

# Recumbent Cycle Trainer Installation Instruction

## Sign Board

### 告示牌信息



### Outdoor Fitness Park

Equipment use for youth and adults whose height over 1400mm;  
People use this equipment must read and follow the exercise instructions on the equipment;  
People must assurance about own medical safety before using this equipment;  
It is necessary to avoid over-exerting when using the equipment;  
For any emergency, please call xxxxxx;  
For maintenance issue, please contact by +86 186 5230 9672 or www.wingroc.com  
Address( where equipments installed): xxxxxx



### Recumbent Cycle Trainer GF-18004

Function: Promote flexibility, cardio respiratory endurance, and lower body muscles.  
Direction:  
1. Sit on the seat with both hands taking hold of grips, your knees bent and tread on footrests;  
2. Push both feet around circular motion alternately to enhance workout;  
3. Increase duration as fitness improves.  
4. Manufacturer Name: Jiangsu Wingroc Play Co., Ltd  
Address: Chenhua Road, Caodian Industrial Park, Baoying, Yangzhou, Jiangsu, China  
Year of Manufacturer: August 11, 2021  
Product has been Tested and comply with standard EN 16630: 2015

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Date of Production: 11<sup>st</sup> August, 2021;

Number and date of European standard: EN16630: 2015.

## 1. Assembly/set-up

- 1.1 Training space: dimension, minimum space area and free height of fall of the fitness equipment;

- I. Dimension: 1100×610×910mm
- II. Training Space:  $\varnothing$ 2000×2080mm
- III. Safe Area:  $\varnothing$ 3500 ×3580mm
- IV. Free Height of falling: 580mm
- V. Maximum permissible user body weight: 140KG

In the instance that the equipment is required to be assembled by the operator;

1.2 List of replacement parts;

No.	Model No.	Description	Material	Processing Technology
1	TY-004	$\varnothing$ 60 Tube Cap	PE	N/A
2	TY-002	$\varnothing$ 32 Hand Grip	rubber	N/A

1.3 Below tools is required for assembly & installation of upright twist outdoor fitness equipment;

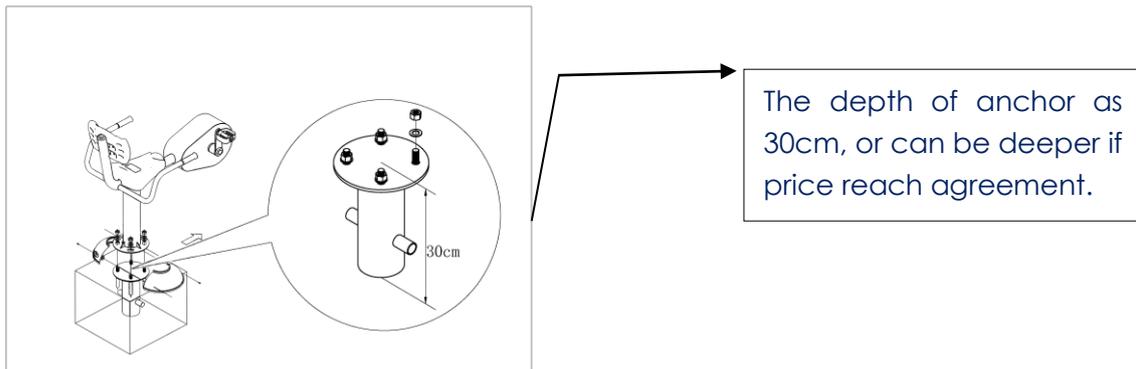
No.	Description	Specification
1	Electrical Drill	N/A
2	Adjustable Wrench	N/A
3	Hexagon Wrench	6mm

1.4 Concrete is required in case of the area size is less than 1000 square meter;

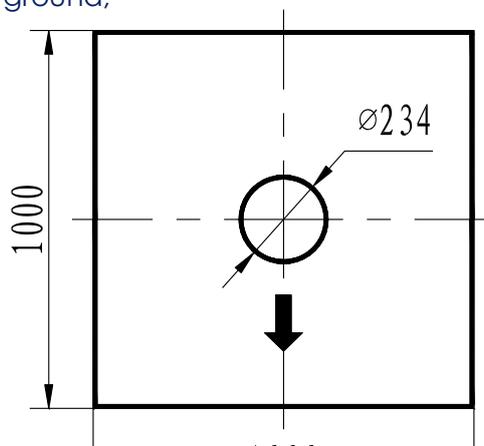
Product Ground Material Suggestion: concrete, sand, grassland, or hard mud.

