

INSTALLATION INSTRUCTION

Spirerne

NOORD
Outdoor fitness

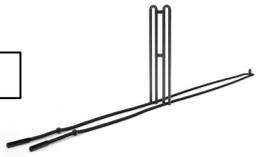
OVERVIEW

The area consists of the following equipment

* SPIRER BOX no-003/no-004/no-005 are all the same equipment, the difference is in the installation of the equipment

** SPIRER INCLINE- OG STRAIGHT BENCH are the same, the difference is in the installation of the equipment

<input type="checkbox"/> 	SPIRER 110 Product no.: no-001	<input type="checkbox"/> 	SPIRER PARALLEL BAR Product no.: no-008
<input type="checkbox"/> 	SPIRER 700 Product no.: no-002	<input type="checkbox"/> 	SPIRER 1800 Product no.: no-009
<input type="checkbox"/> 	SPIRER BOX - H25* Product no.: no-003	<input type="checkbox"/> 	SPIRER 2300 Product no.: no-010
<input type="checkbox"/> 	SPIRER BOX - H45* Product no.: no-004	<input type="checkbox"/> 	SPIRER MONKEY Product no.: no-011
<input type="checkbox"/> 	SPIRER BOX - H60* Product no.: no-005	<input type="checkbox"/> 	SPIRER INCLINE BENCH** Product no.: no-012
<input type="checkbox"/> 	SPIRER 900 Product no.: no-006	<input type="checkbox"/> 	SPIRER STRAIGHT BENCH** Product no.: no-013
<input type="checkbox"/> 	SPIRER GHD Product no.: no-007	<input type="checkbox"/> 	SPIRER SIGN Product no.: no-014

<input type="checkbox"/>  <p>SPIRER MINI PARALLEL Product no.: no-015</p>	<input type="checkbox"/>  <p>PLATEAU - Ø100 Product no.: no-024</p>
<input type="checkbox"/>  <p>SPIRER PARK BENCH Product no.: no-016</p>	<input type="checkbox"/>  <p>PLATEAU - Ø150 Product no.: no-025</p>
<input type="checkbox"/>  <p>PILATES - H35 Product no.: no-017</p>	<input type="checkbox"/>  <p>BATTLE ROPE Product no.: no-026</p>
<input type="checkbox"/>  <p>PILATES - H50 Product no.: no-018</p>	<input type="checkbox"/>  <p>SPIRER TRX Product no.: no-030</p>
<input type="checkbox"/>  <p>PILATES - H65 Product no.: no-019</p>	<input type="checkbox"/>  <p>ARCHED MONKEY Product no.: no-032</p>
<input type="checkbox"/>  <p>EPDM - H35 Product no.: no-020</p>	
<input type="checkbox"/>  <p>EPDM - H50 Product no.: no-021</p>	
<input type="checkbox"/>  <p>EPDM - H65 Product no.: no-022</p>	
<input type="checkbox"/>  <p>PLATEAU - Ø75 Product no.: no-023</p>	

RECOMMENDATIONS FOR INSTALLATION

The guarantee demands that NOORD's recommendations for installation and maintenance are met.

When installing the equipments we highly recommend to follow the guidelines according to EN 16630 ("Permanently installed outdoor fitness equipment — Safety requirements and test method"), as showed below.

FOUNDATIONS

Foundations shall be designed such that they do not present a hazard (e.g. tripping, impact).

In the case of loose fill material (e.g. sand), foundations shall be installed or laid in accordance with one of the following:

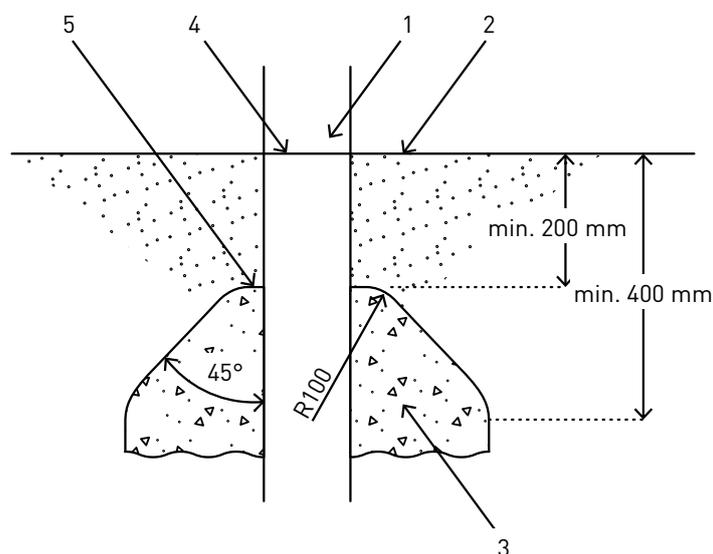
- a. foundations of the equipment to which the pedestals, footings and fixings are attached shall be at least 400 mm below the ground surface or the installed depth of surfacing; or

Note: This does not include the socket of post shoes or similar which a continuation of the attached post.

- b. the top of the foundations shall be at least 200 mm below the ground surface, as shown in the example below; or
- c. foundations shall be covered by pieces of equipment or equipment parts; or
- d. foundations shall be formed by above ground support shoes.

Any parts protruding from the foundations (e.g. ends of screws) shall be at least 400 mm below the ground surface, unless they are effectively covered.

Example of foundations



Dimensions in millimetre

KEY

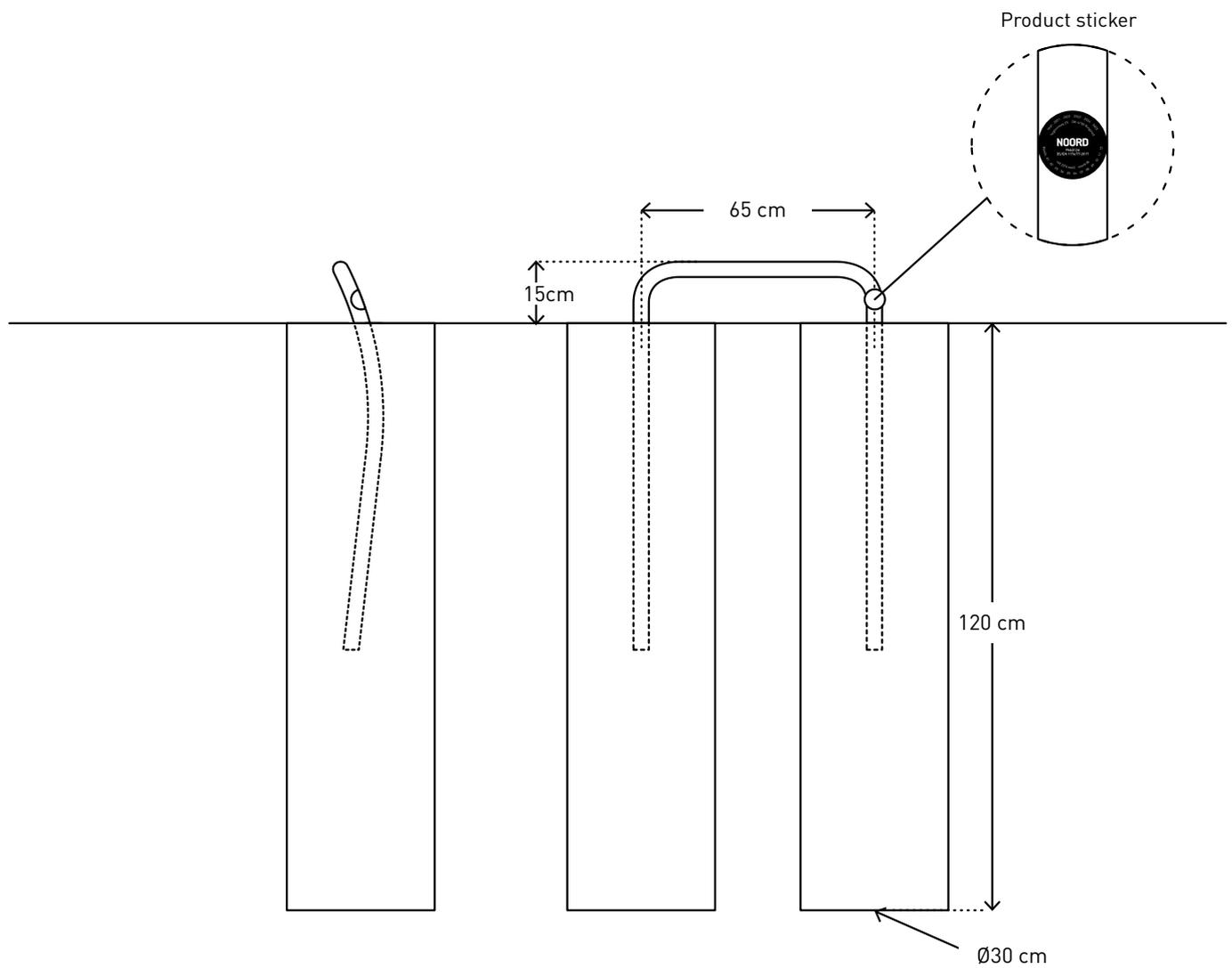
1. Post
2. Ground surface
3. Foundation
4. Basic level mark
5. Top of foundation

SPIRER 110

Product no.: no-001

Measurements: L65 x W18 x H15 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

SPIRER 110

Product no.: no-001

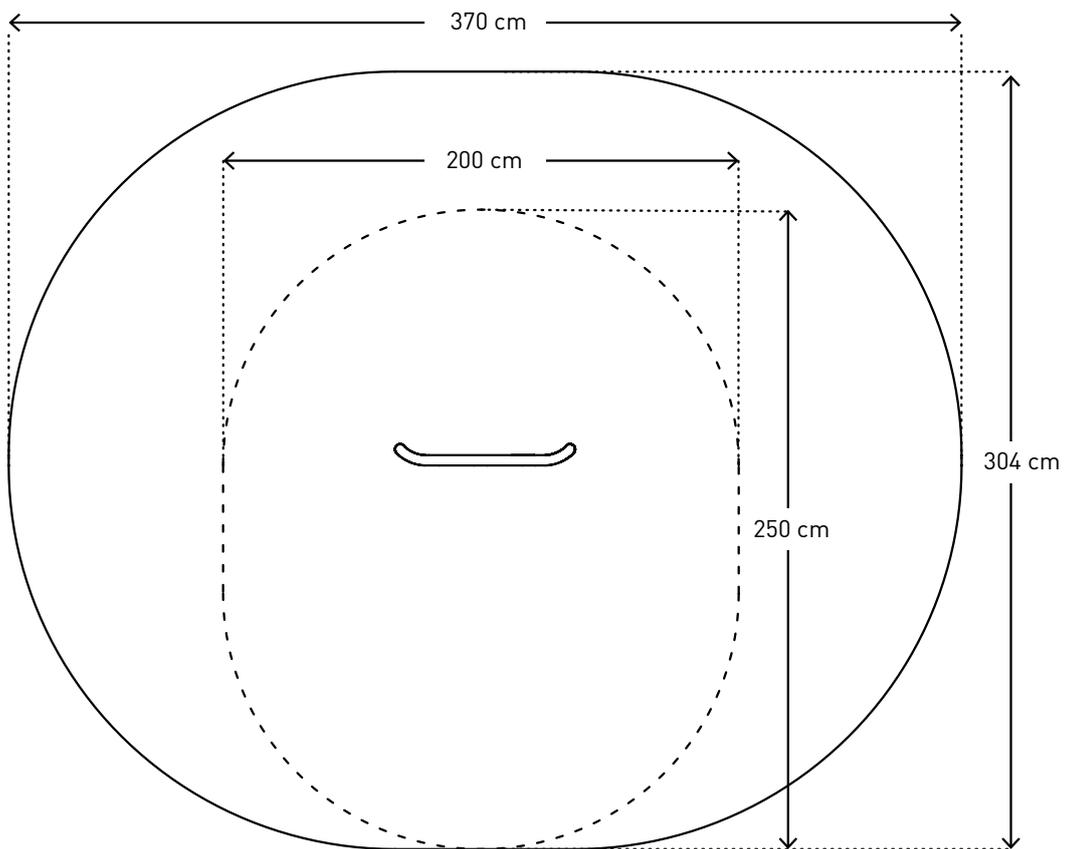


DISTANCES

Training space



Area of movement

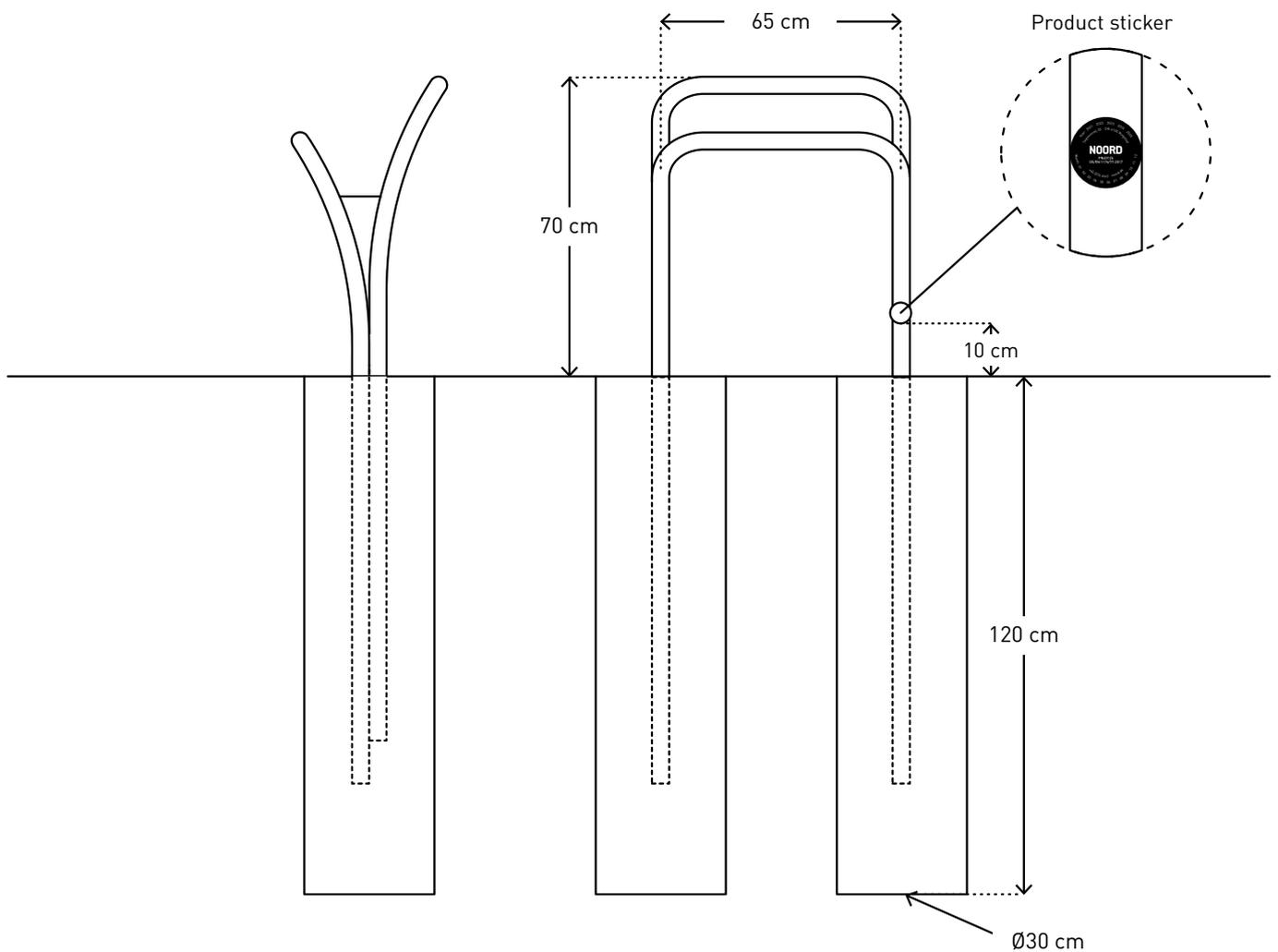


SPIRER 700

Product no.: no-002

Measurements: L65 x W36 x H70 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

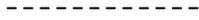
SPIRER 700

Product no.: no-002

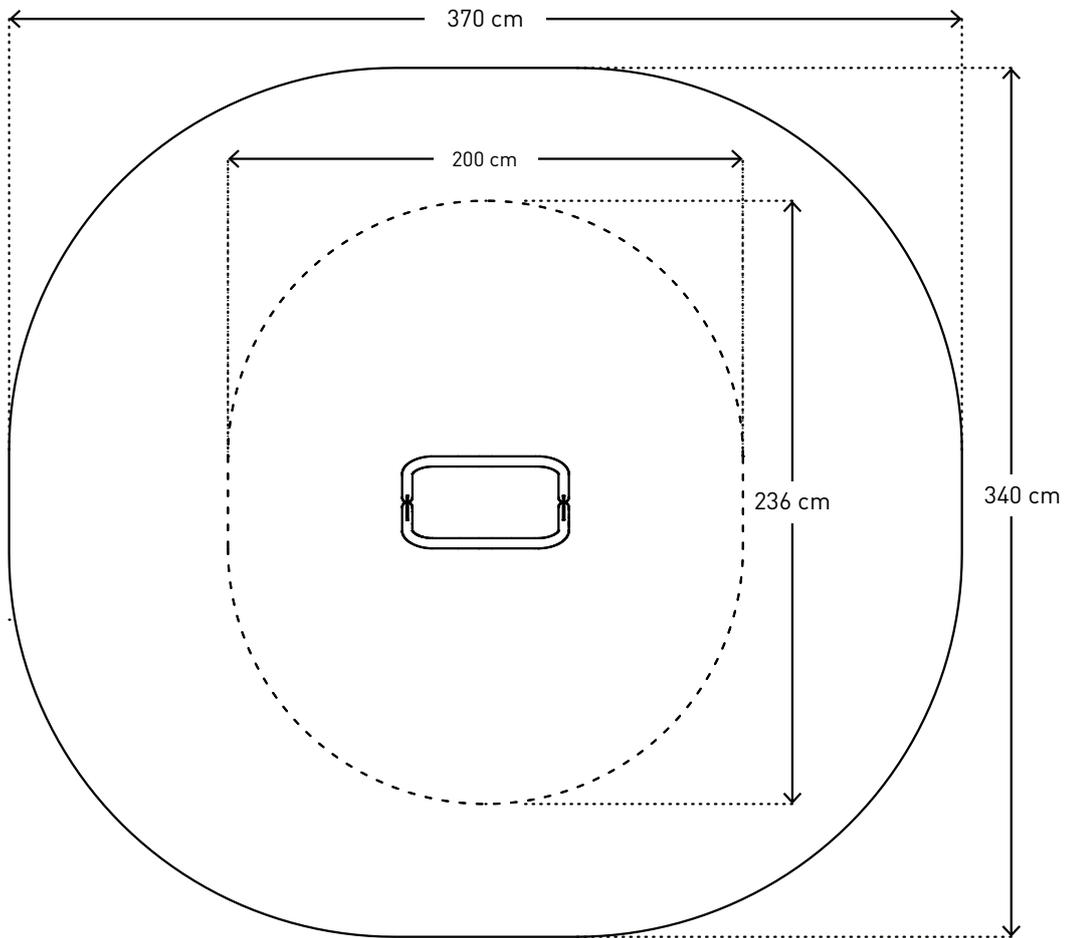


DISTANCES

Training space



Area of movement



SPIRER BOX

Product no.: no-003

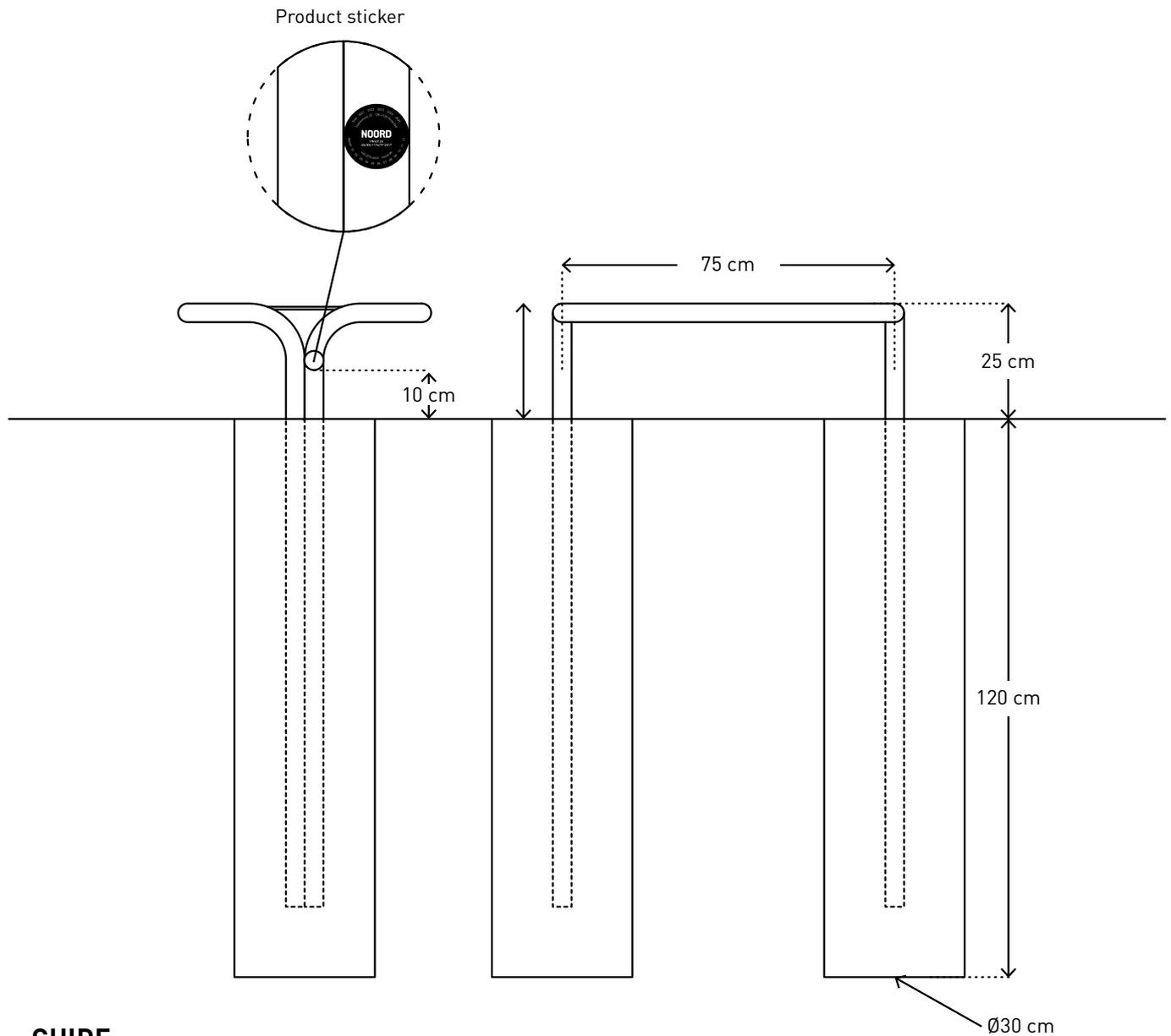
Measurements: L75 x W54 x H25 cm

(NB! Measure from the top of the equipment)



