

STAYING MOBILE.

VitaGym® – Your therapy and leisure fitness path.





VITAGYM®

FITNESS EQUIPMENT



VITAGYM® – GENERATION UNIFYING MOTION DEVICES
IN ERLAU QUALITY AND FUNCTIONALITY.
AS ENJOYMENT OF EXERCISE KNOWS NO AGE.



UPPER BOADY TRAINER

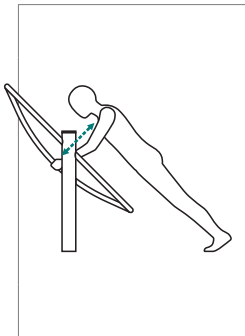
PULLGYM/
PUSHGYM

THEY TRAIN CHEST, BACK,
SHOULDER AND UPPER ARM MUSCLES.

■ **DESCRIPTION** The equipment can be used for a variety of push (PushGym) and arm pull (PullGym) exercises at variable angles and even be set to respond with resistance. The variable grip height allows for individually selectable training force.



PUSHGYM

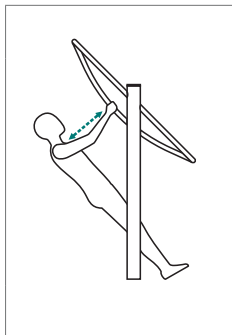


PUSHGYM

CONTENTS OF PACKAGE

- 2 fully assembled modules
- 2 Foundation anchor
- 8 M20 nuts with cap
- Instructions mounted to the main pillar

Item no. 5344509



PULLGYM

CONTENTS OF PACKAGE

- 2 fully assembled modules
- 2 Foundation anchor
- 8 M20 nuts with cap
- Instructions mounted to the main pillar

Item no. 5344609



PULLGYM



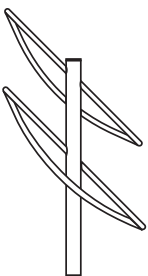
■ **USING PUSHGYM** Lift and lower your stretched body on the two parallel, curved bars, using your arms. Changing the grip height changes the resisting force and hence also the intensity of training.

■ **USING PULLGYM** Do push-ups on the two parallel, curved bars. By changing the bar height, the resisting force is modified and hence also the intensity of training.

UPPER BODY TRAINER

PULLGYM/
PUSHGYM

OUR PUSHGYM AND PULLGYM UPPER BODY TRAINERS ARE AVAILABLE SEPARATELY OR AS A COMBINATION

	PUSH-/PULLGYM COMBINATION	
	CONTENTS OF PACKAGE	
	3 fully assembled modules	
	3 Foundation anchor	
	12 M20 nuts with cap	
	Instructions mounted to the main pillar	
	Ground contact	Fixed for sinking into the foundation slab
	Item no.	5344709

MATERIAL

METAL: Steel tubing, hot galvanised, powder coated, colour RAL 9007 grey aluminium

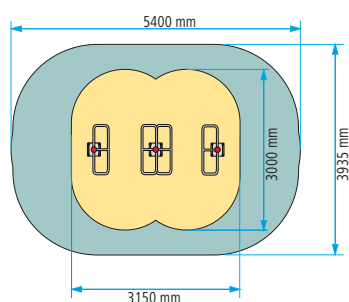
PLASTIC: PE 500 full body, UV stabilised, colour RAL 3000 fire red

BEARING: maintenance free bearing

ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

MAINTENANCE: The equipment is largely maintenance free; follow DIN 79000 and the maintenance instructions.

SAFETY: TÜV tested per DIN 79000:2012



FALL HEIGHT: < 2000 mm

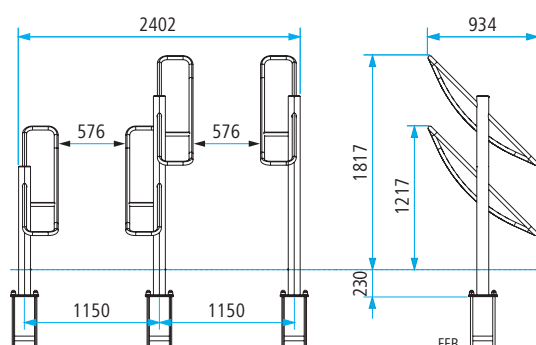
FALL SPACE: 1500 mm all around from equipment edge



PUSH-/PULLGYM COMBINATION

BENEFITS

- The powder coated grips are pleasantly warm in cold weather.
- Ideal for all body sizes, due to the wide grip range.
- Therapeutic aids such as elastic bands can be secured to the bars.
- Elements available singly or in combination.



BALANCE TRAINER

BALANCEGYM

TRAINS BALANCE AND STRENGTHENS THE
STOMACH, HIP AND LOWER BACK MUSCLES.



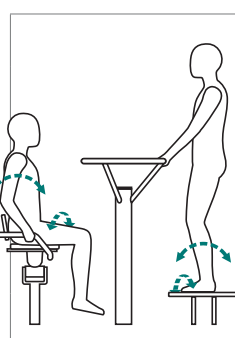
BENEFITS

- The powder coated grips are pleasantly warm in cold weather.
- Ergonomically shaped seat. The spacing and tilt unload the perineal area and sit bones.
- The corrugated step plates give a good grip in all weather conditions.
- The seat and step elements are available as spare parts and can be grouped individually.



■ **DESCRIPTION** The foot plate on the exercise side is slip proof. The pleasantly warm seat gives an ergonomic seated position. The rotary elements are protected against overwinding by a stop.

■ **USE** Sit on the seat, grip the handles and lean to the front and rear, left and right alternately. Slightly bend your knees standing on the plate; make small movements out of balance and recover your balance.



BALANCEGYM

CONTENTS OF PACKAGE

3 fully assembled modules
3 Foundation anchor
12 M20 nuts with cap
Instructions mounted to the main pillar

Item no. 5354309

MATERIAL

METAL: Steel tubing, hot galvanised, powder coated, colour RAL 9007 grey aluminium

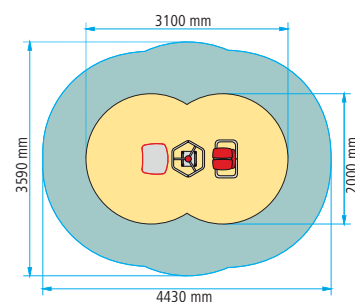
PLASTIC: PE 500 full body, UV stabilised, colour RAL 3000 fire red

BEARING: maintenance free bearing

ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

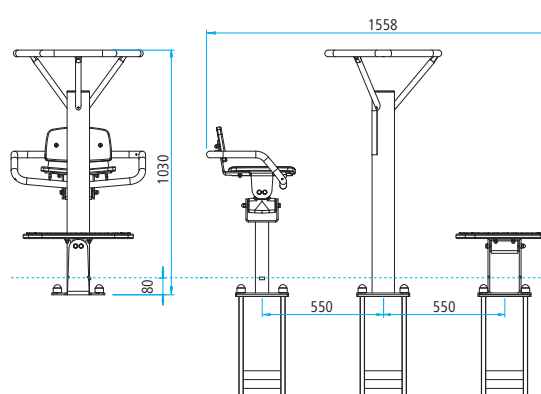
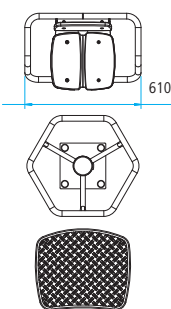
MAINTENANCE: The equipment is largely maintenance free; follow DIN 79000 and the maintenance instructions.

