

## Technical description

Fitness equipment

### Fitness equipment Pendulum – Twister MFS-014.

**Components:** support pillar, lower base, lever system, miners, foot supports, rotating disc.

The equipment support pillar needs to be made of steel pipe, with a thickness of 3 mm and a diameter of 130 mm, being 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 thickness of 2.8 mm, and the miners and foot supports with a diameter of 42mm.

The rotating disc and foot supports will be made of LLDPE polyethylene (linear low-density polyethylene) using rotomoulding technology.

The connected static elements will have a diameter of 33mm and 27mm, being made of steel pipe with a thickness of 2.8 mm.

All articulated joints will be equipped with reinforced closed type bearings. Static components will be constructed from a single element. In the case of movable elements, movement will be ensured by means of a rocking system and joints resistant to the external environment. 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, rubber, galvanized fasteners, plastic caps in the places of thread joints.

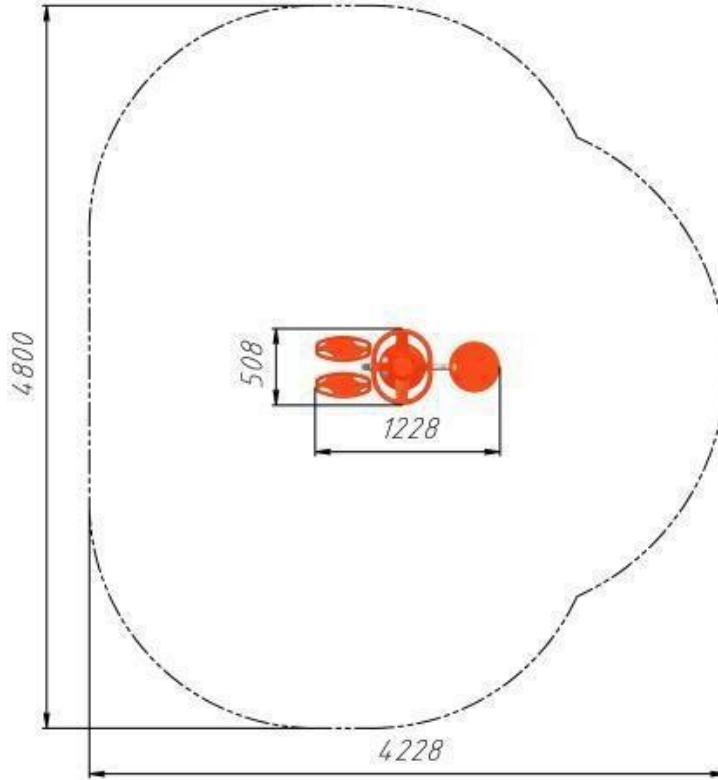


The foundation of the structure will have dimensions of  $L \times l \times h = 300 \times 300 \times 500$  mm.

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

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

**Dimensions:** length - 1228mm, width - 508mm, height - 1400mm. 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.



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