MOUNTING ACCESSORIES

1 pc. Non-slip plate (incl. tape)



GUIDE

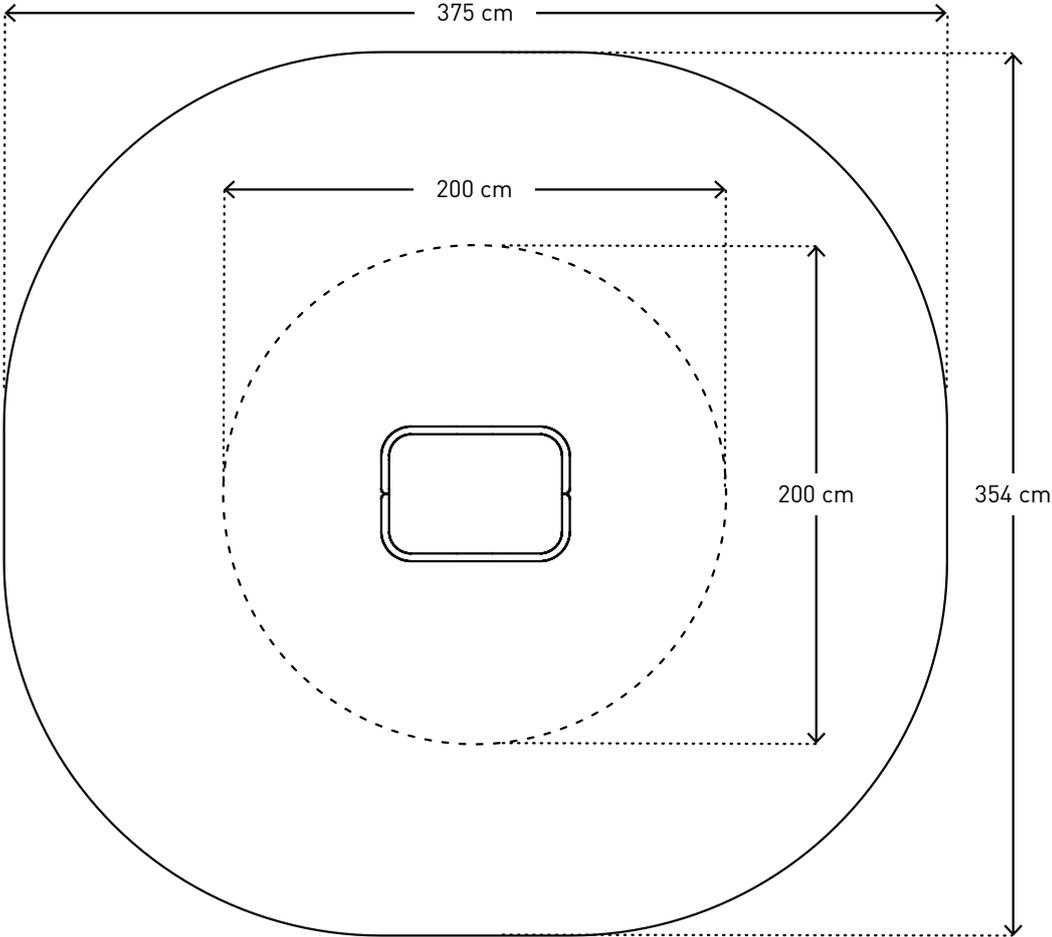
1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions
4. Remove the foil from the tape on the non-slip plate
5. Center and lower the non-slip plate to make it stick

SPIRER BOX

Product no.: no-003

DISTANCES

Training space - - - - -
Area of movement _____



SPIRER BOX

Product no.: no-004

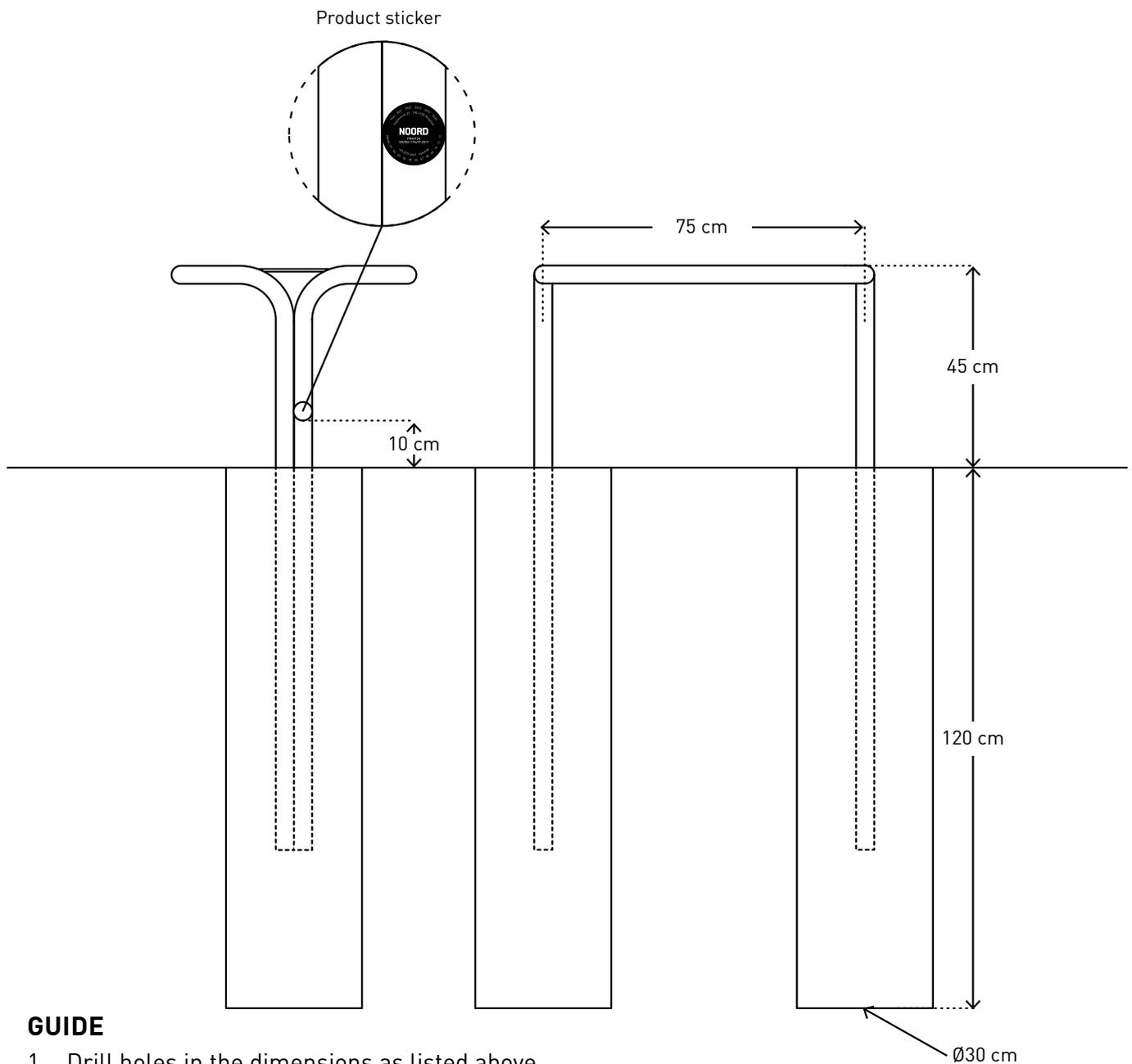
Measurements: L75 x W54 x H45 cm

(NB! Measure from the top of the equipment)



MOUNTING ACCESSORIES

1 pc. Non-slip plate (incl. tape)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions
4. Remove the foil from the tape on the non-slip plate
5. Center and lower the non-slip plate to make it stick

SPIRER BOX

Product no.: no-004

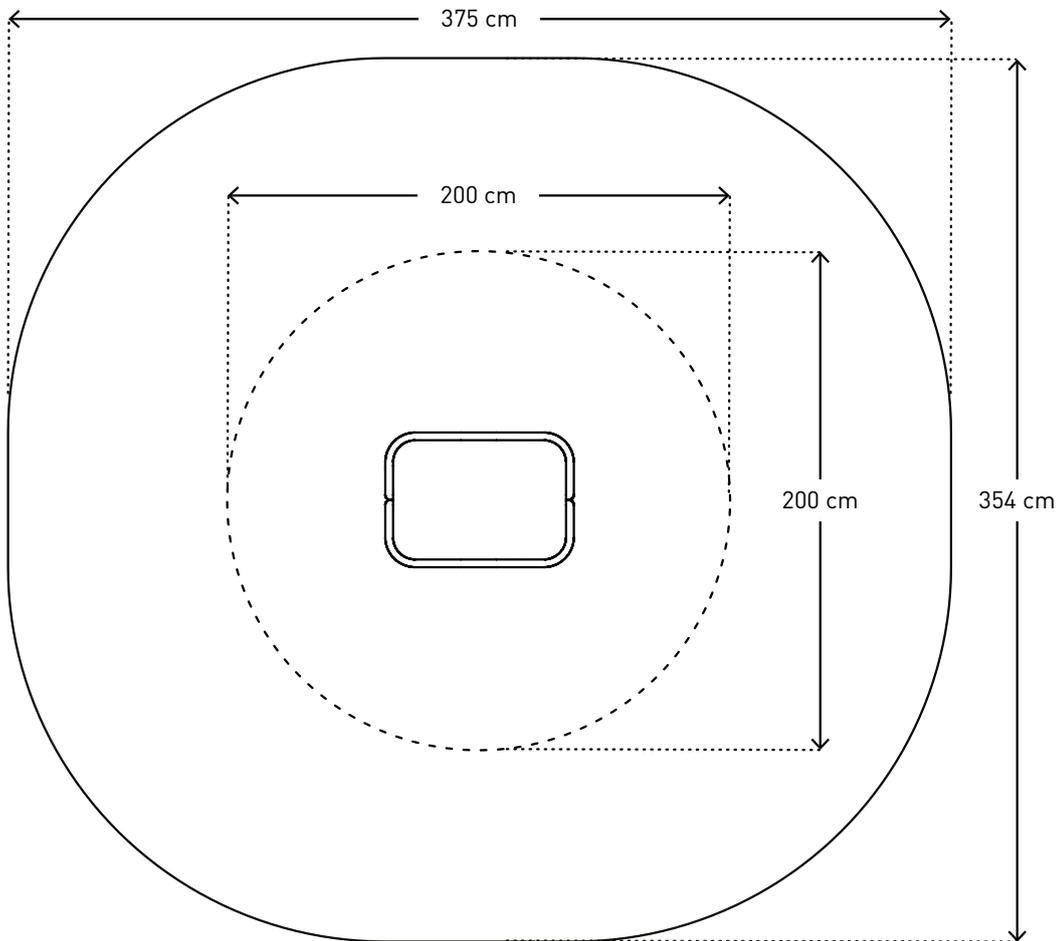


DISTANCES

Training space



Area of movement



SPIRER BOX

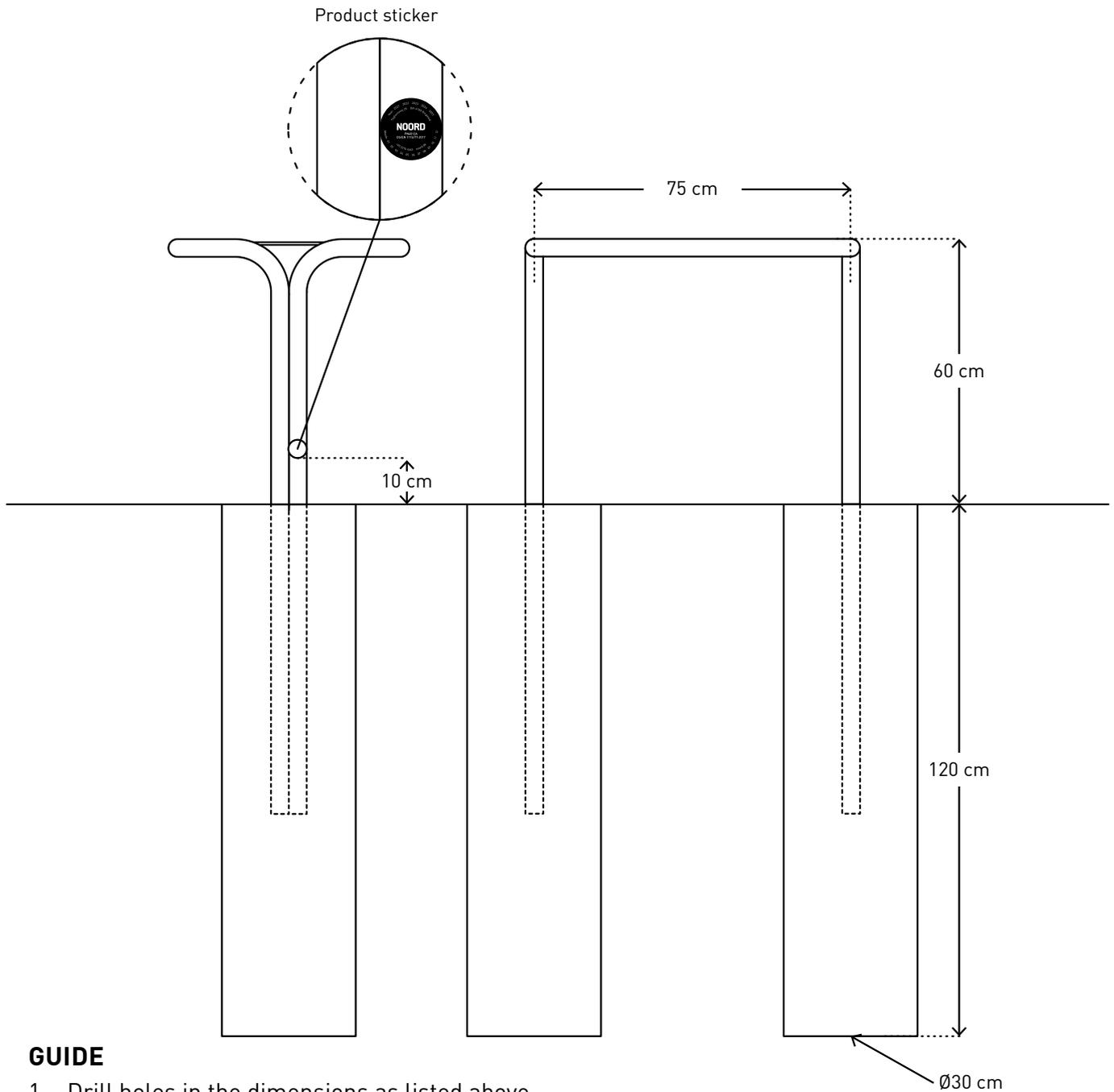
Product no.: no-005

Measurements: L75 x W54 x H60 cm
(NB! Measure from the top of the equipment)



MOUNTING ACCESSORIES

1 pc. Non-slip plate (incl. tape)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions
4. Remove the foil from the tape on the non-slip plate
5. Center and lower the non-slip plate to make it stick

SPIRER BOX

Product no.: no-005

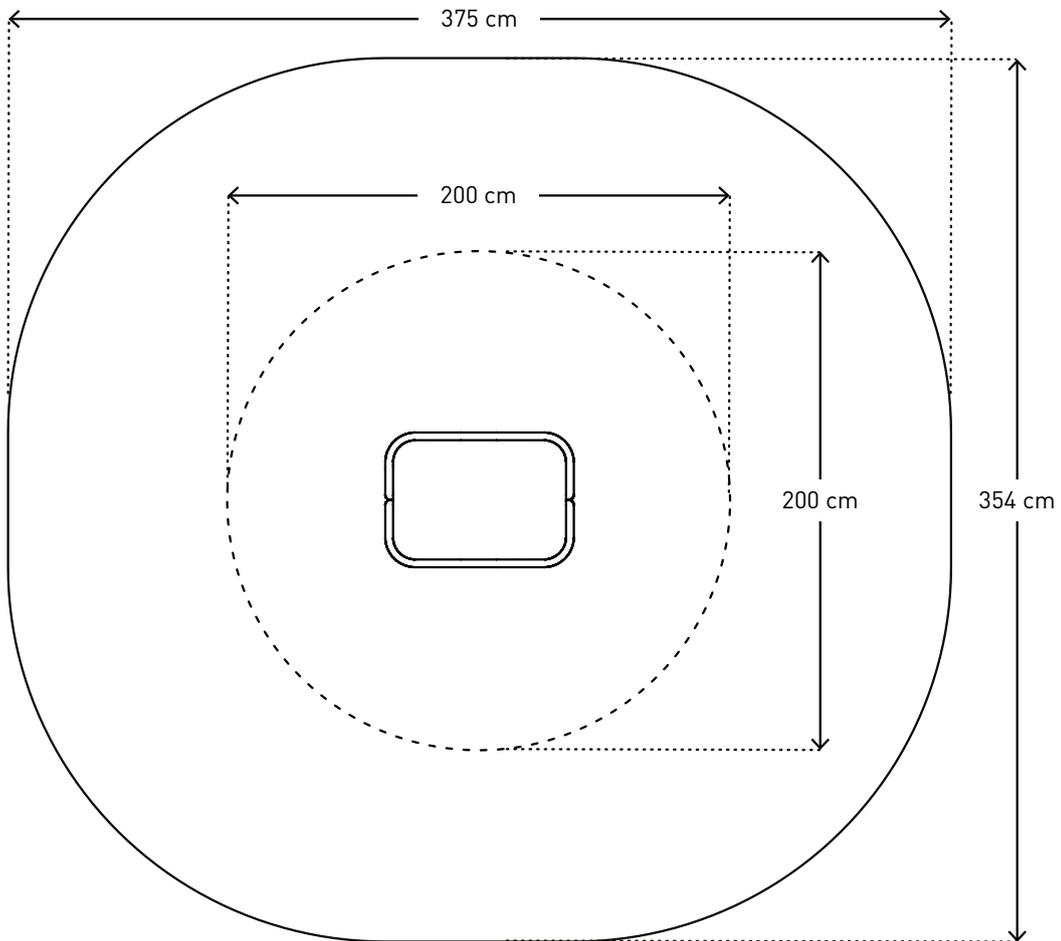


DISTANCES

Training space



Area of movement

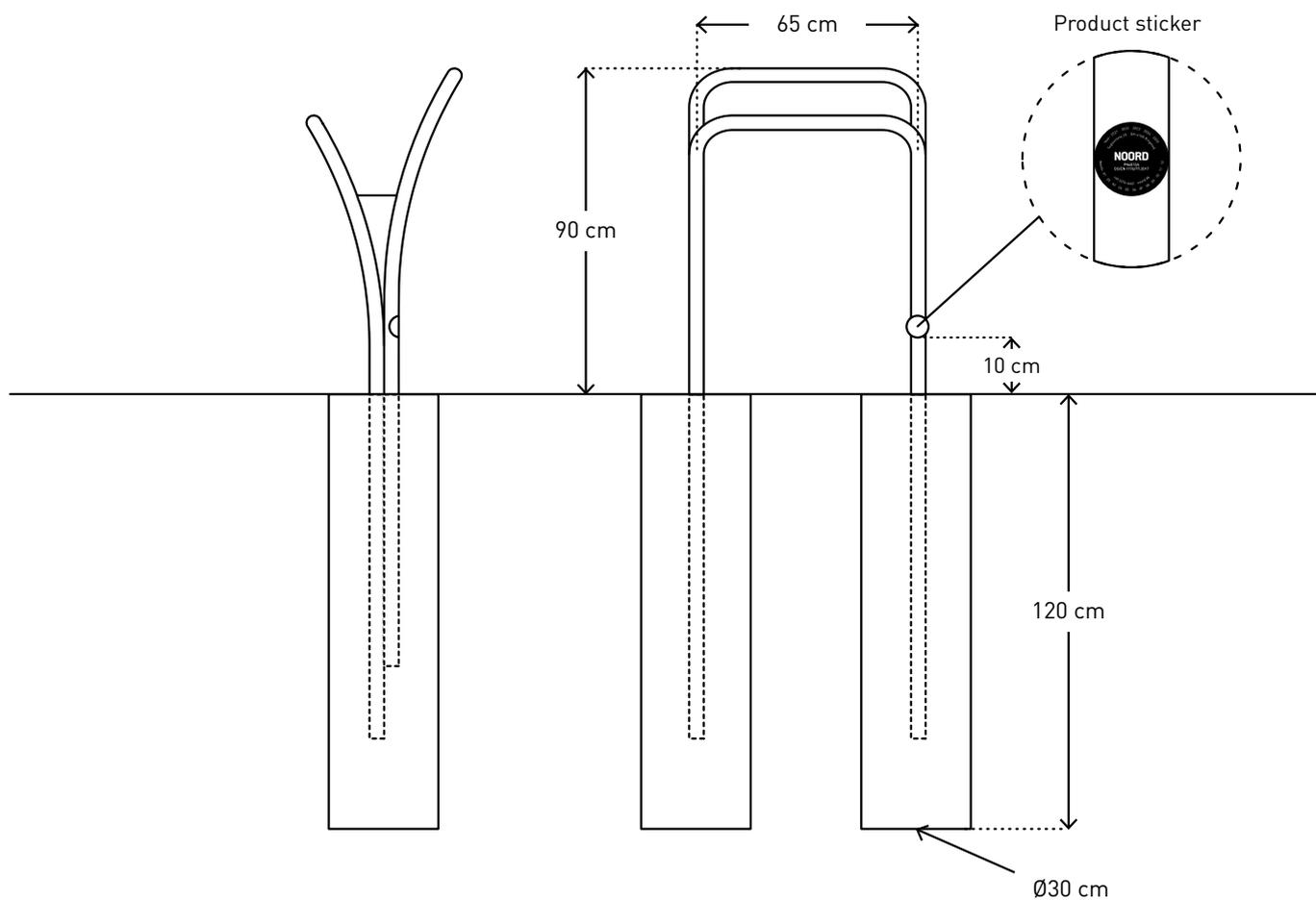


SPIRER 900

Product no.: no-006

Measurements: L65 x W42 x H90 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

