

# Maintenance Manual

## Movement appliances for outdoor use

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

# Maintenance Manual

**This maintenance manual is based on DIN EN 1176-7. These instructions must be complied with.**

All movement appliances require regular inspection and maintenance. This is particularly true for equipment that is located outdoors (also in winter), and especially for appliances incorporating moving parts or parts liable to wear and tear.

In order to ensure that your SAYSU® products last for a long time, regular maintenance and repair is necessary. This is the only way to preserve the long-term safety of your SAYSU® products. Maintenance and repair should only be undertaken by properly trained personnel. Inspection or repairs that are not properly carried out may be dangerous!

Maintenance of your SAYSU® products according to these instructions is a condition of the SAYSU® warranty.

We recommend a weekly visual inspection ('weekly routine visual inspection') of your area. For heavily used sites or locations subject to vandalism, a daily check may be necessary. A coastal location, air pollution or the age of the facility may also make daily inspection necessary.

Especially on locations with fine windblown sand, for example coastal areas, this fine dirt can cause sluggish movement of some fitness units. Here, it is essential to clean carefully ALL moving parts that are exposed to windblown sand on a weekly basis. Squeaking noises may occur and can be treated with a fine oil spray.

A more detailed inspection should be carried out every month ('monthly operational inspection'). An "annual major inspection" is required after a maximum of 12 months (preferably after the winter months).

The fall protection measures of your SAYSU® products also need regular maintenance. You should take special care to see that there are no sharp objects (e.g. broken glass) in the safety area. The fall protection surface on the ground must also be intact and have the right thickness.

To ensure the continuing safety and serviceability of your SAYSU® products, you should repair any damage or defects immediately.

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Weekly routine visual inspection:

- Check your SAYSU® products for visible damage and loose parts.
- Check if the screws of the SP 12- Balance Seat and SE 06- Balance Seat are tight and tighten them if necessary.
- On locations with fine windblown sand, it is essential to clean carefully ALL moving parts (see below) that are exposed to windblown sand on a weekly basis. Squeaking noises may occur and can be treated with a fine oil spray.
- Check for hard objects (e. g. broken glass) and litter in the movement area and its surroundings.
- Are the foundations exposed?
- Can you see sharp edges, broken or missing parts?
- Are any components badly worn? Pay particular attention to moving parts.
- Replenish the fall protection if necessary.

We suggest cleaning the equipment at the same time as the visual inspection. Use only non-corrosive cleaning agents that do not contain solvents or acids and have a neutral pH. They should not contain abrasives or scouring agents. Check the surface for damage and touch up if necessary.

Inspect locations daily if they are heavily used or subject to vandalism. A coastal location, air pollution or an older facility may necessitate daily checks.

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## Monthly operational inspection:

As for the 'weekly routine visual inspection' the following also apply:







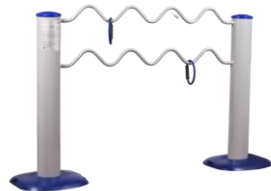




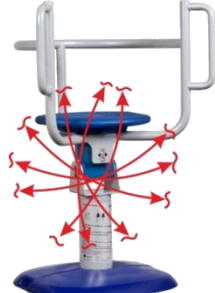
- Check your SAYSU® products for visible damage and loose parts.
- Check for hard objects (e. g. broken glass) and litter in the movement area and surroundings.
- Are the foundations exposed?
- Can you see sharp edges, broken or missing parts?
- Are any components badly worn? Pay particular attention to moving parts.
- Replenish the fall protection if necessary.

In addition, please check:









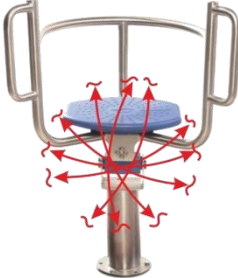
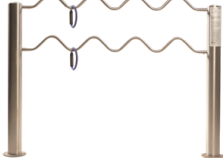

- Are all metal parts properly fixed and not worn?
- Are all screw connections tight? If not, re-tighten.
- Moving parts may need to be greased or oiled.
- Are plastic and rubber parts still intact and firmly mounted?
- Are all the stoppers present and in place?
- Check particularly for free motion of bearings, limit stops and damping if present. In order to do so, please check if the following movements and damping are functioning:

Movement	SP-series	SE-series	ST-series	FE-series	SC-series
<b>Movement with Rosta bearing – gradually damped</b>	SP 02, SP03, SP 04, SP 06, SP 09, SP 10, SP 12, SP 13	SE 02, SE 03, SE 06, SE 09, SE 10	ST 05		
<b>Movement with damped stop</b>	SP 01	SE 01, SE 02		FE 01, FE 02, FE 03, FE 04, FE 06, FE 07, FE 09, FE 10	
<b>Rotation</b>	SP 02, SP 05, SP 14	SE 03, SE 05, SE 11		FE 02, FE 05	
<b>No moving parts</b>	SP 07, SP 08, SP 11, SP 15	SE 04, SE 07, SE 08	ST 01, ST 02, ST 03, ST 04, ST 06	FE 08, FE 11	SCB, SCFM, SCM

