

Cardio Multi Gym

TGO703

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

TGO703UK

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

Work the shoulder, chest and arms by lifting approximately 30% of your body weight on the Chest Press and Seated Row

Recumbent Bike for an ideal rehabilitation exercise tool, keeping the back in a fixed position whilst working the lower body

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



All exposed edges have a minimum 3mm radius

There is a constant gap between the any moving parts and the main framework so there are no entrapment points

Hand bike for all inclusive workout, to tone arms, muscle build and to enhance your cardiovascular system.

Guarantees

25 years steel work
2 years bearings
5 years paint



EN 16630



25 YEAR WARRANTY

MADE IN BRITAIN



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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

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 two generic TGO Large Ground and one Medium 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).

- Falling height: 0.53m
- Clear Space: 16.3m²

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	Hand Bike	L587, W453, H1187	95kg	1
2	Recumbent Bike	L1320, W650, H1010	90kg	1
3	Chest Press / Seated Row	L2064, W938, H1781	128kg	1
4	Large Ground Anchor ⁺	L777, W489, H344	23Kg	2
5	Medium Ground Anchor ⁺⁺	L429, W492, H344	14Kg	1

⁺Substituted with 6x HILTI fixings for surface mounted option

⁺⁺Substituted with 4x HILTI fixings for surface mounted option

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