1.5 Details about the foundation and anchorage;

**A. The Embedded Anchors Installation**

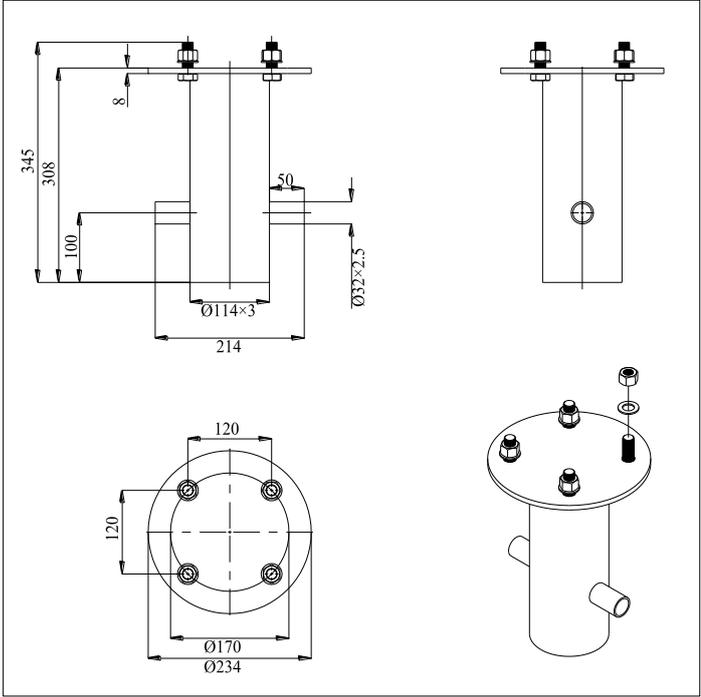


- I. Based on the project diagram, make a circular mark at the center of installation site for each machine, and draw an installation direction by making square mark with sides of 1000mm outside the circular. And dig an embedded hole (with size of  $\varnothing$ 234\*300mm) at each marked position of ground;

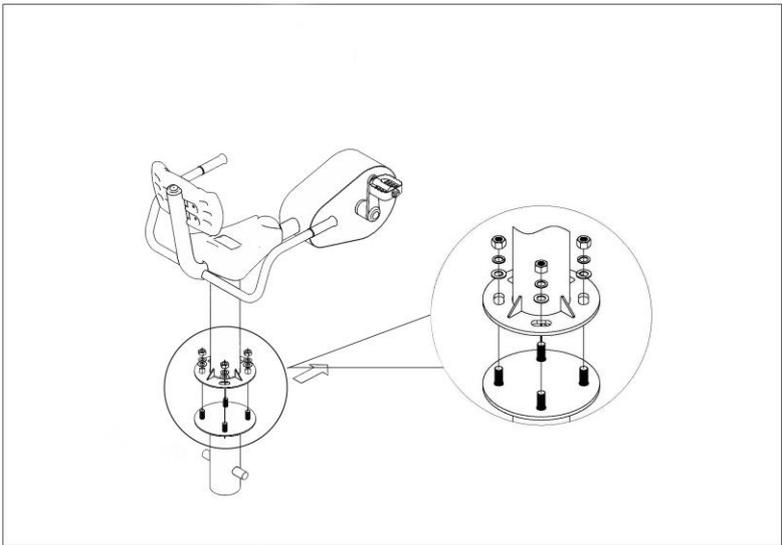


- II. Please make sure the centre point of circular, square must comply with the centre point of installation position of each machine in the project diagram.

