

## OUTDOOR FITNESS EQUIPMENT TECHNIC SPECIFICATIONS

1. The main body of all the tools in the set includes  $\varnothing$  min.140 mm. diameter and min.4 mm. will be made of metal pipe with wall thickness.
2. The load-bearing and moving parts connected to the main body are  $\varnothing$  60 in diameter and 3 mm. will be made of metal pipe with wall thickness.
3. Parts for non-mobile holding and accessories connected to the main body  $\varnothing$  33 and  $\varnothing$  27 in diameter and 3 mm. will be made of metal pipe in dimensions on the attached technical drawings in wall thickness.
4. All parts that will be fixed to the main body and the body will be manufactured in a way to form a solid body, except for the moving parts that will be welded together by the gas welding method.
5. The products will be painted with the electrostatic powder paint method in the preferred colors and made suitable and durable for outdoor use.
6. Movable parts shall be provided with roller bearings that will not be affected by weather conditions, with double bearing, double ring and hinge mechanisms in which the bearings are hidden. Closed system will be produced in such a way that mechanisms will not allow intervention during normal use.
7. The seating surfaces and accessories shall be manufactured from ROTATION TECHNIQUE POLYETHYLENE MATERIAL and durable with a single mold method so as not to be affected by weather conditions resistant to ultraviolet rays. These parts will be ergonomically shaped and will not be subjected to painting after being produced in color during production.
8. The handles outside the polyethylene handles will be made of custom-made rubber / plastic. It will prevent slipping due to sweating and similar reasons and it will be in a way that it will not cause gripping problems.
9. All the tools included in the set will be manufactured in accordance with the standards of body and muscle pathways and will have physical movement characteristics in terms of biomechanics. During the use of the products, there will be no surface details that can damage the human body, especially the parts in direct contact will consist of round lines and folds. It will be manufactured in a simple and easy-to-use manner, where there are no details other than the details required to achieve its intended use.
10. Installation of the products in the field will be done by anchoring method, and the anchorage section and detail are specified in the attached figure. With the anchorage mounting method, it will be ensured that the tools with moving parts can transfer the flexing loads directly to the hard ground, thus preventing the tools from being released and becoming dangerous by playing over time. Anchor plates will be min.8 x 290 x 290 mm.
11. Outdoor Fitness Equipment Set will be evaluated according to the request of the tenderer and the number of users and required equipment will be as seen in the technical drawings.
12. The instructions for use indicating the purpose and how to use the relevant tool will be written on all the tools that make up the set.
13. Each of the tools that make up the set will be packaged to prevent wear during transportation.
14. All moving parts will be designed to allow replacement with a new one in case of failure and the parts can be replaced without being deformed.
15. All products will be guaranteed for two years against manufacturing defect.
16. The top of the main body pipes will be closed with a POLYETHYLENE COVER produced with rotation technique, the cover is ergonomic and it will not have a sharp corner on the pipe.
17. After the anchoring process is completed, the anchorage area will be closed with a two-piece and round or square-line anchorage cover produced by the injection technique. (Picture and dimensions are shown in the annex.)
18. The bearings used in the stops are of two types and the parts with an internal stop shall have a bearing with an outer diameter of  $\varnothing$  72 and an inner diameter of  $\varnothing$  35. In addition, the bearings on sports equipment with external stopping shall have an outer diameter of  $\varnothing$  52 and an inner diameter of 20 or  $\varnothing$  15. (bearing number 6207) (bearing number 6304 or 6204)
19. In addition, in sports equipment with different stopping, the bearing with outer diameter  $\varnothing$  72 and inner diameter  $\varnothing$  35 will be used where the hand cannot reach and external stopping is possible.
20. In sports equipment; For parts with internal stops, shafts will be reduced to the diameters permitted by the construction with the method of removing chips from 60mm diameter material.
21. Apart from internal stop; The shafts used for bearing systems will be processed from shafts of 40 or 30 diameters and will be reduced to the dimensions (bearing diameters or lower) permitted by the construction.
23. All materials will provide spare parts and service for 2 (two) more years after 1 (one) year warranty period.

