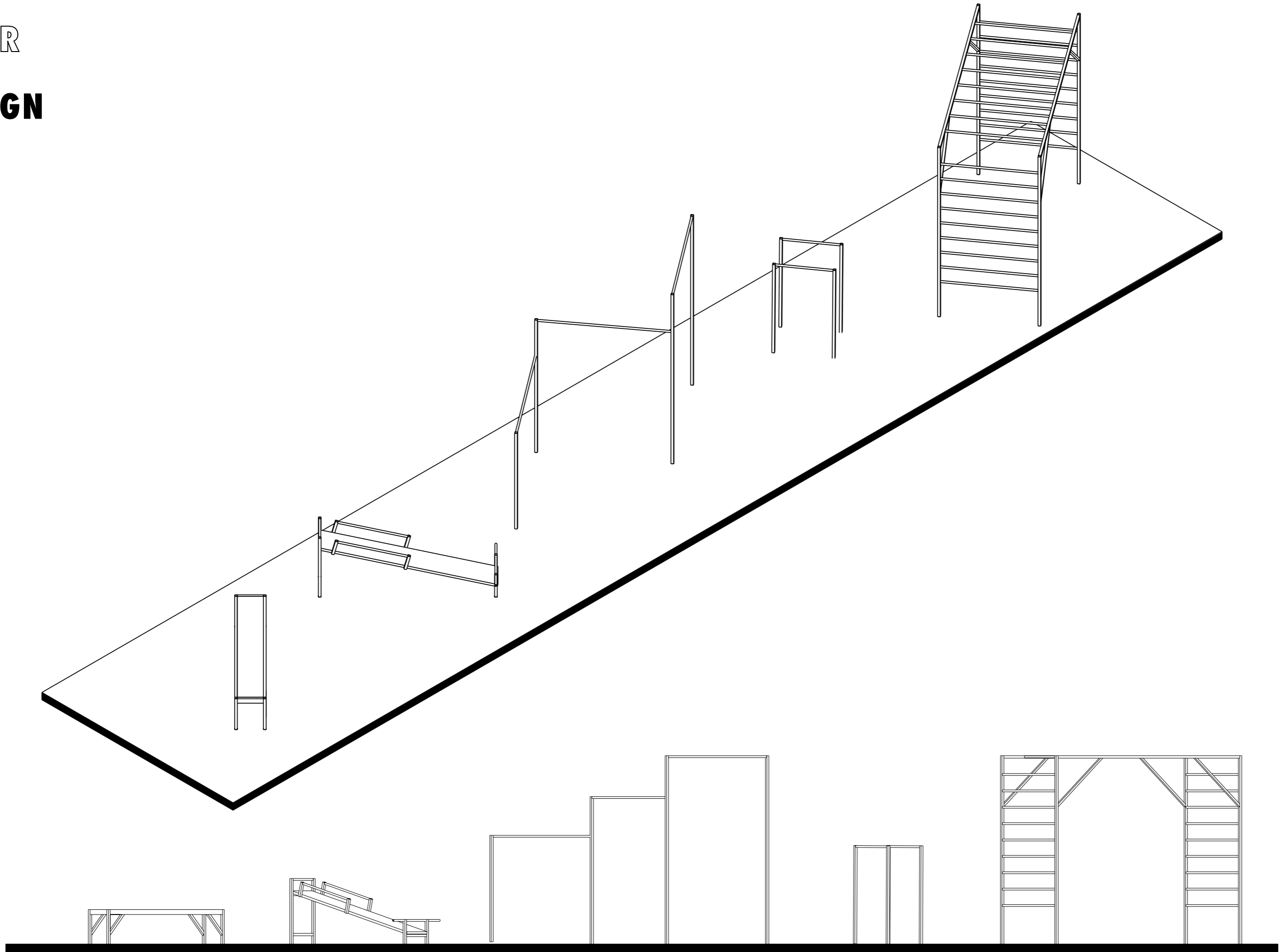




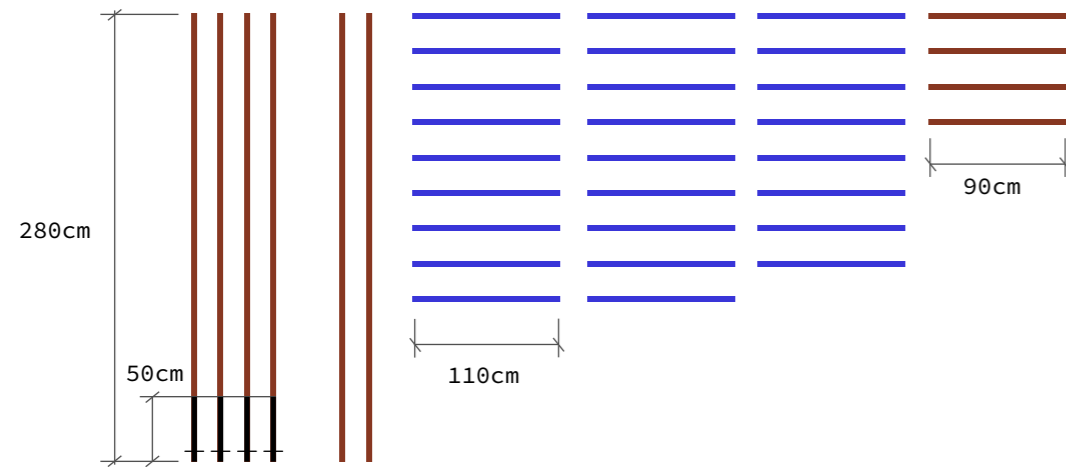
OUT  
DOOR  
GYM  
DESIGN



# OUT DOOR GYM CUT

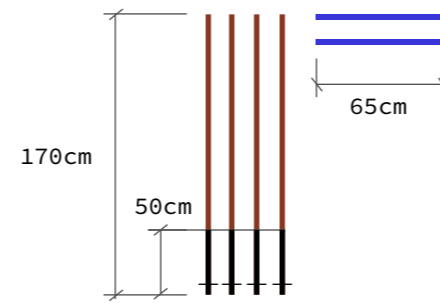
## Monkey-bar

- 280cm x6
  - 90cm x4
  - 110cm x26
- Total:  
 ■ 2040cm  
 ● 2860cm



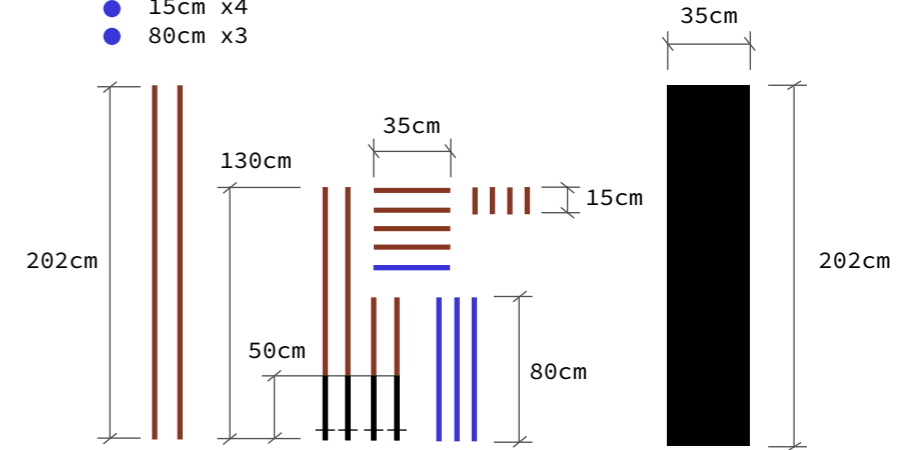
## Dip-bar

- 170cm x4
  - 65cm x2
- Total:  
 ■ 680cm  
 ● 360cm