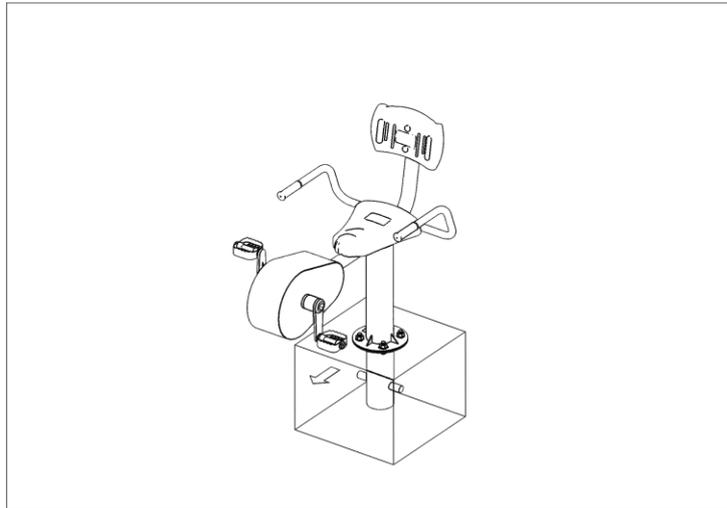
For all the anchors provided by Wingroc, the installation bolts have been welded and fixed onto the flange of anchors as photo



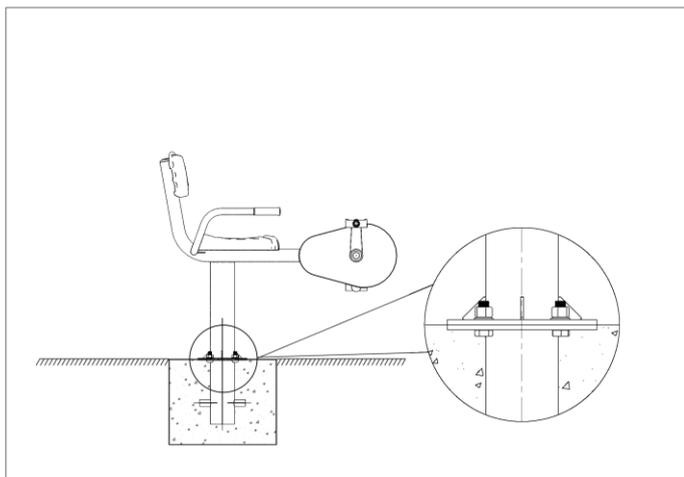
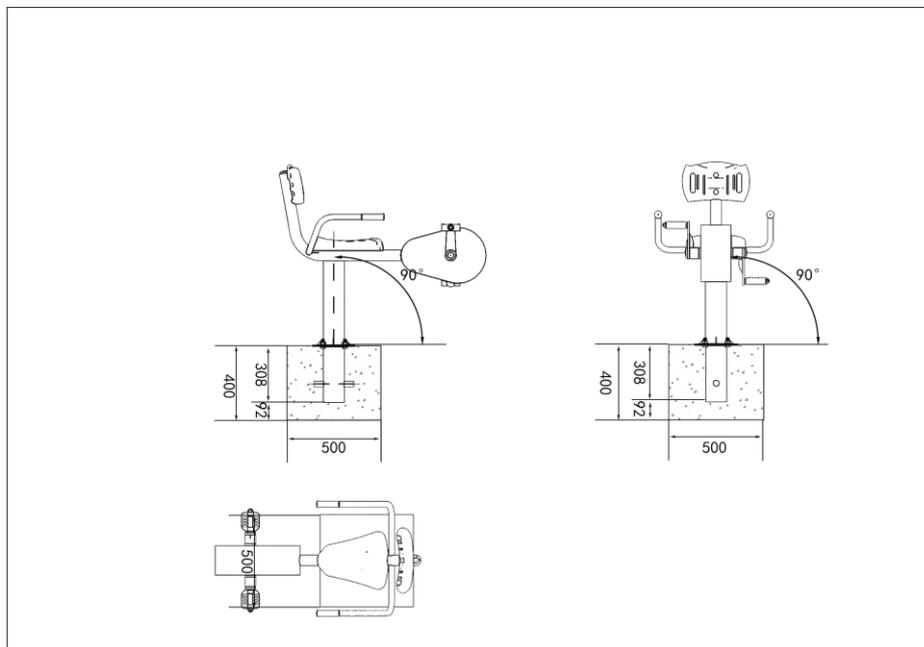
- III. Open the package and place the outdoor fitness equipment onto the installation anchors, turn the anchor upon proper alignment of mounting bolts to the mounting holes of machine; each bolt a gasket, spring washer, and lock nut, in turn and then tighten the screws



