

179070-1 + 15

179071-1 + 15

179072-1 + 15

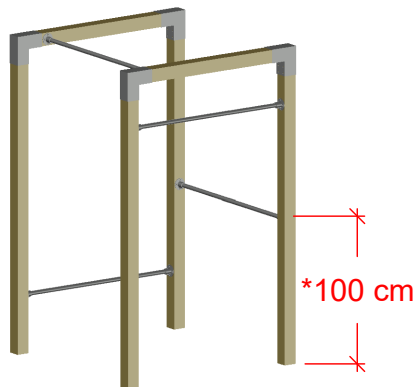


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Nur für privaten Gebrauch.

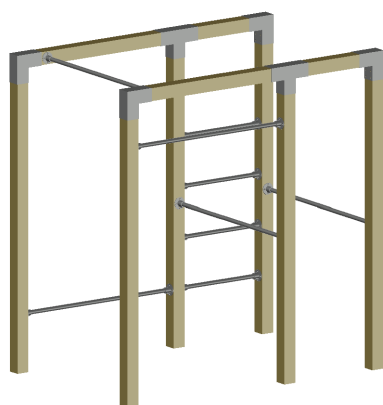
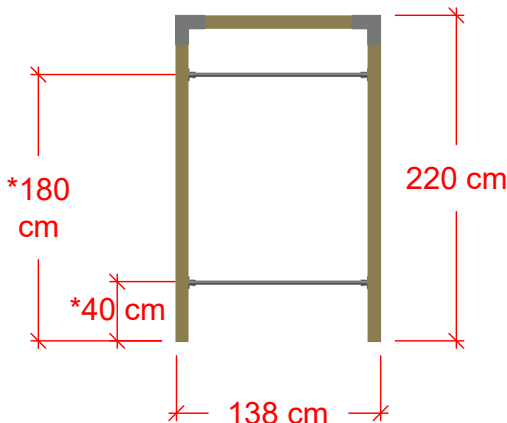
**PLUS**

PLUS A/S  
Ådalen 13B  
DK-6600 Vejen  
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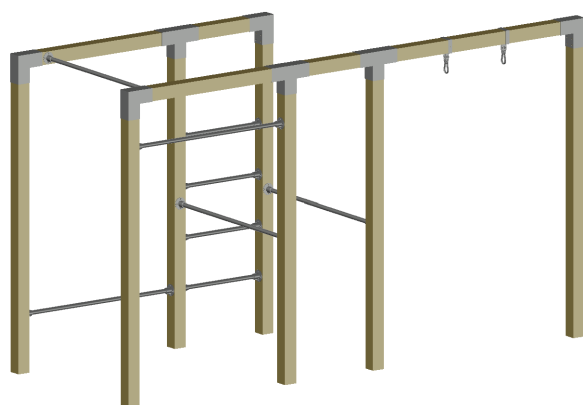
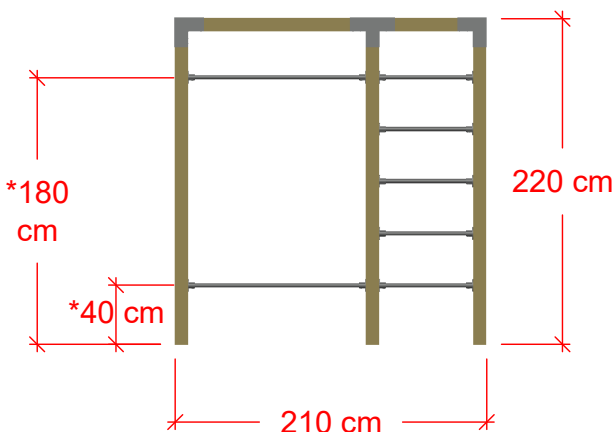
( varenr. 177027)



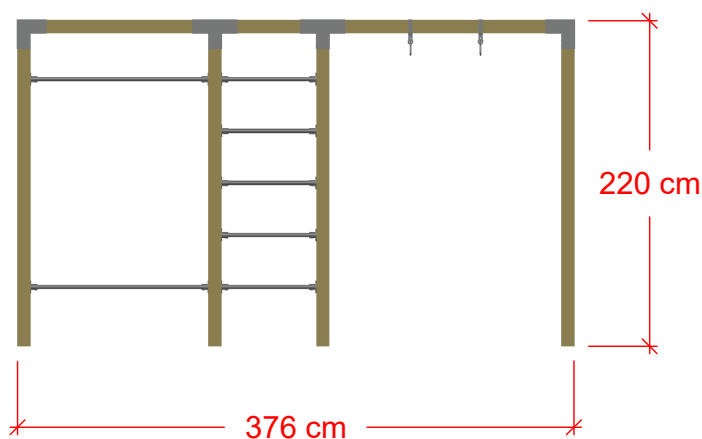
179070-1 + 15



179071-1 + 15



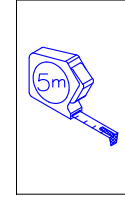
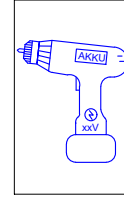
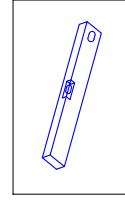
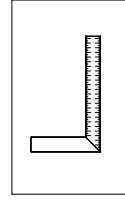
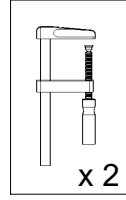
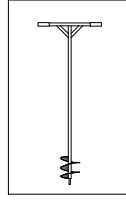
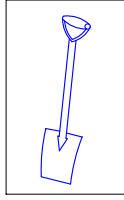
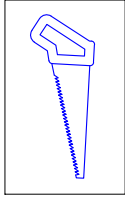
179072-1 + 15



DK: \* Placering af stænger vil være individuelt alt efter øvelser.

UK: \* Placement of rods will be individual depending on the exercises.

DE: \* Die Stangen können individuell je nach Übung platziert werden.

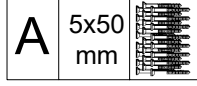


# 179070-1 + 15

4 x 20370-1/15



2 x 20363-1/15



3 x 17518-1



4 x 17970-1



4 x B-075-235 L1200



8 x T-131-A27



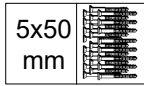
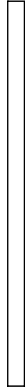
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# 179071-1 + 15

6 x 20370-1/15



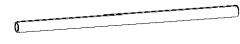
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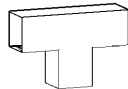
6 x 17518-1



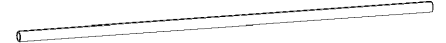
4 x 17970-1



5 x B-075-235 L635



2 x 17972-1



5 x B-075-235 L1200



20 x T-131-A27



1 x T-INB-AB

# 179072-1 + 15

7 x 20370-1/15



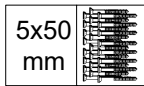
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1 x 20367-1/15



1 x 20363-1/15



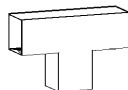
7 x 17518-1



4 x 17970-1



5 x B-075-235 L635



3 x 17972-1



5 x B-075-235 L1200



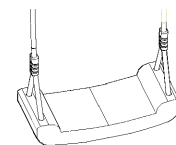
20 x T-131-A27



2 x 1801912



1 x T-INB-AB



1 x 18407-1

**PLACERING:**

Fitness stativet placeres på et plant område, der skal være mindst 1,5 meter fri rundt omkring stativet (træer, huse m.m.).