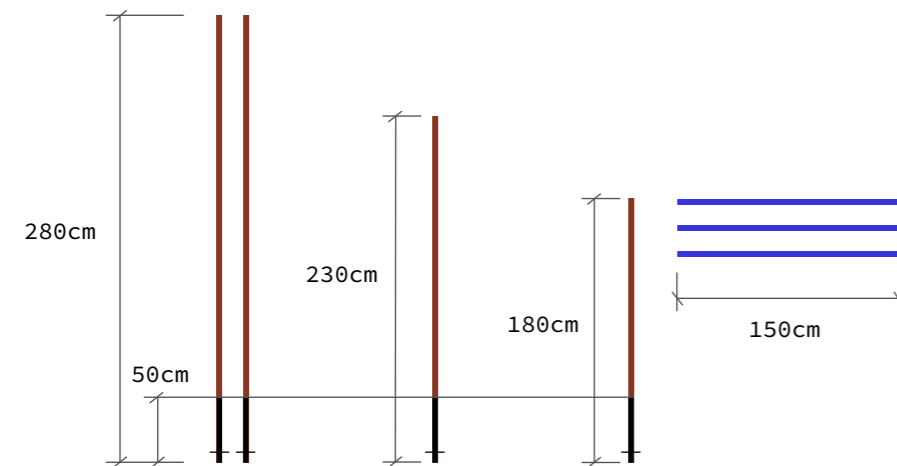
## Crunch-bench

- 202cm x2
  - 130cm x2
  - 80cm x2
  - 35cm x4
  - 35cm x1
  - 15cm x4
  - 80cm x3
- Total:  
 ■ 964cm  
 ● 335cm
- Wooden top:  
 35cm x 202cm



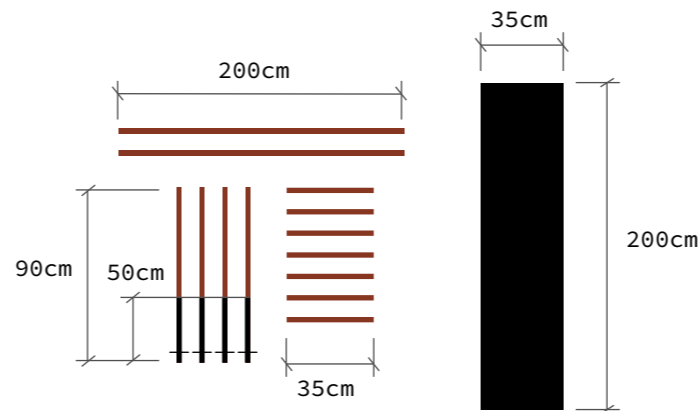
## Swing-up rails

- 280cm x2
  - 230cm x1
  - 180cm x1
  - 150cm x3
- Total:  
 ■ 970cm  
 ● 450cm



## Step-bench

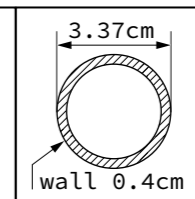
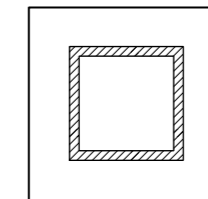
- 90cm x4
  - 35cm x7
  - 200cm x2
- Total:  
 ■ 1005cm
- Wooden top:  
 35cm x 200cm



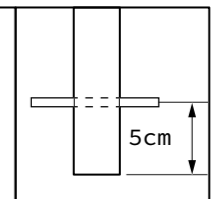
## Total of materials needed

- Square pipe: 5659cm
  - Round pipe: 4005cm
- Anchor barriers:  
 10cm x20

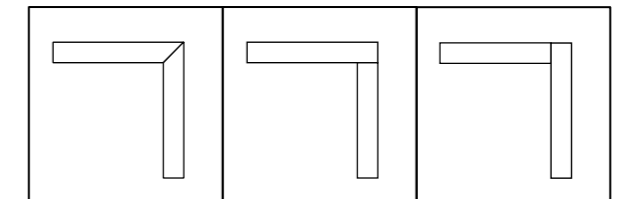
## Steel pipes:



## Anchor barrier:



## Joints:

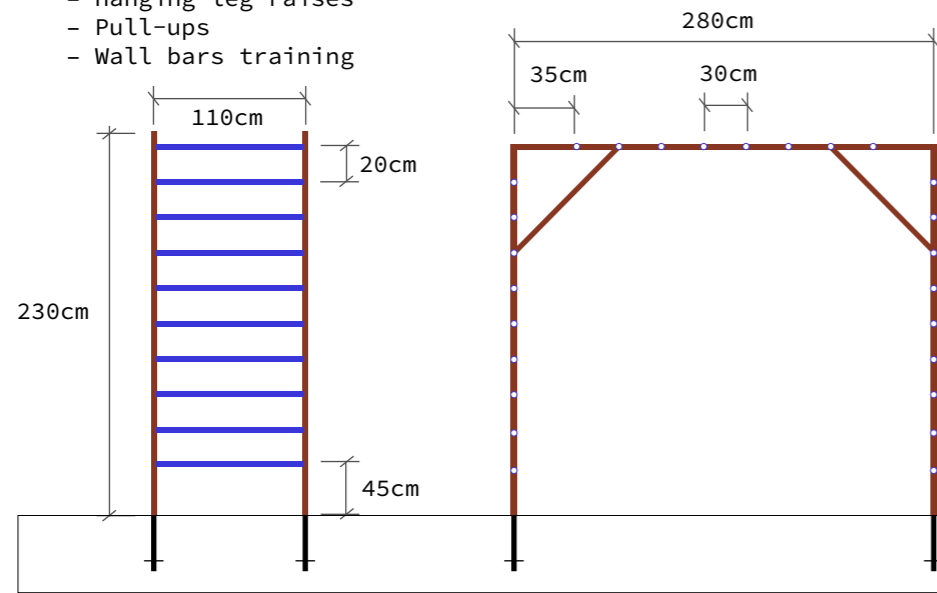


**IMPORTANT:** The pillar pipes are 50cm longer for anchoring into the ground.

# OUT DOOR GYM ASSEMBLE

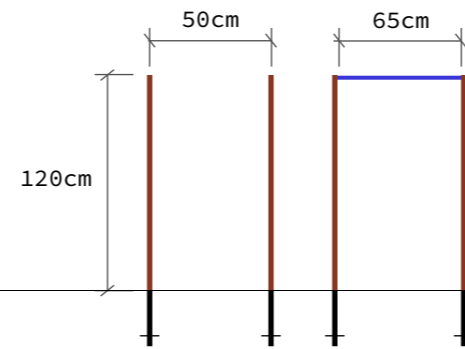
## Monkey-bar

- Hanging leg raises
- Pull-ups
- Wall bars training



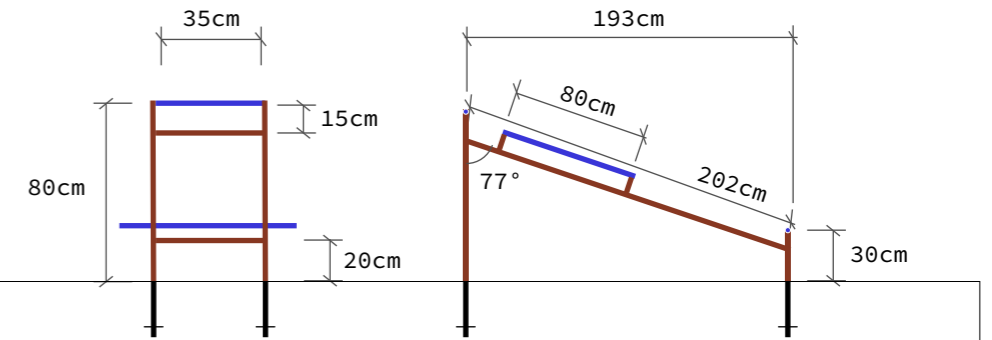
## Dip-bar

- Dips
- Knee raises
- Swing ups



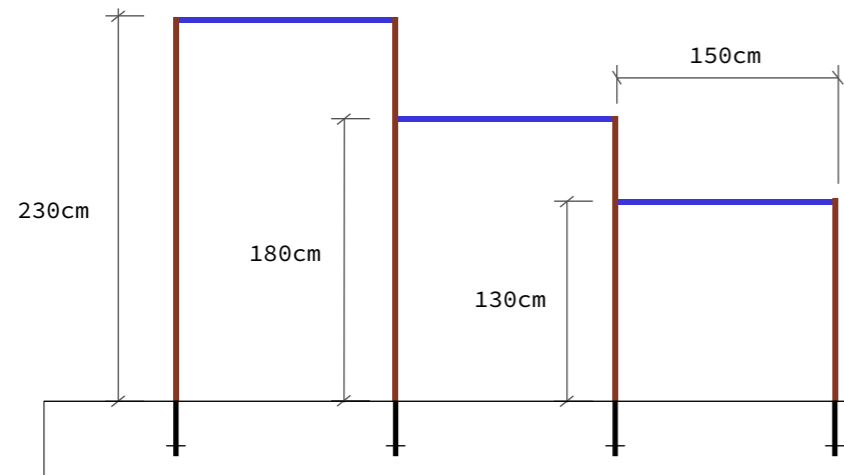
## Crunch-bench

- Crunches
- Leg lifting while lying down
- Hip twister



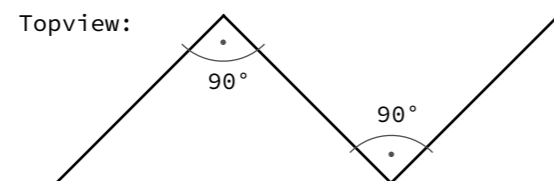
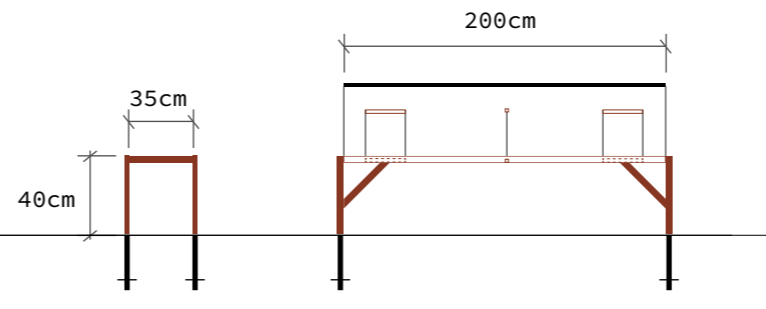
## Swing-up rails

