Technical description

Fitness equipment

Rowing fitness equipment MFS-011.

Equipment designed for the development of leg and back muscles.

Components: lower base, lever system, handles, seat, footrest. The support pillar of the equipment must be made of steel pipe, with a wall thickness of 3 mm and a diameter of 130 mm, mounted on a platform with holes for fixing to the foundation. The basic structure of the equipment must be made of steel pipe, with a wall thickness of 3.5 mm and a



diameter of 57 mm, mounted on a platform with holes for fixing to the foundation. All mobile components that support the weight of the body will be made of steel pipe with a diameter of 48 mm and a wall thickness of 2.8 mm, and the handles and footrests with a diameter of 42mm.

Static components will be built from a single element. In the case of mobile elements, movement will be ensured by means of a double rocking system and joints resistant to the external environment.

The handles will be covered with rubber to prevent the limbs from slipping.

The seats and footrests will be made of LLDPE polyethylene using "rotomoulding" technology.

All moving elements, heads, screws, nuts need to be covered with plastic protective caps.

Metal elements need to be sandblasted and electrostatically painted in two layers with a thickness of 100 microns to make them resistant to the external environment.

Materials: steel, LLDPE, plastic, galvanized fasteners, plastic caps in the places of thread joints.

The foundation of the structure will have dimensions of Lxlxh=400x400x500 mm.

<u>Installation requirements:</u> To ensure safe and reliable operation, all supporting elements should be deepened into the ground (earth) 0.50m to increase rigidity, then following the concreting process (BC 300 concrete).

The installation of the elements must exclude the possibility of their disassembly without the use of special tools.

<u>Dimensions:</u> length - 1291 mm, width - 896 mm, height - 650 mm. In addition to the space occupied by the equipment, according to the regulations in force, an impact zone of 1.5 m will be provided.



