

Full Body Multi Gym

TGO701

For a complete body work out get 4 pieces of equipment in 1.

The Multi Gym is a fantastic product for small parks and spaces, to dot along pathways or even create your own trim trail. Get 4 pieces of equipment in 1 with TGO Multi Gyms. TGO have created 3 packages, the Full Body Multi Gym, Cardio Multi Gym and Toning Multi Gym to give the best possible workouts.

Fancy an upgrade? Why not upgrade your Cardio equipment to Cardio Charge - generate electricity whilst exercising and charge your mobile phone or tablet. People Power!

Specification

- 100% Made in Britain
- Certified to EN16630, (legacy standards, BSI PAS888 - safety compliant for ALL ages, users and non-users & DIN79000 - safety compliant for users, aged 14+). All TGO outdoor gym equipment is free from exposed end stops, entrapments and sharp edges

ALWAYS ASK FOR EN16630 FOR OUTDOOR GYMS

- Great instructional signage- workout QR code videos, start and finish diagrams.
- Weatherproof
- Resistance-based equipment - no electricity required
- Low maintenance
- Designs include key elements of Inclusive Fitness Initiative guidelines
- TGO plant a tree in the NHS Forest for every piece of equipment sold
- Anti vandal fixings
- Available in all major RAL colours
- Stop mechanisms concealed
- Paint UV stabilised
- Welds certified to EN15015614
- Powder coated finish
- Separate ground anchor for future upgrades

TGO701UK

Integrated instructional signage and QR codes to view how to use videos. Coming soon!

Work the shoulder and arms by lifting approximately 30% of your body weight on the Lat Pull Down / Shoulder Press

Interactive components and new stainless steel handles with 80mm end caps for IFI and TÜV standards



Leg Press works the leg and Gluteal Muscles under a controlled plane, using the integrated footplate.

This product has a coastal specification optional upgrade

Includes a Cross Trainer to improve muscle tone in the arms and legs, and build on that heart of yours as an excellent cardiovascular work out.

Guarantees

25 years steel work
2 years bearings
5 years paint





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Production Details

Manufacturer Standard: EN16630 (legacy standards - PAS888, Din79000)
 Framework: Mild Steel Grade S275 (min 3mm thick)
 Finish: High quality gloss finish polyester powder coat paint
 Signage: High quality reverse printed PETG (Integrated coming soon)
 Backs: Enhanced Polyphenylene Ether (PPE) Resin

Enhanced Corrosion Protection

An enhanced corrosion protection is available on request for this product. Hot dip galvanising is the process TGO use to add a protective coating to the body of our products on our equipment in coastal areas, which have higher air salinity or in harsh urban and industrial atmospheres with higher sulphur dioxide pollution*.

The upgrade includes:

- Upgrading to hot dip galvanising
- Fixings are upgraded from A2 to A4 stainless steel

*An upgrade to galvanised steel will be necessary for the warranty in these environments.

Installation

This product is installed onto three generic TGO Large Ground Anchors. Please see the 'TGO Installation & Assembly Guidelines' for guidance on installing this anchor. Leg Press spacing is based on 5ft (1524mm) to 6ft (1829mm) individuals.

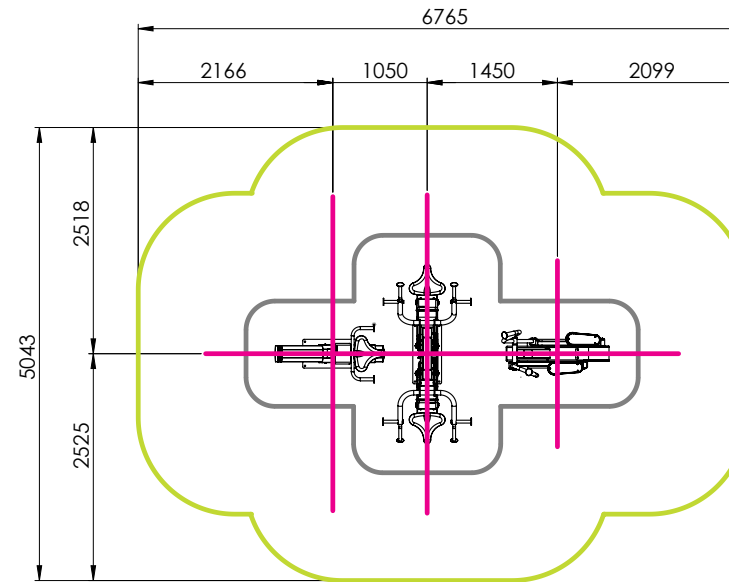
Safety

This product requires 1.5m of clear space around the equipment (green outline).
 - Fall height: 0.6m
 - Clear Space: 35.4m²
 There is no safer surface requirement and therefore TGO only recommend a minimal surface area (grey outline).

Parts List

No	Part	Dimensions	Weight	Qty
1	Leg Press Track Assembly ⁺⁺	L1207, W561, H1021	95kg	1
2	Leg press Platen ⁺⁺⁺⁺	L168, W466, H401	11.3 kg	1
3	Lat Pull Down / Shoulder Press	L1993, W988, H1943	160kg	1
4	Cross Trainer ⁺⁺⁺	L1182, W523, H1610	108 Kg	1
5	Large Ground Anchor ⁺	L777, W489, H344	23Kg	3

Clear Space Required Recommended Surfacing Base Plate & Centre Lines
 (25mm tolerance added in each direction)



Ground anchor is separate, makes future upgrades easy!



⁺Substituted with 6x HILTI fixings for surface mounted option

⁺⁺ Based on the product in a rested position

⁺⁺⁺ Based on greatest value position

⁺⁺⁺⁺ Including four (4) spreader plates