Underlaget bør overholde kravene til støddæmpning.

Græs har udmærkede støddæmpende egenskaber, hvis det vedligeholdes ordentligt. (Grønt, trimmet og godt rodnet).

Ellers kan der anvendes løst underlag f.eks. grus, bør det være 40 cm dybt.

Desuden findes der produkter som barkflis og gummimåtter.

Placer aldrig fitness stativet på materialer som fliser og asfalt.

Kontroller jævnligt stativet - stramning af samlinger eller udskiftning af slidte eller defekte dele. Samt vedligeholdelse af støddabsorberende underlag.

Advarsel:

Tøj med hætter bør være uden snore, da børn kan blive kvalt i disse snore, hvis de sætter sig fast. Ligesom man bør undgå halstørklæder og lignende.

**LOCATION:**

The fitness stand is placed on a level area that must be at least 1,5 meters free around the stand (trees, houses, etc.).

The substrate should comply with the requirements for shock absorption.

Grass has excellent shock-absorbing properties if properly maintained.

(Green, trimmed and well rooted).

Otherwise, a loose base can be used, e.g. gravel, it should be 40 cm deep.

In addition, there are products such as bark chips and rubber mats.

Never place the fitness stand on materials such as tiles and asphalt.

Check the fitness stand regularly - tightening joints or replacing worn or defective parts. As well as maintenance of shock-absorbing surfaces.

Warning:

Clothes with hoods should be without cords, as children can be suffocated in these cords if they get stuck. Just as one should avoid scarves and the like.

**PLATZIERUNG:**

Der Fitnessstand sollte auf einer ebenen Fläche platziert werden. Es muss ein Sicherheitsabstand von mindestens 1,5 Meter rund um den Fitnessstand eingehalten werden (Bäume, Haus u.a.)

Der Untergrund sollte die Anforderungen der Stoßabsorbierung erfüllen.

Gras hat hervorragende stoßdämpfende Eigenschaften, wenn es richtig gepflegt wird.

(Grün, getrimmt und ein gutes Wurzelwerk).

Sofern ein loser Untergrund angewendet wird, wie z. Bsp. Kies, muss dieser mindestens 40 cm tief sein.

Des Weiteren gibt es Produkte wie Rindenmulch oder Gummimatten.

Stellen Sie den Fitnessstand niemals auf Materialien wie Beton oder Asphalt.

Überprüfen Sie den Ständer regelmäßig - ziehen Sie Verbindungen fest oder ersetzen Sie verschlissene oder defekte Teile.

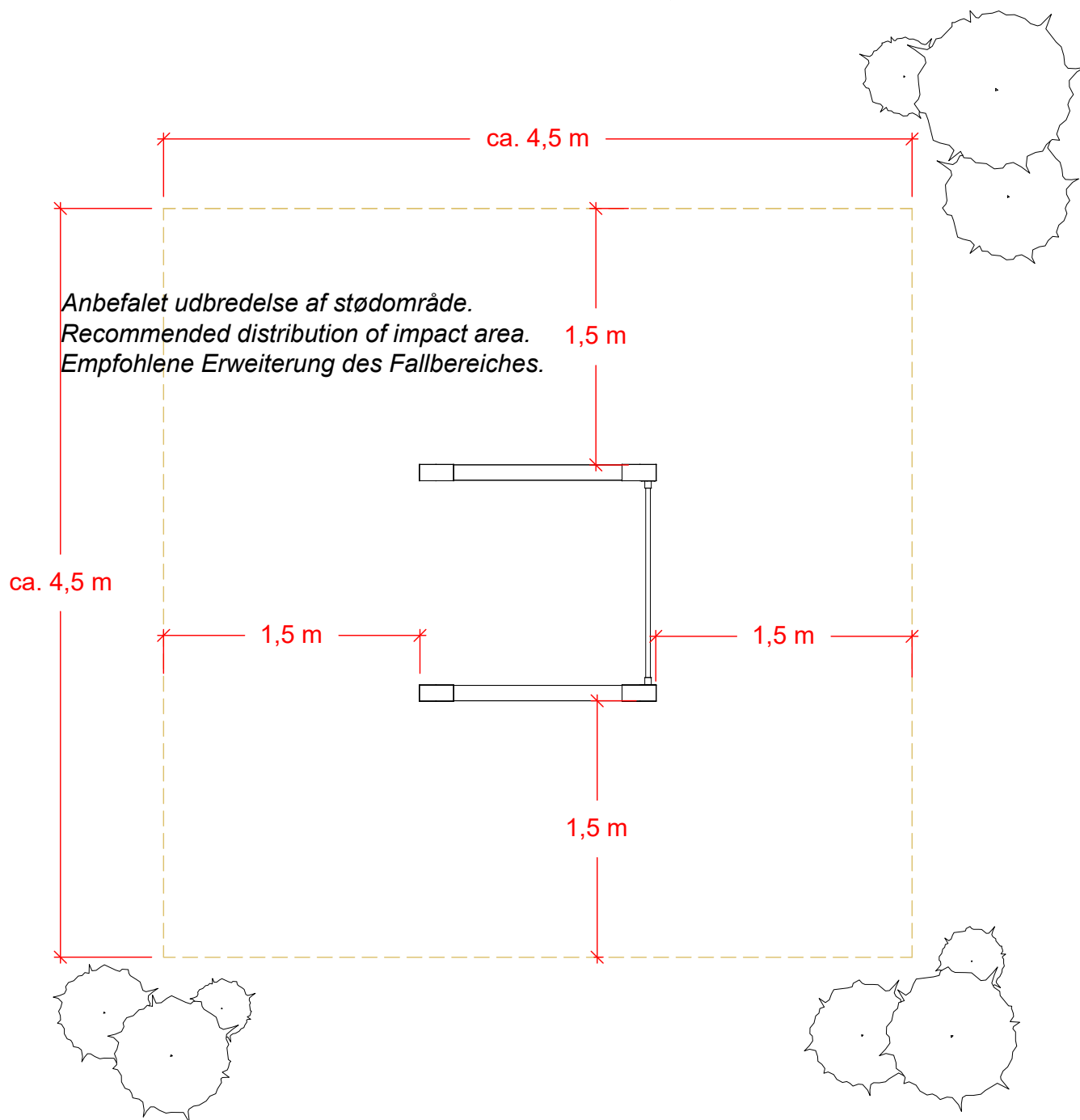
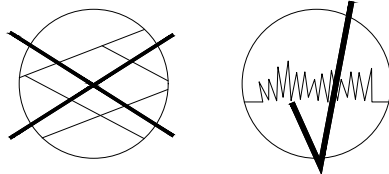
Sowie Pflege von stoßdämpfenden Oberflächen.

