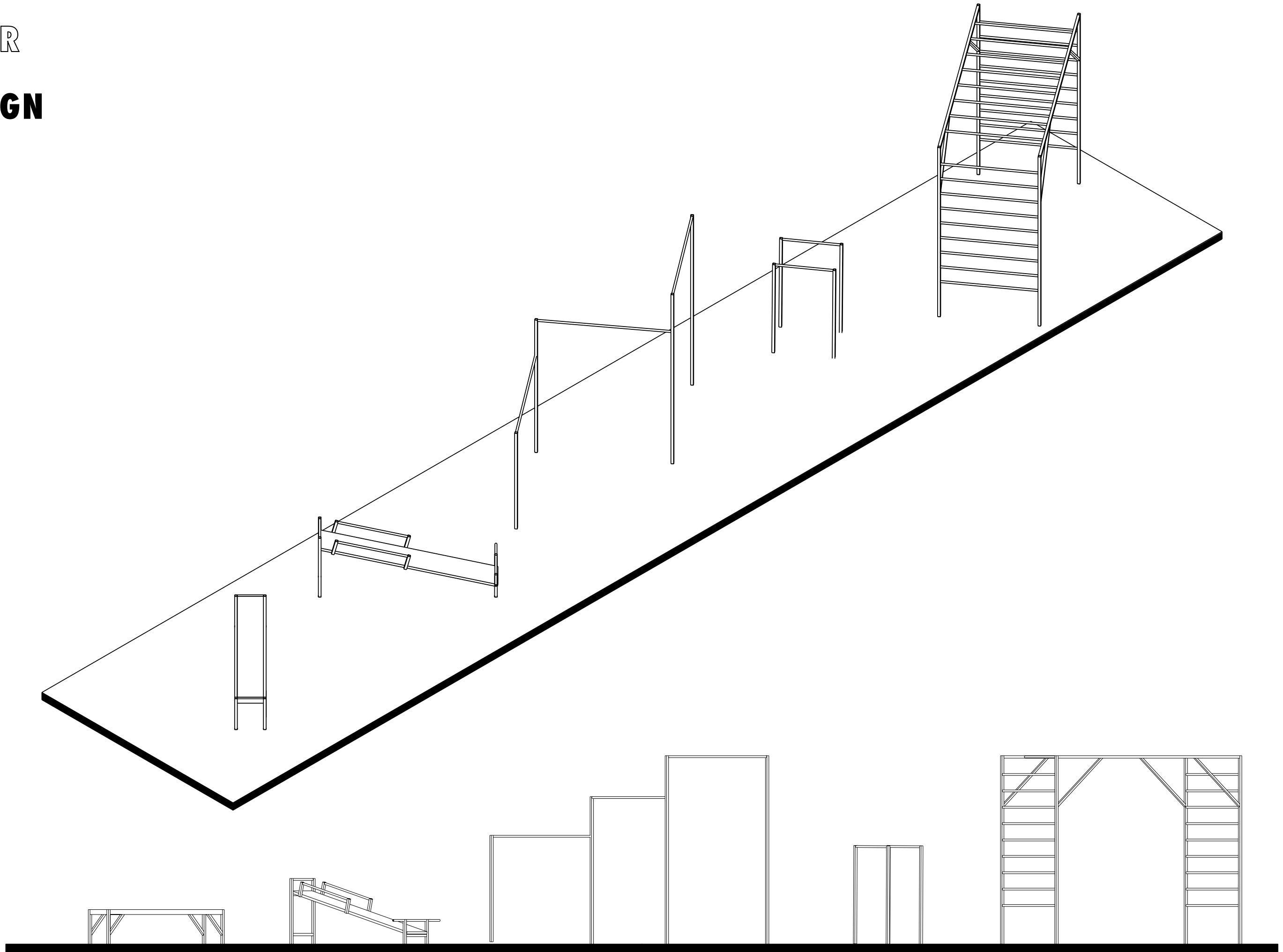


OUT
DOOR
GYM
DESIGN

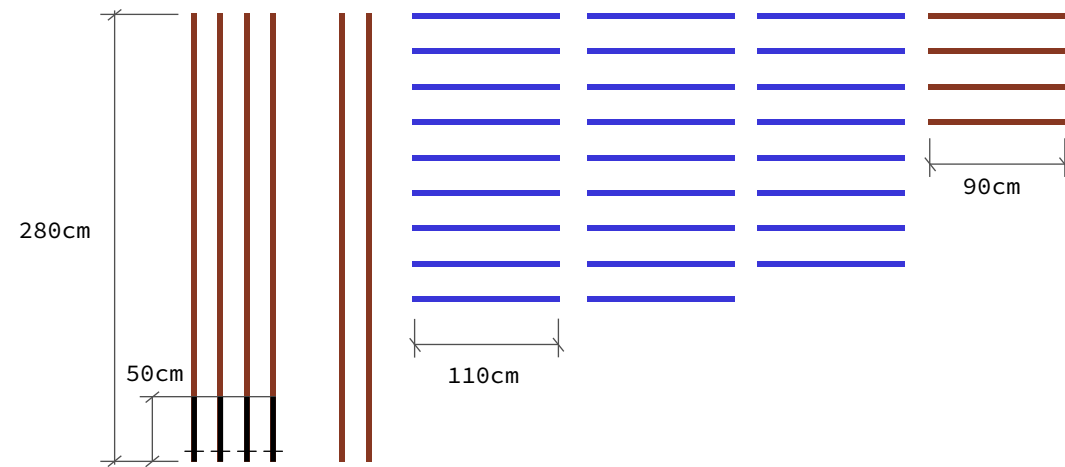


OUT DOOR GYM CUT

Monkey-bar

- 280cm x6
- 90cm x4
- 110cm x26

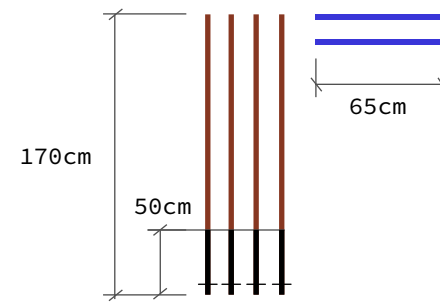
- Total:
- 2040cm
 - 2860cm



Dip-bar

- 170cm x4
- 65cm x2

- Total:
- 680cm
 - 360cm

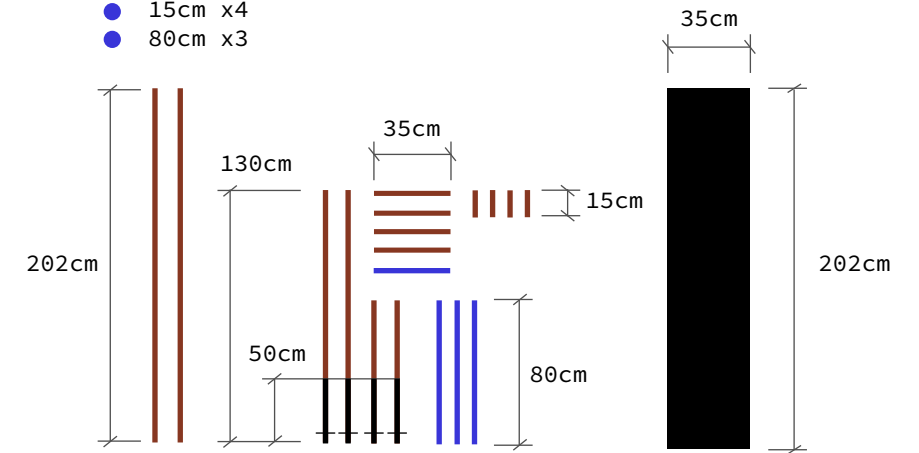


Crunch-bench

