

# CHEST PRESS

# OUTDOOR FITNESS

Installation Instructions

(877) 517-2200 or (719) 488-3812  
support@outdoor-fitness.com

- A. Excavate a hole measuring 50\*50\*50 cms ( 1'7 3/4" ) as per the drawing.
- B. First pour cement into the hole to form a cement layer of 100 mm. Installer should create a template based on the position of the holes on the equipment and/or position the J-bolts with do-it-yourself fixing mould and put the bolts into the hole (Refer to the diagram for space and size). Then pour concrete into the hole assuring that bolts are perpendicular to and 6.0 - 6.5 centimeters (2 1/2" ) above the ground surface. After pouring, double check the position of the anchor bolts against the equipment and make sure the concrete surface is very flat. Allow concrete to set for 24 hours prior to placing the equipment.
- C. When the concrete is hardened; fasten the equipment to the J-bolts with 4 M18 nuts together with M18 spacers, as illustrated. After installation, check the perpendicularity of the equipment to ground surface with tolerance less than 1/100. Cover the Anchor bolts with plastic base dome.