Achtung:

Kleidung mit Kapuzen sollte ohne Schnur sein, da sich diese verfangen können. Auch sollte der Gebrauch von Schals oder ähnlichen vermieden werden.

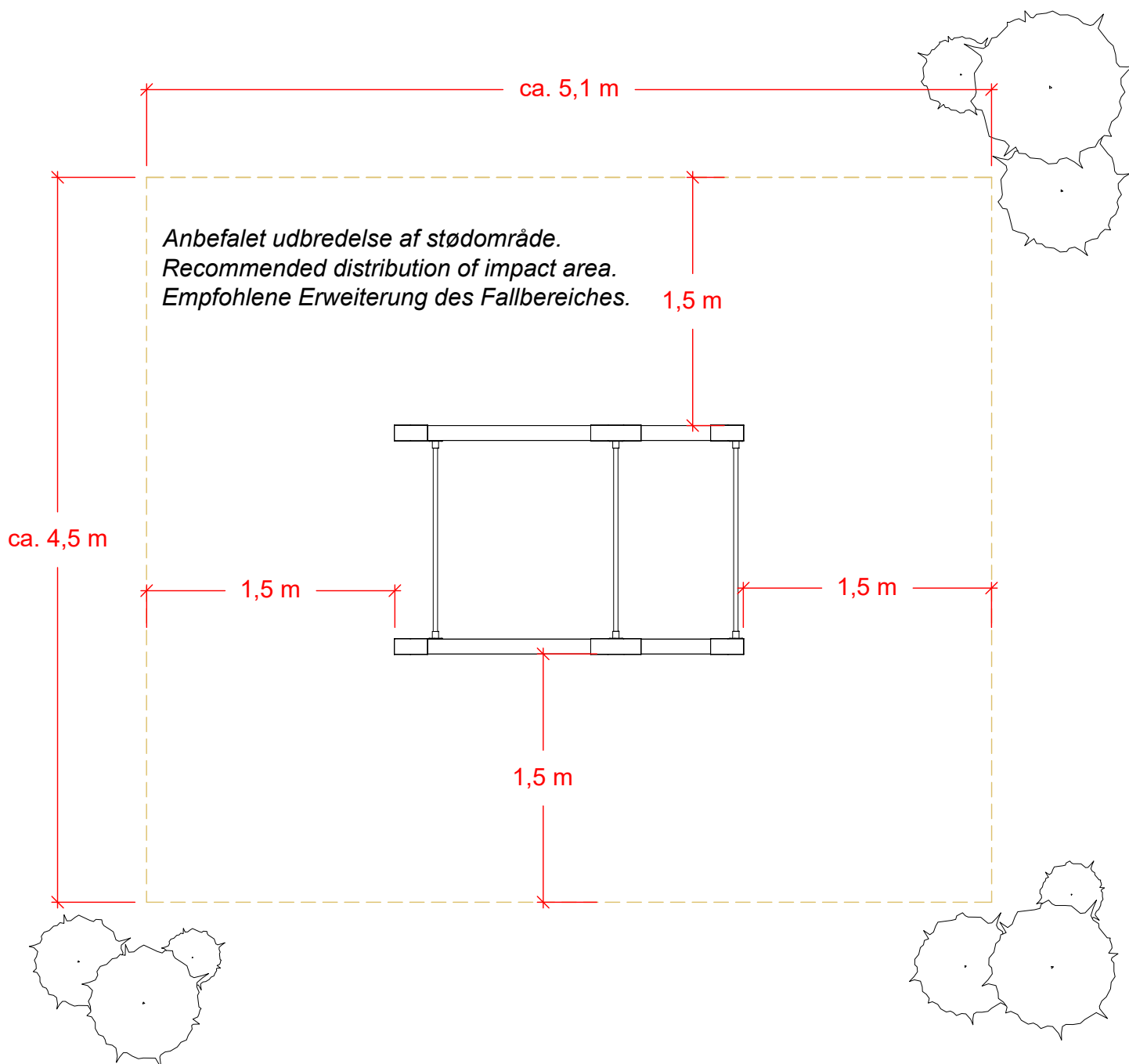
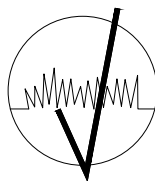
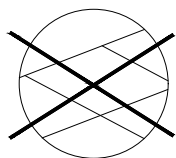
# 179070-1 + 15

Stolpeplan se side 7.  
Post plan see page 7.  
Pfosten Platzierung Seite 7.



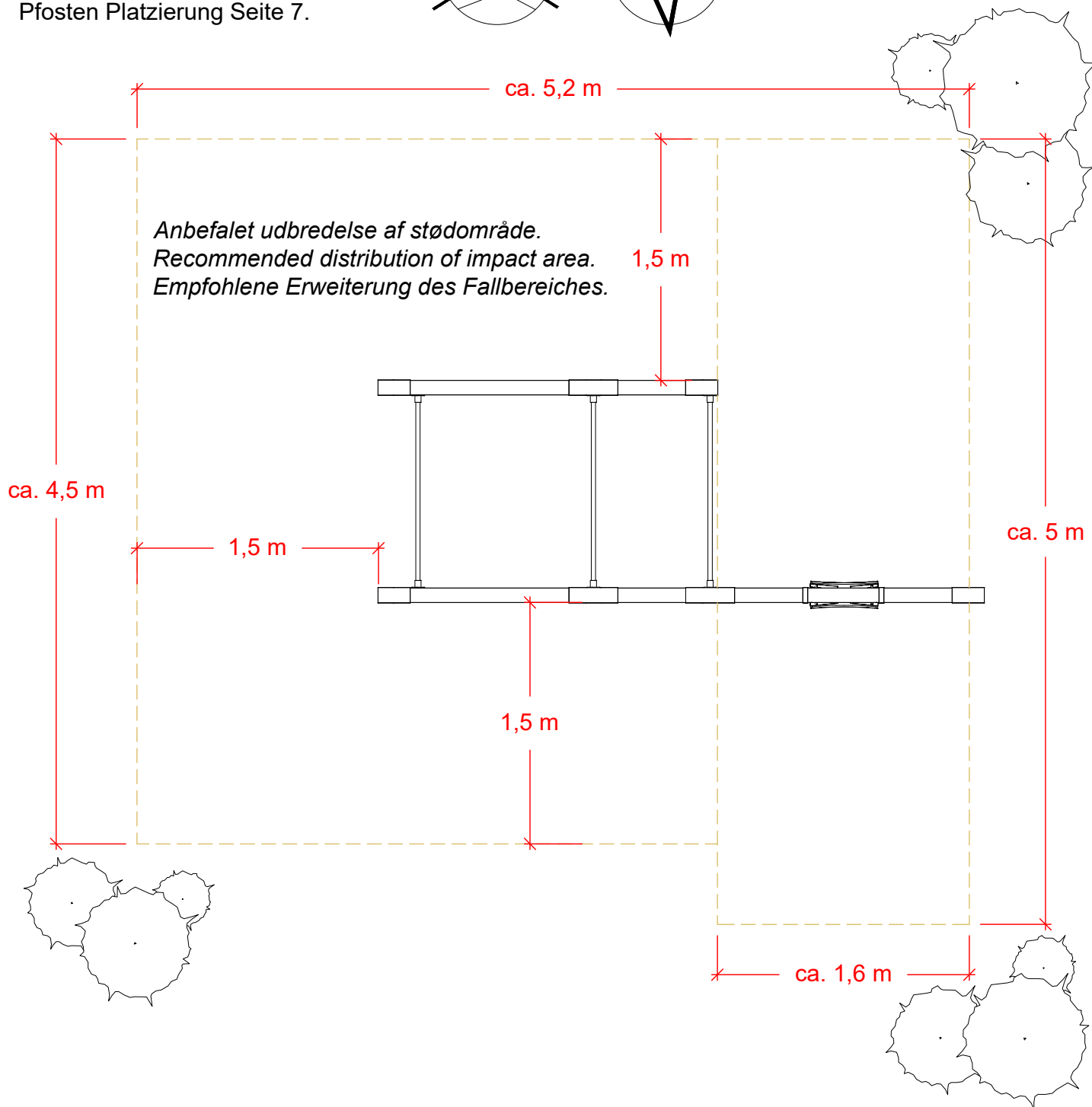
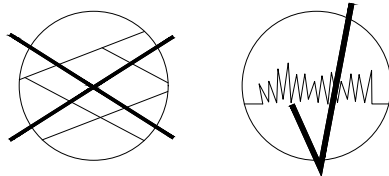
# 179071-1 + 15