SPIRER 900

Product no.: no-006

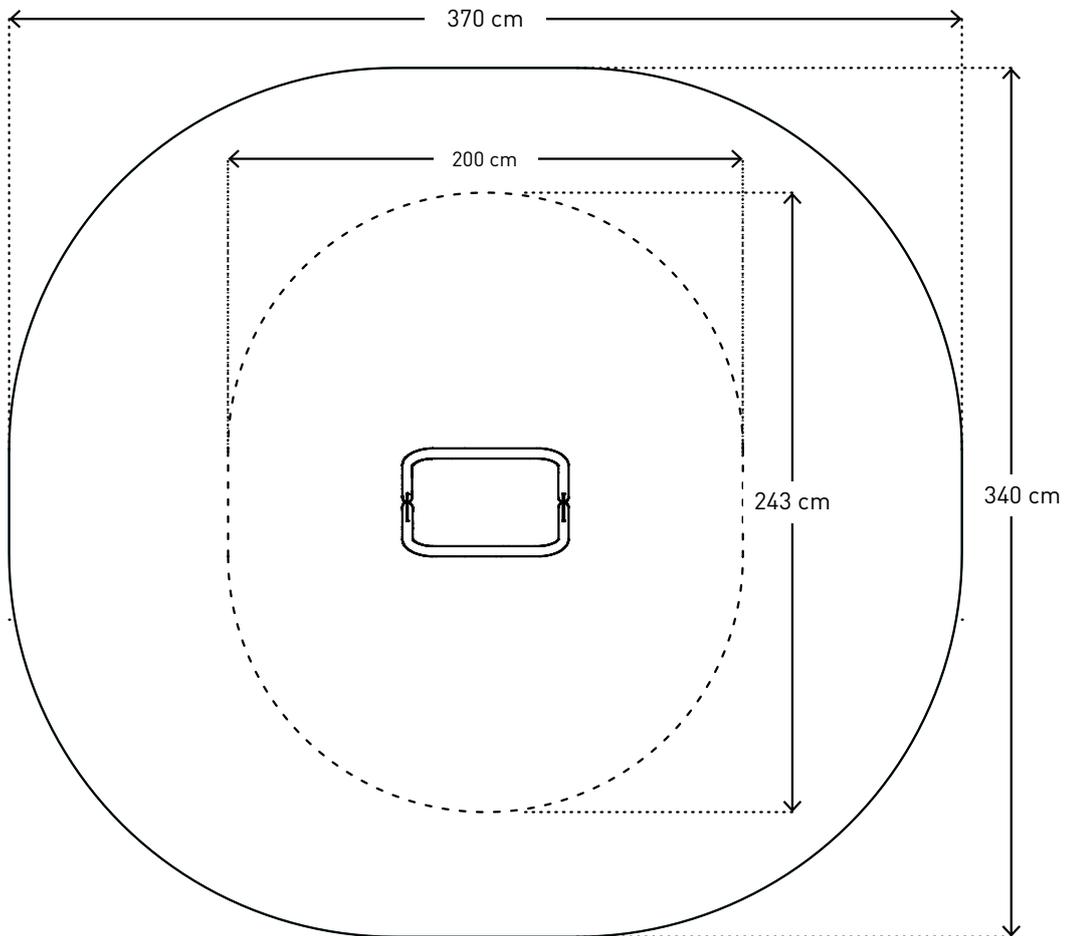


DISTANCES

Training space



Area of movement

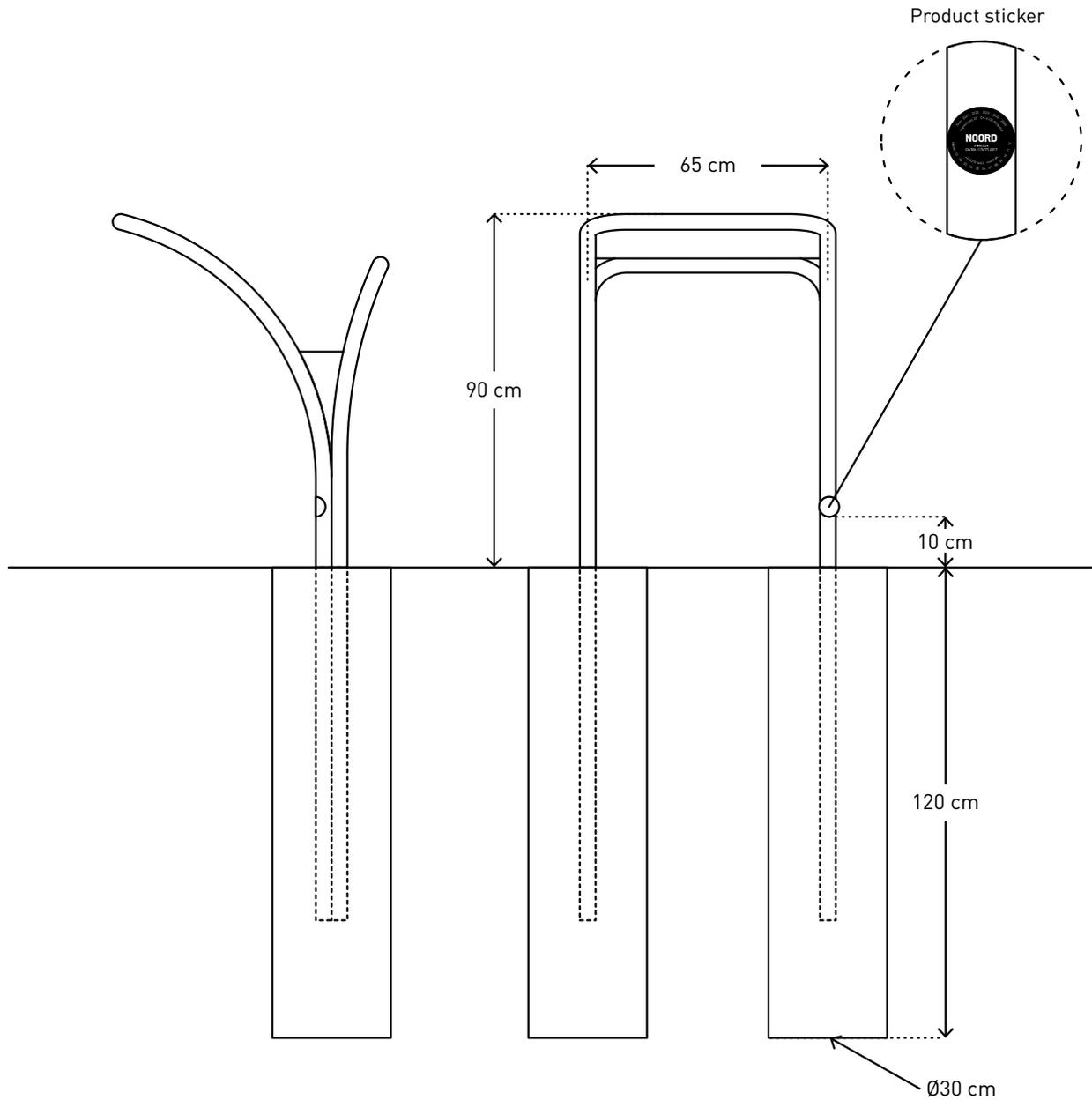


SPIRER GHD

Product no.: no-007

Measurements: L65 x W70 x H90 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

SPIRER GHD

Product no.: no-007

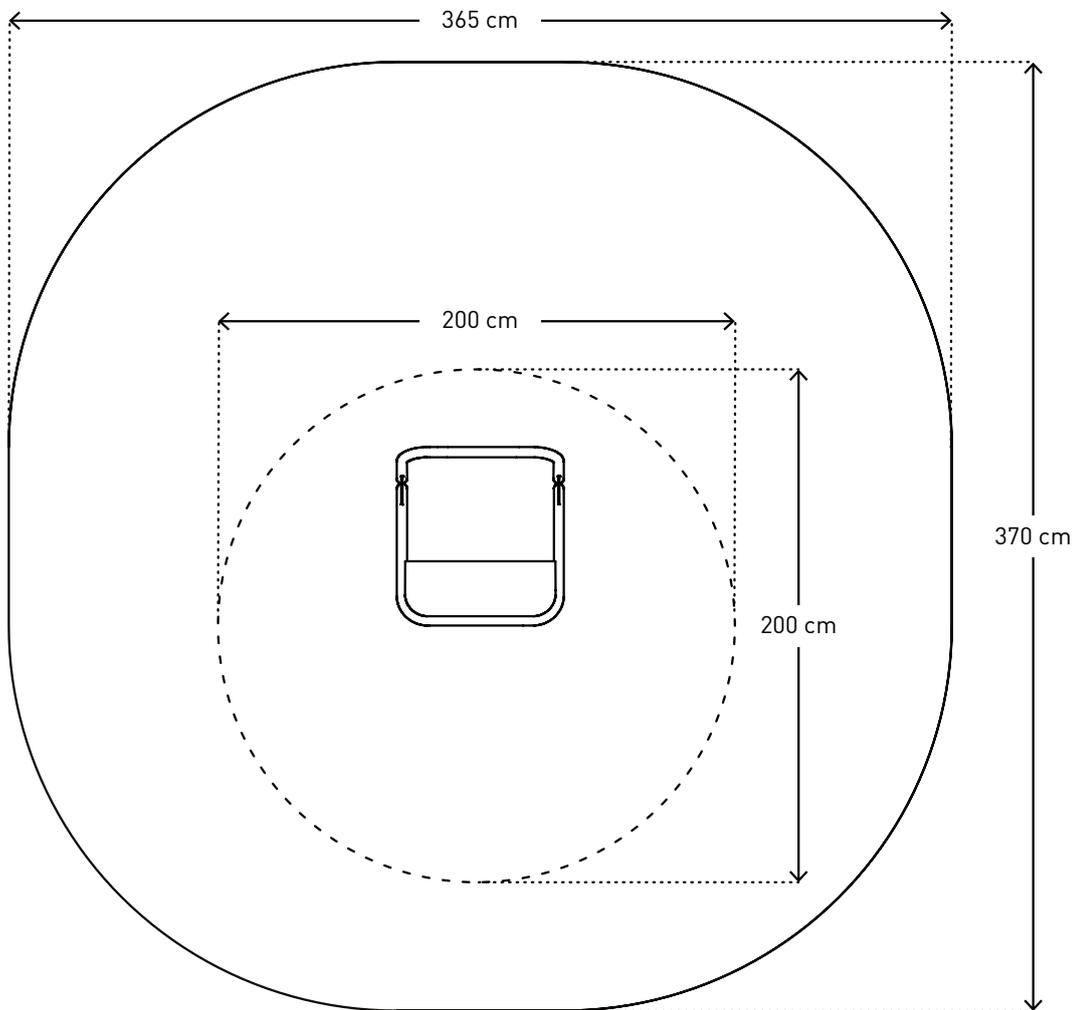


DISTANCES

Training space



Area of movement

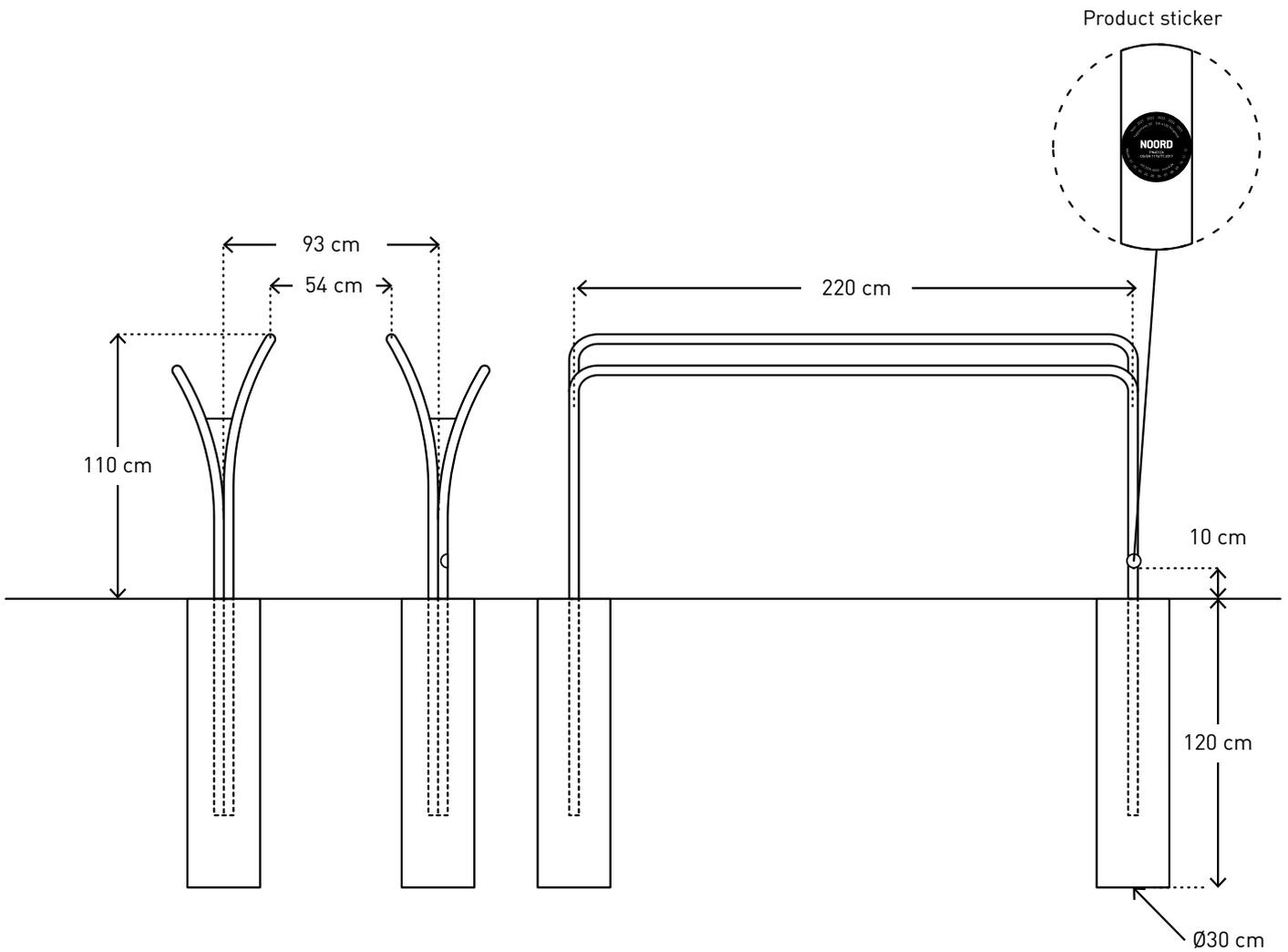


SPIRER PARALLEL BARRE

Product no.: no-008

Measurements: L220 x W130 x H110 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

SPIRER PARALLEL BARRE

Product no.: no-008

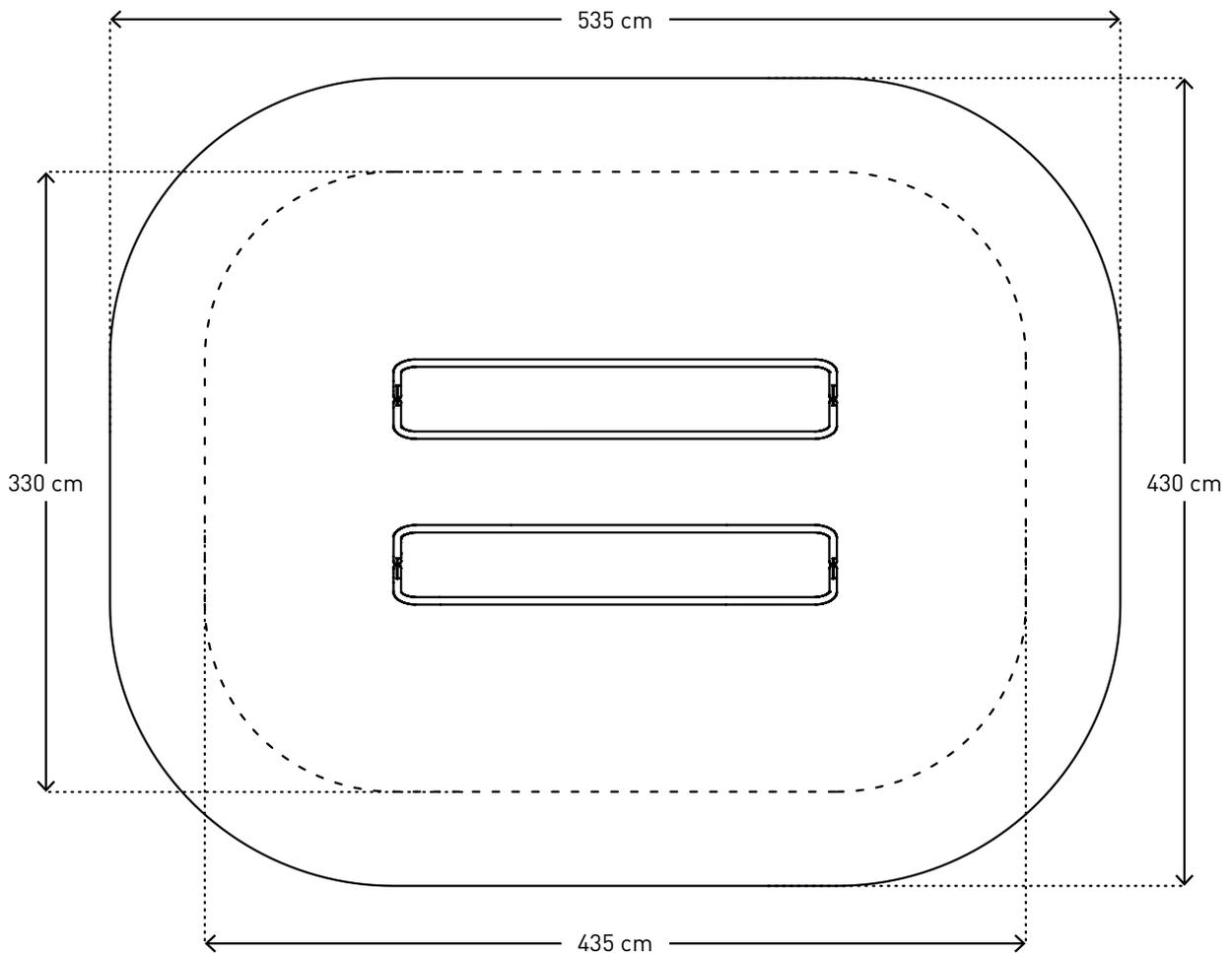


DISTANCES

Training space



Area of movement

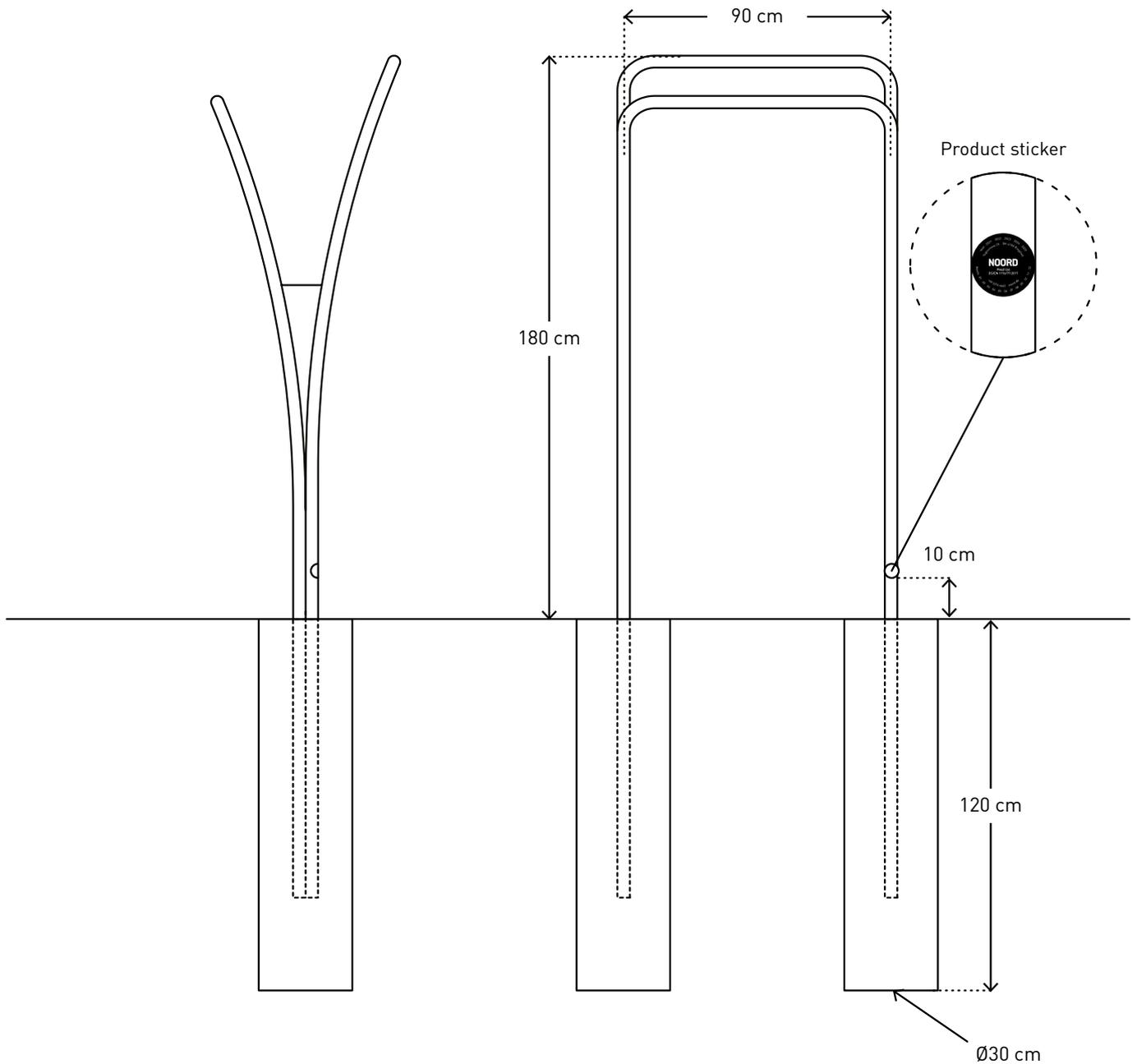


SPIRER 1800

Product no.: no-009

Measurements: L90 x W60 x H180 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