- 202cm x2
- 130cm x2
- 80cm x2
- 35cm x4
- 35cm x1
- 15cm x4
- 80cm x3

- Total:
- 964cm
 - 335cm

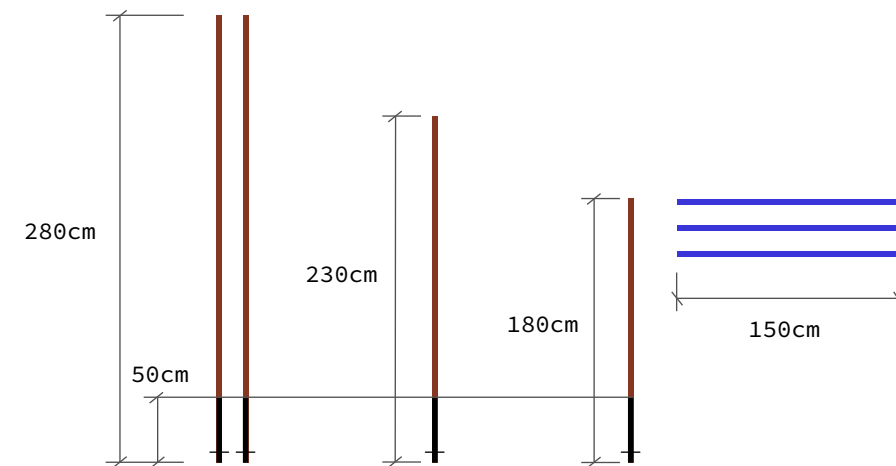
Wooden top:
35cm x 202cm



Swing-up rails

- 280cm x2
- 230cm x1
- 180cm x1
- 150cm x3

- Total:
- 970cm
 - 450cm

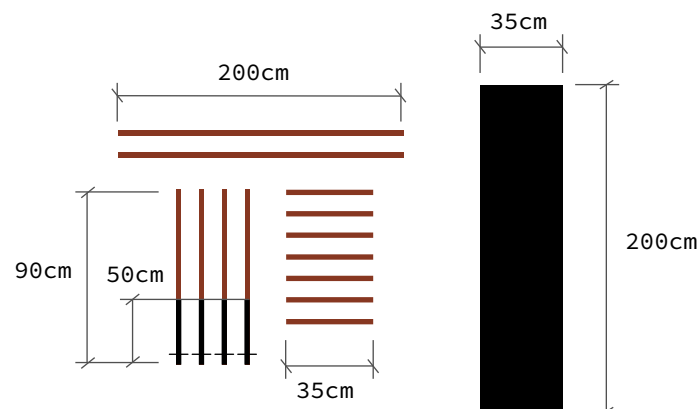


Step-bench

- 90cm x4
- 35cm x7
- 200cm x2

- Total:
- 1005cm

Wooden top:
35cm x 200cm

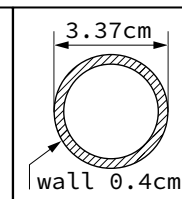
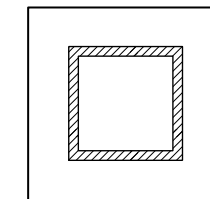


Total of materials needed

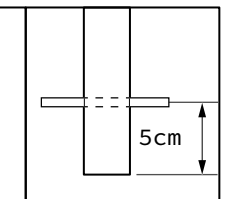
- Square pipe: 5659cm
- Round pipe: 4005cm

- Anchor barriers:
10cm x20

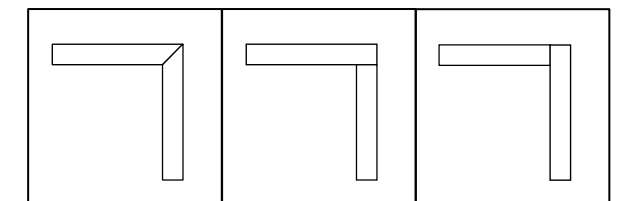
Steel pipes:



Anchor barrier:



Joints:

