

Dips/Leg Raise

TG0800

This piece of equipment has two fantastic exercises for the price and space of one. The Dips/Leg Raise has an improved tricep dip exercise on one side and the more inclusive leg raise exercise on the other. The leg raise exercises are an excellent way to improve your core strength. The Dips exercises are for the fitness fanatic who will visit the gym especially to use this strength piece. The dips improves the strength and tone of the upper body, in particular arms and shoulders.

A great workout for the whole body from just one piece!

Specification

1. 100% Made in Britain
2. 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, sharp edges and crush points

ALWAYS ASK FOR EN16630 FOR OUTDOOR GYMS

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



TG0800UK
Integrated instructional signage and QR codes to view how to use videos. Mounted either side of the central frame

This product has a coastal specification optional upgrade

Interactive components are painting in a contrasting colour to comply to IFI and make the equipment as intuitive as possible

All products come with a manufacturing label to identify it





Dips/Leg Raise

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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
 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 a generic TGO Large Ground Anchor. Please see the 'TGOGC Installation & Assembly Guidelines' for guidance on installing this anchor. Please refer to the diagram opposite for safety spacing (green outline)

Safety

This product requires 1.5m of clear space around the equipment (green outline).

- Fall height: 0.3m
- Clear Space: 16.5m²

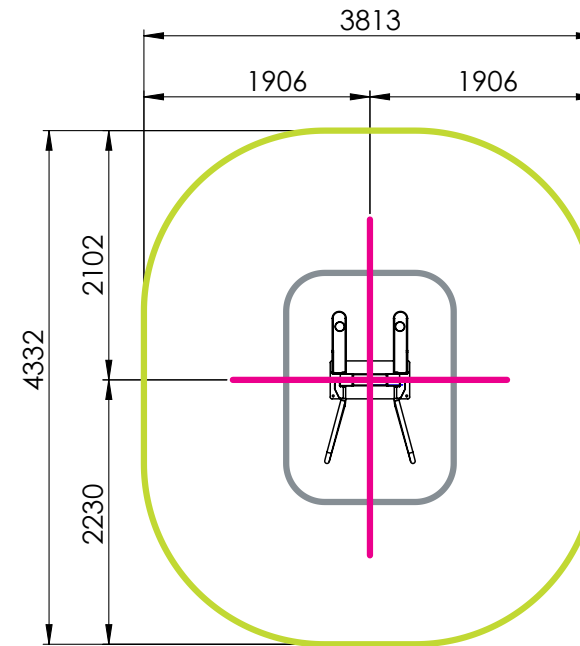
There is no safer surface requirement for this product. However, as a responsible gym provider TGO recommend a minimal safer surfacing area (green area) for this product. This is based on the potential for a user to invert themselves on this product and experience a 1.3m fall height.

Parts List

No	Part	Dimensions	Weight	Qty
1	Dips/Leg Raise	L1282, W763, H2213	96 kg	1
2	Large Anchor ⁺	L777, W489, H344	23 kg	1

⁺Substituted with 6x HILTI fixings for surface mounted option

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



Ground anchor is separate, makes future upgrades easy!

