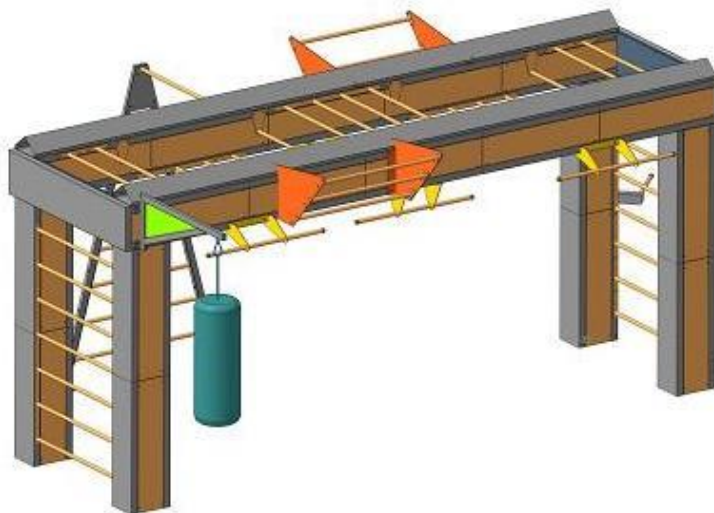


# Multifunctional sports complex «PUNTO FIT»

## OPERATION MANUAL



PUNTO FIT 6.0 m

This operation manual is intended  
to familiarize users with the rules of assembly, use  
and maintenance of the sports complex

## 1. PURPOSE AND TECHNICAL CHARACTERISTICS

1.1 The complex is intended to be used outdoors or indoors in a room with a ceiling height of at least 3.5 meters, for people older than 14 years old and at least 1.4 meters tall, for the following sports: crossfit, workout, yoga, weightlifting, boxing.

1.2 Main technical characteristics of the Complex are given in Table 1.

Table 1

Multifunctional sports complex Punto Fit	
Characteristics	KPOC6000-00.000E
Overall dimensions, mm	
Length	6000
Width	1800
Height	2800
Net weight (no more than), kg	1430
Service life (at least), years	5

## 2. COMPLETENESS

2.1. Completeness of the Complex is given in table 2. Table 2:

№	Name	Quantity	KPOC6000-00.000
1	KPOC01-05.000E beam assembly		14
2	KPOC01-07.000E base beam assembly		4
3	KPOC01-20.000ECБ side panel		2
4	KPOC01-00.001E trim panel		36
5	KPOC01-00.002E trim panel		2
6	KPOC01-16.000E crossbeam		2
7	KPOC01-15.000E crossbeam		2
8	KPOC01-17.000E crossbeam		3
9	KPOC01-60.000E transition crossbeam		4
10			
11			
12	Bolt M10x25 ГОСТ 7805-70		16
13	KPOC01-150.000E straight bracket		2
14	KPOC01-200.000E corner bracket		4
15	KPOC01-50.000E corner bracket, small		2
16	KPOC01-170.000E horizontal bar, attached		1
17	KPOC01-400.000E suspension parallel bars	Pcs.	1
18	KPOC01-250.000E bracket for rings		2
19	Bolt M8x20 ГОСТ 7805-70		44
20	Washer 8 ГОСТ 11371-78		44
21	KPOC01-185.000 portable bracket		1
22	KPOC01-30.000E profile assembly		6
23	KPOC01-30.000-01E profile assembly		2
24	KPOC01-30.000-02E profile assembly		2
25	KPOC01-30.000-03E profile assembly		2
26	Boxing bag "Tent-master" (60 kg, h-130 cm)		1
27	Plastic end cap for bolt /screw-nut M10, black (TPD10)		40
28	Carabine with nut Φ10,0 (to suspend boxing bag)		1
29	Bolt M16x40 ГОСТ7805-70		48
30	Nut M16 ГОСТ 5915-70		64
31	Washer 16 ГОСТ 11371-78		112
32	Bolt M10x25 ГОСТ 7802-70		136
33	Nut M10 ГОСТ 5915-70		152
34	Washer 10 ГОСТ 11371-78		168
35	Chemical fixing + threaded pins M24		8
36	Nut M24 ГОСТ 5915-70		16
37	Washer 24 ГОСТ 11371-78		8
38	Bolt M12x30 ГОСТ 7805-70		16
39	Nut M12 ГОСТ 5915-70		16
40	Washer 12 ГОСТ 11371-78		32
41	Screw M5x20 with internal hexagon		156
42	Set of stickers		1
43	Operation manual		1
44	Expanding anchor		4

