



## **1. Product Name**

Older Adults Fitness Set

## **2. Product Code**

22751

## **3. Colour**

Mostly green

## **4. Brief Description**

Outdoor gyms for adults, including older adults.

## **5. Contents**

- 1 x Double Air Walker
- 1 x Air Skier
- 1 x Arm & Pedal Bike
- 1 x T'ai Chi Spinners

## **6. Snoezelen® Stimulations**

- Movement

## 7. Best Use

Install outdoors, allowing adequate space between the pieces of equipment.

## 8. Compatible ROMPA® Products

ROMPA® offers a huge range of resources for encouraging movement outdoors, including games and gentle exercise products. Visit our websites for further information:

[www.rompa.com](http://www.rompa.com)

[www.olderadults.co.uk](http://www.olderadults.co.uk)

## 9. Starting Up

There are no short cuts when installing products such as these. Follow all instructions carefully.

## 10. Detailed Description

Outdoor gyms for adults, including older adults. A collection of popular equipment to suit a range of needs. Made from high quality, reliable, durable stainless steel. Choose from supply only (you find your own suitably experienced installer) or installed with grass tiles. Allow 6-8 weeks for delivery.

Includes:

**Double Air Walker** Size: 228.5 x 63 x 115.8cm

- a sociable activity as can be enjoyed by two people at once
- easy to use and fun
- stretches legs and develops flexibility in hip joints
- can be used at a faster pace to build cardio strength

**Arm & Pedal Bike** Size: 131.2 x 48 x 140.8cm

- combines cycling and upper arm exercise
- improves balance and co-ordination
- provides a full body workout

**Air Skier** Size: 119 x 82.6 x 138.1cm

- a sociable activity as can be enjoyed by two people at once
- strengthens the lower abdomen, hips and thighs
- improves balance and co-ordination
- provides gentle exercise for fitness beginners

**T'ai Chi Spinners** Size: 127.4 x 105.8 x 151.8cm

- exercises the brain as well as the body
- designed to promote flexibility and co-ordination in wrists, arms and shoulders
- improves mental agility, circulation and provides a great warm-up
- can be a shared activity by two people at once
- wheels can be turned clockwise or anti-clockwise

## Benefits

- improves fitness and physical activity levels
- gives adults a reason to go outside and benefit from fresh air and vitamin D
- can also be enjoyed by staff, visitors as well as residents
- accessible and suitable for all abilities - beginners to advanced users
- positive impacts on mental health, self-esteem and sleep patterns.

## 11. Safety

- Always supervise the use of these products.
- Each piece of equipment comes with its own label attached offering instructions for safe use.

## 12. Technical Specification

Please note: these are large and heavy pieces of equipment

<b>Tai Chi Spinners</b>	
Packed weight in kg	63
Packaging	Pallet
Packed dimensions in cm – L x W x H	104 x 125.2 x 150.5
<b>Double Air Walker</b>	
Packed weight in kg	124 (+24kg for fixing posts)
Packaging	Pallet
Packed dimensions in cm – L x W x H	228.5 x 63 x 118.3
<b>Arm &amp; Pedal Bike</b>	
Packed weight in kg	71kg
Packaging	Pallet
Packed dimensions in cm – L x W x H	130.6 x 47.6 x 139
<b>Air Skier</b>	
Packed weight in kg	65kg
Packaging	Pallet
Packed dimensions in cm – L x W x H	119 x 82.6 x 140.6

### 13. Installation

These products do not require safety surfacing as users rise less than 2m from the ground (critical fall height). Because of this, the outdoor gym equipment can be installed into any ground surfacing provided that the area is level.

This equipment can be installed into cement, tarmac and into level grass areas.

The area around the outdoor gym equipment can be finished with grass wear mats (tiles) when installed into grass. Other surfacing solutions that are used include rubber crumb (wet pour), shredded rubber mulch, concrete or tarmac. All of these can be used when equipment is installed into grass, tarmac or concrete.