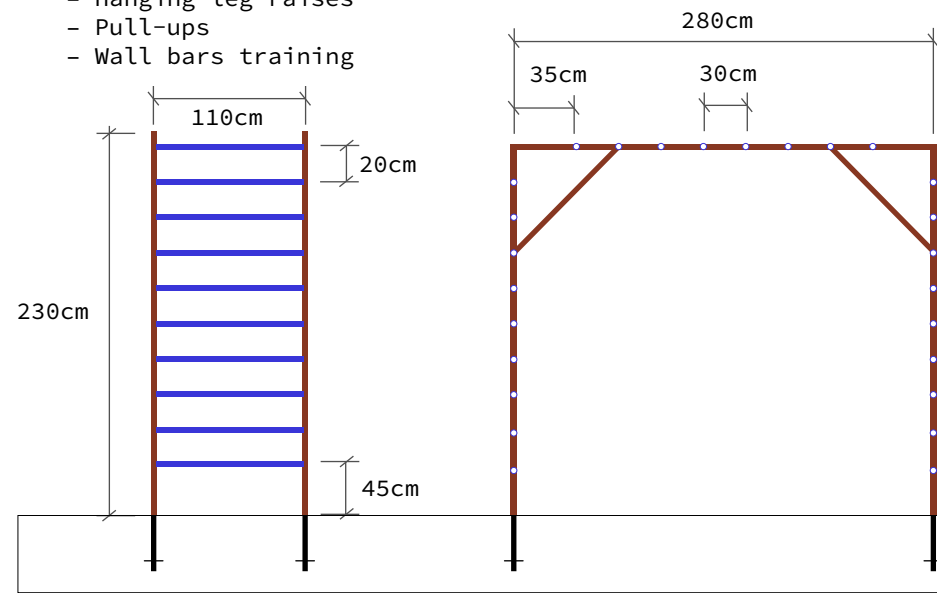


IMPORTANT: The pillar pipes are 50cm longer for anchoring into the ground.

