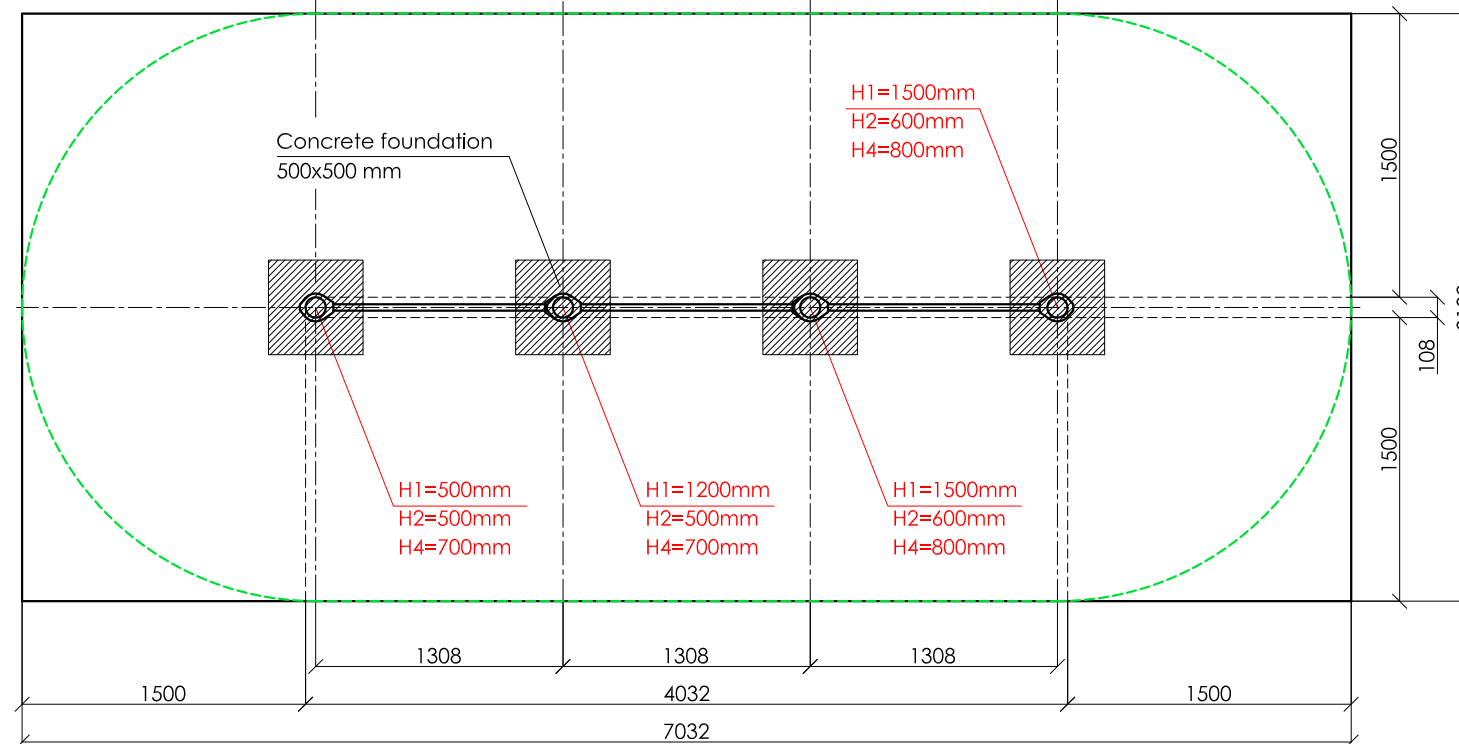
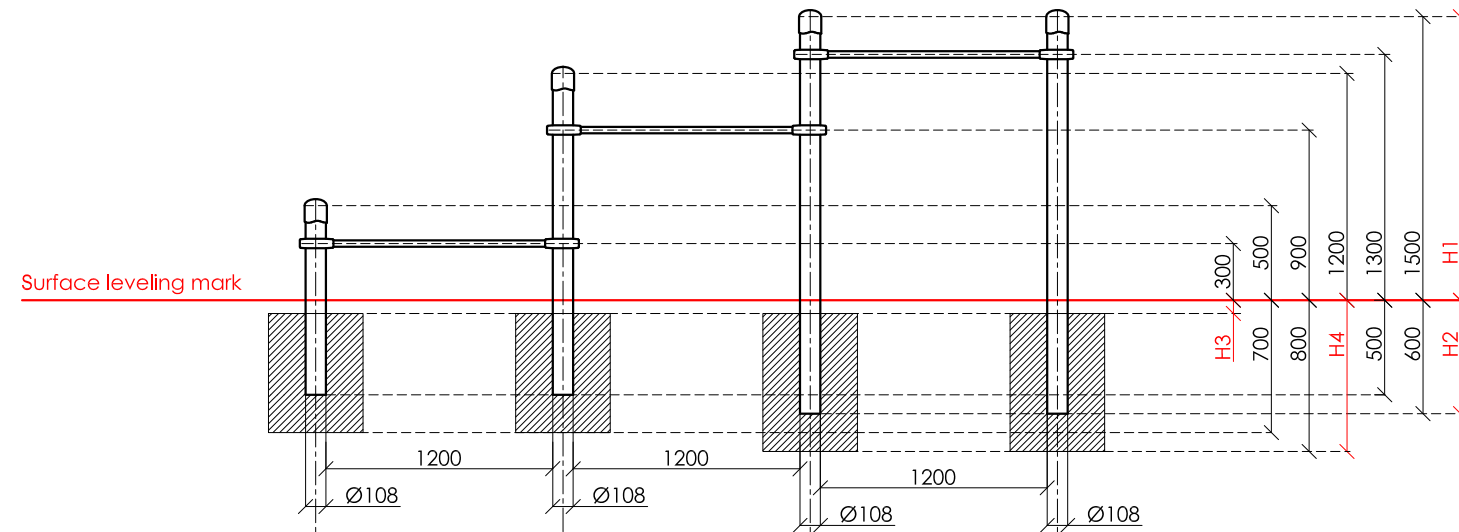
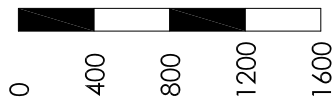