Installation instructions are supplied with this set. For an indication of the installation required, below are some details for installation of the Double Air Walker:



Component CheckList:	Check
Main Frame Assembly	
Fixing Post	
Base Cover	
Fixing Pack	
Information Signs	
Information Pack	

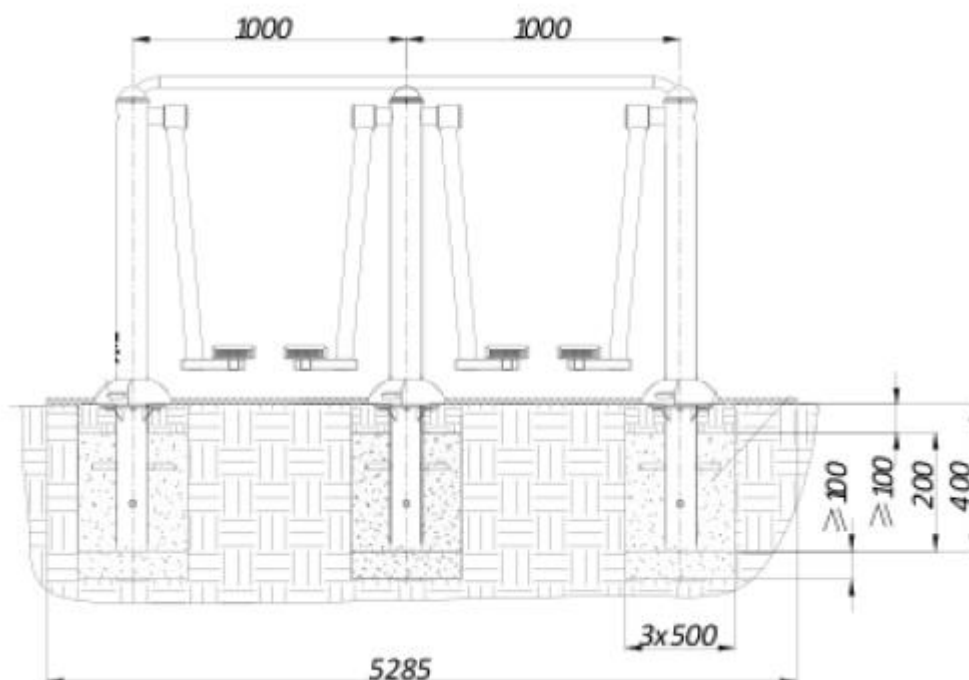
## Installation Instructions

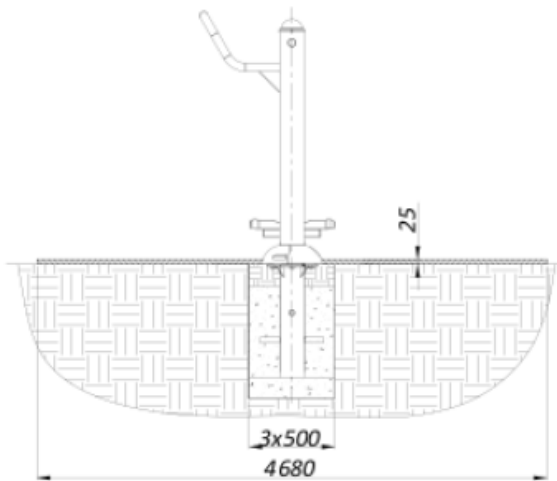
- 1 The installation layout & intended surface under the item can vary having an effect upon the installation (see note below). Refer to the client specification, order information & work instruction to verify before starting the installation.
- 2 Unpack & identify all of the components listed above.
- 3 Note installation depth, ensure the excavation & setting out corresponds with the concrete pad size for the piece and surface depth to be used. Check fixing posts with the flange on each piece to assess any alignment issues. Holes drilled in flanges are not guaranteed to be consistently aligned in the same direction on each unit.
- 4 Cat scan the area before excavating the foundation, set fixing post in wet concrete (C30), with flange bolt-holes aligned as required, adjusting the levels to the top of the plate (This can be done with the equipment attached to the fixing post to ensure alignment).
- 5 If a safety surface is being installed excavate the area required after cat scanning and prepare edging and base for surfacing as required. With any surfacing the fixing post will usually be set proud of the concrete anchor to the same depth as the surfacing being laid. However please note that the concrete pad still needs to be set in hard ground to the specified depth. So add the depth of the surfacing to the depth of the fixing post hole in the drawing below.
- 6 When foundations have sufficiently cured install the Double Air Walker onto the fixing post & tighten the fixings (218Nm).
- 7 Check full range of movement & function.
- 8 Fit the base cover to the base of the mainframe.
- 9 Repair or provide final surfacing.
- 10 Check, commission & clean equipment.

Note: This equipment is usually installed with an impact attenuating surface to an area meeting the requirements of EN1177. A drawing is provided in these instructions showing the minimum area for this item. The thickness of the surface will vary depending upon the type i.e. wet pour is typically 40mm thick over a 100mm MOT Type 1 consolidated base.