## SINGLE WALKING TOOL

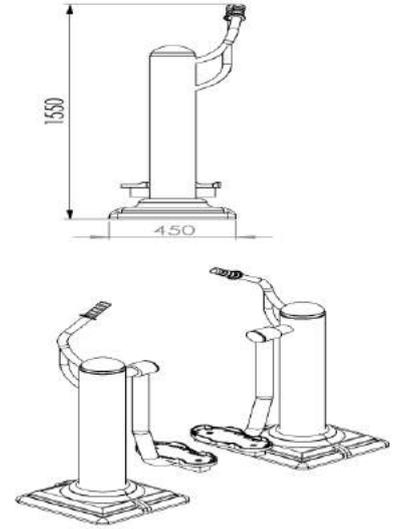
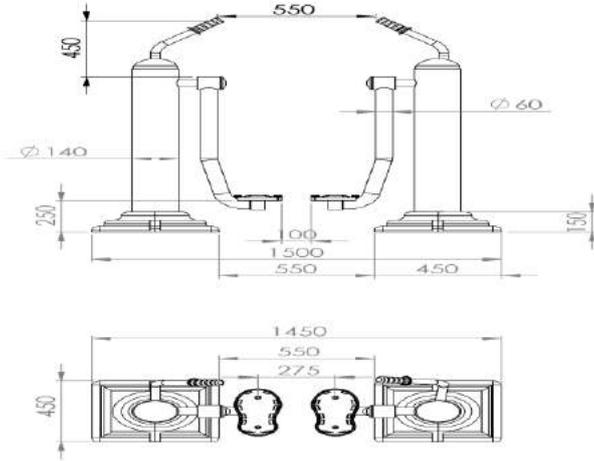
**DIMENSIONS : 60 cm x 133 cm x 137 cm**



Its main bodies are; Moving parts connected to the main body with  $\varnothing 114$ mm diameter and 3mm wall thickness: 60mm diameter and 3mm wall thickness. Bearings with bearing numbers 6207 will be used. In addition, internal stopping will be used in the product. The shafts will be brought to the dimensions permitted by the construction from the lowest diameter of 40 materials. All metal parts will be painted with electro static paint after the manufacturing process is finished.

### GOAL

The product is designed so that one person with a function can do sports. The strengthening of the front and back muscles and the leg joints and muscles of the body, especially in the lateral and lower parts of the legs, the rhythmic coordinated operation of the hand - arm and leg areas, the regular work of the heart thanks to the walk with heart exercise, the acceleration of blood circulation and the acceleration of blood circulation in these areas of the body. will be produced in such a way that it provides more oxygen to the muscles.



## DOUBLE BIKE

**DIMENSIONS : 53 cm x 172 cm x 132 cm**

Main body: 140 mm in diameter and 4 mm wall thickness Moving parts connected to the main body: 60 mm diameter and 3 mm wall thickness. The number of bearings used in the system will be 6207 and the outer bearing diameter will be 80. The shafts will be brought to the dimensions permitted by the removal of the lowest 40 material by the chip removal method. All metal parts will be painted with electro static paint after the manufacturing process is finished.



### GOAL

Ürün tek fonksiyonda, iki kişinin spor yapabileceği şekilde tasarlanmıştır. Bacak üst bölgesi ön ve arka kasları ile sırt altı beden kaslarının çalıştırılmasını ve bedenin bu bölgesinde kan dolaşımının hızlanmasını ve kaslara daha fazla oksijen gitmesini sağlayacak şekilde üretilmiş olacaktır.

## PENDULUM

**DIMENSIONS** : 66 cm x 116 cm x 132 cm

Main body: 60 mm diameter and 3 mm wall thickness Moving parts connected to the main movement: 60 mm diameter and 3 mm wall thickness. Miller will bring the size of the constriction to the dimensions made by the method of removing metal from the material with a minimum diameter of 40 mm.

Bearing number is 6207 and 80 mm in outer bearing.

You should see the stop form used in the sports athlete. All metal parts will be painted with electro static paint after the manufacturing process is finished.