SAFETY: TÜV tested per DIN 79000:2012



FALL HEIGHT: < 600 mm

FALL SPACE: 1500 mm around edge of equipment



Product images may vary from the original – we reserve the right to make technical changes

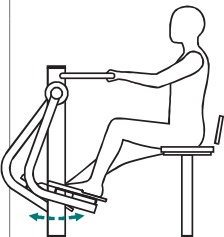
■ Footprint area ■ Clearance

■ **DEVICE DESCRIPTION** Damped bearings prevent uncontrolled oscillation of the leg lever and gives a pleasant feeling of mobility. The step plates are slip proof and the seat gives an ergonomic position in combination with the grips.

■ **USE** Hold on securely, sit on the seat and place your feet on the foot plates. Push the foot plates down one at a time or together and allow them to return slowly. Avoid fully extending your knees or bending them over 90°.

LEG TRAINER STEPGYM

TRAINS LEGS AS WELL AS THIGH
AND CALF MUSCLES.

	STEPGYM	
	CONTENTS OF PACKAGE	
	2 fully assembled modules	
	2 Foundation anchor	
	8 M20 nuts with cap	
	Instructions mounted to the main pillar	
	Item no.	5338809

MATERIAL

METAL: Steel tubing, hot galvanised, powder coated, colour RAL 9007 grey aluminium

PLASTIC: PE 500 full body, UV stabilised, colour RAL 3000 fire red

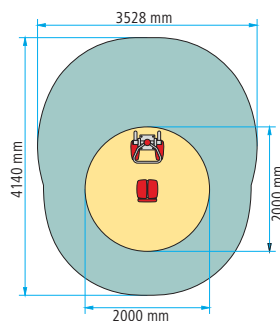
BEARING: maintenance free bearing

ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

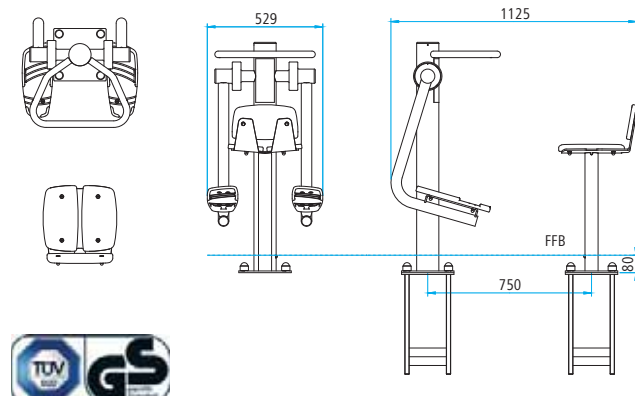
MAINTENANCE: The equipment is largely maintenance free. Maintenance per DIN 79000 and maintenance manual.

SAFETY: TÜV tested per

DIN 79000: 2012; Dampened bearings with end stop (prevent free oscillation of the leg lever).



FALL HEIGHT: < 600 mm
FALL SPACE: 1500 mm around edge of equipment



Product images may vary from the original – we reserve the right to make technical changes

■ Footprint area ■ Clearance



BENEFITS

- The powder coated grips are pleasantly warm in cold weather.
- The damping prevents the leg lever swinging uncontrollably and assures a uniform sensation of movement.
- Ergonomically shaped seat. The spacing and tilt unload the perineal area and sit bones.



STOMACH/BACK TRAINER

BACKGYM

PROMOTES MOBILITY
OF THE SPINAL COLUMN
AND STRENGTHENS ABDOMINAL
AND BACK MUSCLES


**BENEFITS**

- The powder coated grips are pleasantly warm in cold weather.
- Ergonomically shaped seat. The spacing and tilt unload the perineal area and sit bones.
- Motivates activity and communication, and promotes togetherness.



■ **DESCRIPTION** The lever arm is damped and provides a pleasant, even movement.

■ **USE** Step into the seat from the side so that the lever is in front of your body. Grip the lever with your arms. Now bend and raise your body slowly and evenly. In doing so, pull the lever slowly and evenly back, to stretch your spine as far as possible. You can use the stomach and back exercises together in a single exercise cycle, or do them separately.

	BACKGYM	
	CONTENTS OF PACKAGE 1 fully assembled module 1 Foundation anchor 4 M20 nuts with cap Instructions mounted to the main pillar	
	Item no. 5339209	

MATERIAL

METAL: Steel tubing, hot galvanised, powder coated, colour RAL 9007 grey aluminium

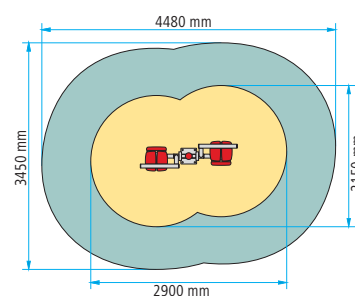
PLASTIC: PE 500 full body, UV stabilised, colour RAL 3000 fire red

BEARING: maintenance free bearing

ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

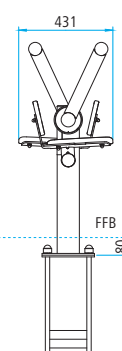
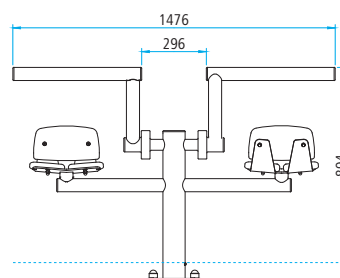
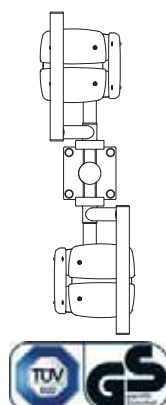
MAINTENANCE: The equipment is largely maintenance free; follow DIN 79000 and the maintenance instructions.

SAFETY: TÜV tested per DIN 79000 : 2012; Dampened bearings with end stop (prevent over stretching the spinal column).



FALL HEIGHT: < 600 mm

FALL SPACE: 1500 mm around edge of equipment



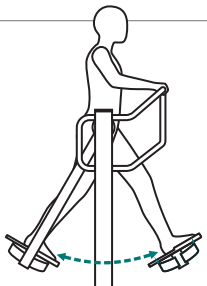
Product images may vary from the original – we reserve the right to make technical changes

■ Footprint area ■ Clearance

- **DESCRIPTION** The movement of the leg lever is braked by damped bearings. This prevents uncontrolled oscillation and provides a pleasant sensation of mobility. The step plates are slip free even in wet weather and give a good standing position in combination with the ergonomic grip bars.
- **USE** Place your feet on the footplates and hold onto the grip bars. Now move the leg levers forwards and back alternately, evenly and slowly.

