



## WOODY FIT

**WOODY FIT** is a simple natural fitness program based on the years proven **FACTORY system**. In three follow-up levels of difficulty, it offers a comprehensive workout for everyone, regardless of age or fitness level. Thanks to the instructional signs the exercises are simple and intuitive. It offers stretching and exercising of the muscles of the whole body in the fresh air using your own body weight, without the need for other equipment. The materials used are durable and user-friendly (wood, metal). It is designed to visually correspond with the acacia play elements of playgrounds.

### MATERIÁLY:

The supporting structures of the play elements are made of acacia poles stripped of bark and sanded with the preserved character of naturally growing acacia logs with a diameter of 120 - 160 mm. The platform parts are made of 27 and 45 mm thick acacia planks. Straight or bent steel pipes  $\varnothing$  42 mm are also used. All steel parts of the structure are hot-dip galvanised. Chains made of 6 mm stainless steel wire. Fasteners are stainless steel according to application, purpose and load.

### POVRCHOVÁ ÚPRAVA:

The acacia wood parts are stripped of bark. The metal parts are coated with hot-dip zinc. All materials used for the surface treatment meet both hygienic and ecological requirements.

### KOTVENÍ:

The anchoring is made by concreting acacia stands, steel pipes and anchor chains into concrete footings.

### BEZPEČNOST:

Each **WOODY FIT** set includes an information sign with a description of the exercises for the particular elements.

The fitness sets meet the safety requirements defined by ČSN EN 16630

"Fitness equipment for adults for outdoor use"