### GOAL

The product is designed in a single function so that two people can do sports. It will be produced in such a way that the internal and external muscles located in the upper part of the legs and the joints and muscles of the body - the joints and muscles in the leg - waist joints area, to be stretched, in this part of the body, the blood circulation is accelerated and more oxygen is supplied to the muscles.

## BODY BUILDING

**DIMENSIONS** : 180 cm x 180 cm x 202 cm

Main body: 140 mm in diameter and 4 mm in thickness.

The parts on which the moving cylindrical parts connected to the main body are mounted are 60 mm in diameter and 3 mm in thickness. The rollers will be 40 mm in diameter and 10 mm in thickness. The bearing number is 6207 and the outer bearing diameter is 80 mm. All metal parts will be painted with electro static paint after the manufacturing process is finished.



### GOAL

The product is designed so that 3 people can play sports in three functions. It will be produced in such a way that the joints and muscles in the junction of the front and back muscles and the shoulders in the lateral part of the arms and wrists, the muscles in the abdominal region are stretched, the joints and muscles are strengthened, that the blood circulation in this part of the body is accelerated and more oxygen is supplied to the muscles.

## LEG PRESS

**DIMENSIONS** : 52 cm x 198 cm x 178 cm

Main body: 140 mm in diameter and 4 mm in thickness.

Moving parts connected to the main body: 60 mm diameter and 3 mm wall thickness.

The details of the external stopping used in the system are as given below in the explanations section. The shafts will be brought to the dimensions permitted by the removal of the lowest 40 material by the chip removal method.

Bearing number is 6207 and outer bearing diameter is 80 mm. Stopping system used to prevent the joints from opening to both sides; It will be designed to be maximum 70 degrees. (total displacement will be maximum 70 degrees) All metal parts will be painted with electro static paint after the manufacturing process is finished.



### GOAL

The product is designed so that two people can do sports in one function. It will be produced in such a way that the joints and muscles are stretched, the joints and muscles are strengthened by working, strengthening the blood circulation in this part of the body and more oxygen to the muscles in this region of the body.

## DOUBLE SPLIST

**DIMENSIONS** : 53 cm x 124 cm x 132 cm

Main body: 140 mm in diameter and 4 mm in thickness.

Moving parts connected to the main body: 40 mm diameter and 3 mm wall thickness. Bearing number is 6207 and outer bearing diameter is 80 mm. Inner stop and inner stop will be used together. All metal parts will be painted with electro static paint after the manufacturing process is finished.



### GOAL

The product is designed in a function so that two people can do sports. It will be produced in such a way that the joints and muscles in the front and back muscles and the waist and leg joints of the body, especially in the side region of the legs, will be stretched, strengthening the joints and muscles, accelerating the blood circulation in this part of the body and providing more oxygen to the muscles.

## ARM & WRIST EXERCISE

**DIMENSIONS : 110 cm x 76 cm x 132 cm**

Main body: 140 mm in diameter and 4 mm in thickness.

The parts on which the moving cylindrical parts connected to the main body are mounted are 60 mm in diameter and 3 mm in thickness. The rollers will be 40 mm in diameter and 10 mm in thickness. The bearing number is 6207 and the outer bearing diameter is 80 mm. All metal parts will be painted with electro static paint after the manufacturing process is finished.



### GOAL

The product is designed in a single function so that two people can do sports. It will be produced in such a way that the joints and muscles in the junction of the front and back muscles and the shoulders in the side area of the arms and wrists are stretched, the joints and muscles are strengthened by working, acceleration of the blood circulation in this part of the body and more oxygen is supplied to the muscles.

## DOUBLE AIR WALKER

**DIMENSIONS: 48 cm x 151 cm x 151 cm**

Carrier main bodies; Ø140mm diameter and 4mm wall thickness. The load-bearing and moving parts connected to the main body; Ø60mm in diameter and 3mm. it is thick.