WALKING TRAINER TRACKGYM

TRAINS THE THE HIP AND
LEG MUSCLES; GOOD FOR FLEXIBILITY,
CONDITION, COORDINATION AND
THE SENSE OF BALANCE.

	TRACKGYM / DOUBLE TRACKGYM		
	CONTENTS OF PACKAGE 2 fully assembled modules 2 Foundation anchor 8 M20 nuts with cap Instructions mounted to the main pillar		
TRACKGYM	Item no.	5313209	
DOUBLE TRACKGYM	Item no.	5340009	

MATERIAL

METAL: Steel tubing,
hot galvanised, powder coated,
colour RAL 9007 grey aluminium

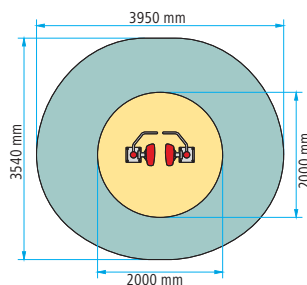
PLASTIC: PE 500 full body,
UV stabilised,
colour RAL 3000 fire red

BEARING: maintenance free bearing

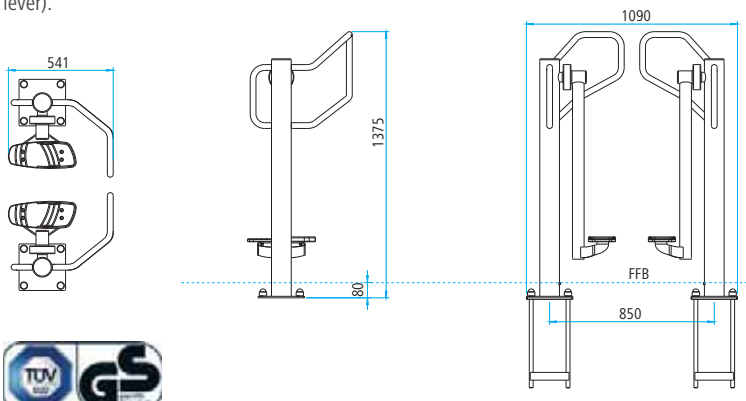
ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

MAINTENANCE: The equipment is largely maintenance free. Maintenance per DIN 79000 and maintenance manual.

SAFETY: TÜV tested per DIN 79000:2012; Damped bearings with end stop (prevent free oscillation of the leg lever).



FALL HEIGHT: < 600 mm
FALL SPACE: 1500 mm around edge of equipment



Product images may vary from the original – we reserve the right to make technical changes

■ Footprint area ■ Clearance



BENEFITS

- The powder coated grips are pleasantly warm in cold weather.
- The damping prevents the leg lever swinging uncontrollably and assures a uniform sensation of movement. End stop at 30° – this gives a physiologically sensible maximum leg angle of 60°.



ALSO AVAILABLE AS DOUBLE TRACKGYM

WAISTLINE TRAINER TWISTGYM

TRAINS HIP AND LOIN MUSCLES, AS WELL AS TRANSVERSE AND DIAGONAL ABDOMINAL MUSCLES. PROMOTES MOBILITY OF THE SPINAL COLUMN.



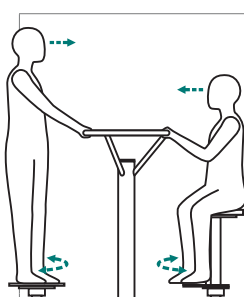
BENEFITS

- The powder coated grip is pleasantly warm in cold weather.
- Ergonomically shaped seat. The spacing and tilt unload the perineal area and sit bones.
- Ergonomically placed foot supports; moving the feet slightly back straightens the pelvis and stretches the spinal column.
- Promotes togetherness and communication.



■ **DESCRIPTION** The foot plate on the exercise side is slip proof. The pleasantly warm seat gives an ergonomic seated position in combination with the foot support. The rotary elements are protected against overwinding by a stop.

■ **USE** Place your feet on the footplates or sit on the seat and place your feet on the shelf. Hold onto the grip bar and slowly and evenly turn your lower body to each side, keeping the upper body vertical and stationary.



TWISTGYM

CONTENTS OF PACKAGE

3 fully assembled modules
3 Foundation anchor
12 M20 nuts with cap
Instructions mounted to the main pillar

Item no. 5314109

MATERIAL

METAL: Steel tubing, hot galvanised, powder coated, colour RAL 9007 grey aluminium

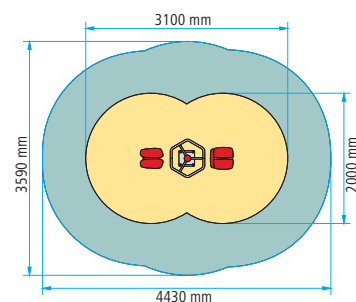
PLASTIC: PE 500 full body, UV stabilised, colour RAL 3000 fire red

BEARING: maintenance free bearing

ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

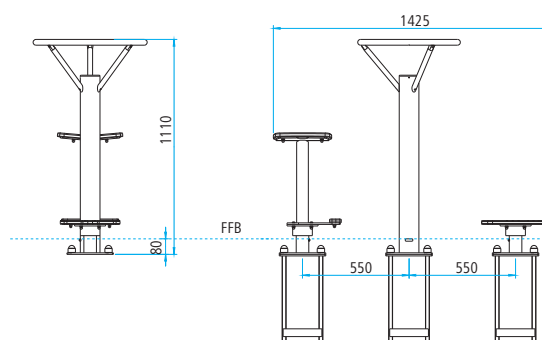
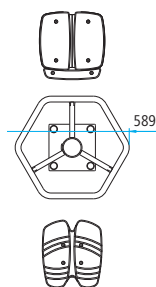
MAINTENANCE: The equipment is largely maintenance free; follow DIN 79000 and the maintenance instructions.

SAFETY: TÜV tested per DIN 79000:2012; Dampened end stops (prevent over rotating the spinal column).



FALL HEIGHT: < 600 mm

FALL SPACE: 1500 mm around edge of equipment



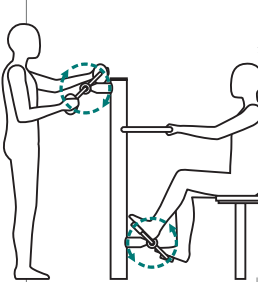
Product images may vary from the original – we reserve the right to make technical changes

■ Footprint area ■ Clearance

- **DESCRIPTION** The grip bar gives a good grip during the exercises.
The pedal surfaces are slip proof.
The handles and seat are made of plastic and are pleasantly warm.
The upper body trainer is suited for use by wheelchair users.
- **USE** Sit on the seat of the lower body trainer, place your feet on the pedals and hold onto the grip bars. Slowly and evenly turn the pedals.
Alternatively, hold onto the grips of the upper body trainer and turn the handles slowly and evenly.