SPIRER 1800

Product no.: no-009

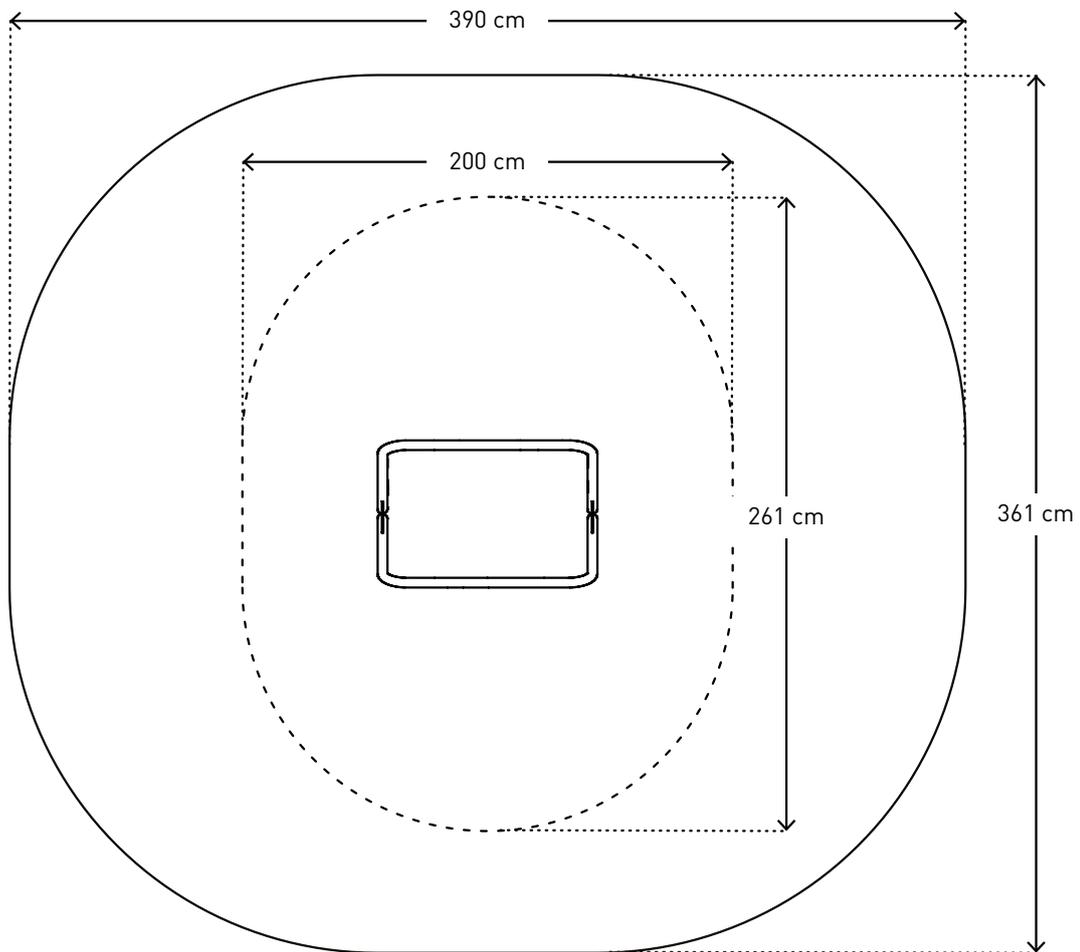


DISTANCES

Training space



Area of movement

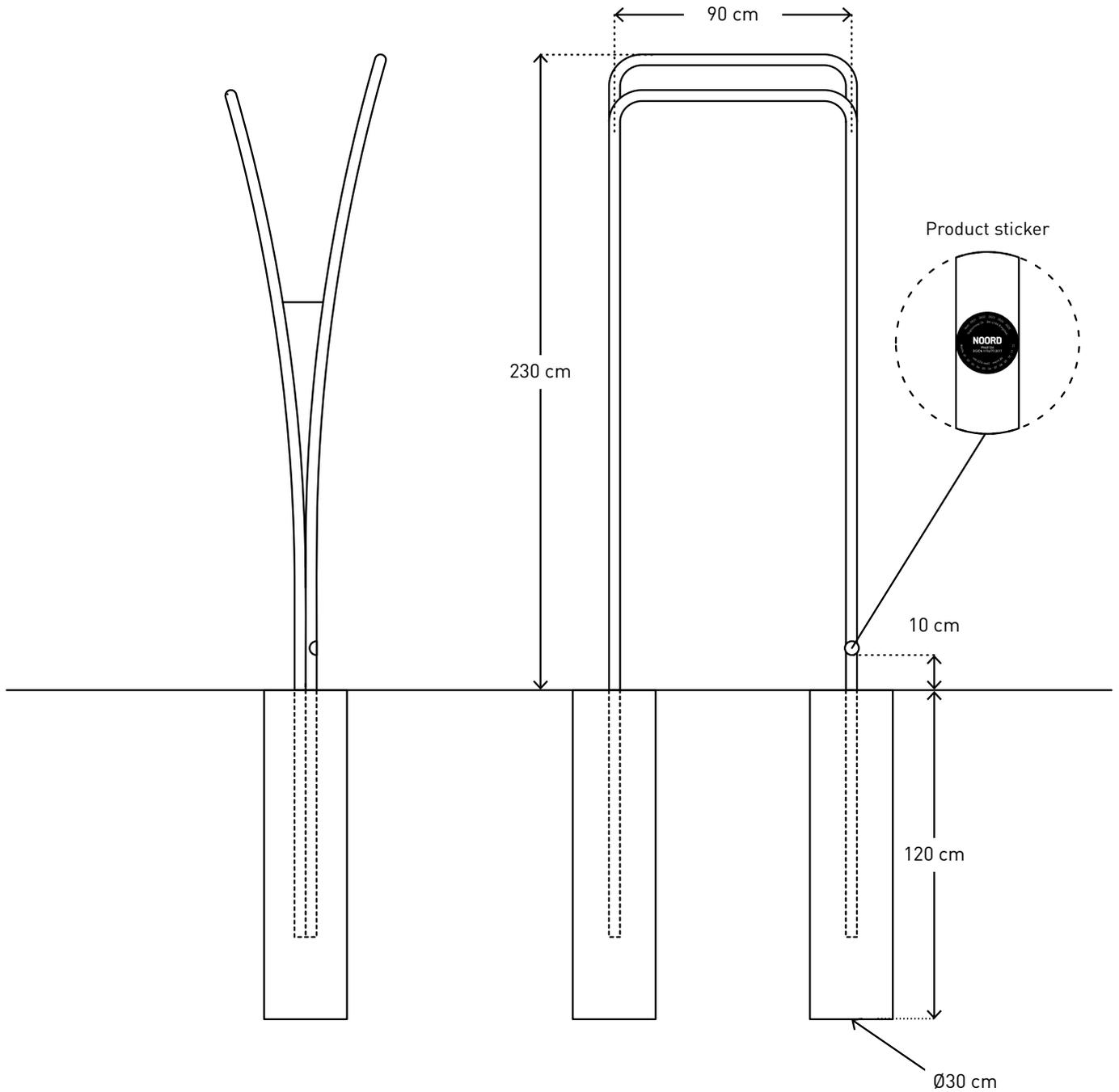


SPIRER 2300

Product no.: no-010

Measurements: L90 x W60 x H230 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

SPIRER 2300

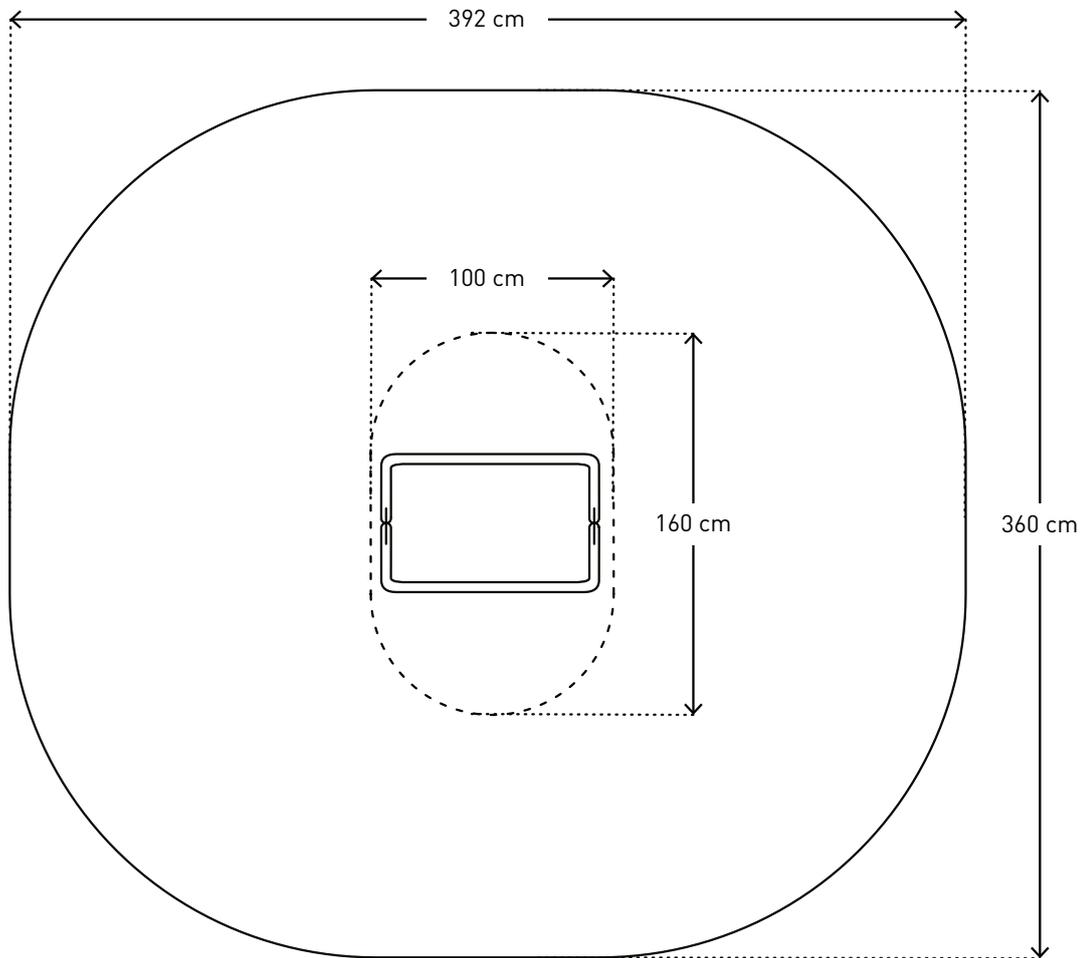
Product no.: no-010

Measurements: L90 x W60 x H230 cm
(NB! Measure from the top of the equipment)



DISTANCES

Training space - - - - -
Area of movement _____

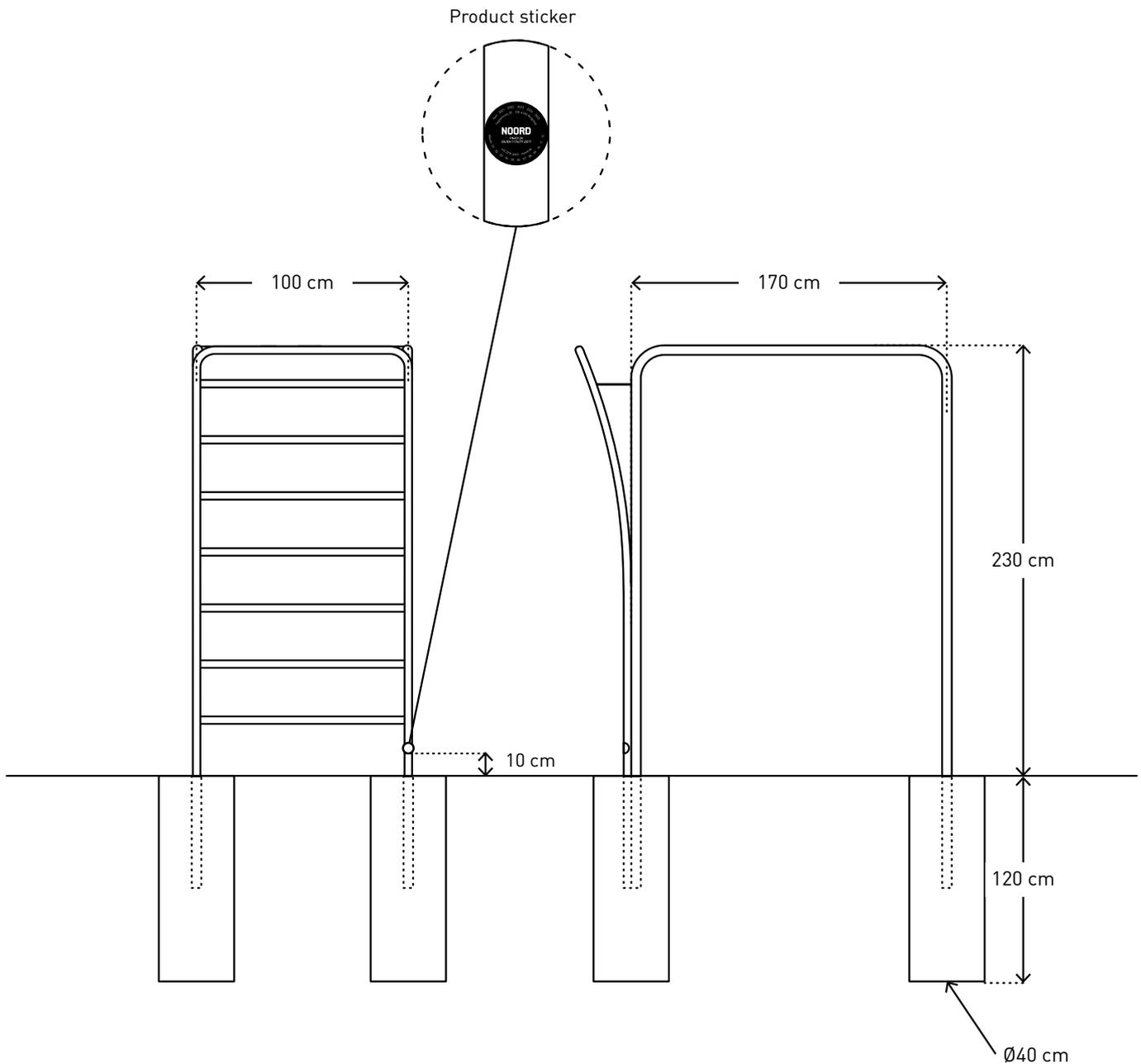


SPIRER MONKEY

Product no.: no-011

Measurements: L 100 x W 200 x H 230 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

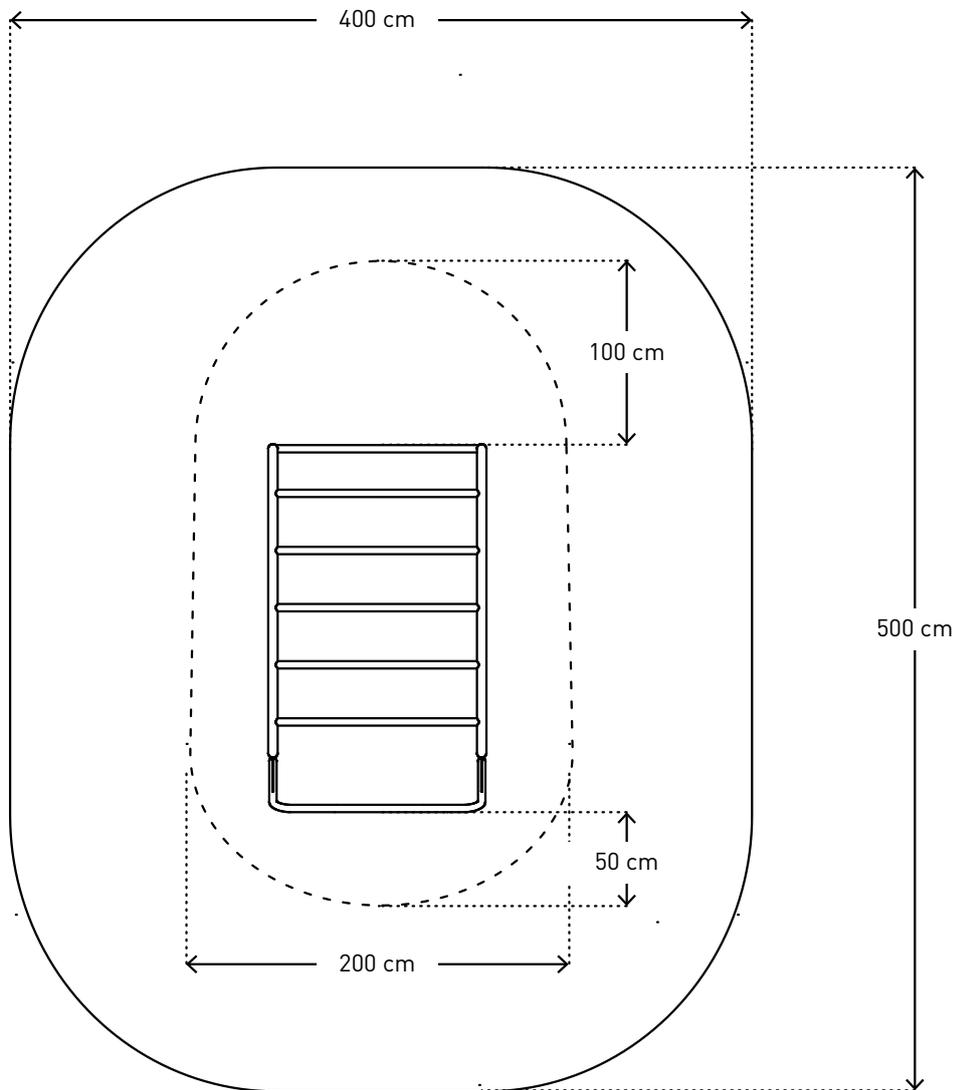
SPIRER MONKEY

Product no.: no-011

Measurements: L 100 x W 200 x H 230 cm
(NB! Measure from the top of the equipment)

DISTANCES

Training space -----
Area of movement _____

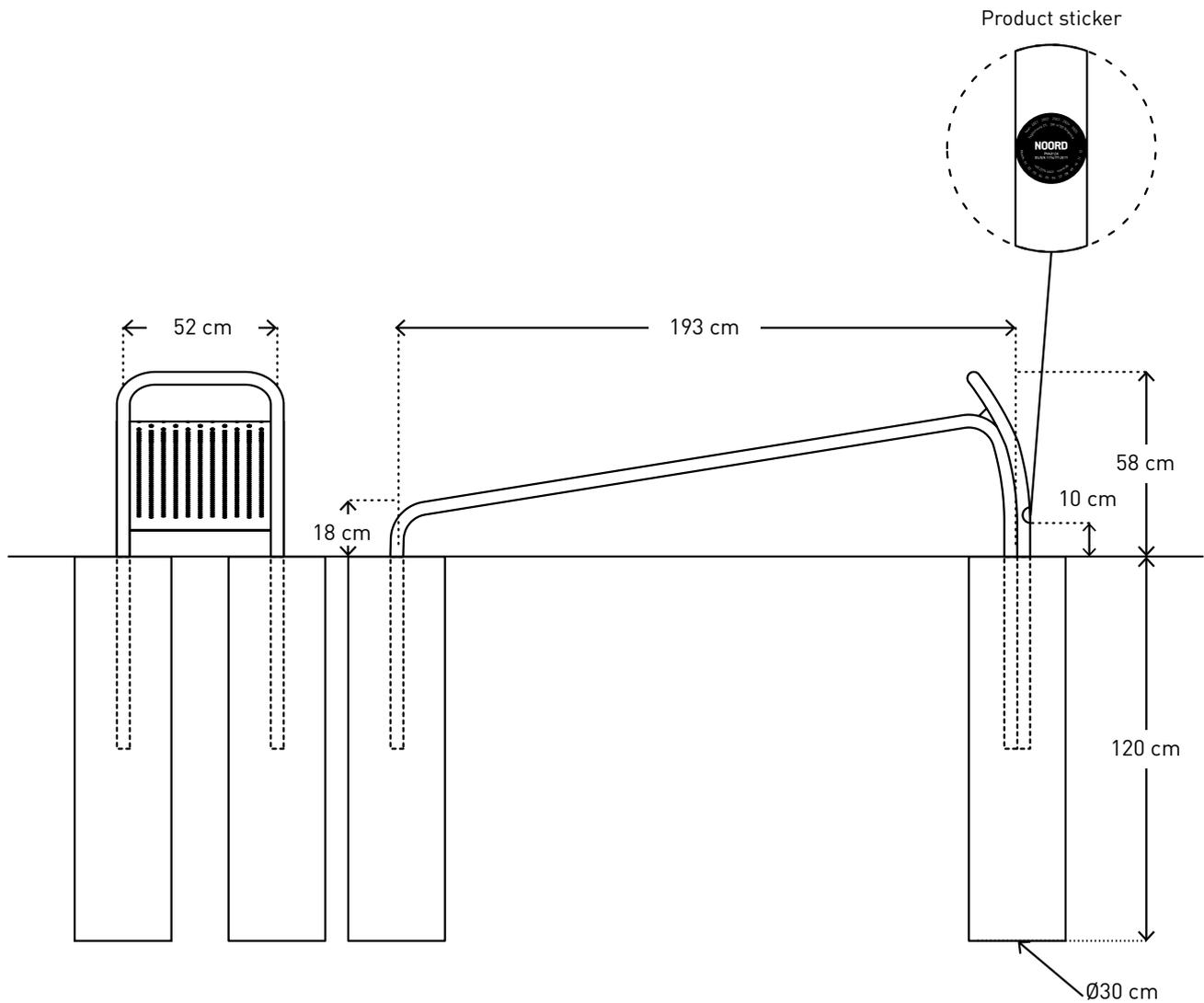


SPIRER INCLINE BENCH

Product no.: no-012

Measurements: L200 x W56 x H58 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

SPIRER INCLINE BENCH

Product no.: no-012

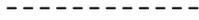
Measurements: L200 x W56 x H58 cm

(NB! Measure from the top of the equipment)