Stolpeplan se side 7.  
Post plan see page 7.  
Pfosten Platzierung Seite 7.



# 179072-1 + 15

Stolpeplan se side 7.  
Post plan see page 7.  
Pfosten Platzierung Seite 7.



**Gælder kun for gyngen.**  
**Applies only to the swing.**  
**Gilt nur für die Schaukel.**

DS/EN 71-8



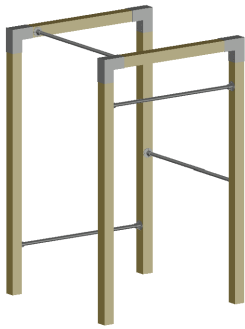
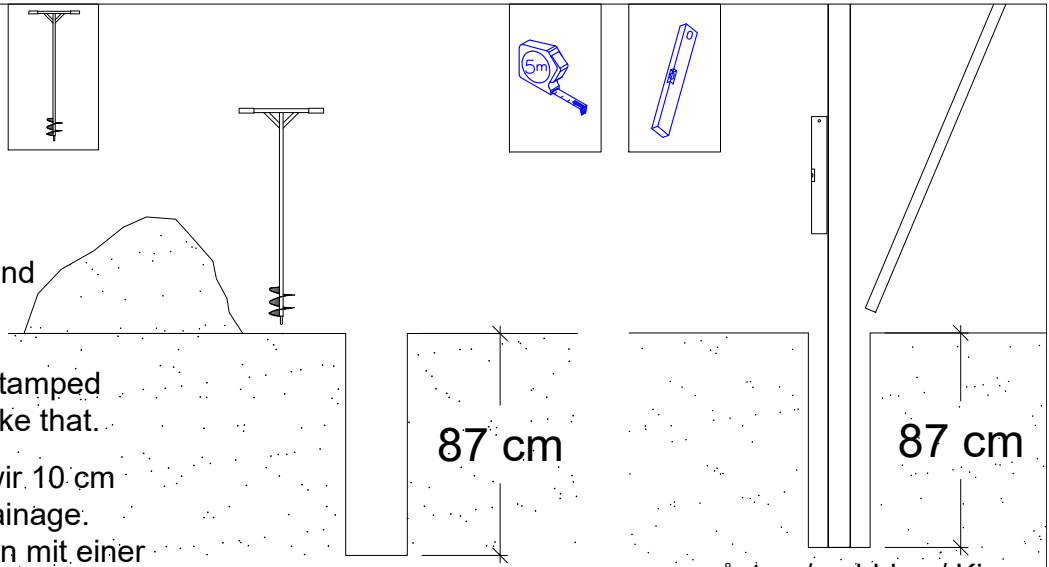
Advarsel. Kun til privat brug.  
Warnung. Nur für privaten Gebrauch.  
Varning. För privat bruk.



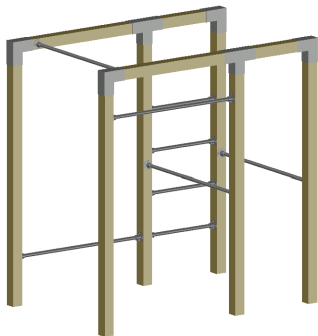
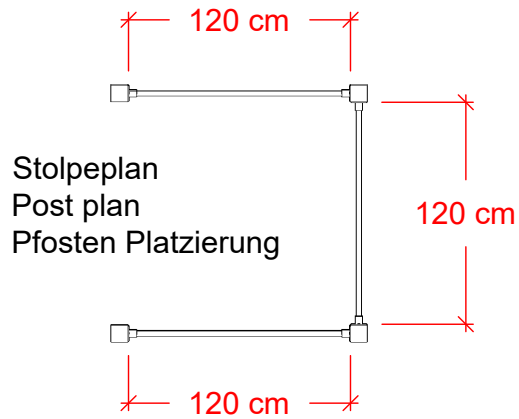
DK: Ved lerjord anbefaler vi 10 cm småsten i bunden som dræn.  
 Jorden omkring stolpen, stemples til med en lægte eller lignende.

UK: In clay soils, we recommend 10 cm pebbles in the bottom as drainage.  
 The soil around the post, tamped with a lath or something like that.

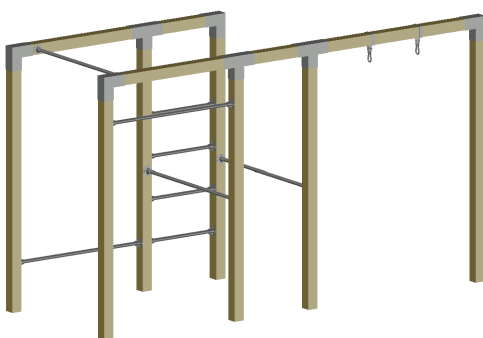
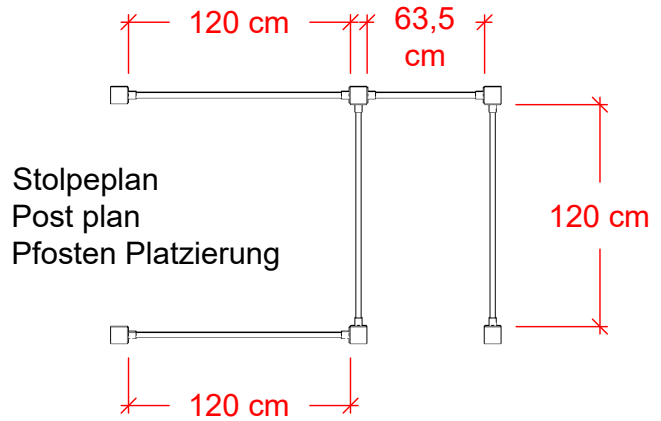
DE: In Tonböden empfehlen wir 10 cm Kies in den Boden als Drainage.  
 Den Boden um die Pfosten mit einer Latte oder Ähnlichen feststampfen.