WHEEL TRAINER PEDALGYM

GENTLY TRAINS THE UPPER AND LOWER
BODY MUSCULATURE. PROMOTES MOBILITY.

	PEDALGYM	
	CONTENTS OF PACKAGE	
	2 fully assembled modules	
	2 Foundation anchor	
	8 M20 nuts with cap	
	Instructions mounted to the main pillar	
	Item no.	5312909

MATERIAL

METAL: Steel tubing, hot galvanised, powder coated, colour RAL 9007 grey aluminium

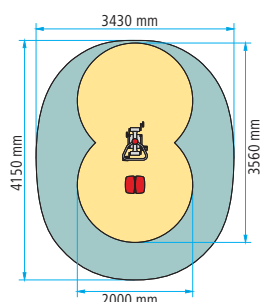
PLASTIC: PE 500 full body, UV stabilised, colour RAL 3000 fire red

BEARING: maintenance free bearing

ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

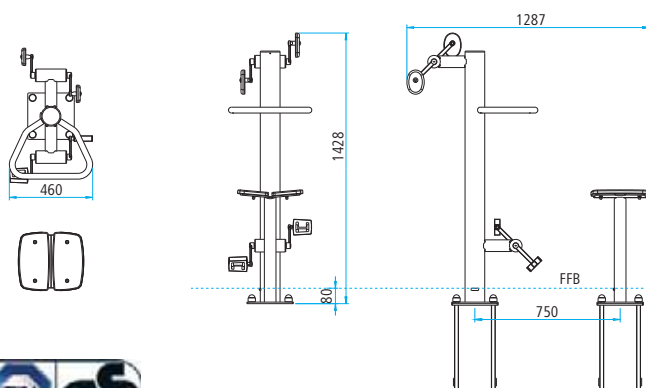
MAINTENANCE: The equipment is largely maintenance free. Maintenance per DIN 79000 and maintenance manual.

SAFETY: TÜV tested per DIN 79000:2012; Dampened bearings with end stop (prevent free oscillation of the levers).



FALL HEIGHT: < 600 mm

FALL SPACE: 1500 mm around edge of equipment



Product images may vary from the original – we reserve the right to make technical changes

■ Footprint area ■ Clearance



BENEFITS

- The powder coated grip is pleasantly warm in cold weather.
- Ergonomically shaped seat.
The spacing and tilt unload the perineal area and sit bones.
- Ergonomic handles, also suited for use by persons with restricted grip (e.g. arthritis).



ARM/SHOULDER TRAINER

ROTOGYM

TRAINS THE CHEST, SHOULDER AND UPPER BACK MUSCLES.

PROMOTES THE MOBILITY OF THE SHOULDER, ELBOW AND WRIST JOINTS AND IMPROVES POSTURE.



BENEFITS

- The disks feel pleasantly warm even in cold weather and have a hygienically smooth surface.
- The disks are mounted at two different heights, for various body sizes.
- The handle area between the disks allows secure grip.
- Motivates activity and communication, and promotes togetherness.

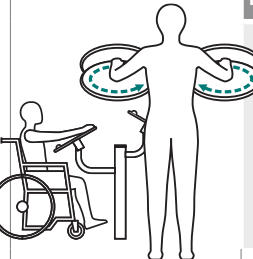


■ **DESCRIPTION** The rotary plates, mounted at different heights, provide an optimal position for both taller and shorter users.

A wheelchair compatible version is also available.

■ **USE** Place the hands on the appropriate pair of disks.

Now rotate the disks in opposite directions. Change the direction after a while.

ROTOGYM	
	CONTENTS OF PACKAGE 1 fully assembled modules 1 Foundation anchor 4 M20 nuts with cap Instructions mounted to the main pillar
	Item no. 5313809

MATERIAL

METAL: Steel tubing, hot galvanised, powder coated, colour RAL 9007 grey aluminium

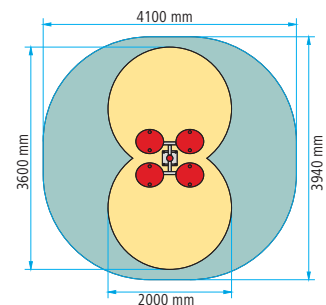
PLASTIC: PE 500 full body, UV stabilised, colour RAL 3000 fire red

BEARING: maintenance free bearing

ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

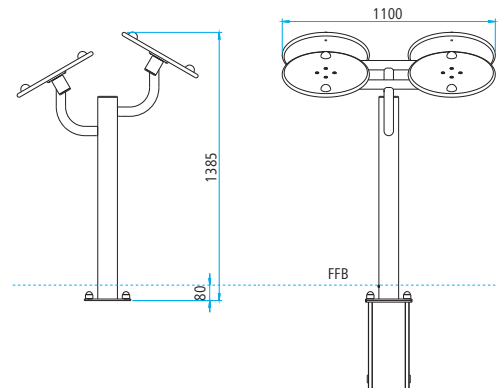
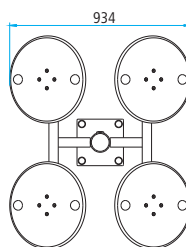
MAINTENANCE: The equipment is largely maintenance free; follow DIN 79000 and the maintenance instructions.

SAFETY: TÜV tested per DIN 79000 : 2012



FALL HEIGHT: none

FALL SPACE: 1500 mm around edge of equipment



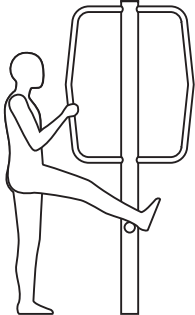
Product images may vary from the original – we reserve the right to make technical changes

■ Fall space ■ Free space

- **DESCRIPTION** The equipment is designed to be a grip and support for stretching exercises. However, it can also be used for other gymnastic and therapeutic exercises, for instance, when using elastic bands.
- **USE** A vast range of stretching and physical exercises can be done with the equipment.

STRETCH TRAINER STRETCHGYM

TRAINS THE MOBILITY AND FLEXIBILITY OF THE ENTIRE BODY. IS BOTH RELAXING AND RELIEVING.

	STRETCHGYM	
	CONTENTS OF PACKAGE	
	1 fully assembled modules 1 Foundation anchor 4 M20 nuts with cap Instructions mounted to the main pillar	
	Item no.	5312509

MATERIAL

METAL: Steel tubing, hot galvanised, powder coated, colour RAL 9007 grey aluminium

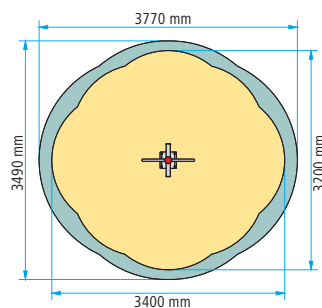
PLASTIC: PE 500 full body, UV stabilised, colour RAL 3000 fire red

BEARING: maintenance free bearing

ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

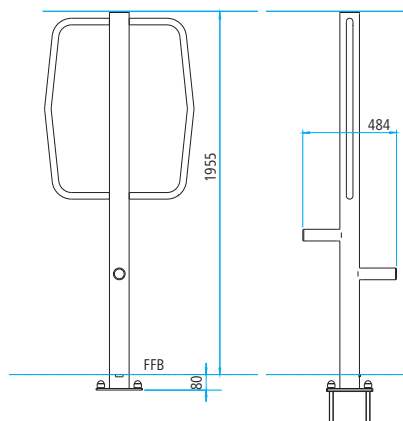
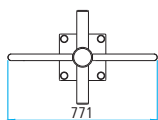
MAINTENANCE: The equipment is largely maintenance free. Maintenance per DIN 79000 and maintenance manual.