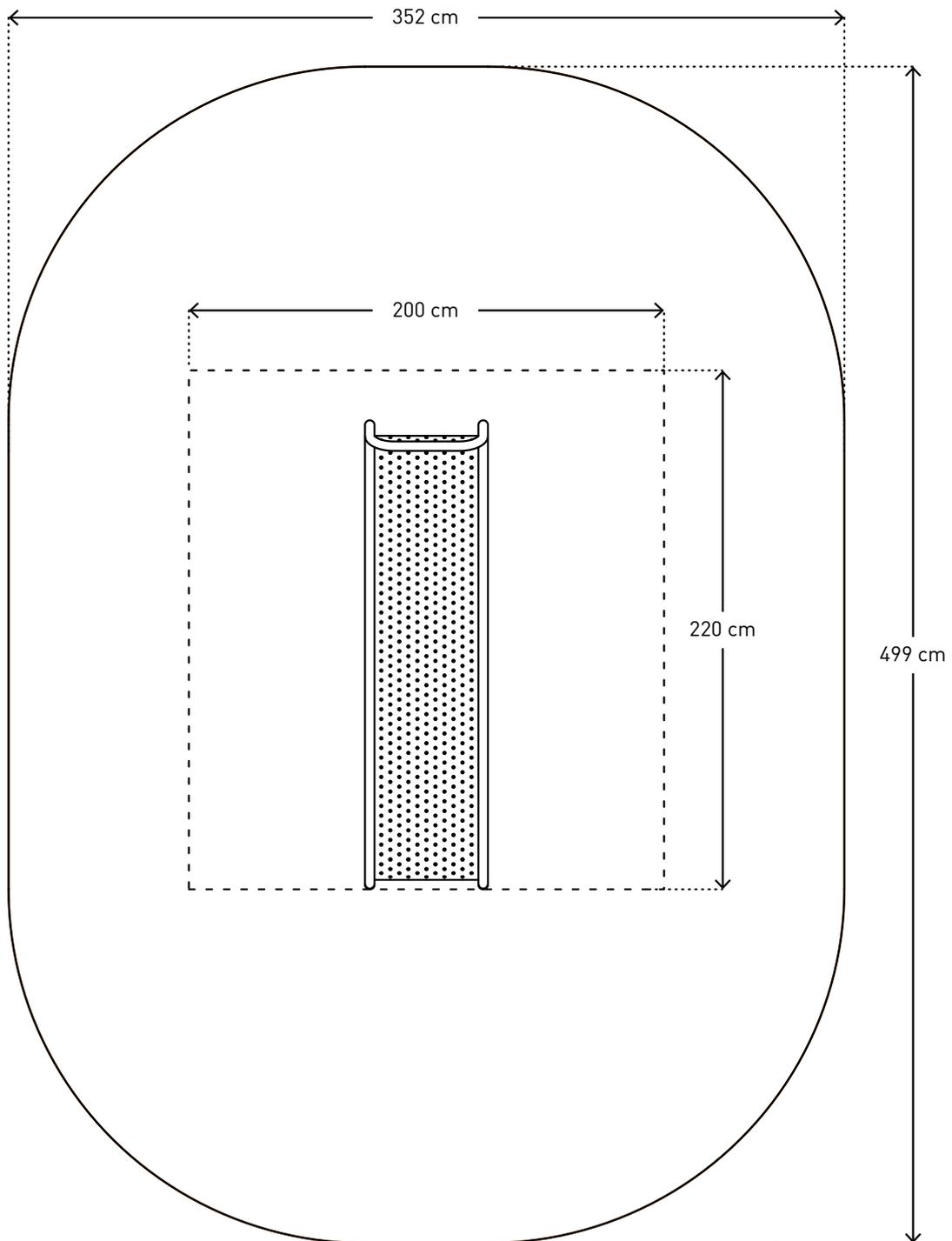


DISTANCES

Training space



Area of movement

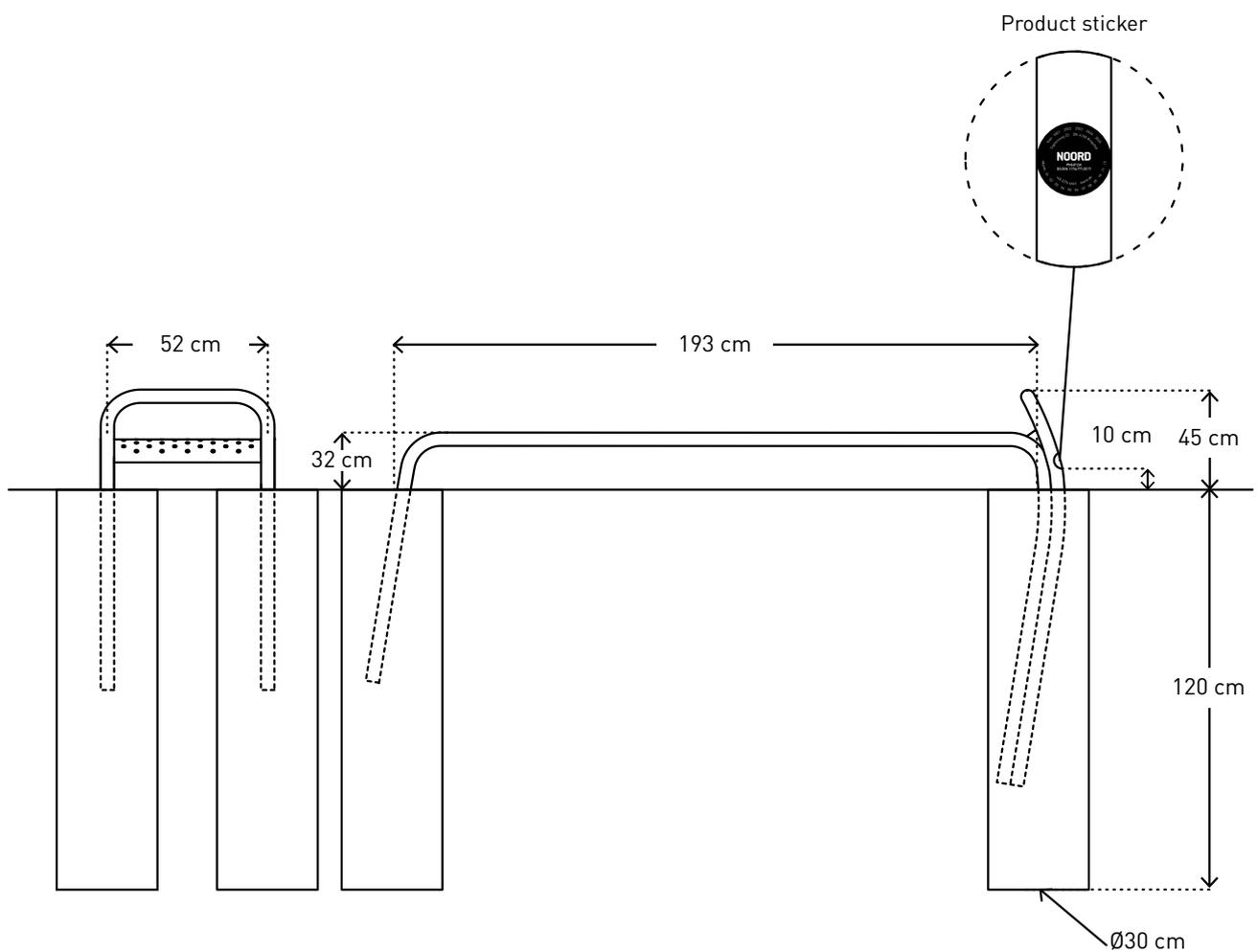


SPIRER STRAIGHT BENCH

Product no.: no-013

Measurements: L200 x W56 x H45 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

SPIRER STRAIGHT BENCH

Product no.: no-013

Measurements: L200 x W56 x H45 cm

(NB! Measure from the top of the equipment)

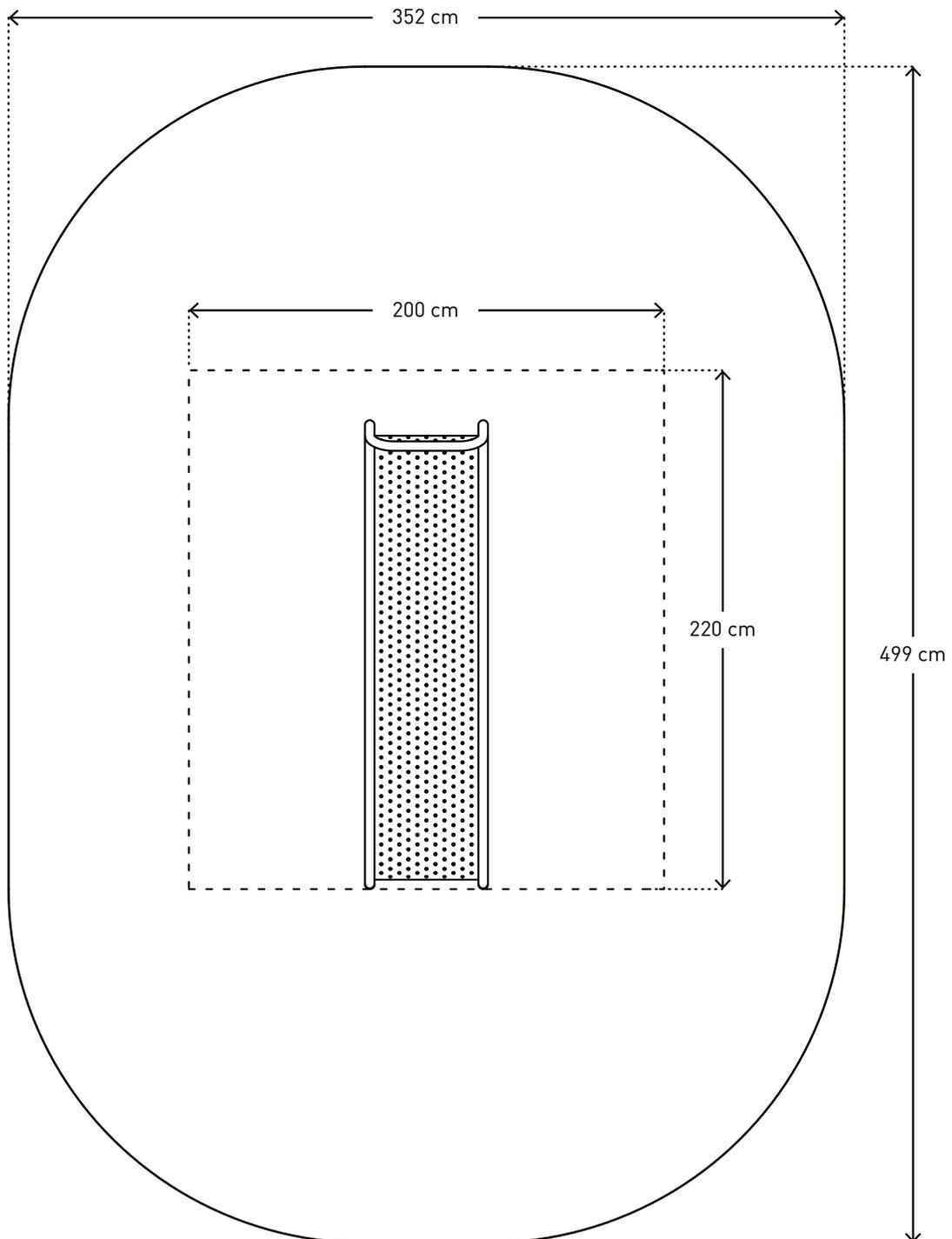


DISTANCES

Training space



Area of movement



SPIRER SIGN

Product no.: no-014

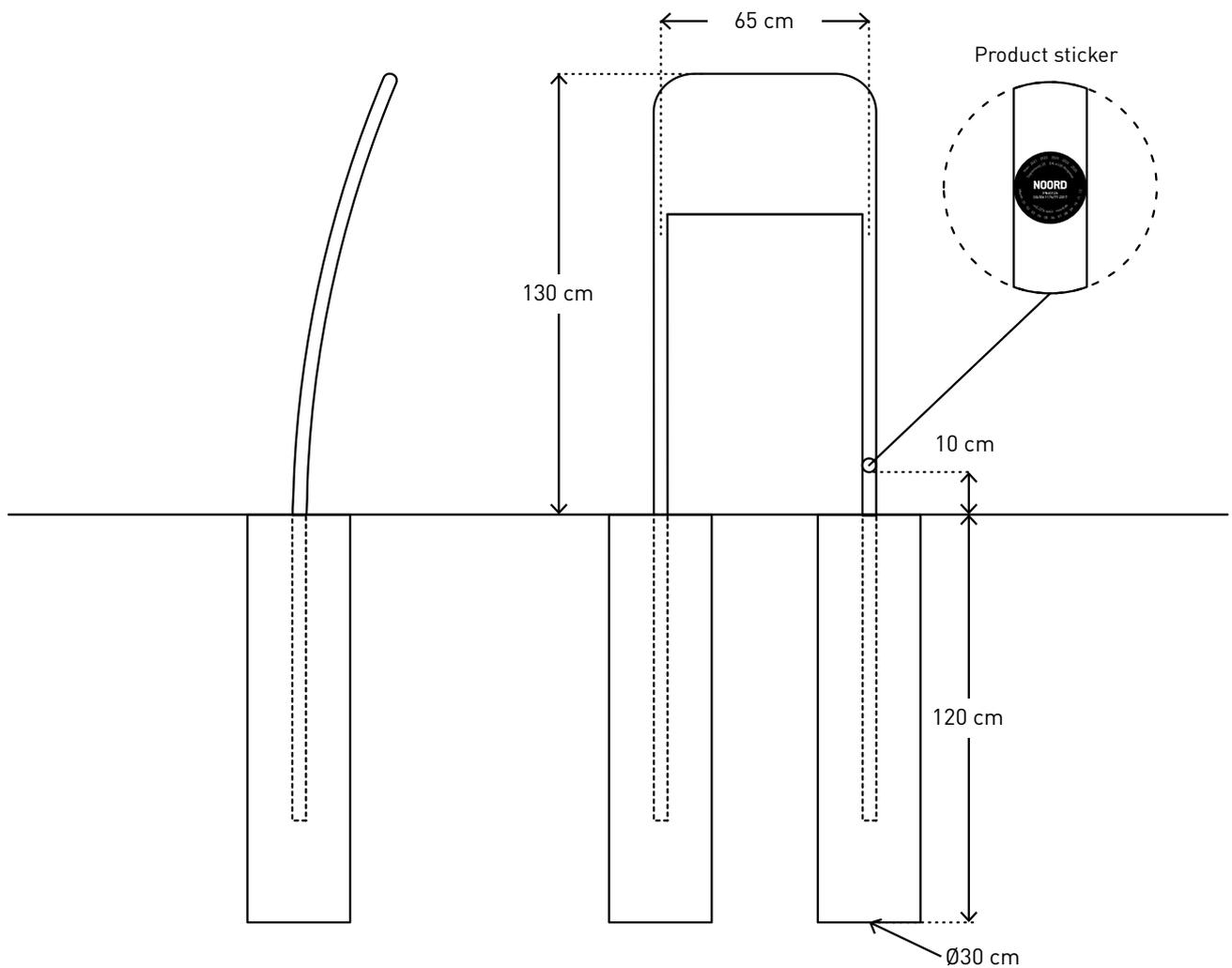
Measurements: L65 x W30 x H130 cm

(NB! Measure from the top of the equipment)



MOUNTING ACCESSORIES

1 pc. Inspiration sign (incl. tape)



GUIDE

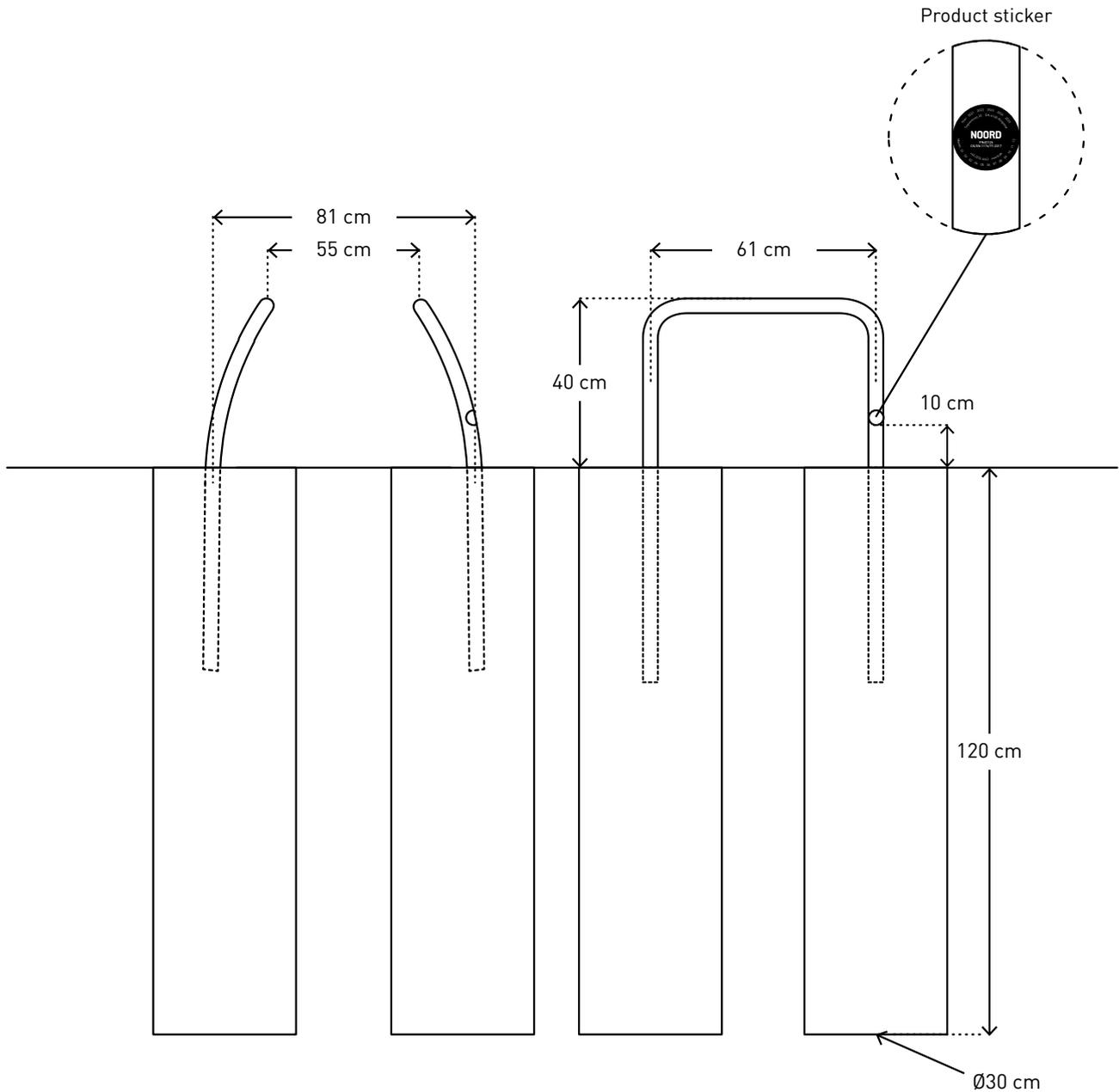
1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions
4. Remove the foil from the tape on the inspiration sign included
5. Center and lower the sign to make it stick

SPIRER MINI PARALLEL

Product no.: no-015

Measurements: L65 x W85 x H40 cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions

SPIRER MINI PARALLEL

Product no.: no-015

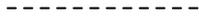
Measurements: L65 x W85 x H40 cm

(NB! Measure from the top of the equipment)

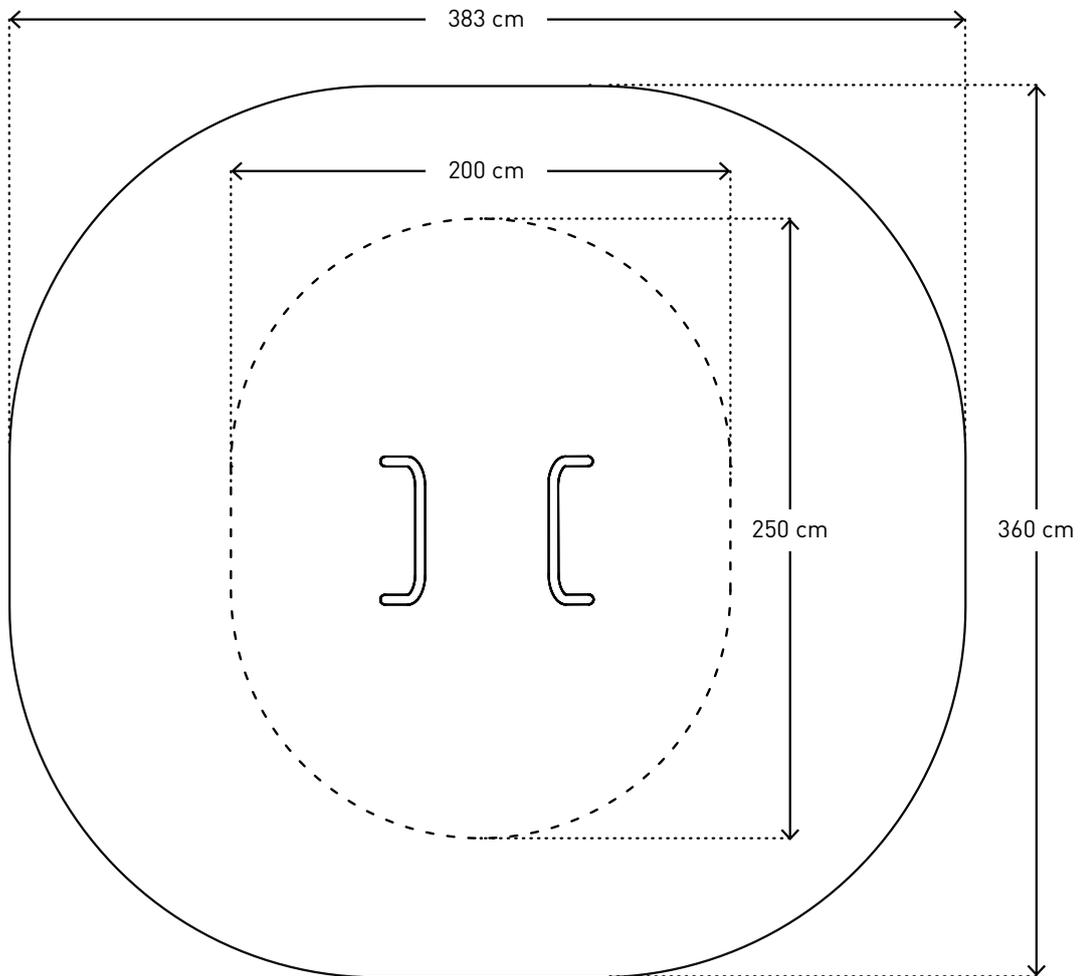


DISTANCES

Training space



Area of movement



PILATES

Product no.: no-017/no-018/no-019

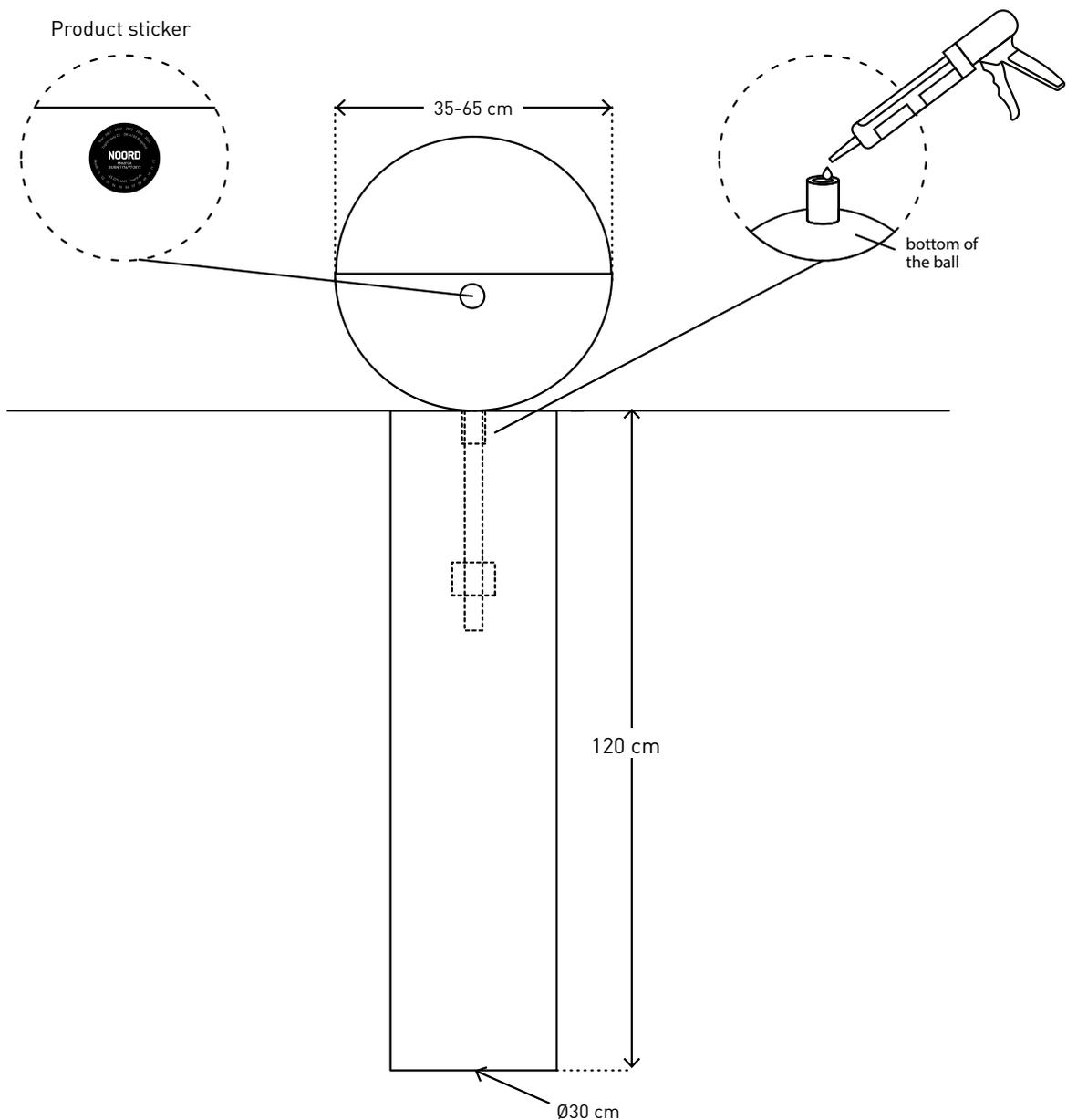
Measurements: $\varnothing 35/\varnothing 50/\varnothing 65$ cm