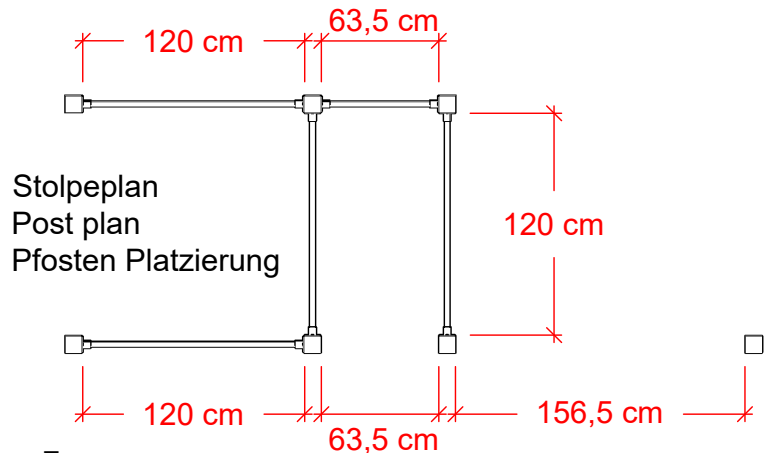
179070-1 + 15

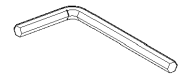
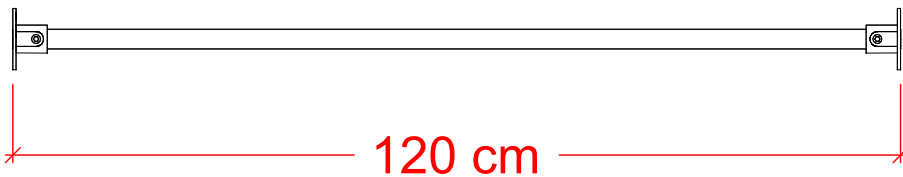


179071-1 + 15

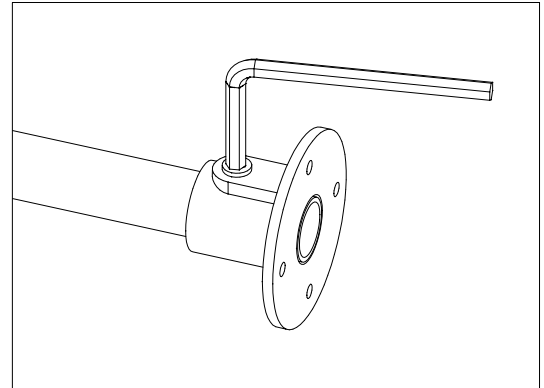
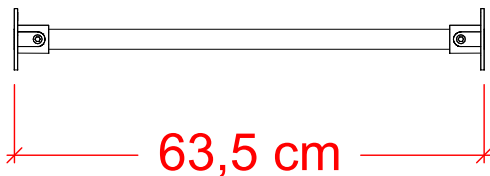


179072-1 + 15





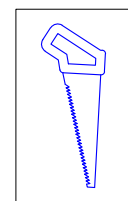
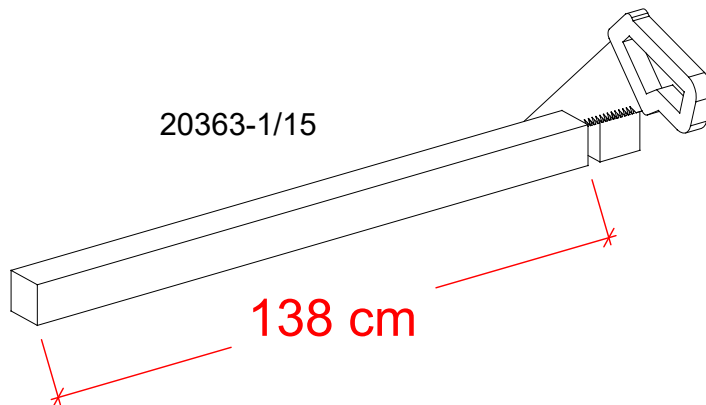
1 x T-INB-AB



DK: Start med at samle alle stænger med muffe.  
Så de kan bruges til afstandsmåling mellem stolperne.

UK: Start by assembling all the rods with sleeves.  
So they can be used for distance measurement between the posts.

DE: Beginnen Sie mit der Montage aller Stangen mit Hülse.  
So können diese zur Abstandsmessung zwischen den Pfosten verwendet werden.



DK: 20363-1/15 stolpe/overligger skal tilpasses - Se side 9 + 11.

UK: 20363-1/15 post/crossbeams must be adapted - See page 9 + 11.

DE: 20363-1/15 Pfosten/Querträger müssen angepasst werden - Siehe Seite 9 + 11.

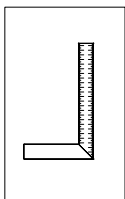
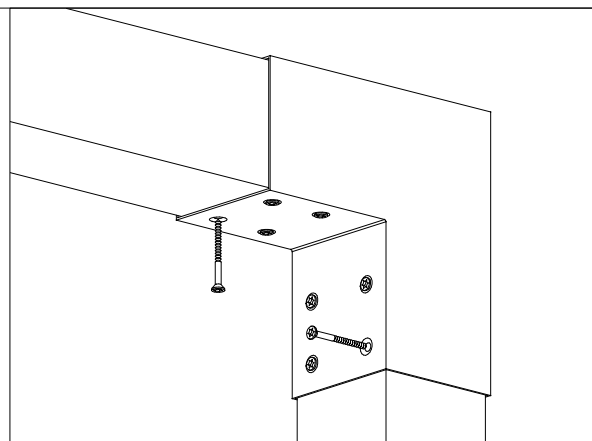
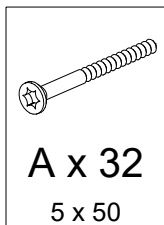