SAFETY: TÜV tested per DIN 79000:2012



FALL HEIGHT: < 1000 mm

FALL SPACE: 1500 mm around edge of equipment



Product images may vary from the original – we reserve the right to make technical changes

■ Footprint area ■ Clearance



BENEFITS

- The powder coated grips are pleasantly warm in cold weather.
- Therapeutic aids such as elastic bands can be secured to the bars.
- The leg supports are shaped to provide comfortable support without concentrated points of contact.



MOTOR ACTIVITY TRAINER MOTOGYM

TRAINS HAND-EYE COORDINATION AND MOTOR SKILLS. PROMOTES SHOULDER, ELBOW AND WRIST JOINT MOBILITY AS WELL AS IMPROVING GROSS MOTOR COORDINATION.

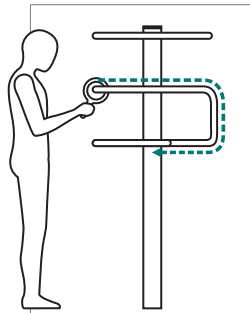


BENEFITS

- The amplitude of arm movement is optimally exploited.
- The guide rods give acoustic and tactile feedback when touched by the ring due to impact and friction and the resulting vibration.
- Ergonomic ring with full body PE grip.



- **DESCRIPTION** The ergonomically shaped ring gives a good grip even for people with restricted grip.
- **USE** Move the ring by its handle along the tube without touching it. Use both hands, holding at suitable positions.



MOTOGYM

CONTENTS OF PACKAGE

- 1 fully assembled module
- 1 Foundation anchor
- 4 M20 nuts with cap
- Instructions mounted to the main pillar

Item no. 5312309

MATERIAL

METAL: Steel tubing, hot galvanised, powder coated, colour RAL 9007 grey aluminium

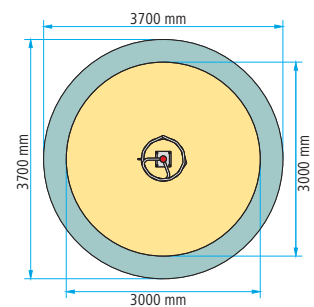
PLASTIC: PE 500 full body, UV stabilised, colour RAL 3000 fire red

BEARING: maintenance free bearing

ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

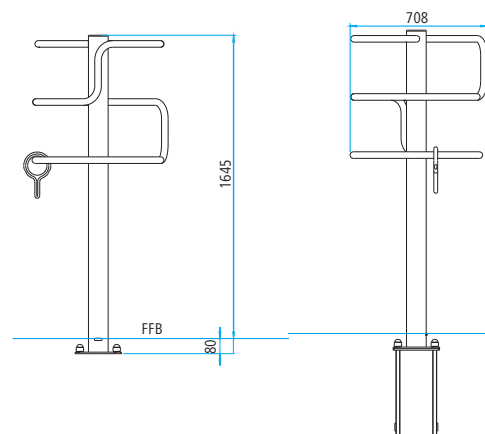
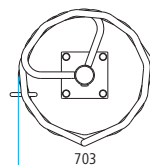
MAINTENANCE: The equipment is largely maintenance free; follow DIN 79000 and the maintenance instructions.

SAFETY: TÜV tested per DIN 79000:2012



FALL HEIGHT: none

FALL SPACE: 1500 mm around edge of equipment



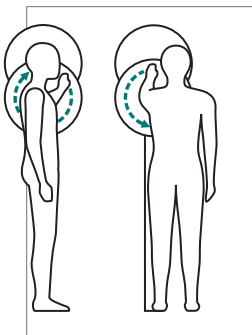
Product images may vary from the original – we reserve the right to make technical changes

■ Footprint area ■ Clearance

- **DESCRIPTION** The rotary disks assure proper execution of the windmill exercise, even in case of reduced shoulder mobility.
- **USE** Stand in front of or to the side of the disk at shoulder height, at an arms length from it, and turn it clockwise or counterclockwise with one hand. Change the direction of rotation, arm and position from time to time.

SHOULDER/ NECK TRAINER MOBIGYM

MOBILISES THE SHOULDER JOINT AND RELAXES THE SHOULDER AND NECK MUSCLES.



MOBIGYM

CONTENTS OF PACKAGE

- 1 fully assembled module
- 1 Foundation anchor
- 8 M20 nuts with cap
- Instructions mounted to the main pillar

Item no. 5323909



MATERIAL

METAL: Steel tubing,
hot galvanised, powder coated,
colour RAL 9007 grey aluminium

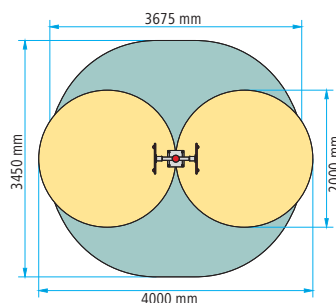
PLASTIC: PE 500 full body,
UV stabilised,
colour RAL 3000 fire red

BEARING: maintenance free bearing

ASSEMBLY: Sink the foundation anchor into the concrete slab. Screw the modules down once the concrete has set. Fill the foundation holes.

MAINTENANCE: The equipment is largely maintenance free. Maintenance per DIN 79000 and maintenance manual.

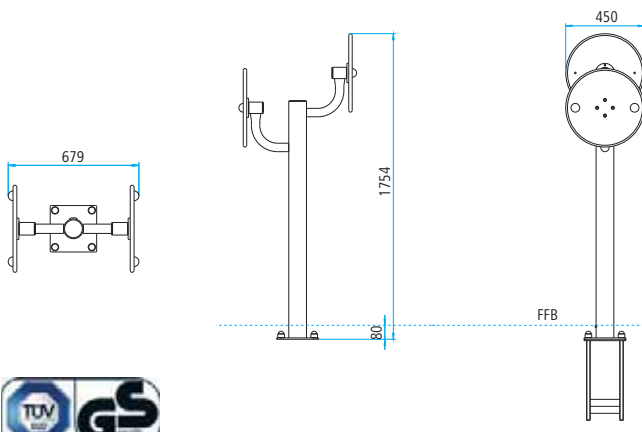
SAFETY: TÜV tested per
DIN 79000:2012



FALL HEIGHT: none
FALL SPACE: 1500 mm around
edge of equipment

BENEFITS

- The disks are mounted at two different heights, for various body sizes.
- The disks feel pleasantly warm even in cold weather and have a hygienically smooth surface.
- The half-balls are comfortable for the hands.