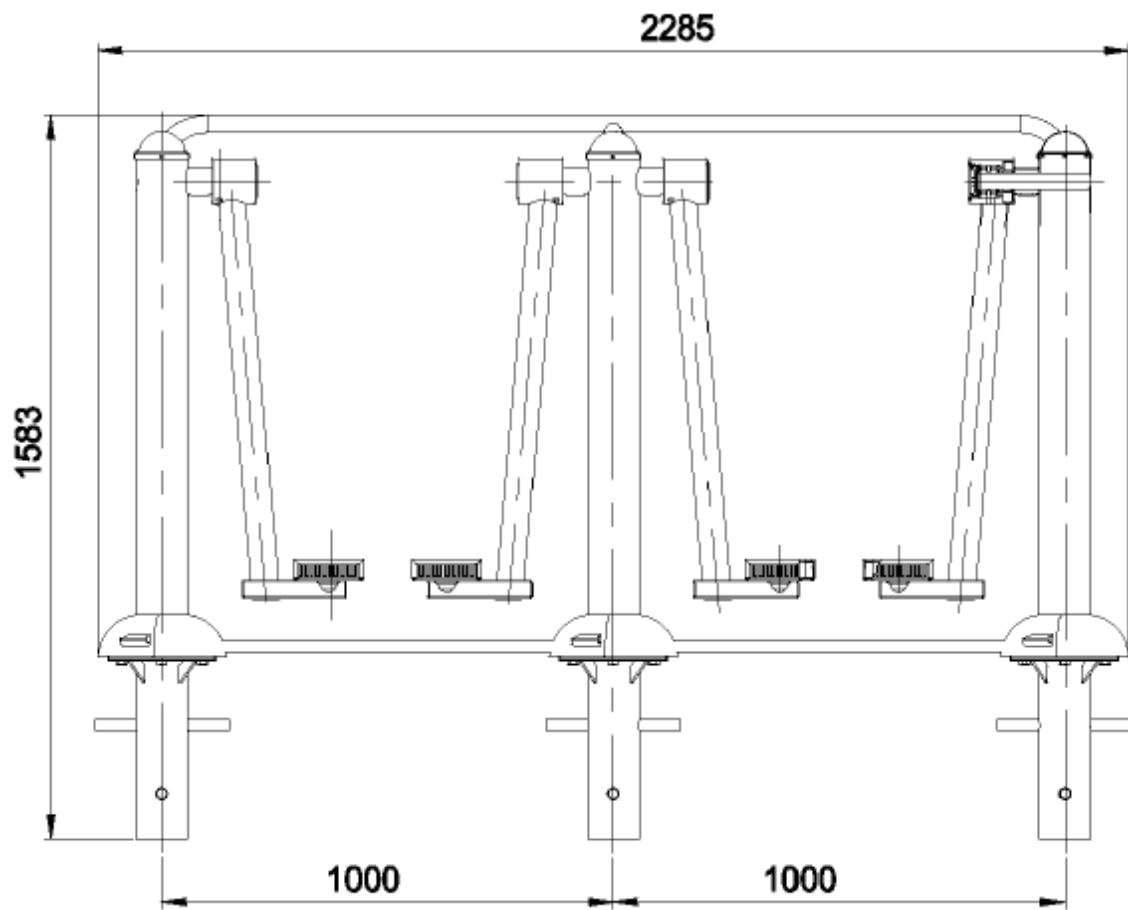
There are three foundation blocks required for this installation. The dimensions given are for regular ground conditions & may need to be amended for made up or soft ground.