(NB! Measure from the top of the equipment)



MOUNTING ACCESSORIES

- 1 Anchor
- 1 Anchoring adhesive included



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Assemble the anchor with the Pilates ball using the anchoring adhesive
4. Place the equipment in the hole, leveled and with the right dimensions

PILATES

Product no.: no-017/no-018/no-019

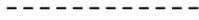
Measurements: Ø35/Ø50/Ø65 cm

(NB! Measure from the top of the equipment)

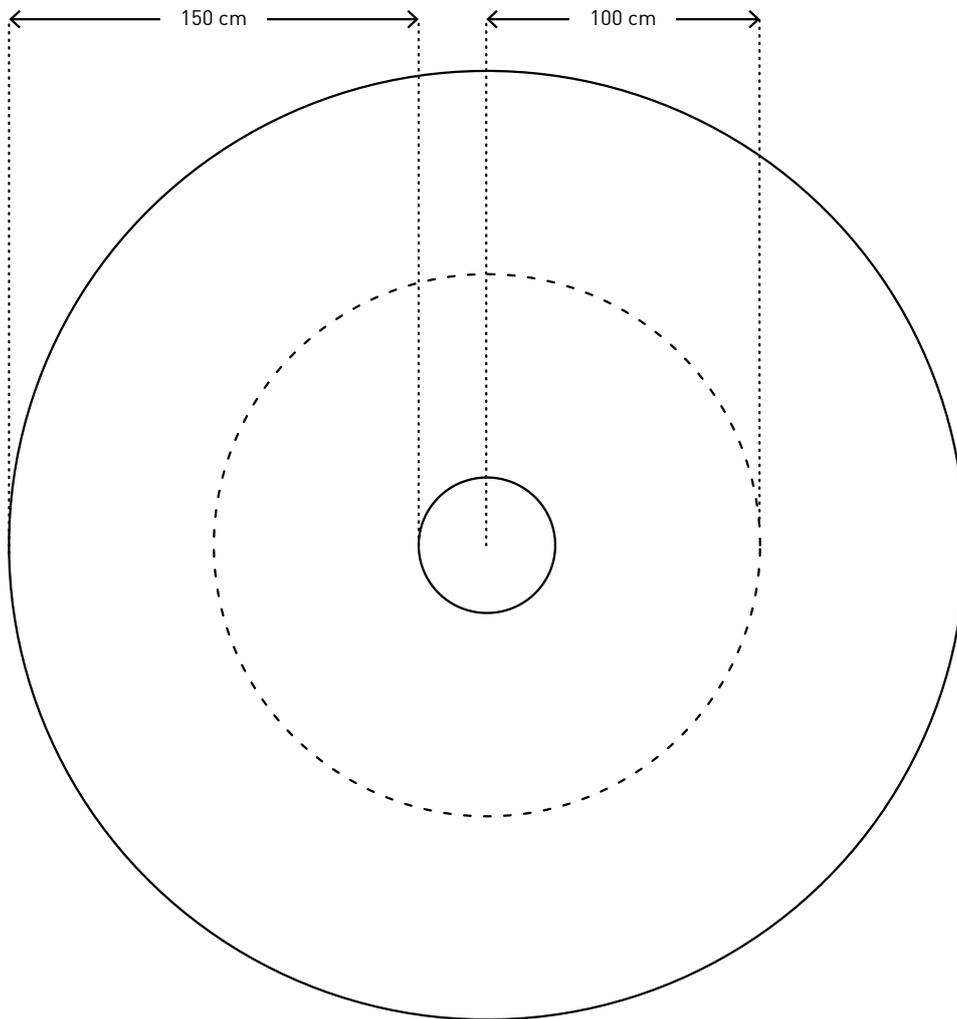


DISTANCES

Training space



Area of movement



EPDM BALL

Product no.: no-020/no-021/no-022

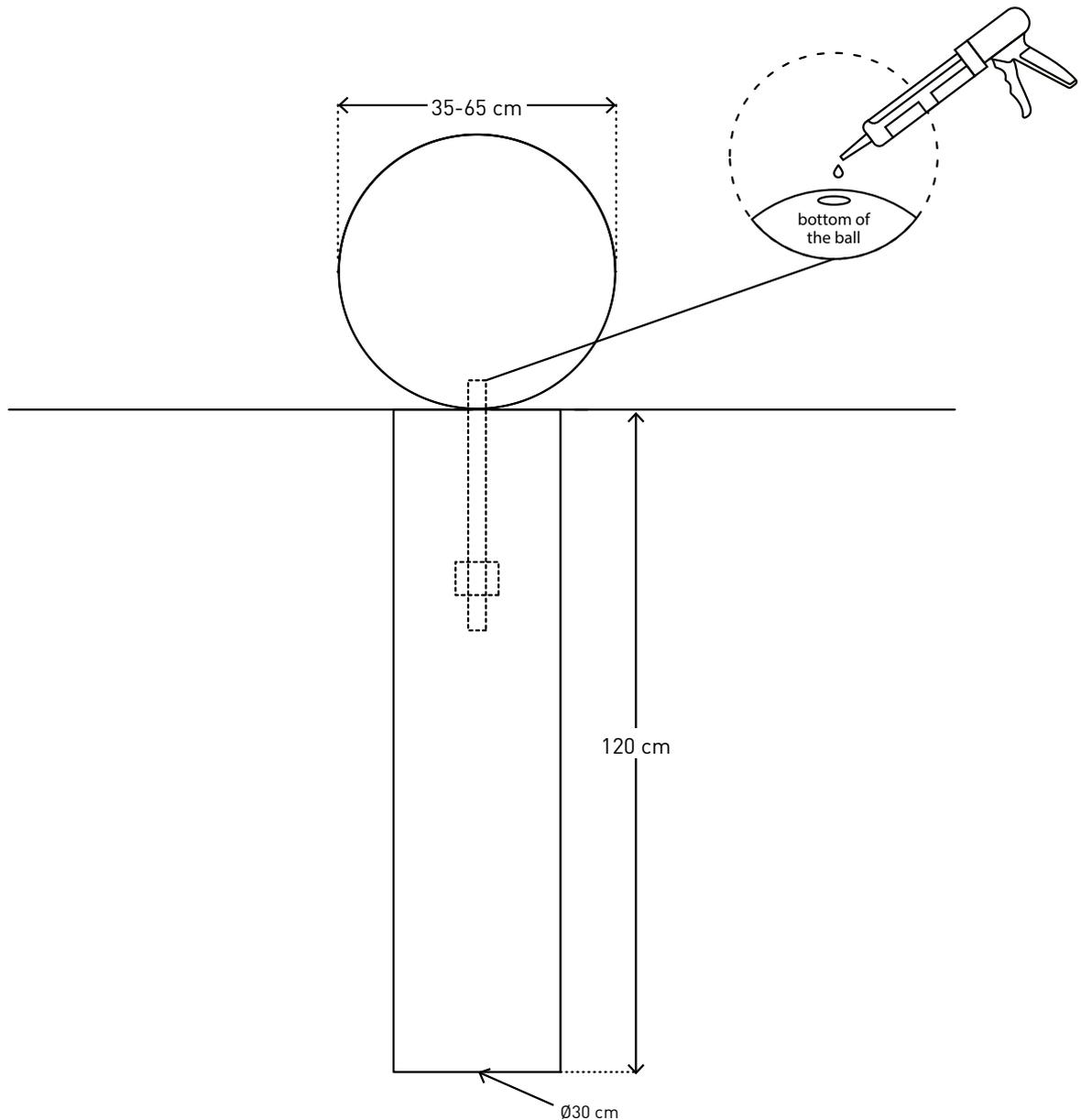
Measurements: $\emptyset 35/\emptyset 50/\emptyset 65$ cm

(NB! Measure from the top of the equipment)



MOUNTING ACCESSORIES

- 1 Anchor
- 1 Anchoring adhesive included



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Assemble the anchor with the EPDM ball using the anchoring adhesive
4. Place the equipment in the hole, leveled and with the right dimensions

EPDM BALL

Product no.: no-020/no-021/no-022

Measurements: $\varnothing 35/\varnothing 50/\varnothing 65$ cm

(NB! Measure from the top of the equipment)

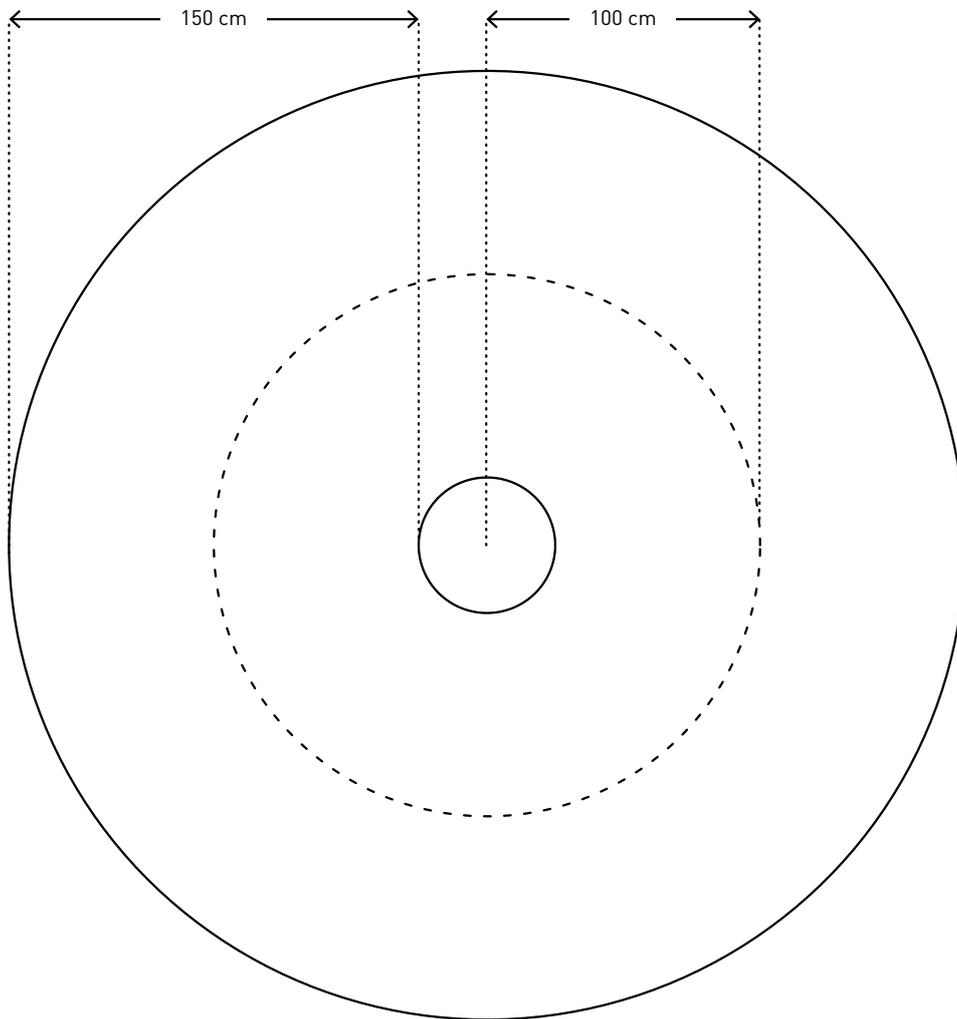


DISTANCES

Training space



Area of movement

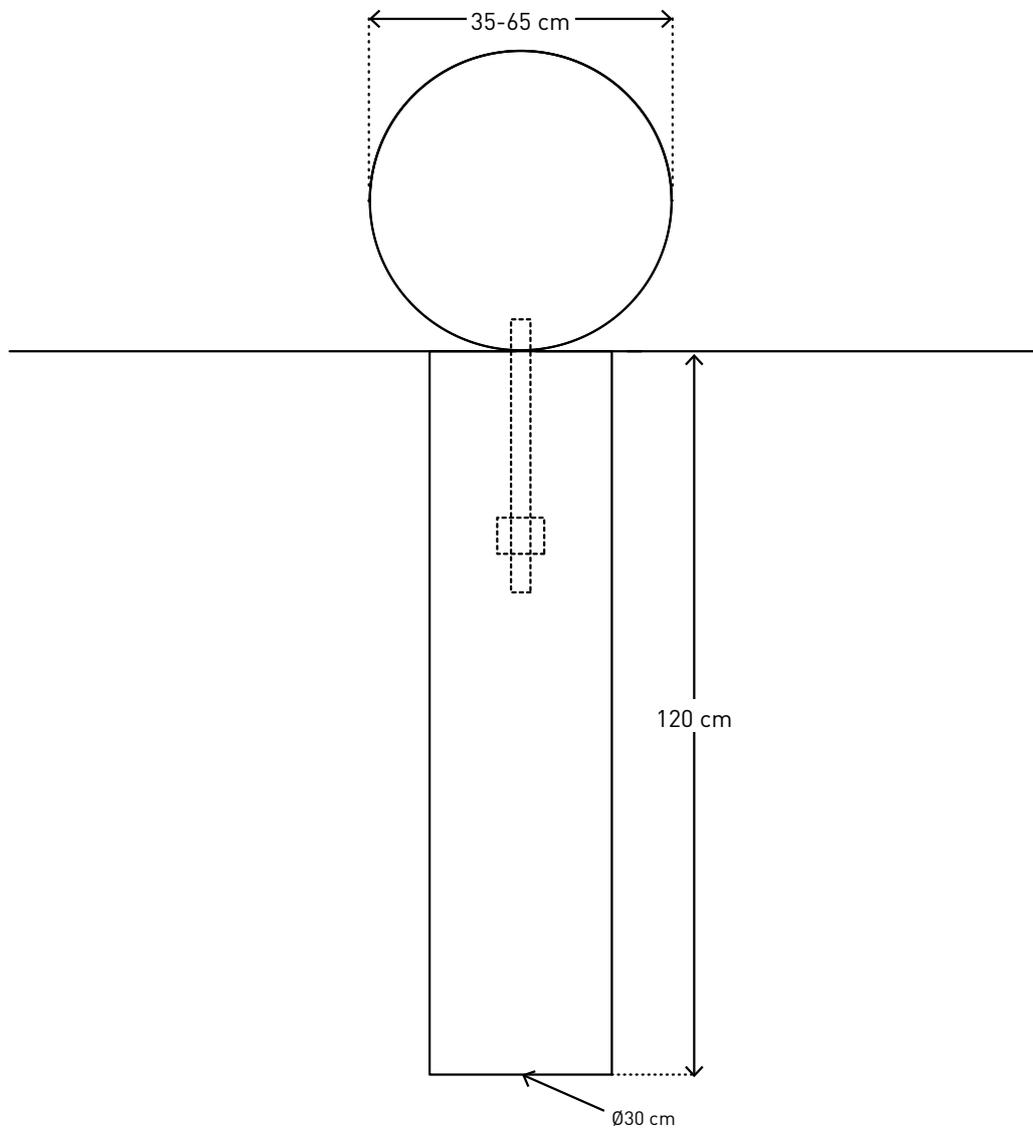


EPDM BALL

Product no.: no-020/no-021/no-022

Measurements: $\emptyset 35/\emptyset 50/\emptyset 65$ cm

(NB! Measure from the top of the equipment)



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the hole, leveled and with the right dimensions

EPDM BALL

Product no.: no-020/no-021/no-022

Measurements: $\varnothing 35/\varnothing 50/\varnothing 65$ cm

(NB! Measure from the top of the equipment)

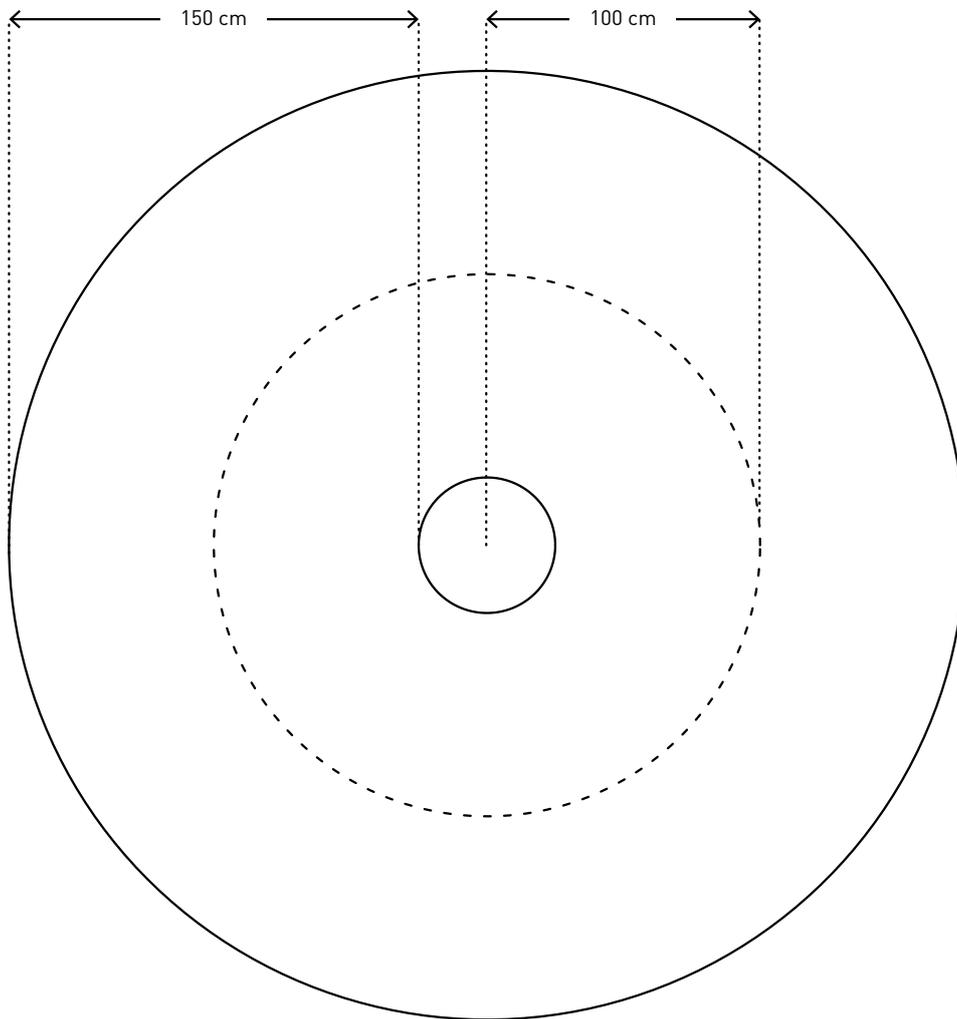


DISTANCES

Training space



Area of movement



PLATEAU - Ø75

Product no.: no-023

Measurements: Ø75 x h45 cm

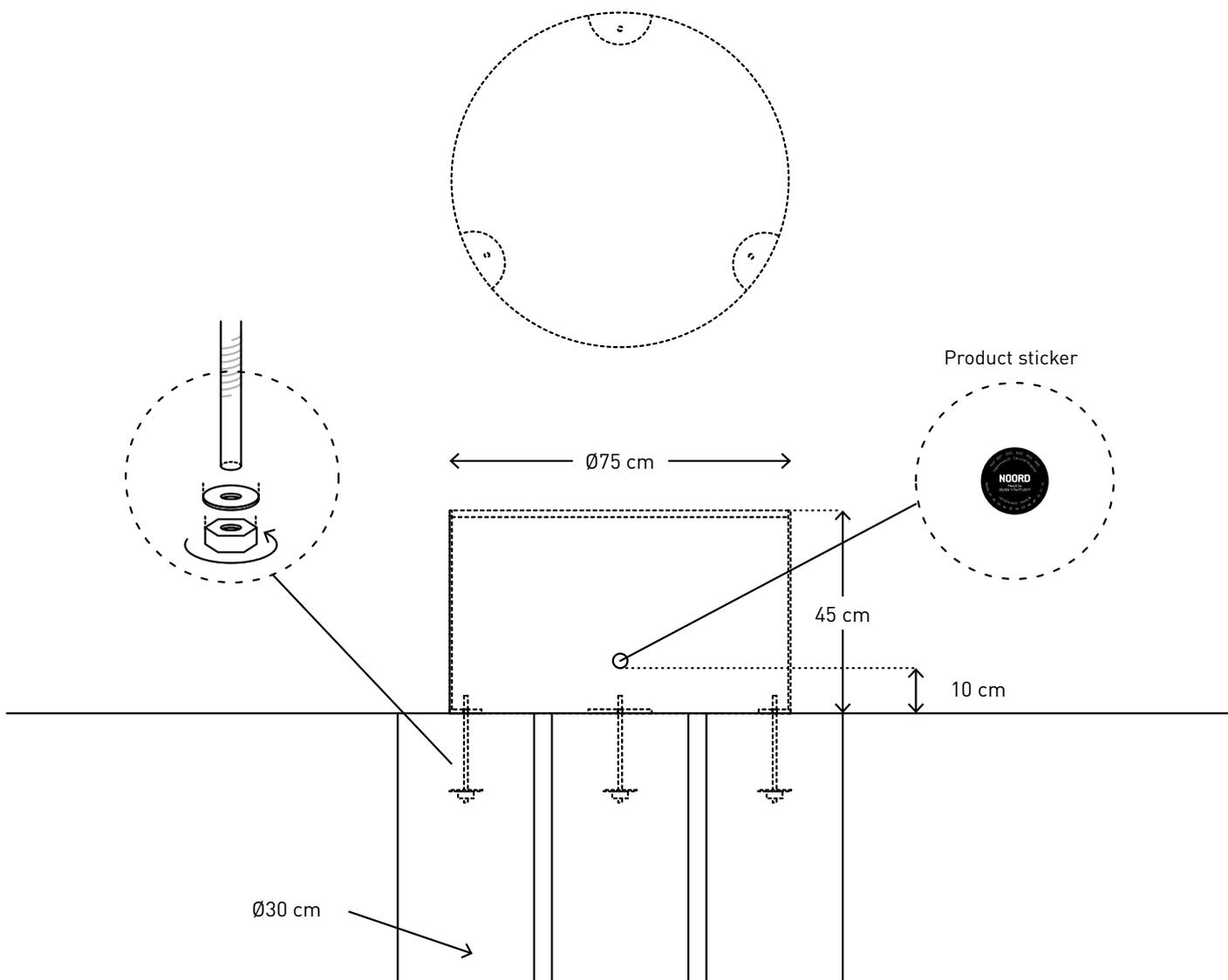


MOUNTING ACCESSORIES

3 pcs. Fully threaded rod

3 pcs. Lock nuts

3 pcs. Washers



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Fasten the fully treaded rods with washers and lock nuts
4. Place the equipment in the holes, leveled and with the right dimensions