Product images may vary from the original – we reserve the right to make technical changes

■ Footprint area ■ Clearance



VITAPLAY

LABYRINTH

PROMOTES GRIP AND HAND/EYE COORDINATION.

FOLLOWING THE FIGURES STIMULATES COGNITIVE PROCESSES.

ESPECIALLY SUITED TO CHILDREN.

■ **DESCRIPTION** The pommels are rotary and sized to exercise the fingers as well.

■ **USE** Grip a pommel and move it along the figures.



LABYRINTH	
CONTENTS OF PACKAGE 1 fully assembled module	
Item no.	5330409

MATERIAL

METAL: Steel tubing, hot galvanised, powder coated, colour RAL 9007 grey aluminium

PLASTIC: PE 500 full body, UV stabilised, colour RAL 3000 fire red

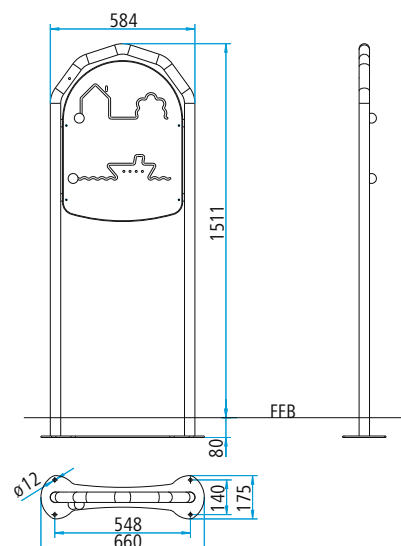
ASSEMBLY: Pour a concrete foundation slab. Mount the equipment once the concrete has set. Fill the foundation holes.

MAINTENANCE: The equipment is maintenance free.

SAFETY: The equipment is intended to be used supervised.

BENEFITS

- The radius of movement of the arm is optimally exploited.
- The powder coated tubing is pleasantly warm in cold weather.
- The plastic plate has a hygienically smooth surface.
- Promotes activity.



- **DESCRIPTION** The symbol disks are rotary.
- **USE** Set all disks vertically first. One user chooses the cross, the other the circle. The users now alternate in rotating the disks to make their symbol visible to the users standing on one side of the equipment. Whoever manages to get three of his symbols into a straight vertical, horizontal or diagonal row wins the game. For people with restricted cognitive skills, the task can also consist in forming simple patterns with the symbols.

VITAPLAY TIC TAC TOE

PROMOTES COGNITION, MANUAL SKILLS
AND HAND/EYE COORDINATION.

	TIC TAC TOE	
	CONTENTS OF PACKAGE	
	1 fully assembled module	
	Item no.	5330309

MATERIAL

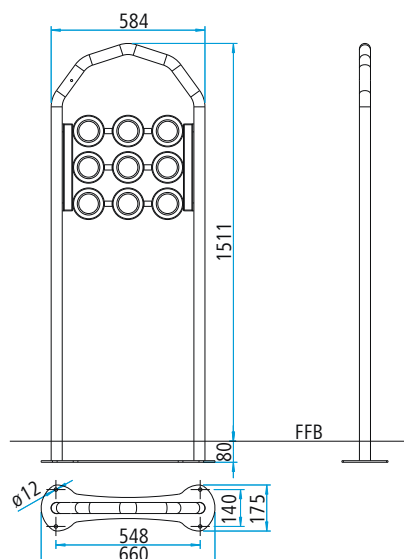
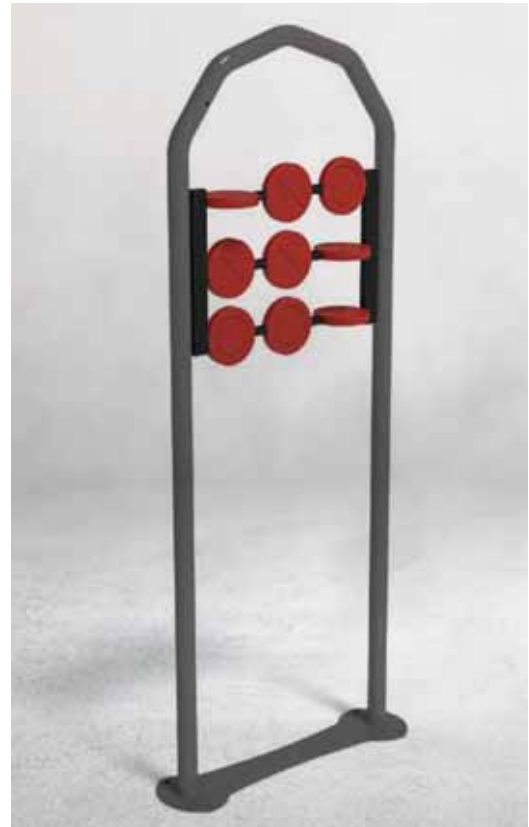
METAL: Steel tubing,
hot galvanised, powder coated,
colour RAL 9007 grey aluminium

PLASTIC: PE 500 full body,
UV stabilised,
colour RAL 3000 fire red

ASSEMBLY: Pour a concrete foundation
slab. Mount the equipment once the con-
crete has set. Fill the foundation holes.

MAINTENANCE: The equipment is mainte-
nance free.

SAFETY: The equipment is intended to be
used supervised.



BENEFITS

- The disks and powder coated tubes are pleasantly warm in cold weather.
- The long lasting plastic disks have a hygienically smooth surface.
- Motivates activity and communication, and promotes togetherness.



VITAGYM®

INFORMATION TABLE EXERCISE ILLUSTRATIVE TABLES

INFORMATION TABLE AND
EXERCISE INSTRUCTIONS TABLE
THE PERFECT ACCESSORY FOR YOUR
VITAGYM® FITNESS PATHS.

■ INFORMATION TABLE

Mount including customisable information table.

■ EXERCISE INSTRUCTION TABLE

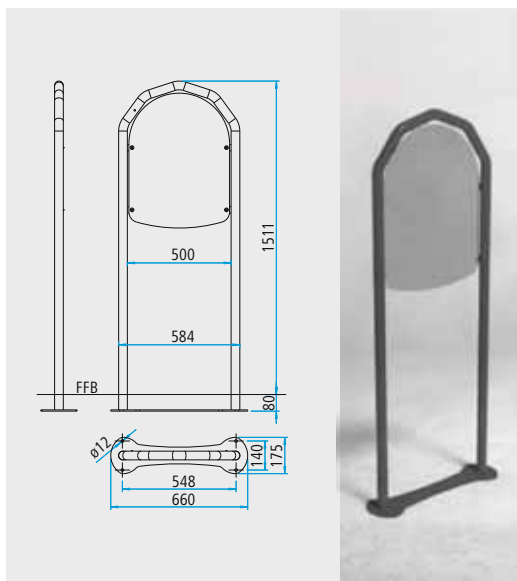
Stable double tube mounting including exercise instruction table (DIN A4).