OUT DOOR GYM ASSEMBLE

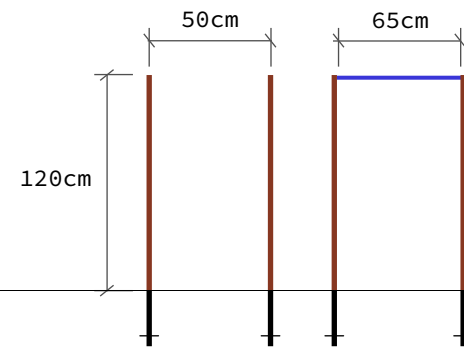
Monkey-bar

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



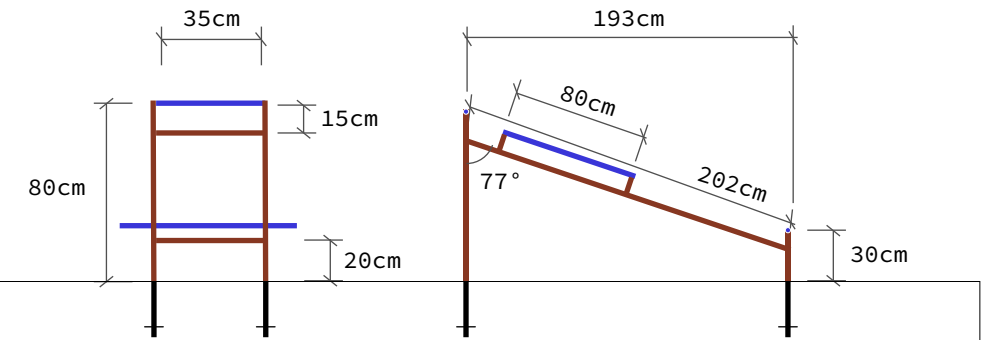
Dip-bar

- Dips
- Knee raises
- Swing ups



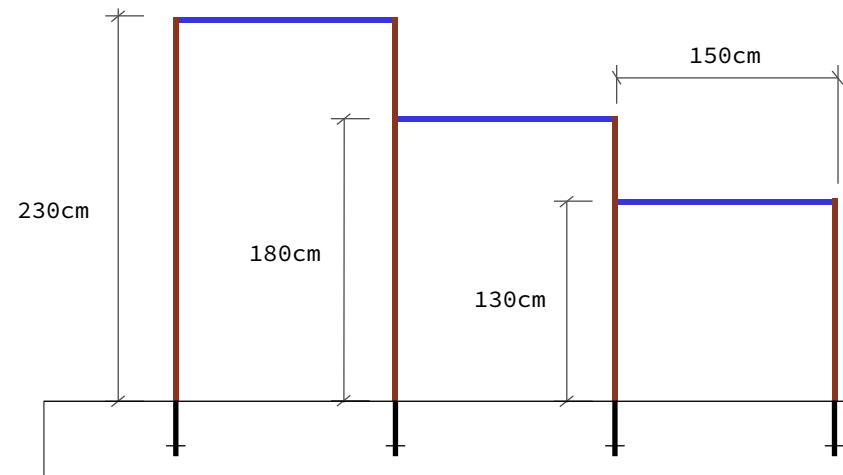
Crunch-bench

- Crunches
- Leg lifting while lying down
- Hip twister



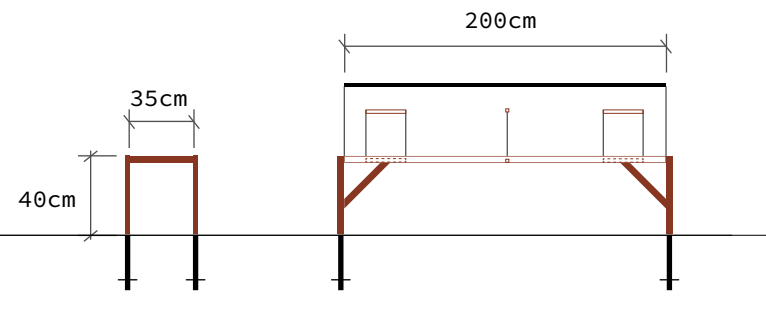
Swing-up rails

- Pull-ups
- Knee raises
- Swing ups

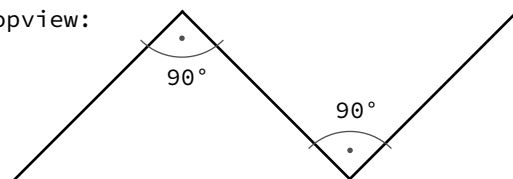


Step-bench

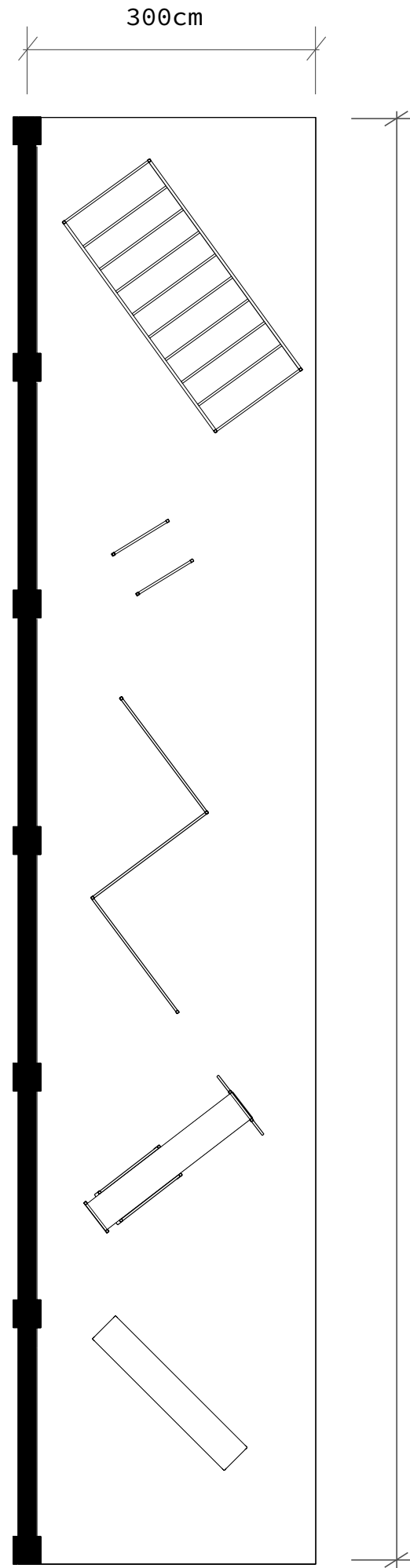
- Jump squat
- Step aerobic
- Split squat