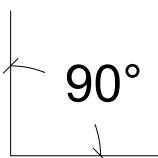
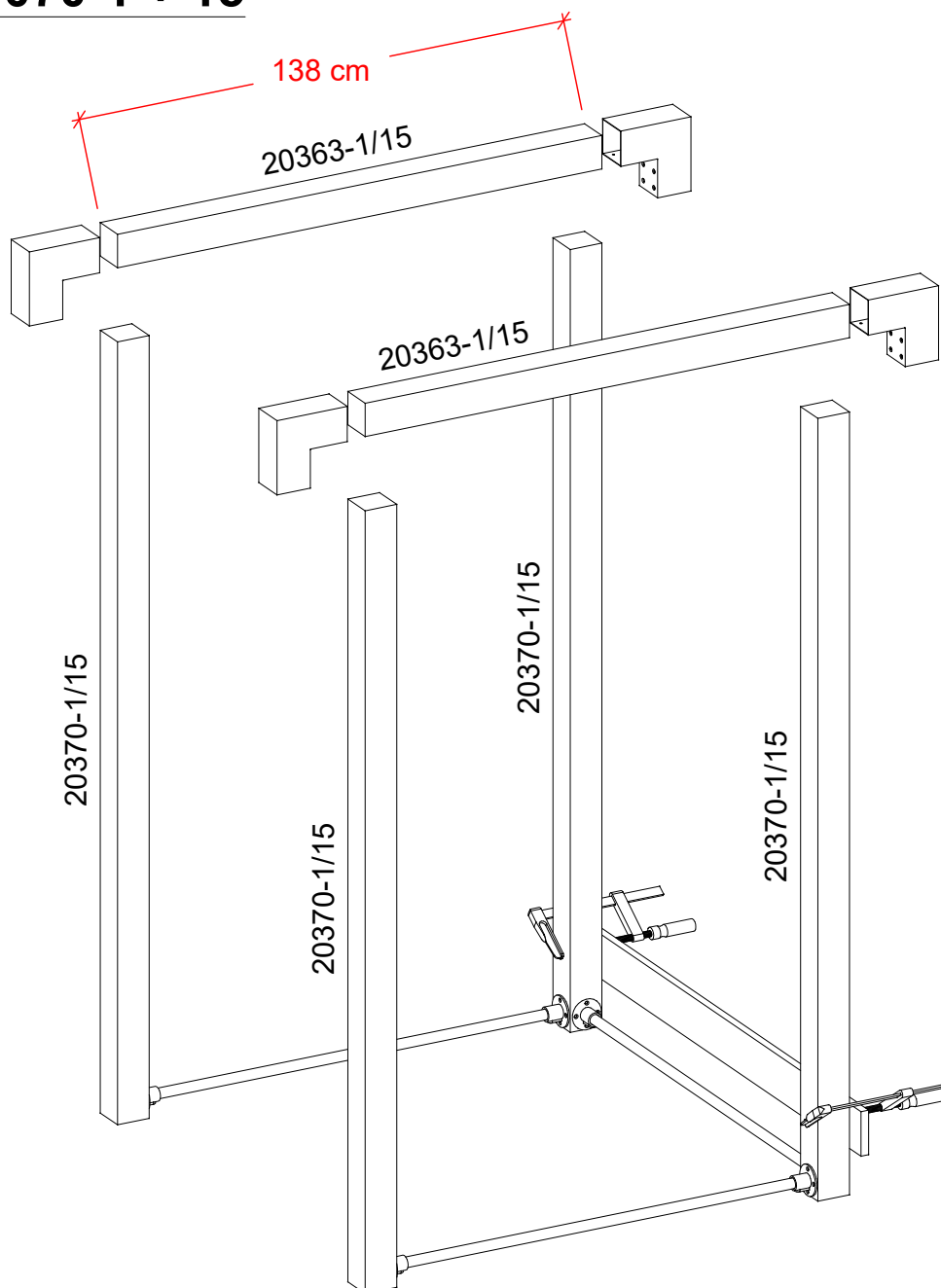
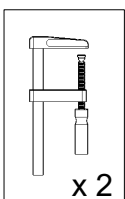
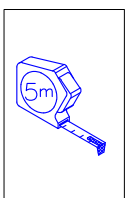
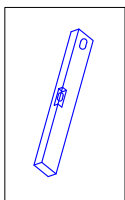
DK: Skruer strammes til, når ALLE dele er færdig samlet.

UK: Tighten screws when ALL parts are assembled.

DE: Ziehen Sie die Schrauben fest, wenn ALLE Teile zusammengebaut sind.



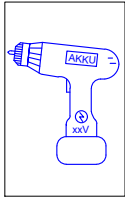
## 179070-1 + 15



DK: Stænger samt evt. et bræt fastgjort med skruevinger, kan bruges til at holde afstand og styring af stolper.

UK: Rods and possibly a board fastened with screw clamps, can be used to keep distance and control of posts.

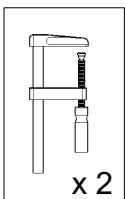
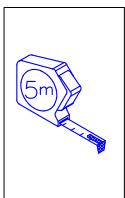
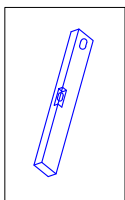
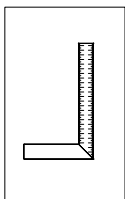
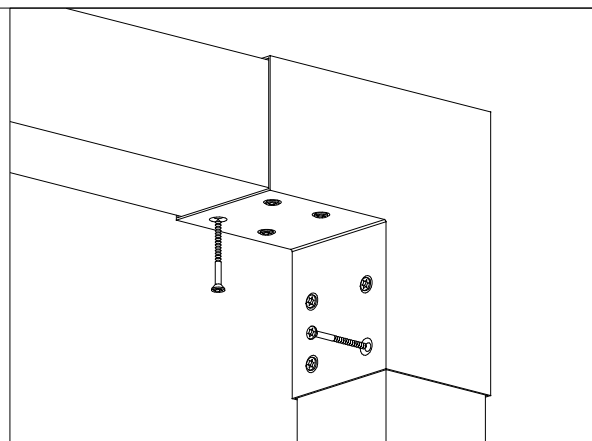
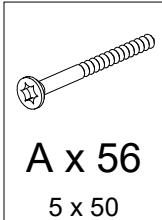
DE: Stangen und evtl ein mit Schraubzwingen befestigtes Brett, kann zum Abstandhalten verwendet werden und Kontrolle der Posten.