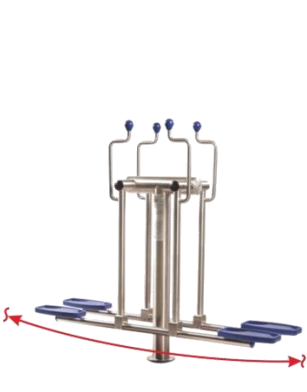






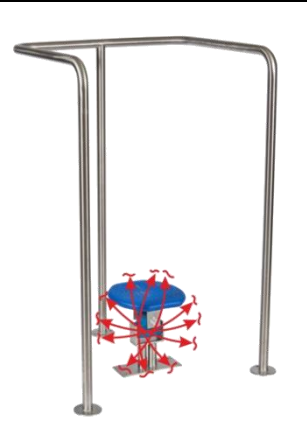

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<p>SP 01-Twister Movement with damped stop</p>	<p>SP 02-Bike &amp; Stepper Movement with Rosta bearing – gradually damped, rotation</p>	<p>SP 03-Station Movement with Rosta bearing – gradually damped</p>	<p>SP 04-Leg Swing Movement with Rosta bearing – gradually damped</p>
			
<p>SP 05-Arm Rotation Rotation</p>	<p>SP 06-Leg Press Movement with Rosta bearing – gradually damped</p>	<p>SP 07-Track Tracer No moving parts</p>	<p>SP 08-Roman Chair No moving parts</p>
			
<p>SP 09-Double Airwalker Movement with Rosta bearing – gradually damped</p>	<p>SP 10-Airwalker Movement with Rosta bearing – gradually damped</p>	<p>SP 11-Stretching Tree No moving parts</p>	<p>SP 12-Balance Seat Movement with Rosta bearing – gradually damped</p>

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<p>SP 13-Skater Movement with Rosta bearing – gradually damped</p>	<p>SP 14-One Arm Rotation Rotation</p>	<p>SP 15-Jump Tower No moving parts</p>	
			
<p>SE 01-Twister Movement with damped stop</p>	<p>SE 02-Twiste &amp; Stepper Movement with damped stop, Movement with Rosta bearing – gradually damped</p>	<p>SE 03-Bike &amp; Trapezius Movement with Rosta bearing – gradually damped, rotation</p>	<p>SE 04-Jump Tower No moving parts</p>
			
<p>SE 05-Arm Rotation Rotation</p>	<p>SE 06-Balance Seat Movement with Rosta bearing – gradually damped</p>	<p>SE 07-Track Tracer No moving parts</p>	<p>SE 08-Roman Chair No moving parts</p>

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SE 09-Double Airwalker Movement with Rosta bearing – gradually damped	SE 10-Airwalker Movement with Rosta bearing – gradually damped	SE 11-One Arm Rotation Rotation	
			
ST 01- Bauchmuskelbank No moving parts	ST 02- Liegestützbarren No moving parts	ST 03-Armzugbarren No moving parts	ST 04-Rückentrainer No moving parts
		<div style="border: 1px solid black; padding: 20px; width: fit-content; margin: 0 auto;"> <p><b>SC-series:</b></p> <p><b>No moving parts</b></p> </div>	
ST 05- Gleichgewichtsplatte Movement with Rosta bearing – gradually damped	ST 06-Dehnungsturm No moving parts		

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Annual major inspection:

You should carry out the 'annual major inspection' after winter is over, but no more than 12 months after the last one. For the 'annual main inspection', you will need to check the following points in addition to those in the 'monthly operational inspection':

- Are all the foundations in order? Is the equipment firmly fixed to them?
- Renovate metal and painted parts of the weather protection if necessary.
- Replace any connections that are badly corroded or show signs of wear and tear.

If serious defects affecting the safety of the equipment are discovered during an inspection, they should be repaired immediately. If this is not possible, its use should no longer be permitted, e. g. by closure or removal.

If an item of equipment needs to be removed, e. g. for maintenance, all mountings or foundations remaining in the ground should be removed or fitted with covers, and the site should be secured.

This maintenance manual should be given to all persons responsible for inspection and maintenance. All persons responsible for inspection and maintenance must have the appropriately skills. All inspections and actions taken should be documented.

If there are any complaints regarding operational safety, the equipment should be closed off from further use until the complaint is resolved. Inform the manufacturer:

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