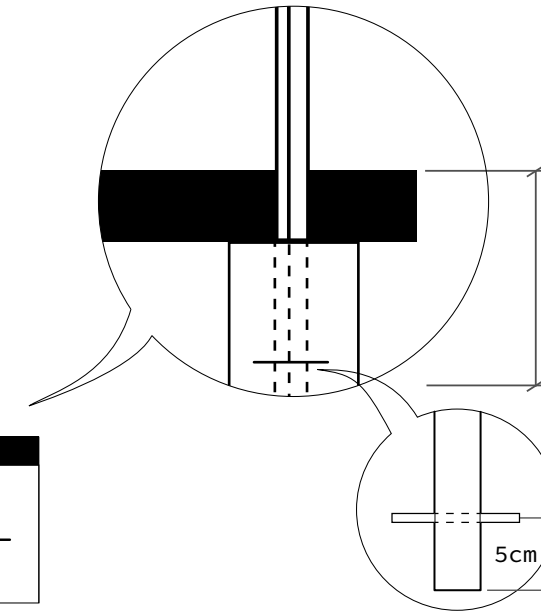
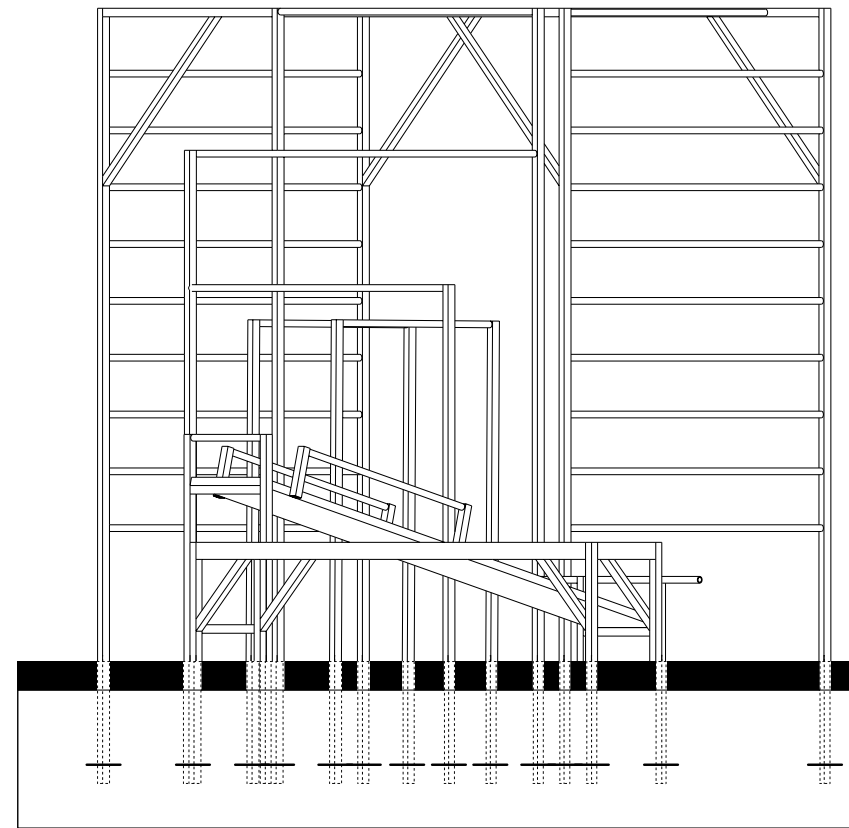
Topview:



OUT DOOR GYM INSTALL

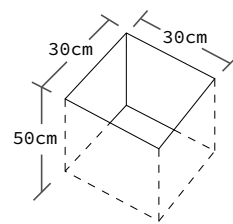


1550cm



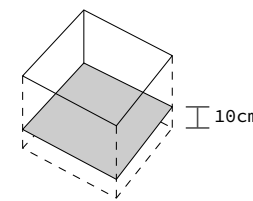
Anchor 50cm deep into the ground with a 30 x 30cm squared concrete foundation

Don't forget the Anchor barrier!



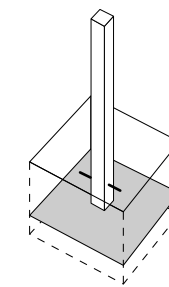
Step 1

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.



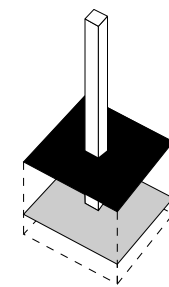
Step 2

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.