3. The bearings used in the system will be 6207 and internal stop. The damping of this stop will be made of suitable elastic material and designed so as not to sound. Shafts will be brought to the dimensions permitted by the chip removal method from the material with a minimum diameter of 40 mm. Bearing number is 6207 and the outer bearing diameter is 80 mm. It will be designed to be a maximum of 80 degrees. (total maximum displacement will be 80 degrees) All metal parts will be painted with electro static paint after the manufacturing process is finished.



### GOAL

The product is designed so that two people can do sports in one function. stretching the joints and muscles in the upper and lower parts of the legs and the joints and muscles of the lower back and leg joints of the body, strengthening the joints and muscles by working together, accelerating the blood circulation in these parts of the body by working the arm and ankle muscles and joints at the same time. It will be produced in a way to provide more oxygen.

## TWIST

**DIMENSIONS** : 53 cm x 162 cm x 132 cm

Main body: 140 mm in diameter and 4 mm in thickness.

Moving parts connected to the main body: 60 mm diameter and 2-3 mm wall thickness. The number of bearings used in the system will be 6207 / 30207A and the outer bearing diameter will be 80 mm. In addition, internal stop will be used in the system. All metal parts will be painted with electro static paint after the manufacturing process is finished.

### GOAL

The product has 2 stations and two functions; The hip area will be produced in such a way that the front and back muscles and the back lower back muscles are operated, and in this part of the body, blood circulation is accelerated and more oxygen is supplied to the muscles.



## BIKE & TWIST

**DIMENSIONS** : 53 cm x 116 cm x 134 cm

Main body: 140 mm in diameter and 4 mm in thickness.

Moving parts connected to the main body: 60 mm diameter and 2-3 mm wall thickness. The number of bearings used in the system will be 6207 / 30207A and the outer bearing diameter will be 80 mm. In addition, internal stop will be used in the system. All metal parts will be painted with electro static paint after the manufacturing process is finished.

### GOAL

The product has 2 stations and two functions; The hip area will be produced in such a way that the front and back muscles and the back of the lower back muscles are operated, and in this part of the body, blood circulation is accelerated and more oxygen is supplied to the muscles..

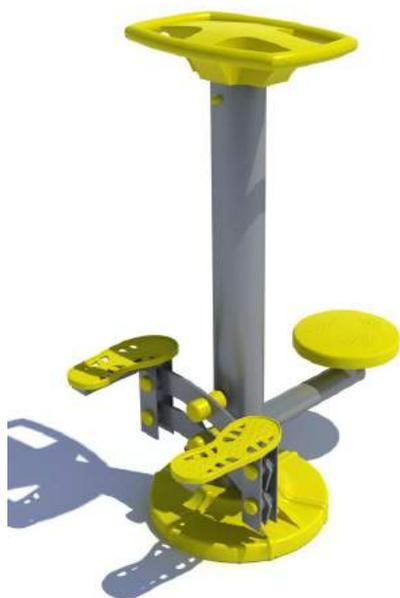


## STEP& TWIST

**DIMENSIONS : 53 cm x 120 cm x 133 cm**

Main body: 140 mm in diameter and 4 mm in thickness.

Moving parts connected to the main body: 60 mm diameter and 2-3 mm wall thickness. The number of bearings used in the system will be 6207 / 30207A and the outer bearing diameter will be 80 mm. In addition, internal stop will be used in the system. All metal parts will be painted with electro static paint after the manufacturing process is finished..



### GOAL

The product has 2 stations and two functions; The hip area will be produced in such a way that the front and back muscles and the back of the lower back muscles are operated, and in this part of the body, blood circulation is accelerated and more oxygen is supplied to the muscles.

## AB-SHAPER

**DIMENSIONS : 63 cm x 127 cm x 56 cm**

Main body: 140 mm in diameter and 4 mm wall thickness. The carrier parts attached to the metal main body: 60 mm diameter and 3 mm wall thickness. All metal parts will be painted with electrostatic paint after the manufacturing process is finished.



### GOAL

In a function, the product can stretch the front and back muscles in the stomach and abdomen of the body and the joints and muscles in the waist and back region of the body, strengthening the spine, joints and muscles in this region, accelerating the blood circulation in this area of the body and increasing the muscles. It will be produced in such a way that oxygen will go away.