### 3. INSTALLATION AND ASSEMBLY INSTRUCTIONS

- 3.1 The assembly and installation of the Complex should be performed by at least 3 adults, with the use of lifting-transport device with a lifting capacity of at least 1500 kg, a set of wrenches and heads № 17,19,24,36, hex key number 4, perforator.
- 3.2 Install on prepared concrete surfacing according to the scheme Fig.1 with the use of anchored reinforcements № 35, 36, 37, 44. Concrete grade used in the manufacture of concrete surfacing should be at least M250.

Shock absorbing material cover 3.14

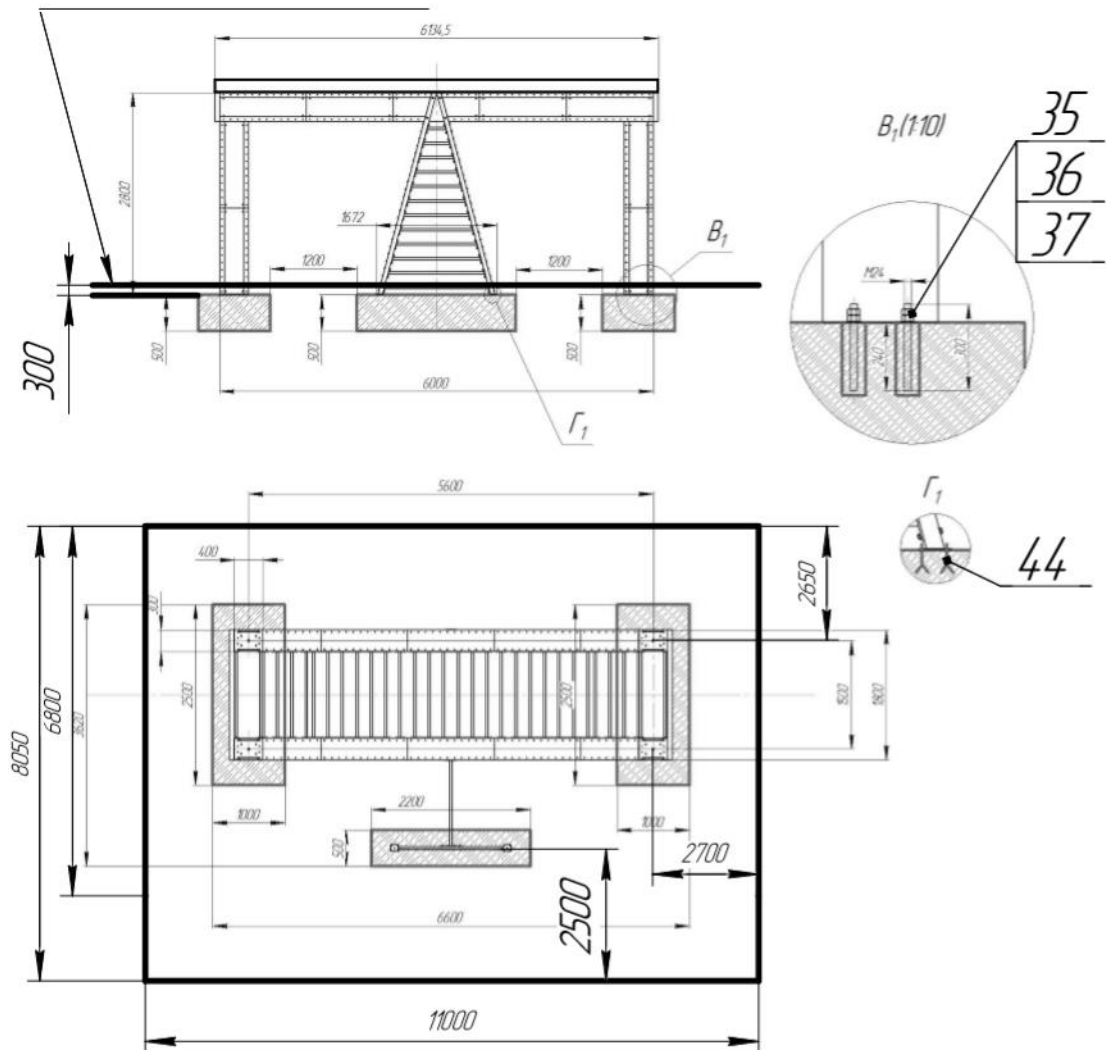


Fig. 1

- 3.3 Unpack the Complex and place component parts and assembly units on the flat surface.