IV. Place the total unit machine onto the installation area & anchor in circular hole, turn the machine around to the installation direction along with the square mark;

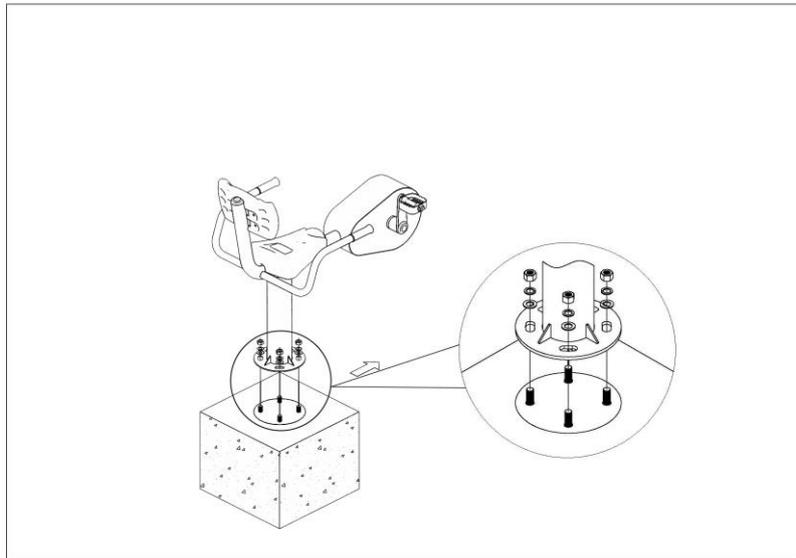


V. Make sure the machine is vertical to the ground and fix well, pour the concrete, and block the space.

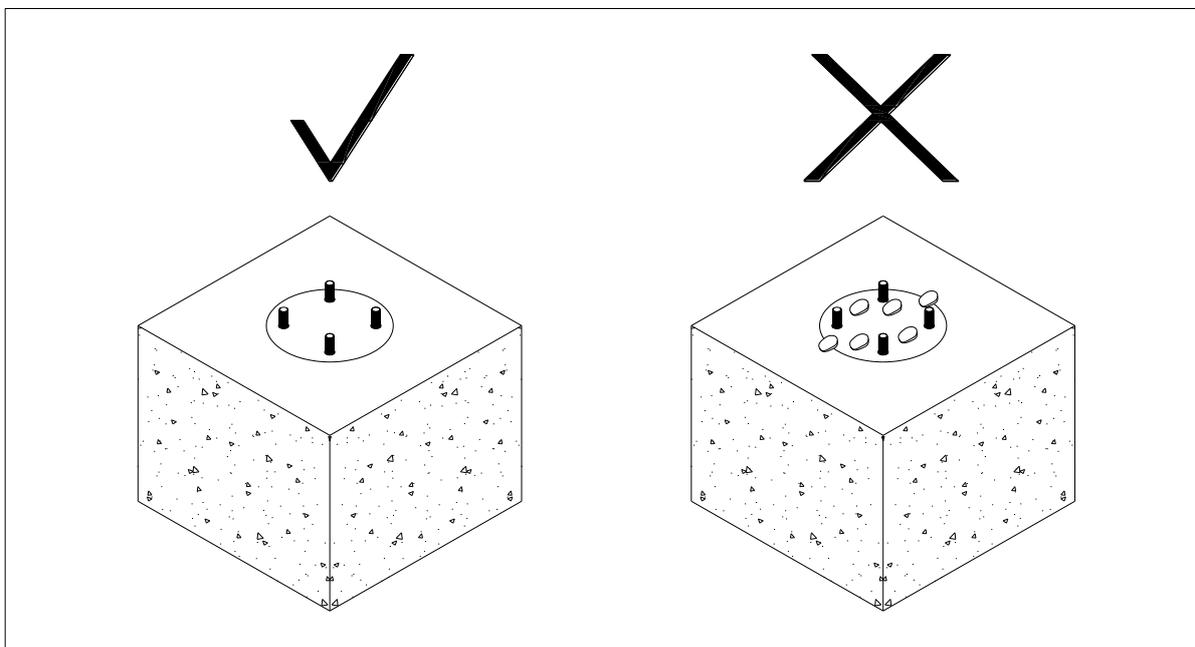


Please be attention: the top of flange must be at the same level or above of ground during process of pouring concrete.