- Pull-ups
- Knee raises
- Swing ups

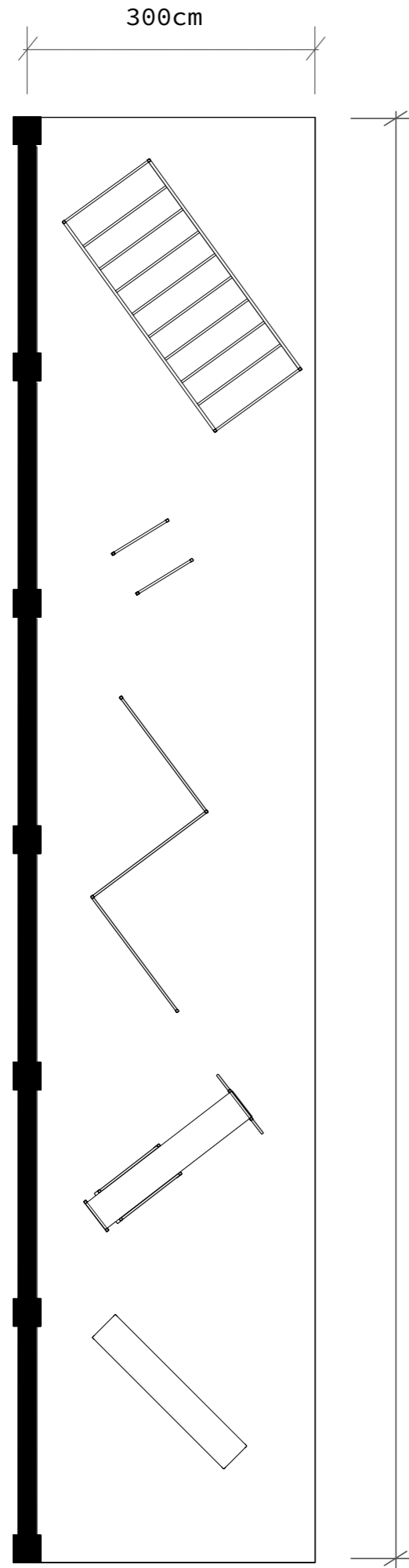


## Step-bench

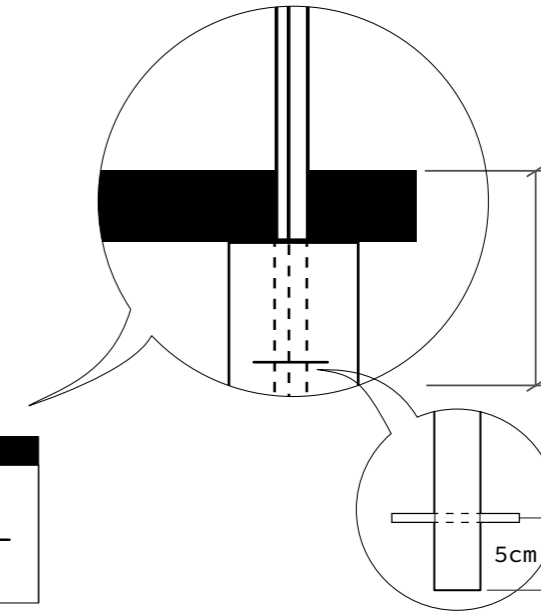
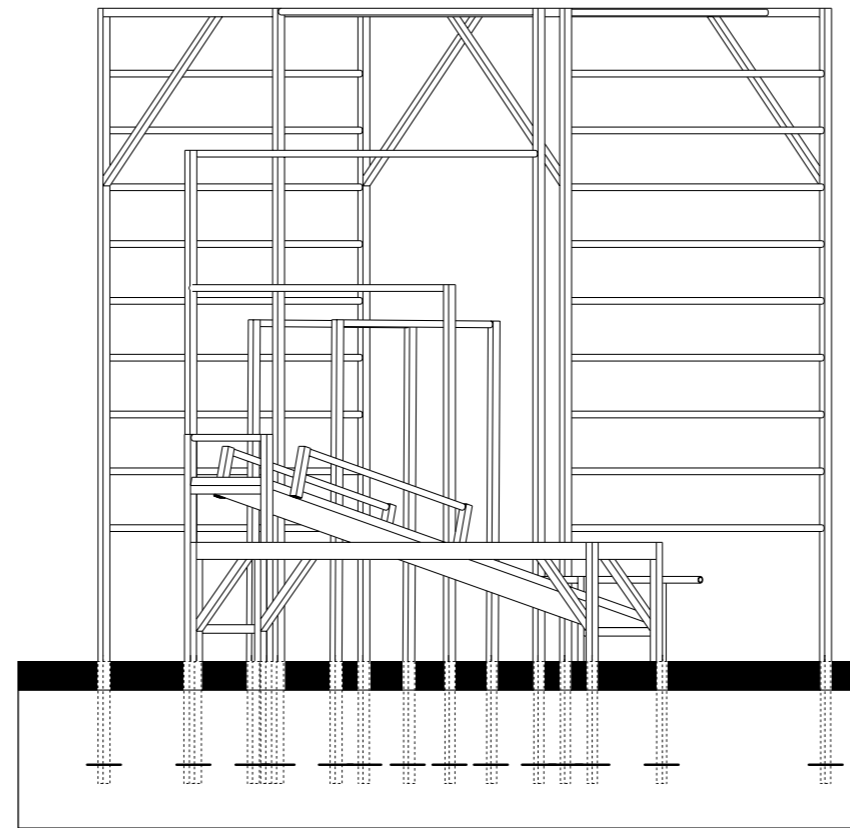
- Jump squat
- Step aerobic
- Split squat



# OUT DOOR GYM INSTALL

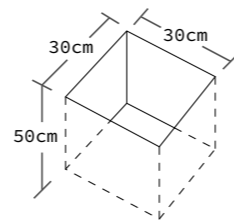


1550cm



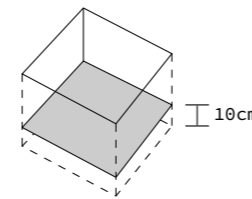
Anchor 50cm deep into the ground with a 30 x 30cm squared concrete foundation

Don't forget the Anchor barrier!



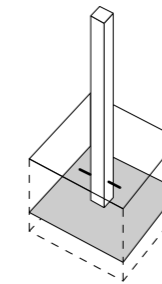
Step 1

Dig holes for anchoring poles according to the nature of the soil. For a classic earthy soil, the dimensions indicated on the plan are fine.



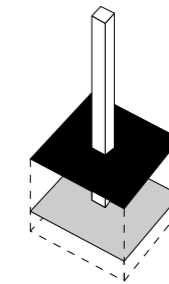
Step 2

Pour concrete over a 10cm height in order to solidify the bottom of the hole.



Step 3

Place the poles one by one in the hole, while assembling them together.



Step 4

Pour concrete up to surface level (or -5cm) to avoid that the concrete block pokes out and are visible at the surface.