PLATEAU - Ø75

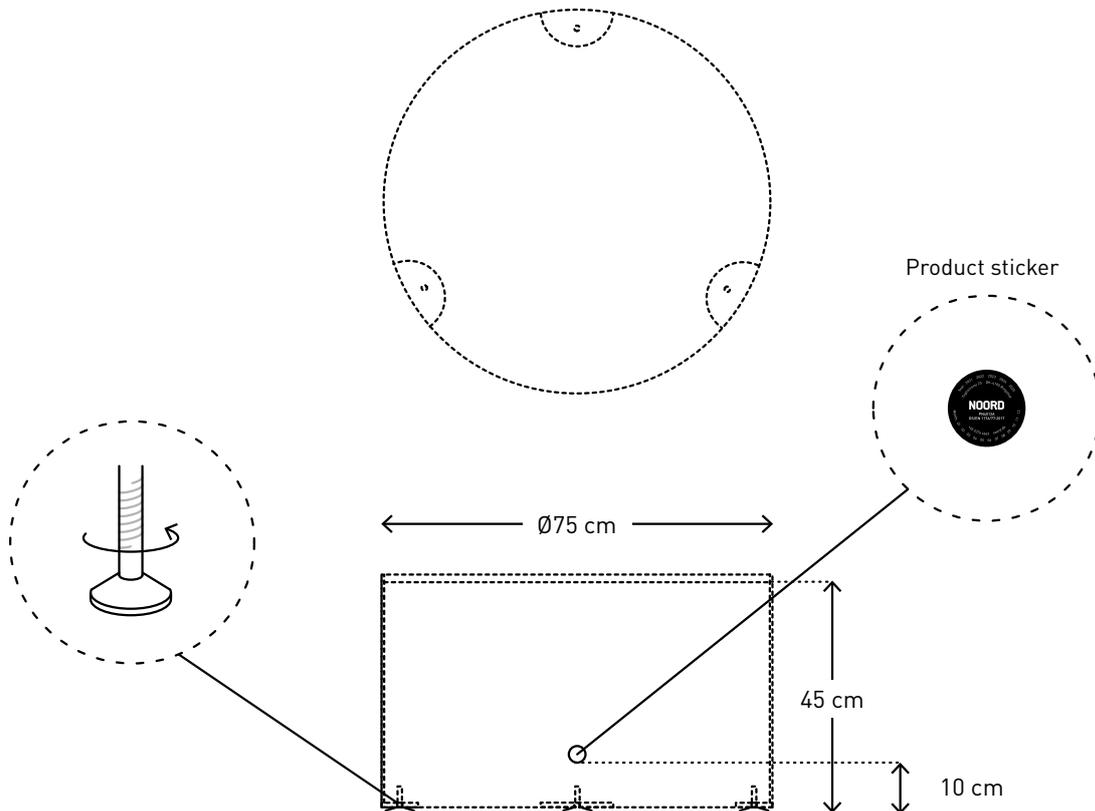
Product no.: no-023

Measurements: Ø75 x h45 cm



MOUNTING ACCESSORIES

3 pcs. Fully-threaded levelling feet



GUIDE

1. Place the equipment leveled and with the right dimensions

PLATEAU - Ø100

Product no.: no-024

Measurements: Ø100 x h45 cm

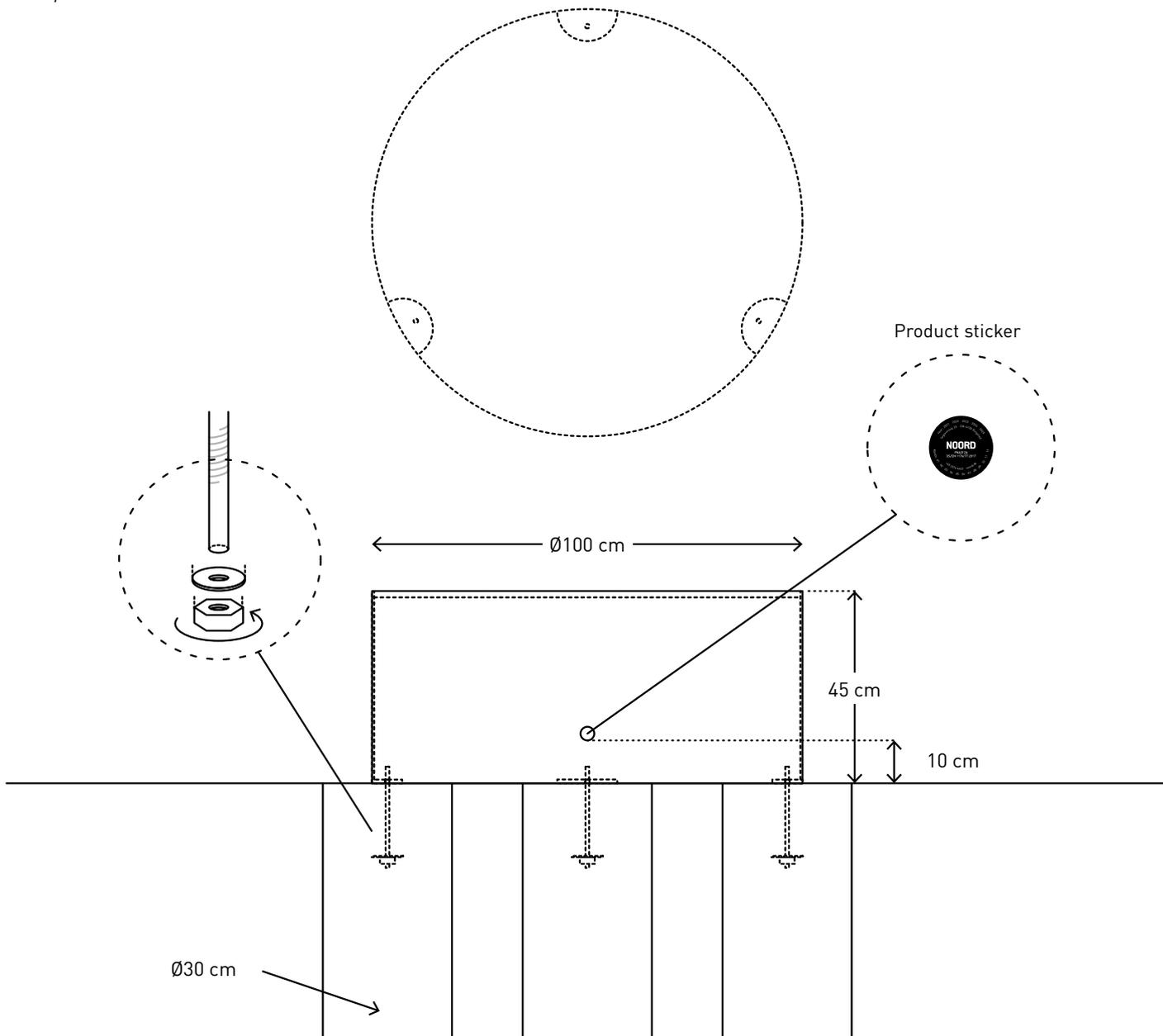


MOUNTING ACCESSORIES

3 pcs. Fully threaded rod

3 pcs. Lock nuts

3 pcs. Washers



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Fasten the fully treaded rods with washers and lock nuts
4. Place the equipment in the holes, leveled and with the right dimensions

PLATEAU - Ø100

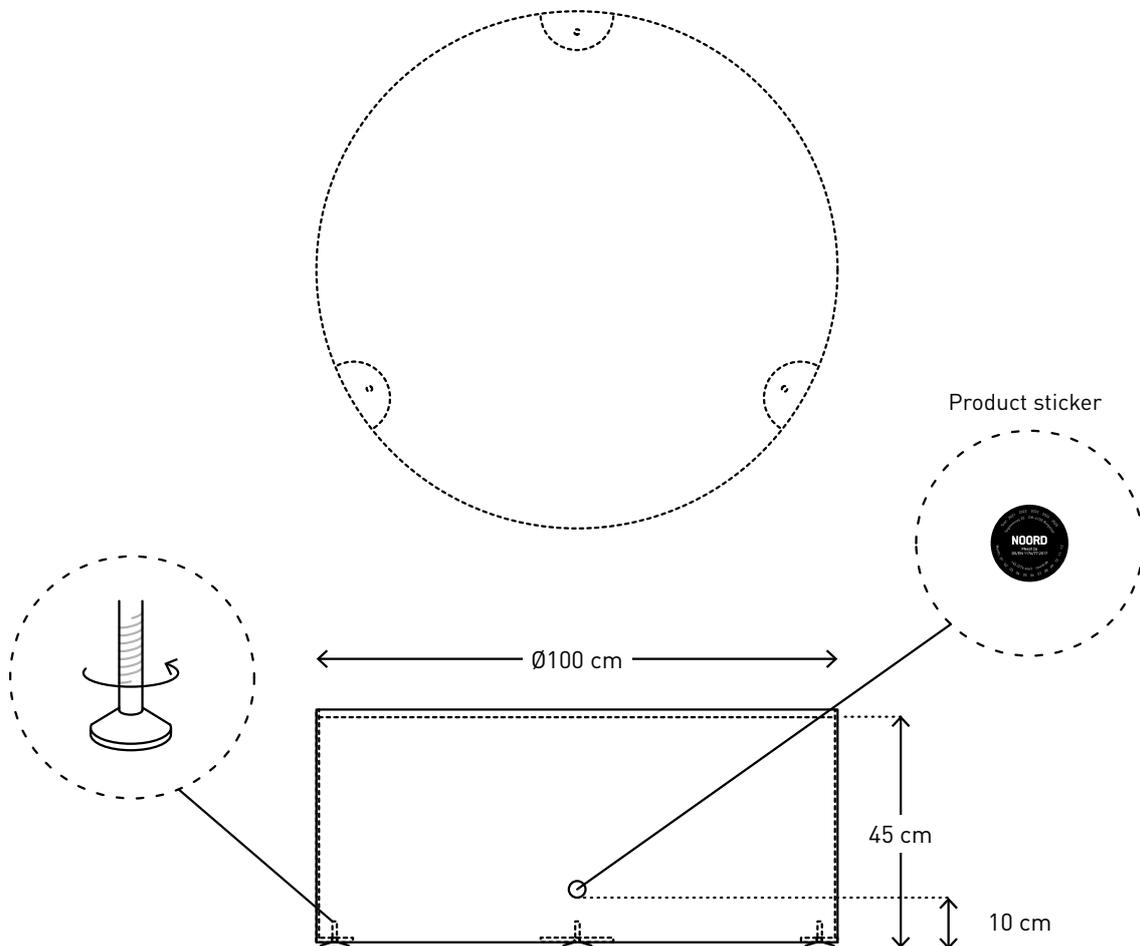
Product no.: no-024

Measurements: Ø100 x h45 cm



MOUNTING ACCESSORIES

3 pcs. Fully-threaded levelling feet



GUIDE

1. Place the equipment leveled and with the right dimensions

PLATEAU - Ø150

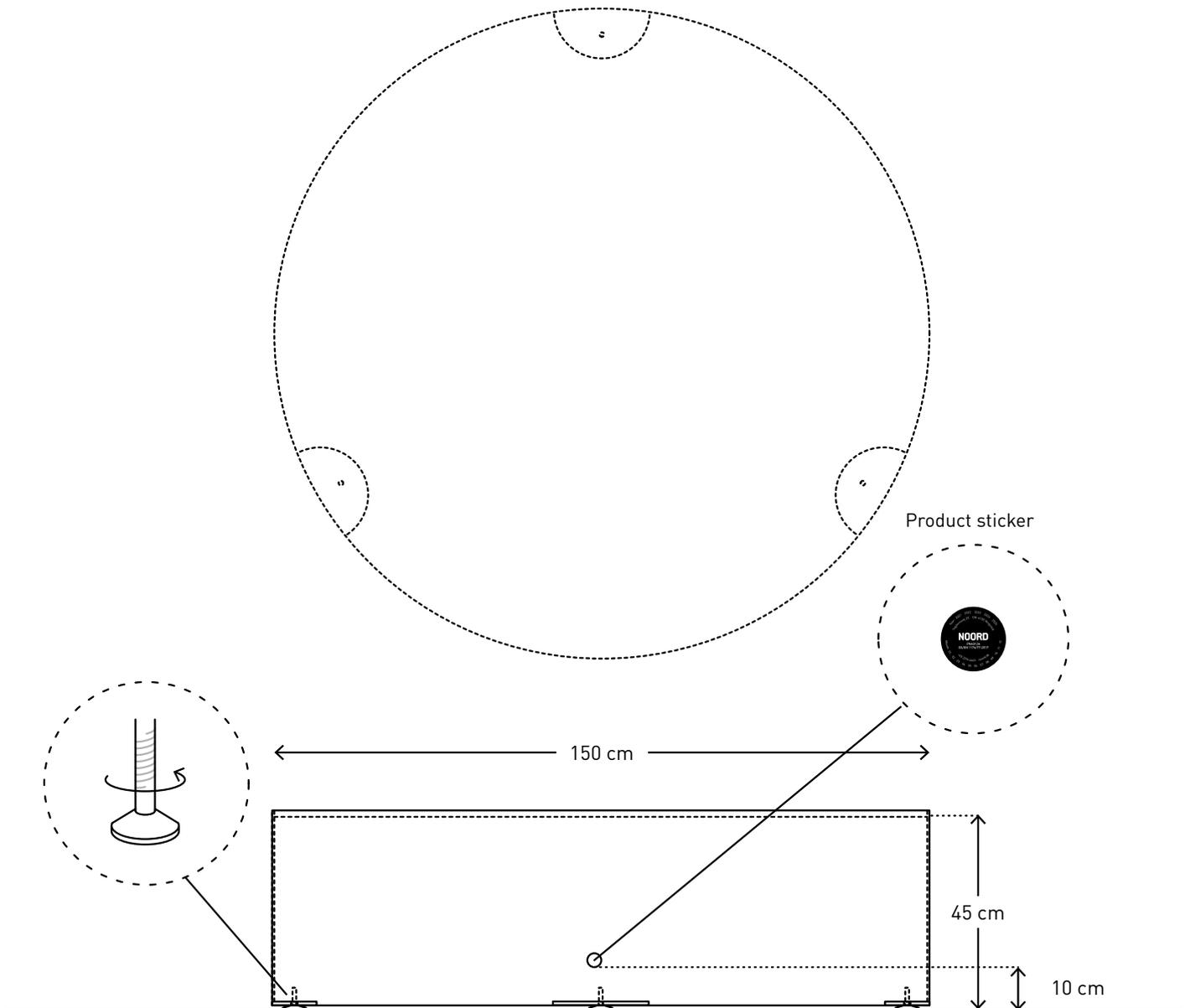
Product no.: no-025

Measurements: Ø150 x h45 cm



MOUNTING ACCESSORIES

3 pcs. Fully-threaded levelling feet



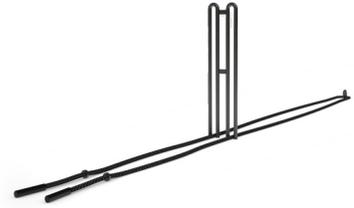
GUIDE

1. Place the equipment leveled and with the right dimensions

BATTLE ROPE

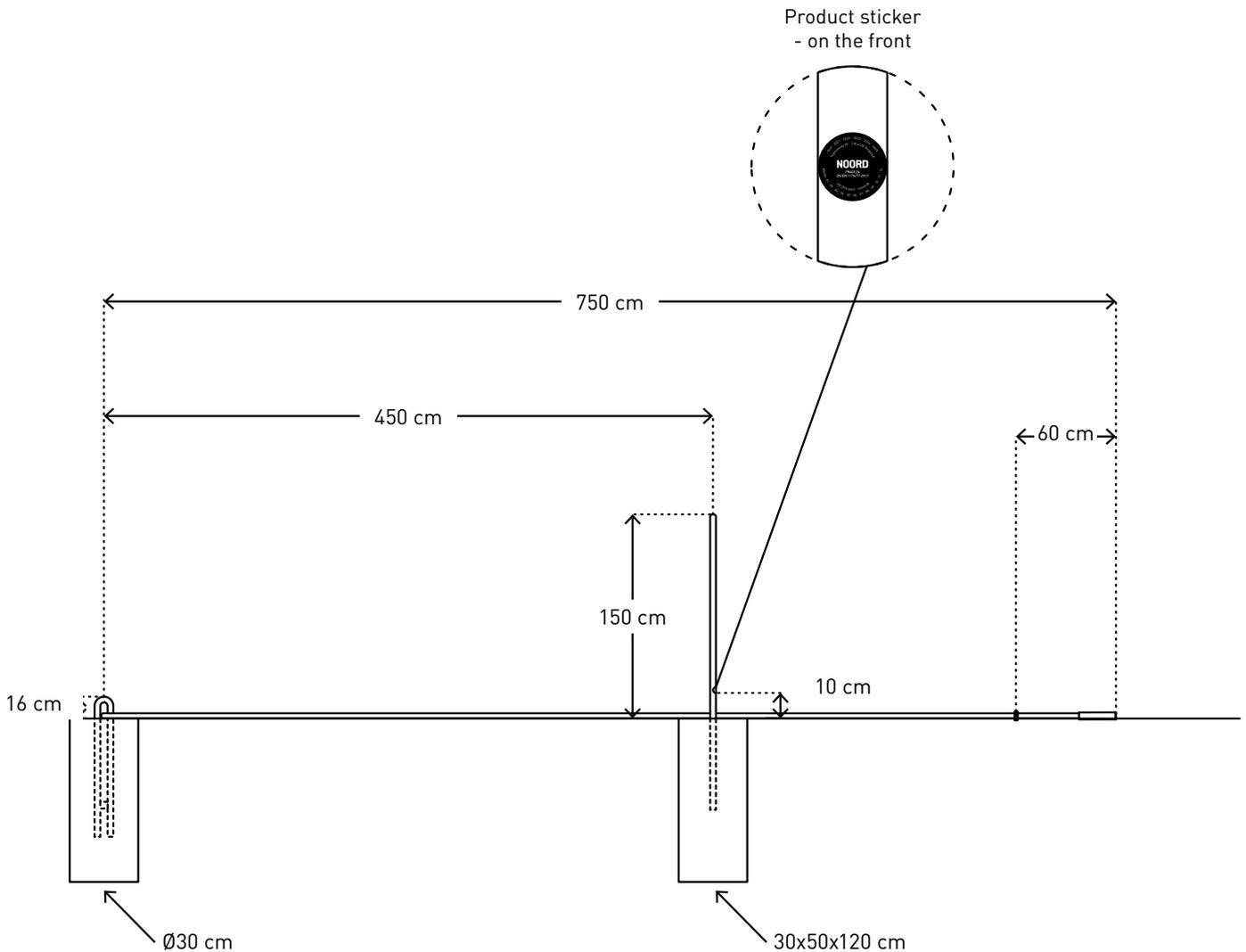
Product no.: no-026

Measurements: L755 x W36 x H150 cm
(NB! Measure from the top of the equipment)



MOUNTING ACCESSORIES

2 pcs. Rope-clamps
Extra-lock glue



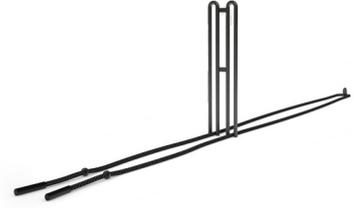
GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions
4. Install the ropes as illustrated on the next page
5. Fasten the rope-clamps with the dimensions as listed above. Use extra-lock glue in the screw holes

BATTLE ROPE

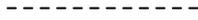
Product no.: no-026

Measurements: L755 x W36 x H150 cm
(NB! Measure from the top of the equipment)