VI. As soon as the placement of concrete is finished, make sure the flange top must be parallel to the ground and fix well, and then loose the screws, lock nut, spring washer and gasket, then move the machine out from the anchors.

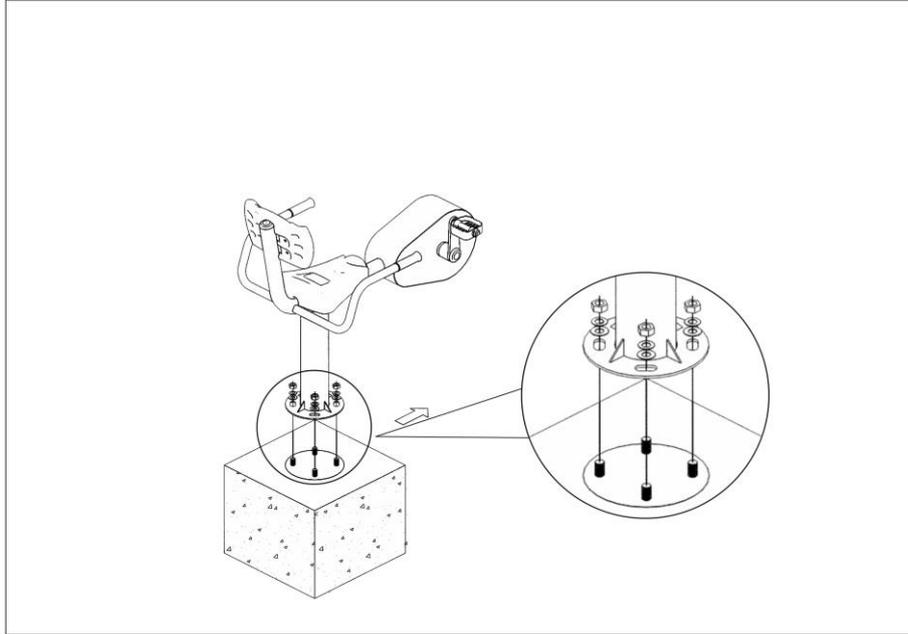


VII. During solidifying of concrete, please be sure the anchor must be vertical to the ground and surface of anchor flange is clear, without weed, soil, detritus cements or even cement mortar.