■ METAL FRAME: Steel tubing,

hot galvanised, powder coated, colour RAL 9007 grey aluminium

■ ASSEMBLY: Pour a concrete foundation slab. Mount the equipment once the concrete has set. Fill the foundation holes.

MAINTENANCE: The equipment is maintenance free.



INFORMATION TABLE

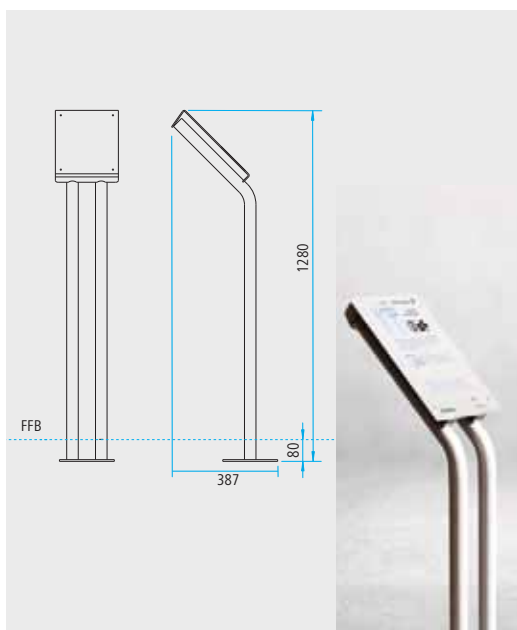
CONTENTS OF PACKAGE

1 mount with installed information table, blank

Item no.	5342809
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BENEFITS

- Maintenance free, easy care.
- German quality and design.
- Motivates activity, promotes togetherness.



EXERCISE INSTRUCTION TABLE

EXERCISE INSTRUCTIONS

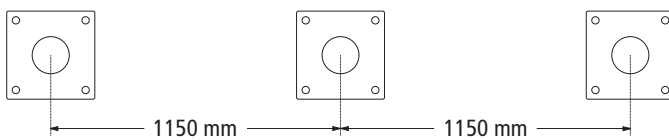
1 retaining bracket with installed exercise illustrative table

MotoGym	Item no.	5341409	
StretchGym	Item no.	5341509	
PedalGym	Item no.	5341609	
TrackGym	Item no.	5341709	
RotoGym	Item no.	5341809	
TwistGym	Item no.	5341909	
MobiGym	Item no.	5342009	
BackGym	Item no.	5342109	
StepGym	Item no.	5342209	
Tic Tac Toe	Item no.	5343009	
Labyrinth	Item no.	5343109	
PushGym	Item no.	5350709	
PullGym	Item no.	5350809	
Push/PullGym	Item no.	5350909	
Balance Gym	Item no.	5355009	

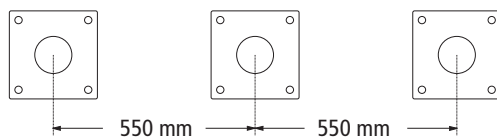
PushGym und PullGym



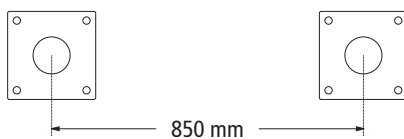
Push/PullGym



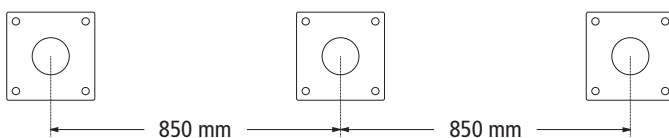
BalanceGym und TwistGym



TrackGym



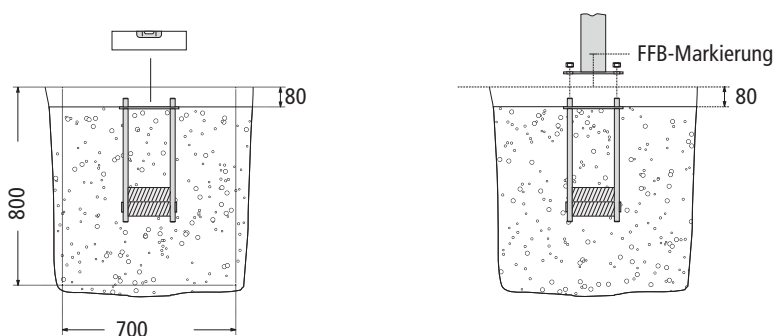
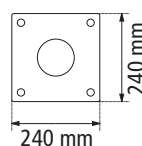
Double TrackGym



PedalGym und StepGym



Einzelfundament



Simplified representation. Detailed installation – please see installation instructions.

VITAGYM® ASSEMBLY

ASSEMBLING VITAGYM EXERCISE
EQUIPMENT IS VERY EASY.

■ ASSEMBLY The included foundation anchors must be sunk into the concrete foundation slab as instructed. Some systems have multiple anchors.

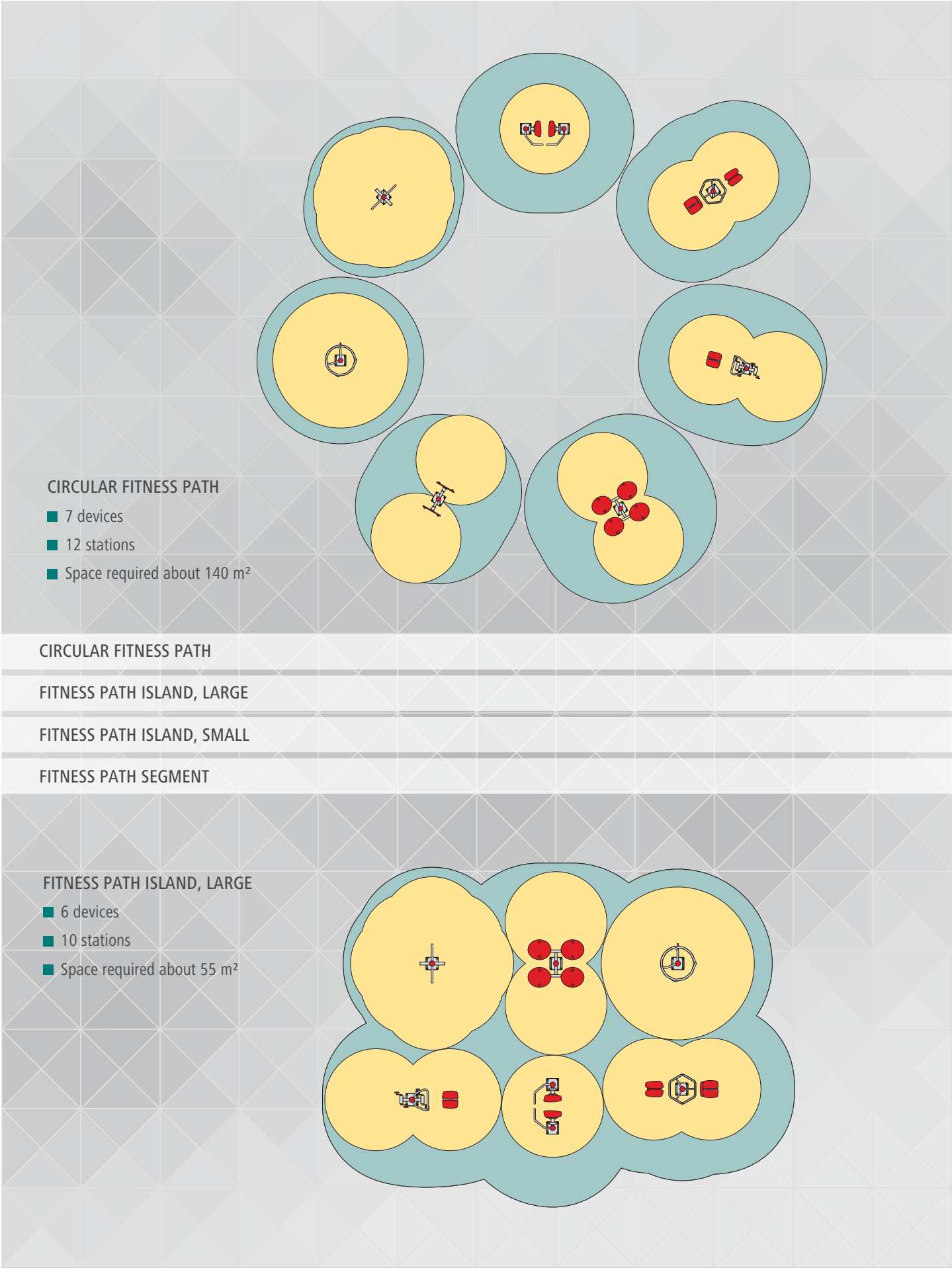
Once the concrete has set, the completely pre-assembled equipment / modules can be bolted to the anchors. The foundation holes are then filled in.