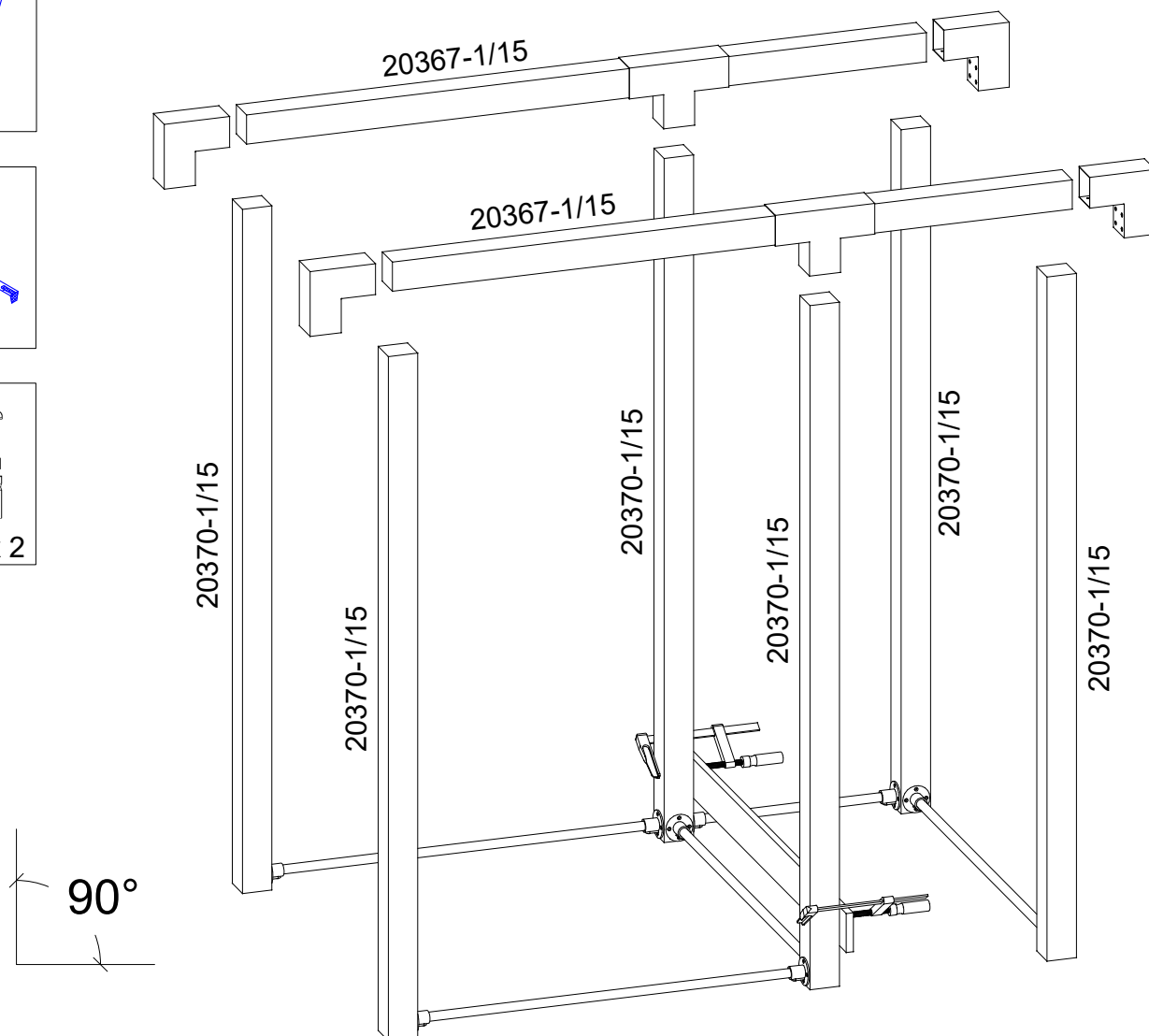
DK: Skruer strammes til, når  
ALLE dele er færdig monteret.

UK: Tighten screws when  
ALL parts are assembled.

DE: Ziehen Sie die Schrauben  
fest, wenn ALLE Teile  
zusammengebaut sind.



## 179071-1 + 15



DK: Stænger samt evt. et bræt fastgjort med skruevinger, kan bruges til at holde afstand og styring af stolper.

UK: Rods and possibly a board fastened with screw clamps, can be used to keep distance and control of posts.

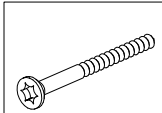
DE: Stangen und evtl ein mit Schraubzwingen befestigtes Brett, kann zum Abstandhalten verwendet werden und Kontrolle der Posten.



DK: Skruer strammes til, når ALLE dele er færdig monteret.

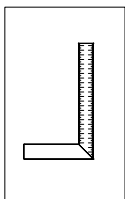
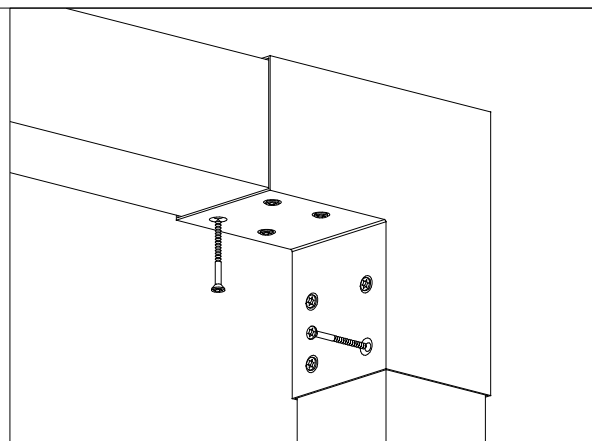
UK: Tighten screws when ALL parts are assembled.

DE: Ziehen Sie die Schrauben fest, wenn ALLE Teile zusammengebaut sind.

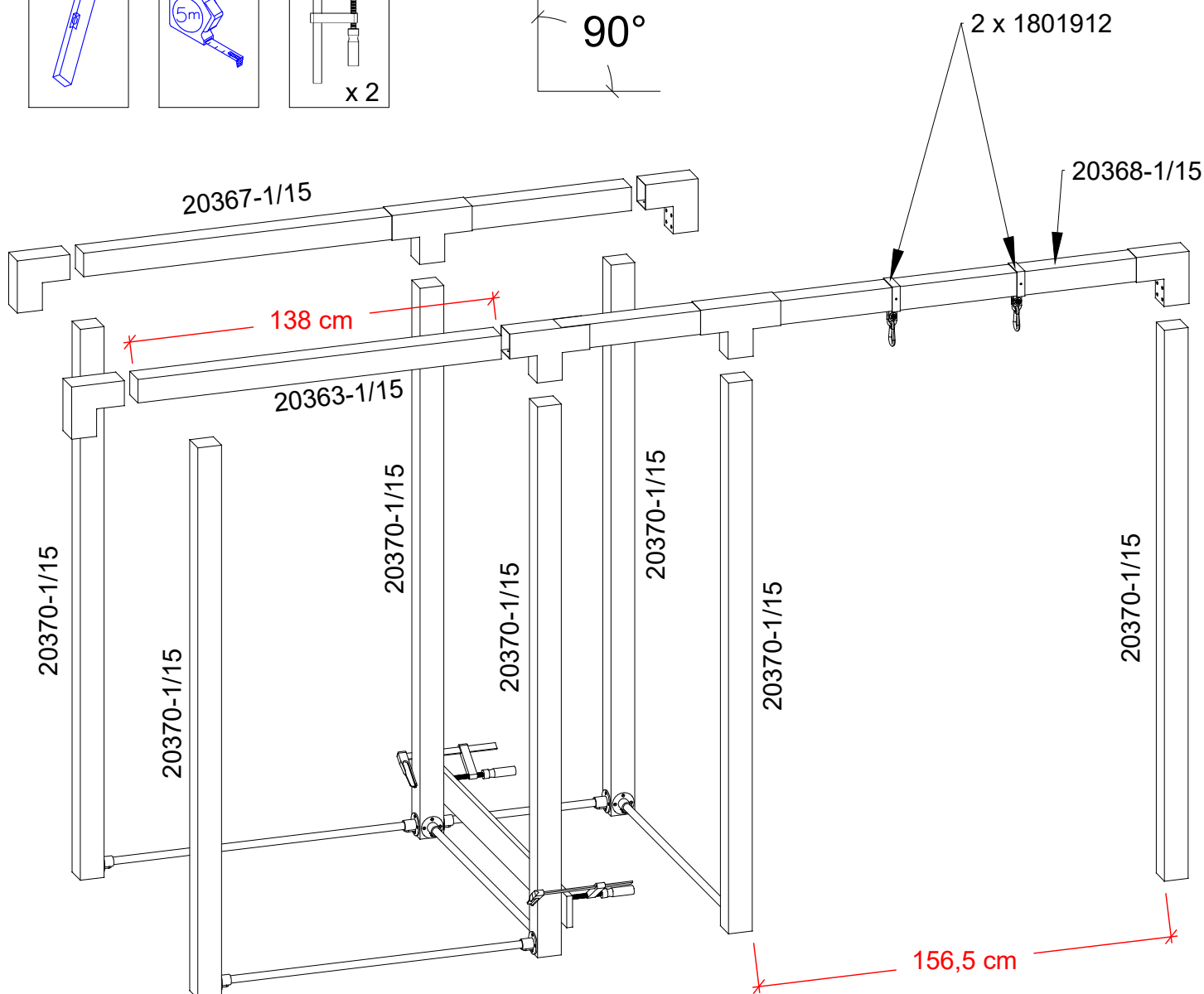
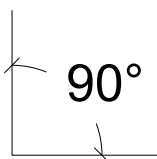
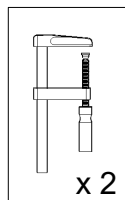
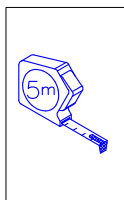
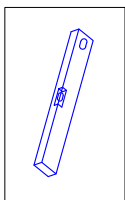