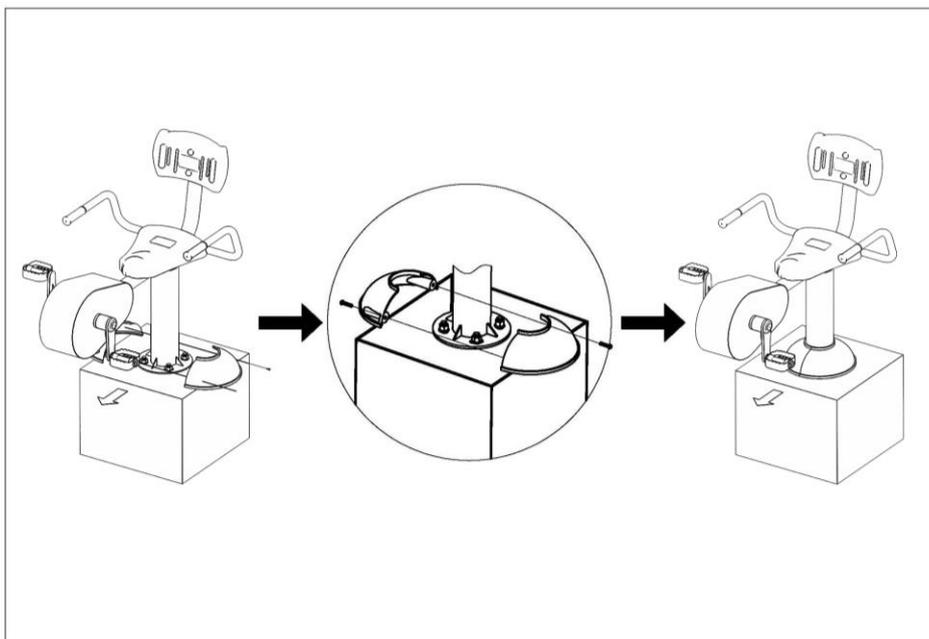


VIII. When the concrete is solidified and set, place the fitness equipment onto the installation

anchors, turn the total set upon proper alignment of mounting holes to the mounting bolts of anchors; each bolt a gasket, spring washer, and lock nut, in turn and then tighten the screws



IX. Wingroc will provide one unit plastic case for each 114mm or 89mm upright post fitness equipment. Take apart the case then cover the installation flanges by assembly and fix by tightening bolts and screws.



Please Attention: for all the outdoor fitness equipment which is supported by 114mm upright

post, the installation is valid by above installation manual in case of installation by embedded anchors.

## **2. Use**

- 2.1 Short and easy to comprehend description of the fitness equipment
- 2.2 Instruction:
  - I. Sit on the seat with both hands taking hold of grips, your knees bent and tread on footrests;
  - II. Push both feet around circular motion alternately to enhance workout;
  - III. Increase duration as fitness improves.
- 2.3 Please be careful to use this equipment

## **3. Inspection and maintenance**

- 3.1 Routine Check
  - 3.11 Check that all fastenings are secure.
  - 3.12 Check that there are no hazards on or around the equipment, such as broken parts or debris.
  - 3.13 Check that ground clearance levels are maintained.
  - 3.14 Check that foundations are not exposed.
  - 3.15 Check that there are no sharp edges, missing parts, excessive wear to moving parts and that the equipment is structurally sound.
- 3.2 Operation Check
  - 3.21 Carry out checks 1-4 as listed under Routine Inspection.
  - 3.22 All structures and frameworks should be checked to ensure there is no bending, warping, cracking, loosening, or breaking.
  - 3.23 Fixed items of equipment should be checked to ensure parts are not bent, broken, loosened, worn, or missing.
  - 3.24 Check that there are no sharp points or protrusions.
  - 3.25 Check that welds are not damaged or corroded.
  - 3.26 Check that exposed mechanisms and moving components are free to move and show no signs of wear or binding.
  - 3.27 Check that guards or other protective devices are not missing, bent, or broken and have no loose components.
  - 3.28 Ensure all drain holes are clear.
  - 3.29 Ensure that all fixings are present and secure. Wingroc fitness equipment ranges use

fastenings with tamper-resistant pentagonal button heads. You will have been provided with a special key for tightening these when the equipment was installed. If you need a replacement, contact us.

- 3.30 Check that seats and hand holds are not damaged; do not have sharp corners, insecure fittings, or missing components.
- 3.31 Check that foundations are not cracked, loose in the ground or corroded at the base.
- 3.32 Check that mechanical devices and other moving parts (pivot points, universal joints etc.) have no worn bearings, are not seized, or have excessive or unduly noisy motion, have incorrect clearances and/or missing covers and are sufficiently greased/lubricated.
- 3.33 Check that there is no play in bearings and they are sufficiently greased or lubricated. If, after adjustment, there is still play in the bearings, then they should be replaced immediately. Note - special attention should be given to "sealed for life" parts.
- 3.34 Check that all surfacing around the items has no trip points, areas where water may gather, holes or litter.
- 3.35 Check that the surface finish of equipment is free from rust and other corrosion, cracks, splinters, sharp edges and broken or open joints.

**Customer Services:** Jiangsu Wingroc Play Co., Ltd, Chenhua Road, Caodian Industrial Park, Baoying, Yangzhou, Jiangsu, China.

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