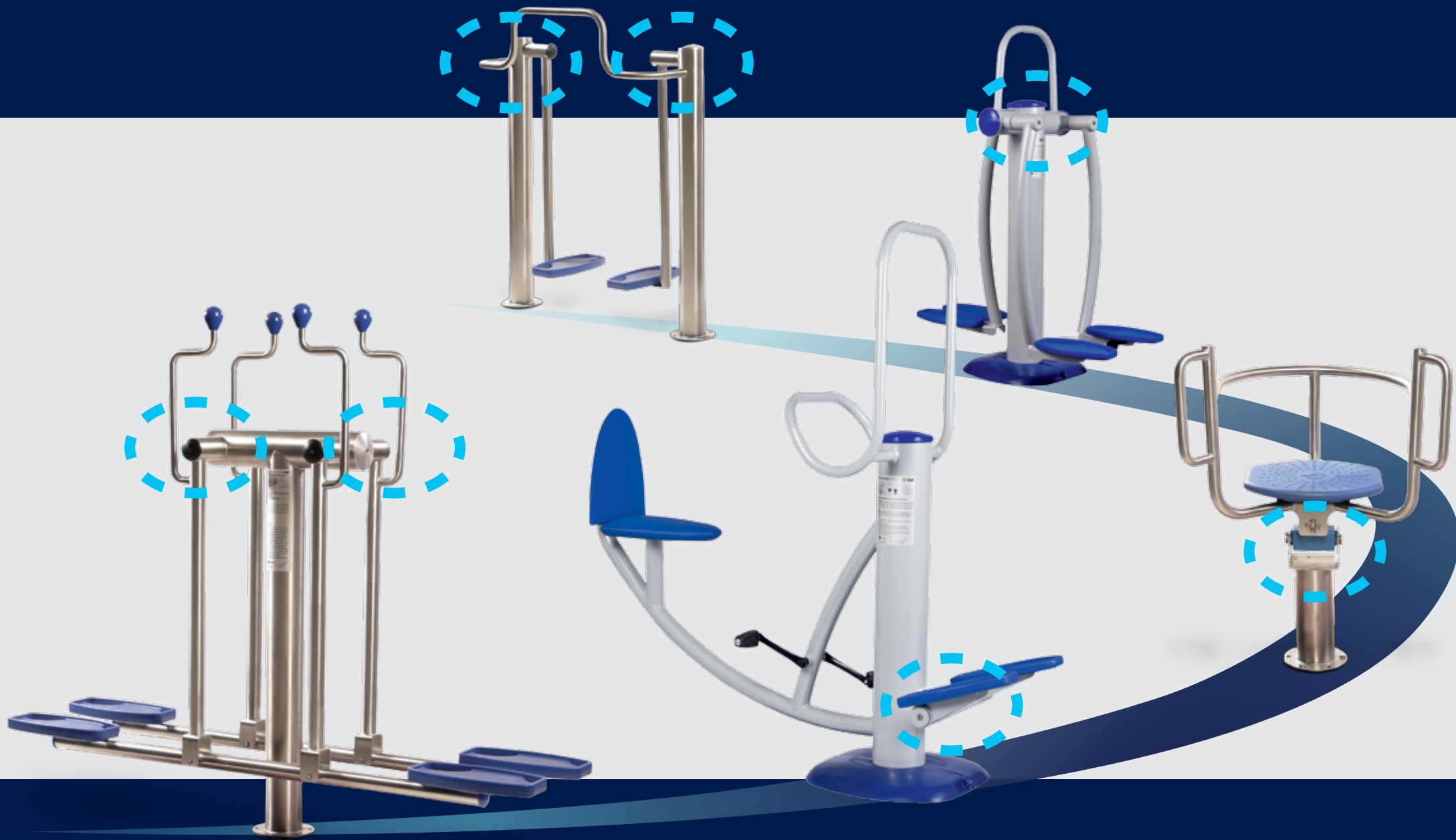
Easy handling

- no uncontrolled swinging parts of the units
- safe mounting through the damping system which prevents swinging off when mounting

Rosta®-elements

- high quality and durability, long life cycle
- sustainable production: elastomeric elements on a natural rubber base
- applications in the industry: propulsion systems, tensioning technology, oscillating conveyor technology, wind-turbine-generators







Mehrgenerationenpark, 56200 Urmitz



Kurpark, 97645 Ostheim vor der Rhön



Bewegungsparcours, 53604 Bad Honnef



Mehrgenerationenspielplatz, 63773 Goldbach



Spielplatz, Parcours, 97944 Boxberg Kupprichhausen



Bewegungsparcours, Bolzplatz, 35039 Marburg



Generationen Fitnessparcours, 66538 Neunkirchen



Freisportanlage, 66482 Zweibrücken

Technology and Quality

Material

- high strength steel pipes up to 4,5mm wall thickness or high quality stainless steel (V2A)
- up to 10 years guarantee against corrosion
- welded pipe connections
- environmental friendly zinc phosphated, primed and lacquered steel ,or brushed and polished stainless steel
- impact-proof and unbreakable plastic parts
- weather resistant Douglas fir wood (durability class 3-4)

Elements

- comfortable seats and armrests
- maintenance-free ball bearings and ROSTA®-Elements
- safe stopper system
- 2 years guarantee on the ball bearings

Installation

- equipment is being delivered fully assembled
- SP and SE units are removable if required
- easy installation of base plate
- solid foundation fixture
- foundation covering with filling material possible
- plastic foundation covering optional

Certification

- equipment of the SE-series: TÜV and GS certified according to EK2/ 31-10:2010 (based on parts of DIN EN 1176, 1177, 957), registered industrial design, certification holder: Saysu GmbH
- equipment of the SP-series: TÜV and GS certified according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“, registered industrial design*, certification holder: Saysu GmbH
- equipment of the ST-series: registered industrial design*, certification holder: Saysu GmbH

*at the time of printing: registration in preparation



SAYSU®

Outdoor Fitness

SAYSU® GmbH

Weitzesweg 16 A

61118 Bad Vilbel / Germany

Tel.: +49 (0) 6101 802 707 0

Fax.: +49 (0) 6101 802 707 30

info@saysu.de - www.saysu.de