A x 68

5 x 50



## 179072-1 + 15



DK: Stænger samt evt. et bræt fastgjort med skruetvinger, kan bruges til at holde afstand og styring af stolper.

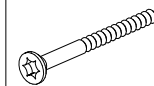
UK: Rods and possibly a board fastened with screw clamps, can be used to keep distance and control of posts.

DE: Stangen und evtl ein mit Schraubzwingen befestigtes Brett, kann zum Abstandhalten verwendet werden und Kontrolle der Posten.

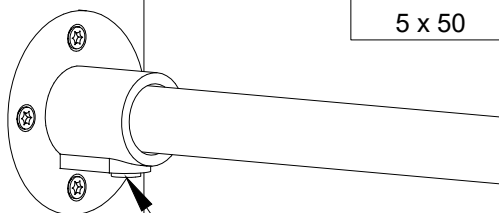
DK: Beslagene monteres så unbraco lås vender nedad.

UK: The brackets are mounted so that the unbraco lock is facing downwards.

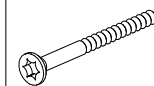
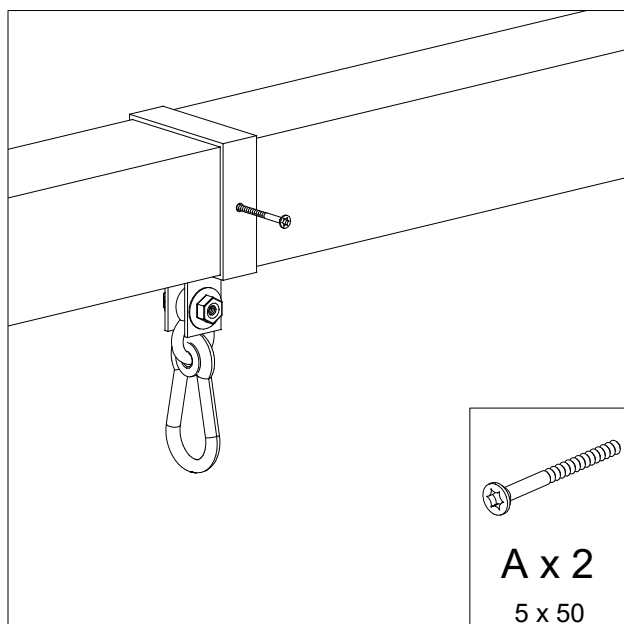
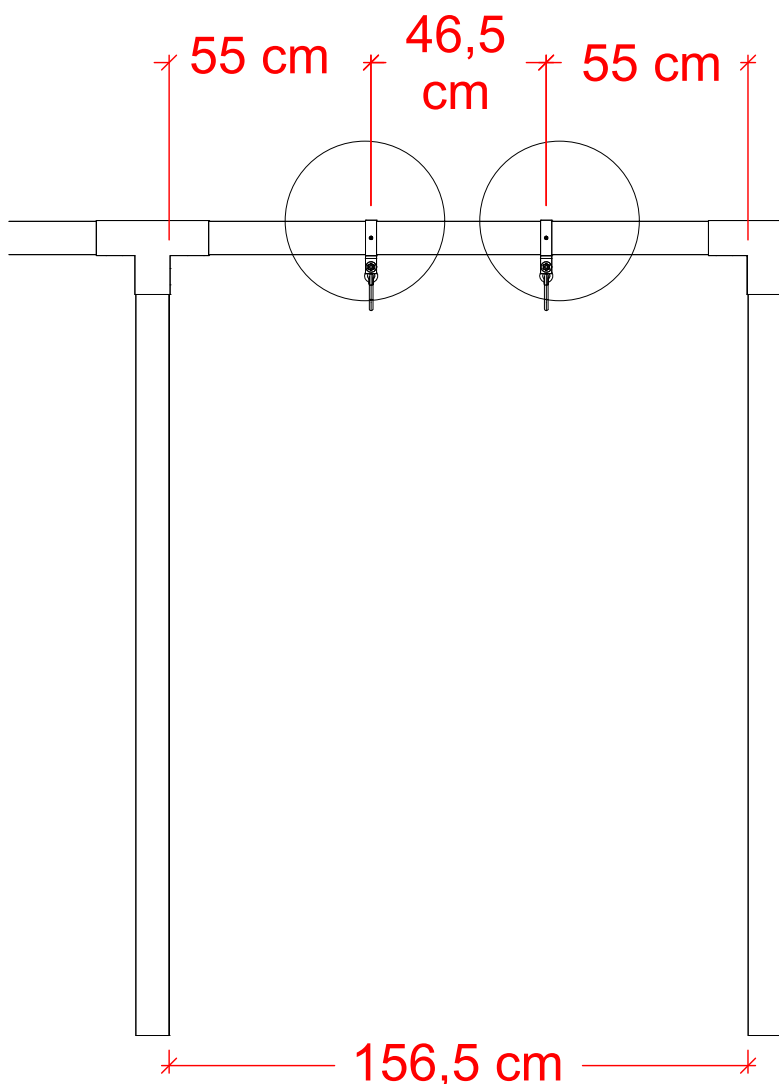
DE: Die Beschläge werden so montiert, dass das Inbuss-Schloss nach unten zeigt.



A x 4  
5 x 50



\* Unbraco lås  
Unbraco lock  
Inbuss-Schloss



A x 2  
5 x 50

DK: Alt bør efterspændes med jævne mellemrum.  
Se [www.plus.dk](http://www.plus.dk) for yderligere information og vedligehold af materialer.

UK: Everything should be tightened periodically.  
[www.plus.dk](http://www.plus.dk) for further information and maintenance of materials.

DE: Alles sollte in regelmäßigen Abständen angezogen werden.  
Weitere Informationen und Pflegehinweise finden Sie unter [www.plus.dk](http://www.plus.dk)