This also makes it possible to disassemble the equipment and constitutes an advantage over fixed concrete set equipment. Assembly is also simpler, since no ancillary construction is required to support the equipment while the concrete sets.

The exercise instructions table and information table, as well as products using tubing bars, must be bolted down onto a suitably dimensioned concrete slab, set 80 mm below ground level.

■ RECOMMENDATIONS We recommend a solid top soil also to ensure accessibility for wheel-chair users, walking aid users and people with poor balance and mobility.

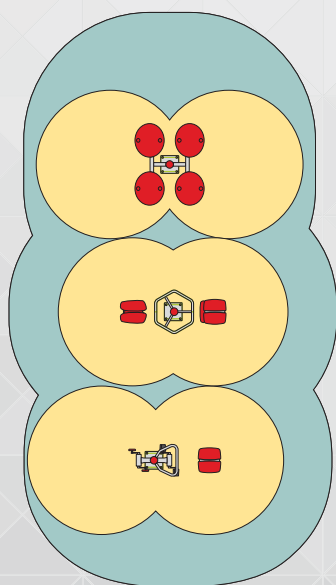
If you intend to use a loose packing (e.g. sand, granules), please contact us since the construction of the equipment in the anchoring area must be modified to account for the use of loose packing materials. We are pleased to supply such modified equipment on request.



VITAGYM®

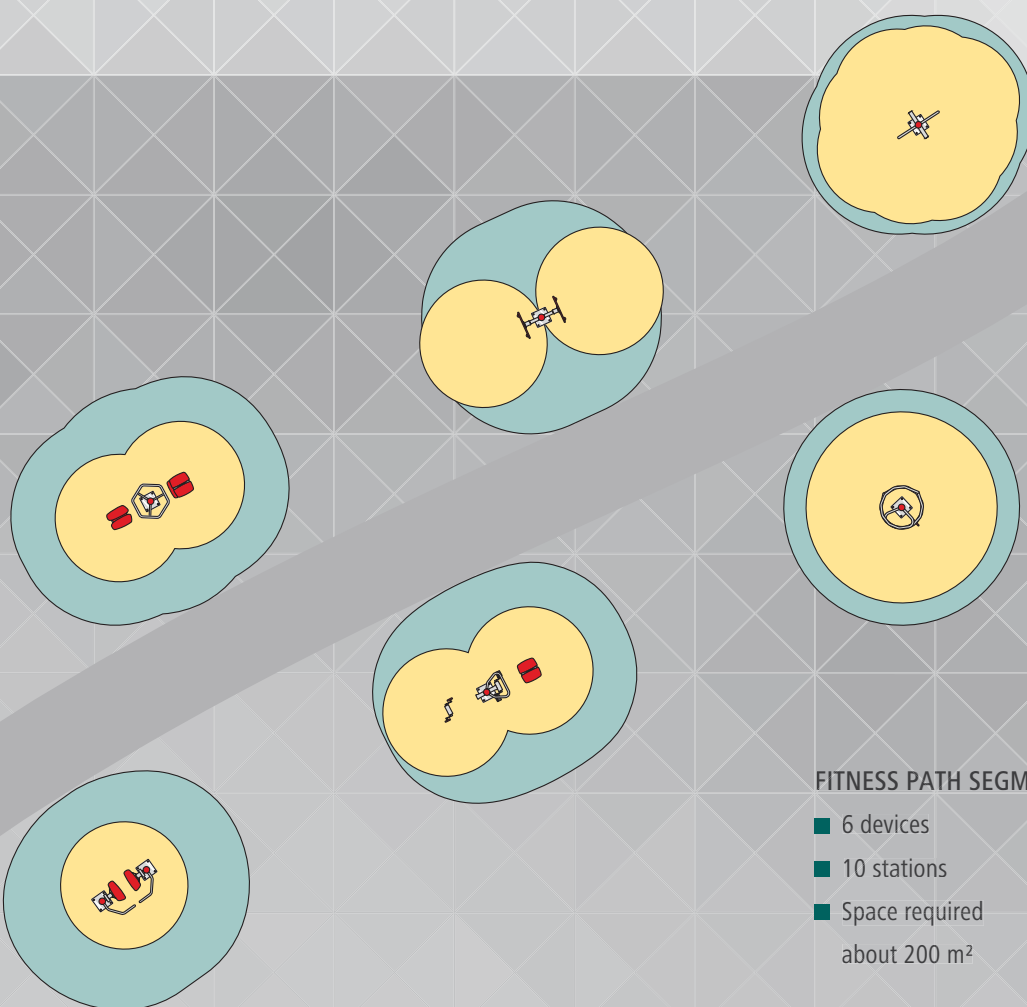
FITNESS PATHS

PLANNING EXAMPLES



FITNESS PATH ISLAND, SMALL

- 3 devices
- Stations
- Space required about 30 m²



FITNESS PATH SEGMENT

- 6 devices
- 10 stations
- Space required about 200 m²

The footprint areas of the devices may overlap. The clearances of the devices must NOT overlap.

■ Footprint area ■ Clearance