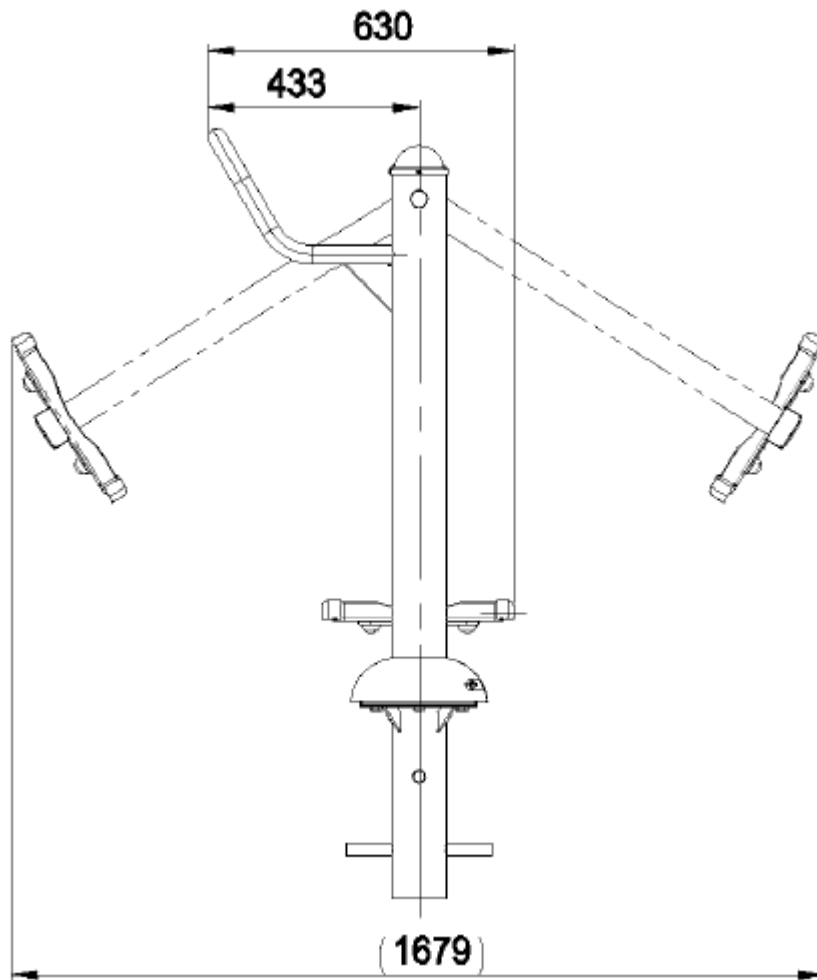
The Fixing Post must be used to allow maintenance of the item: It is manufactured with reinforcement bars for rigidity & dissipation of energy from the equipment in use these must not be removed.





Reference:	Name:
Equipment Weight	103KG
Fixing Post Weight	22.5KG





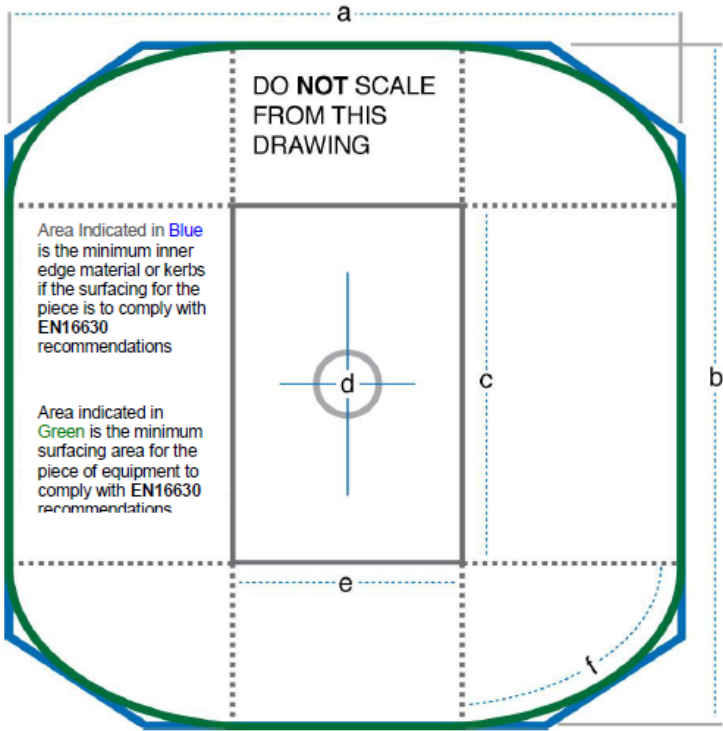
## Setting Out and Minimum Spatial Requirements (Top View):

NOTE: All equipment should be installed with a minimum 1.5m area extending from all parts at the extreme range or their movement: as indicated with the drawing on the next page:

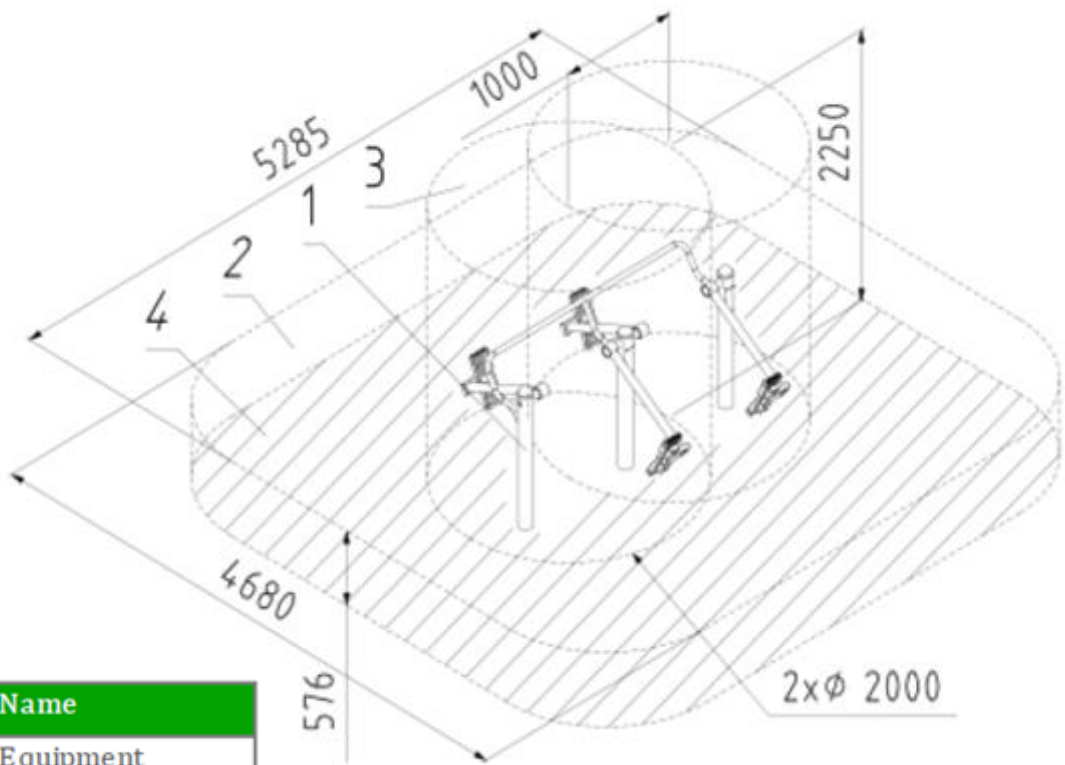
This should be interpreted as the minimum area for this item and must not be compromised by any other feature on the site.

1. This space should remain free of obstacles for 3.0m vertically
2. Maximum permissible fall to the surfacing  $\leq 1:50$

Note: Equipment can share surfacing areas providing there is 1.5M between the equipment at there most extreme.



Ref	Measurements
a	4680mm min
b	5285mm min
c	2285mm
d	Centre Point
e	1679mm
f	1500mm radius

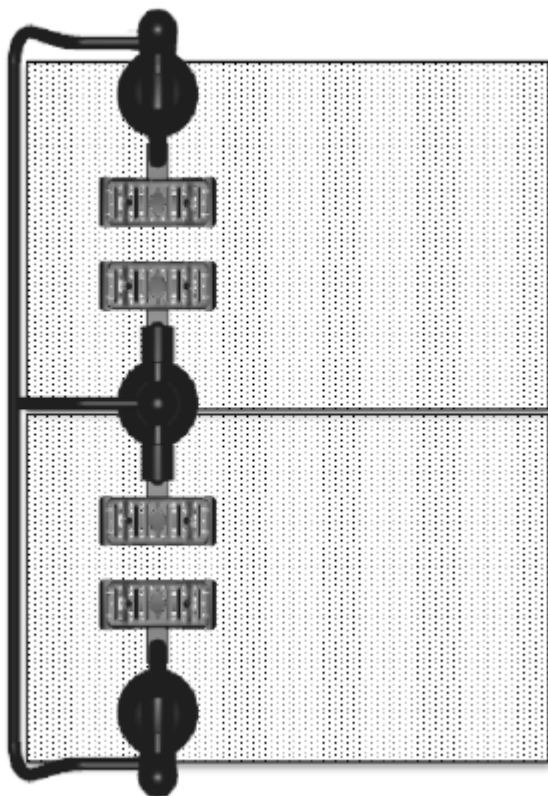


Ref	Name
1	Equipment
2	Safety Surface Perimeter
3	Training Space
4	Safety Zone



To install the Grass Tiles hammer the pegs provided into the ground making sure they are evenly spaced. A minimum wire layout for the grass tiles is below.

Note: When installing Grass Tiles the minimum wire area is 2m x 1.5m and in order to achieve this you will need to order 2 Grass Tiles from Fresh-Air Fitness. Grass Tile part number is 'GT'.



## 14. Care and Maintenance

Although this set has a very low maintenance requirement, regular maintenance checks are essential to keeping the equipment safe for use and in good working order. When your installation is complete, you will be provided with a maintenance guide.

## 15. Troubleshooting

*Not applicable*

Further copies of these instructions can be downloaded at [www.rompa.com](http://www.rompa.com)

We hope you find our instructions invaluable. If you have any suggestions for improving them further your comments will be greatly received – please contact us at [producthelp@rompa.com](mailto:producthelp@rompa.com)