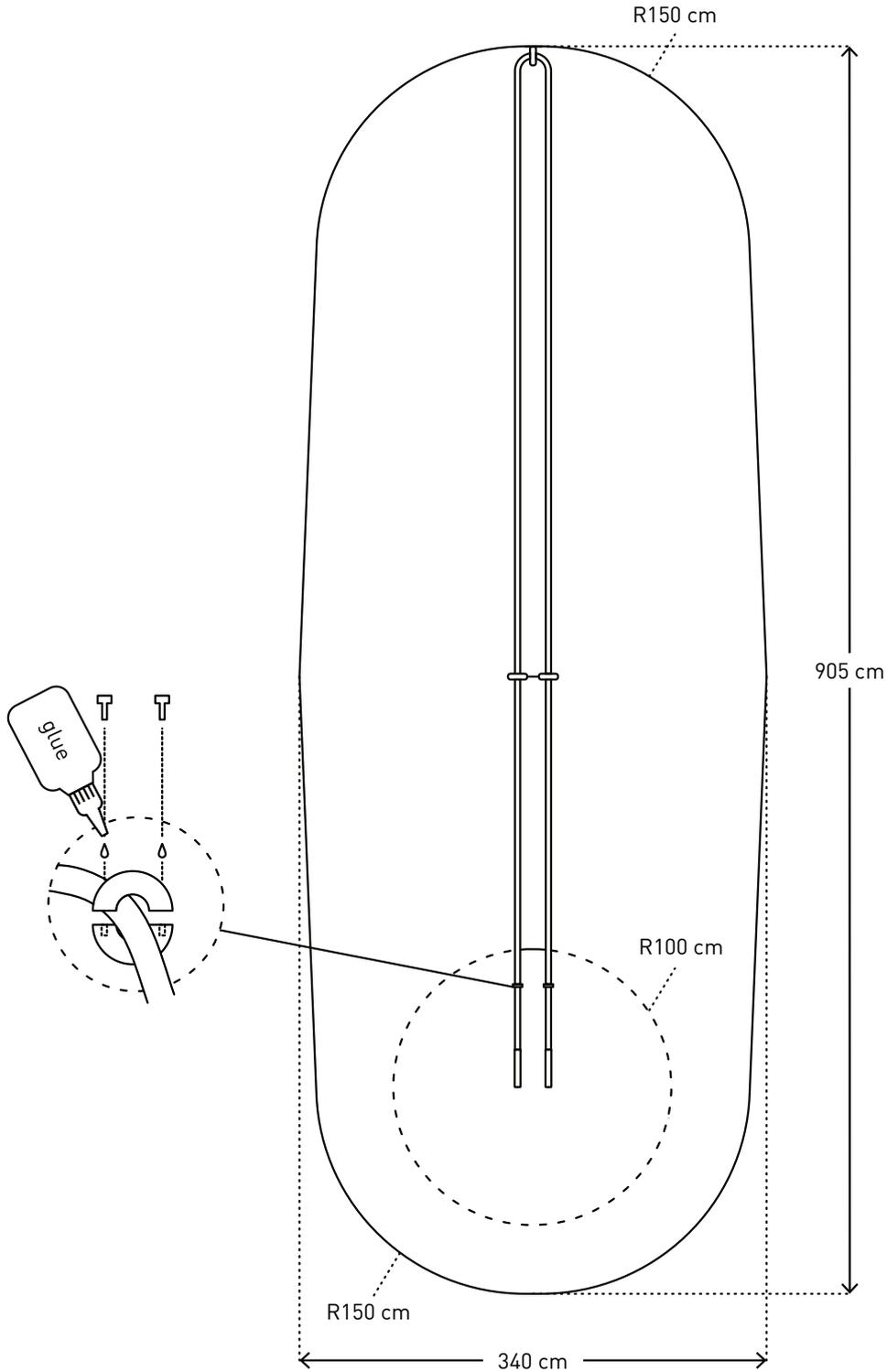


DISTANCES

Training space



Area of movement



SPIRER TRX

Product no.: no-030

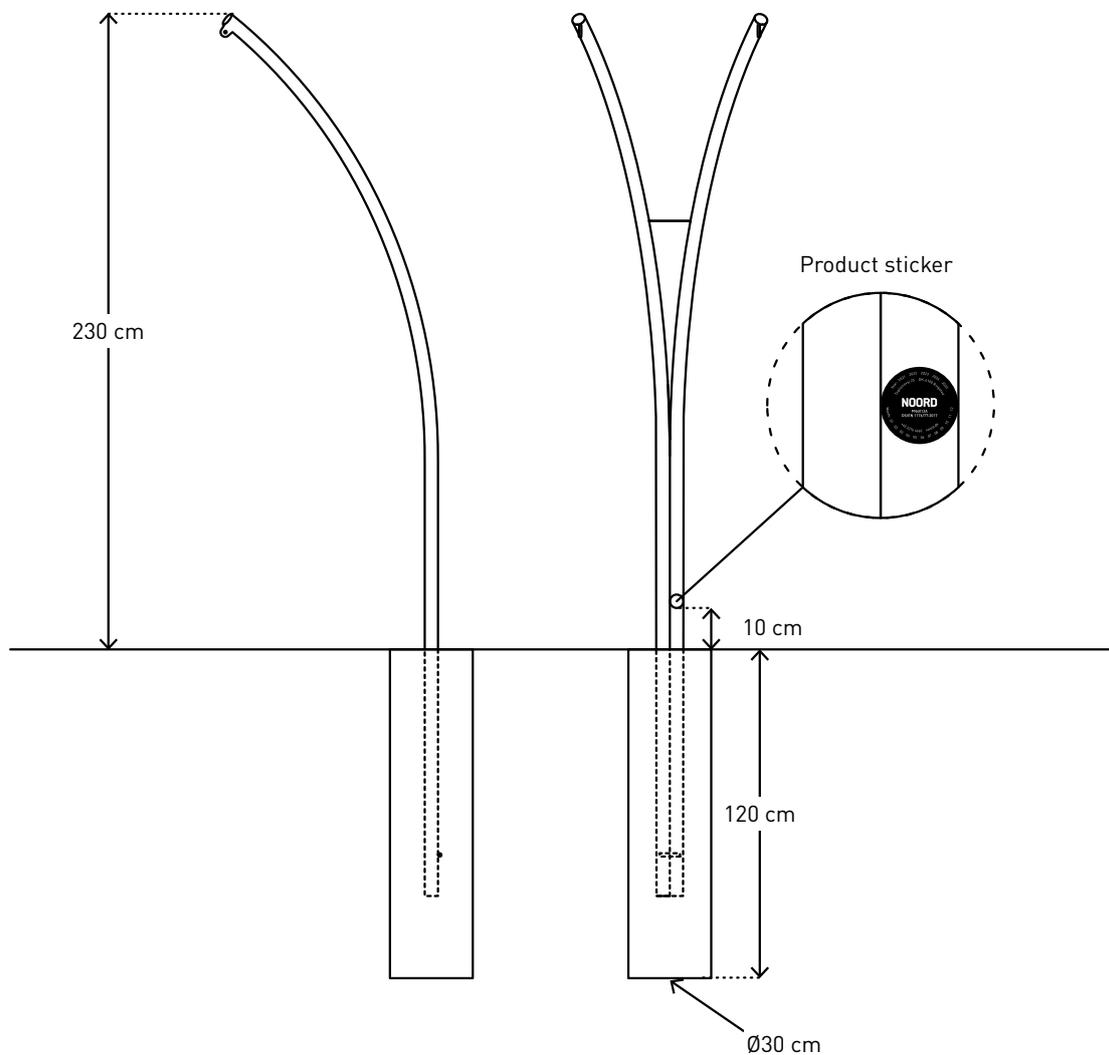
Measurements: L79 x W71 x H230 cm

(NB! Measure from the top of the equipment)



MOUNTING ACCESSORIES

- 2 pcs. TRX rope incl.
 - 2 pcs. Washers
 - 1 pc. Sleeve bearing
- 1 pc. Product sticker



GUIDE

1. Drill holes in the dimensions as listed above
2. Fill the holes with concrete
3. Place the equipment in the holes, leveled and with the right dimensions
4. Install the ropes as illustrated on the next page

SPIRER TRX

Product no.: no-030

Measurements: L79 x W71 x H230 cm
(NB! Measure from the top of the equipment)



DISTANCES

Training space

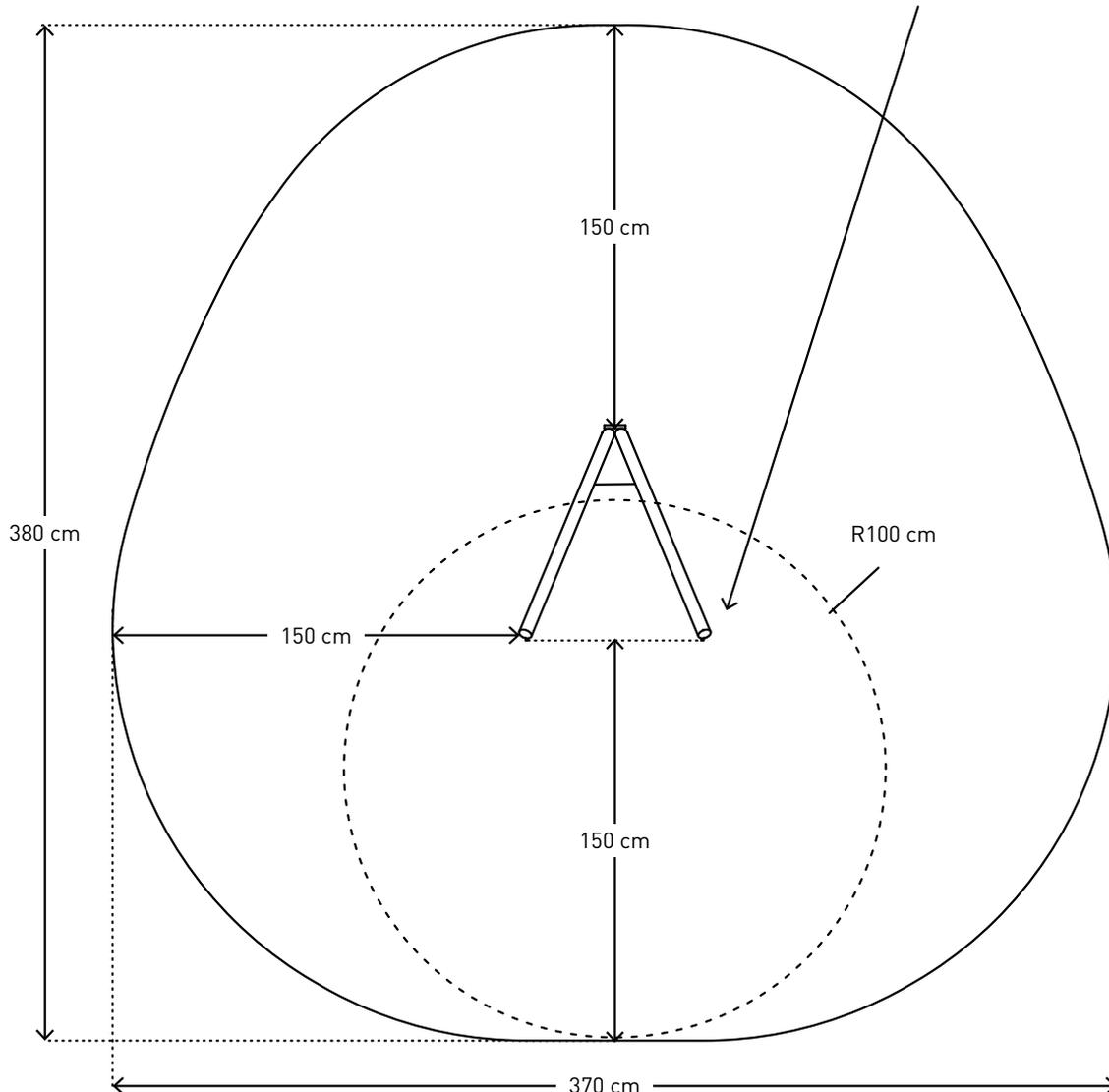
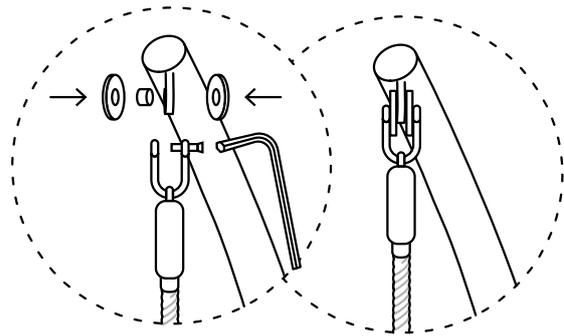


Area of movement



Install the ropes:

Open the shackle and fit the sleeve bearing in the hole and the two washers, one on each side. Fasten the shackle again.



ARCHED MONKEY

Product no.: no-032

Measurements: L468 x W152,5 x H233,5 cm



MOUNTING ACCESSORIES

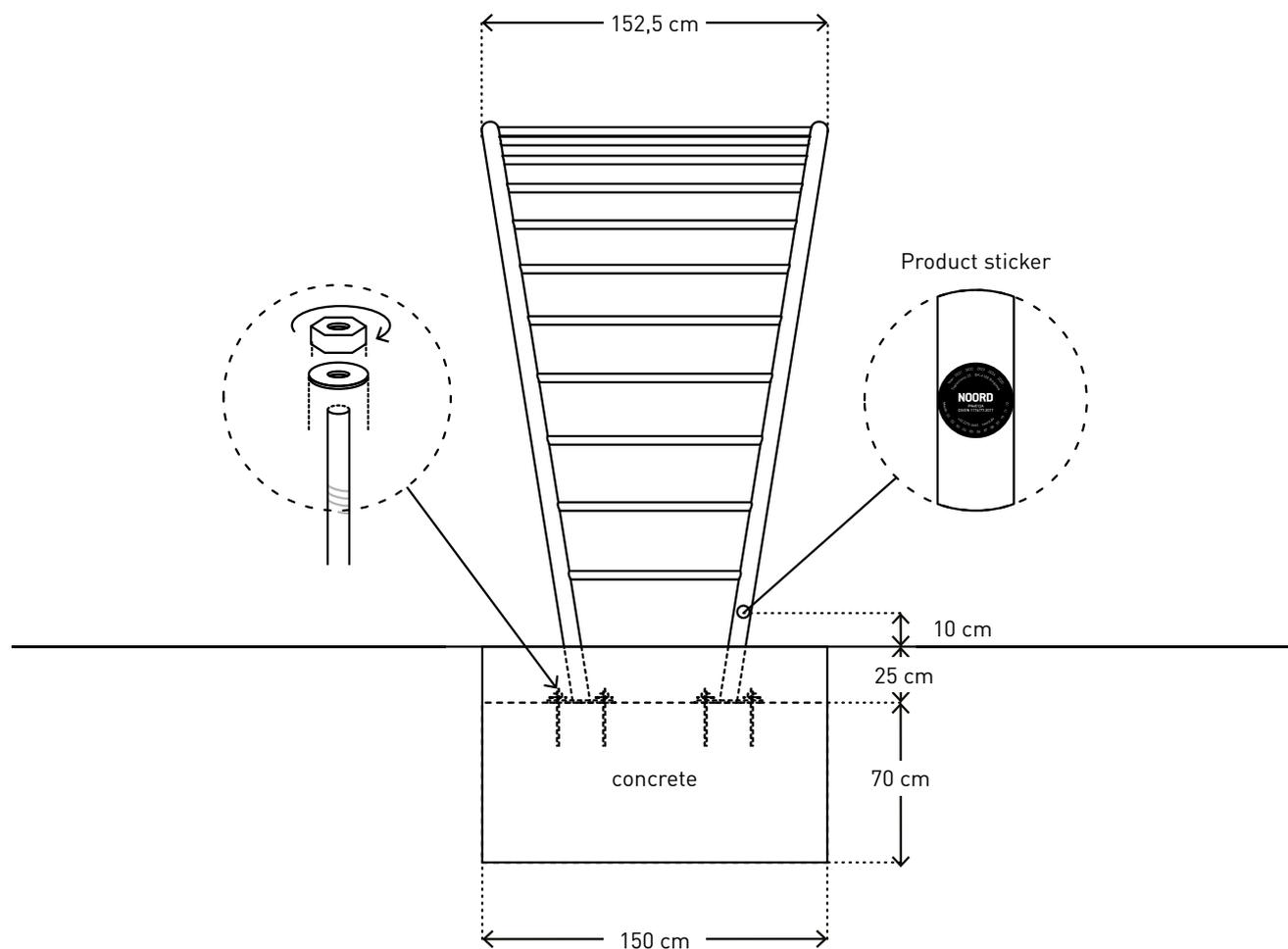
16 pcs. Threaded rods

16 pcs. Washers

16 pcs. Lock nuts

8 pcs. Bolts

NB! Anchoring adhesive not included



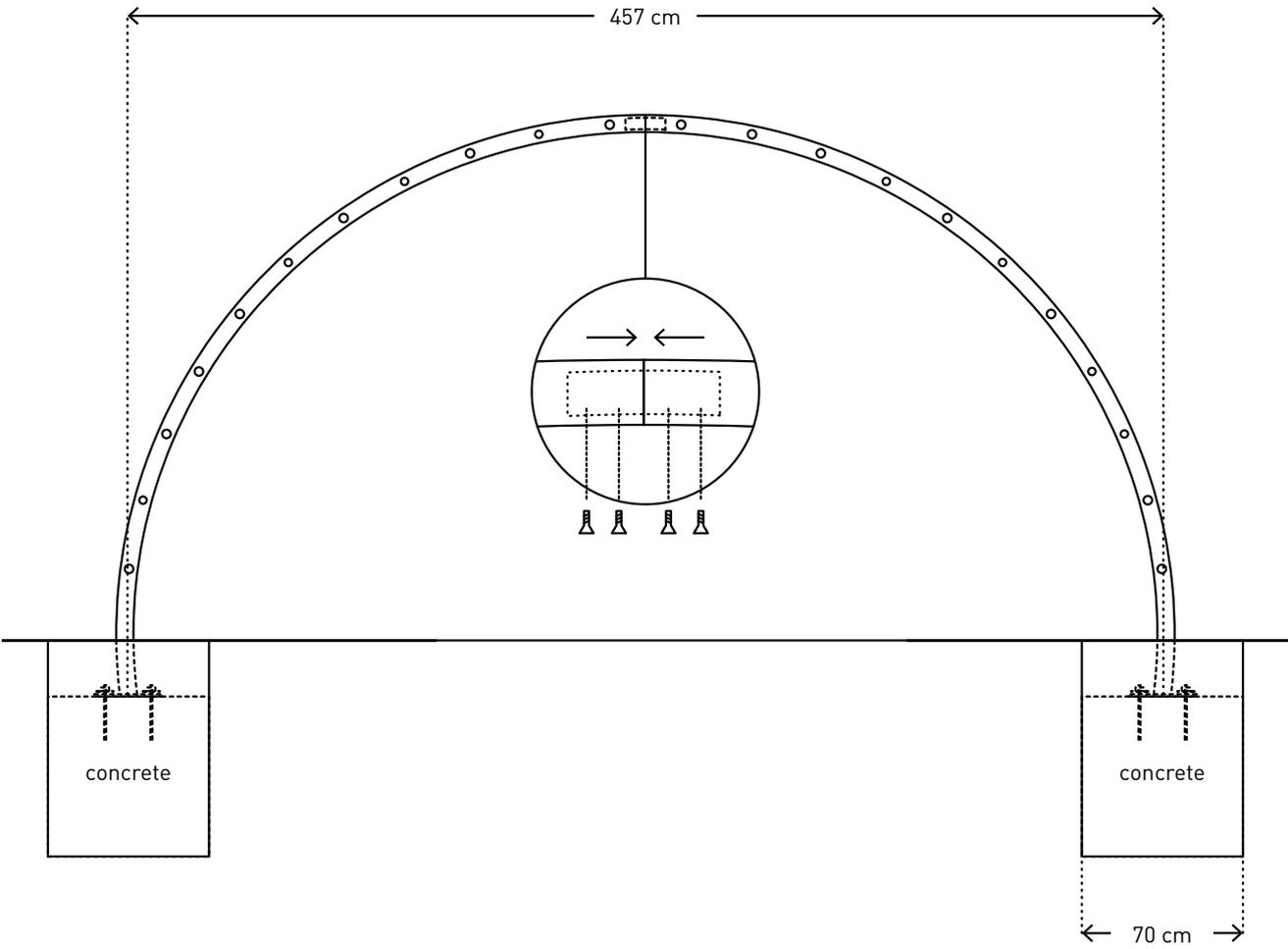
GUIDE

1. Dig holes in the dimensions as listed above
2. Fill the holes with concrete
3. Assemble the Arched Monkey with the connections and bolts included
4. When the concrete has hardened, drill holes for the threaded rods
5. Fill the holes with anchoring adhesive
6. Place the equipment, leveled and with the right dimensions
7. Place the fully threaded rods in the holes and fasten with washers and lock nuts

ARCHED MONKEY

Product no.: no-032

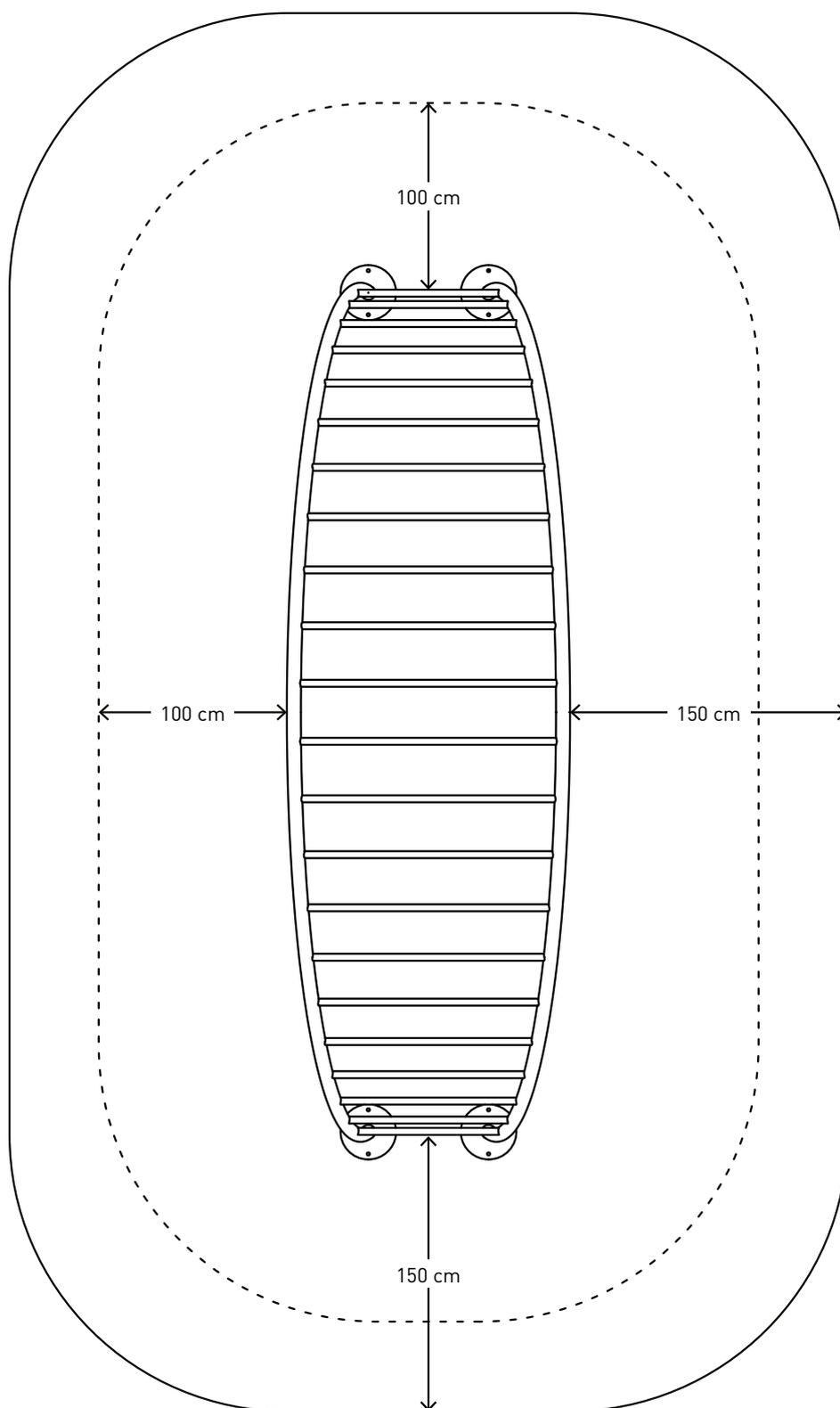
Measurements: L468 x W152,5 x H233,5 cm



ARCHED MONKEY

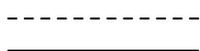
Product no.: no-032

Measurements: L468 x W152,5 x H233,5 cm



DISTANCES

Training space
Area of movement



NO-NR-0914 001

NOORD
Outdoor fitness

revised 23.11.2021