SCALE 1:40



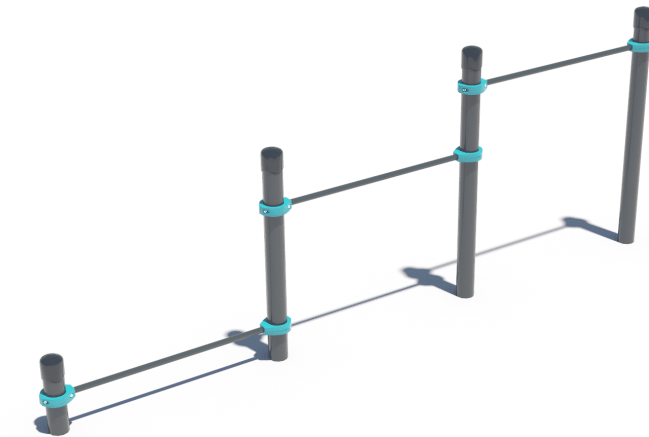
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K-001

French triple push-up bar



The construction consists of four vertical columns with different height and three crossbars. The length of each crossbar is 1200 mm. Construction is secured together with siluminium clamps. Weight - 77.5 kg

Installation instructions:

- Choose a suitable underground for the unit (see page 2, table 2)!
- Prepare the construction pit with a drilling machine or other devices.
- Before pouring the concrete all structures elements must be leveled and fixed.
- Complex elements must be fixed and bolted together with metal clamps.
- Ready-made C25 concrete should be used.
- Crossbars installation height can be changed according to customer's wishes.
- Approximately 0,15m³ concrete is needed for each spot foundation.
- Under the structures we recommend to install absorbing rubber cover.

The size of the hole for the foundation is depending on the consistency of the ground. The dimensions mentioned above are applicable for normal conditions with firm ground. If the ground is extremely soft, a much bigger foundation is needed. Use only appropriate material and follow the installation instructions closely!!!

Foundation plan and area of movement of the K-001 French triple push-up bar

Foundation when using Shock absorbing underground (synthetic – rubber granulates)		Beveling of foundation when using loose filling material		Technical information		
H3	Drop height	H3	Drop height	width:	108 mm	
40 mm	> 1.2.....1.4 m	20 cm	< 1.0 m	height:	1550 mm	
50 mm	> 1.5.....1.7 m	30 cm	< 2.0 m	length:	4032 mm	
60 mm	> 1.8.....2.0 m	40 cm	< 3.0 m	largest part:	2150 mm	
70 mm	> 2.1.....2.5 m			weight:	77.5 kg	
				floor space required:	7032 x 3108 mm	
				pipe measurements:	diameter:	108 mm
					wall thickness:	3.2 mm
						33.7 mm

metal parts:	steel, galvanized, powder coated RAL 7016 (anthracite grey)	
metal clamps:	siluminium, powder coated, RAL 5018 (turquoise blue)	
bolts for metal clamps:	stainless steel, Pin Hex Button Head Security bolts M10	
max. free fall height:	< 1300 mm	possible underground see DIN 79000:2012-05 Tab.2 or installation instructions
user height:	> 140 cm	
maximum user weight:	130 kg	
certificates:	TÜV Rheinland InterCert Kft.	