- 3.4 Make sure that completeness of the package corresponds with the nomenclature, specified in paragraph 2 of this operation manual.

3.5 Assemble the side panels, see fig.2 consisting of assembly units № 1, 2, 7 (see table 2) and metal items № 32, 33, 34, № 29, 30, 31. Do not tighten the threaded connections. Install vertically on prepared concrete pads according to fig.1

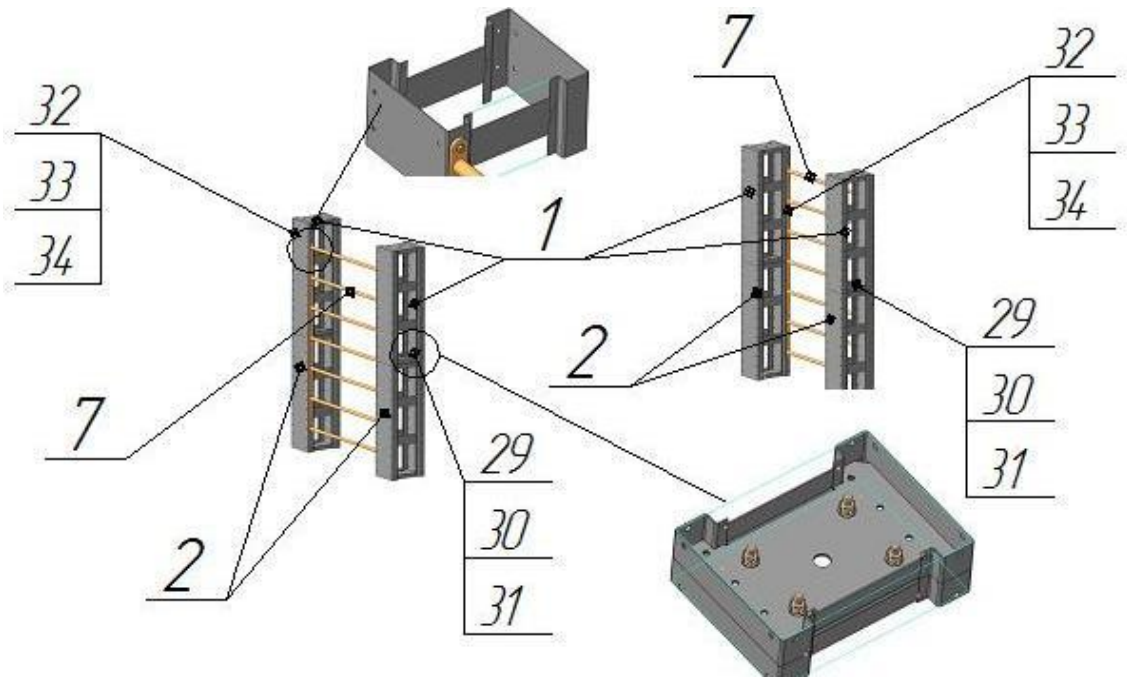


Fig. 2

3.6 On the flat surface assemble the upper part of Complex (see fig. 3) consisting of the assembly units - positions 1, 6, 8, 9, 3 (see Table 2) and metal hardware № 32, 33, 34, № 29, 30, 31. Do not tighten the threaded connections.

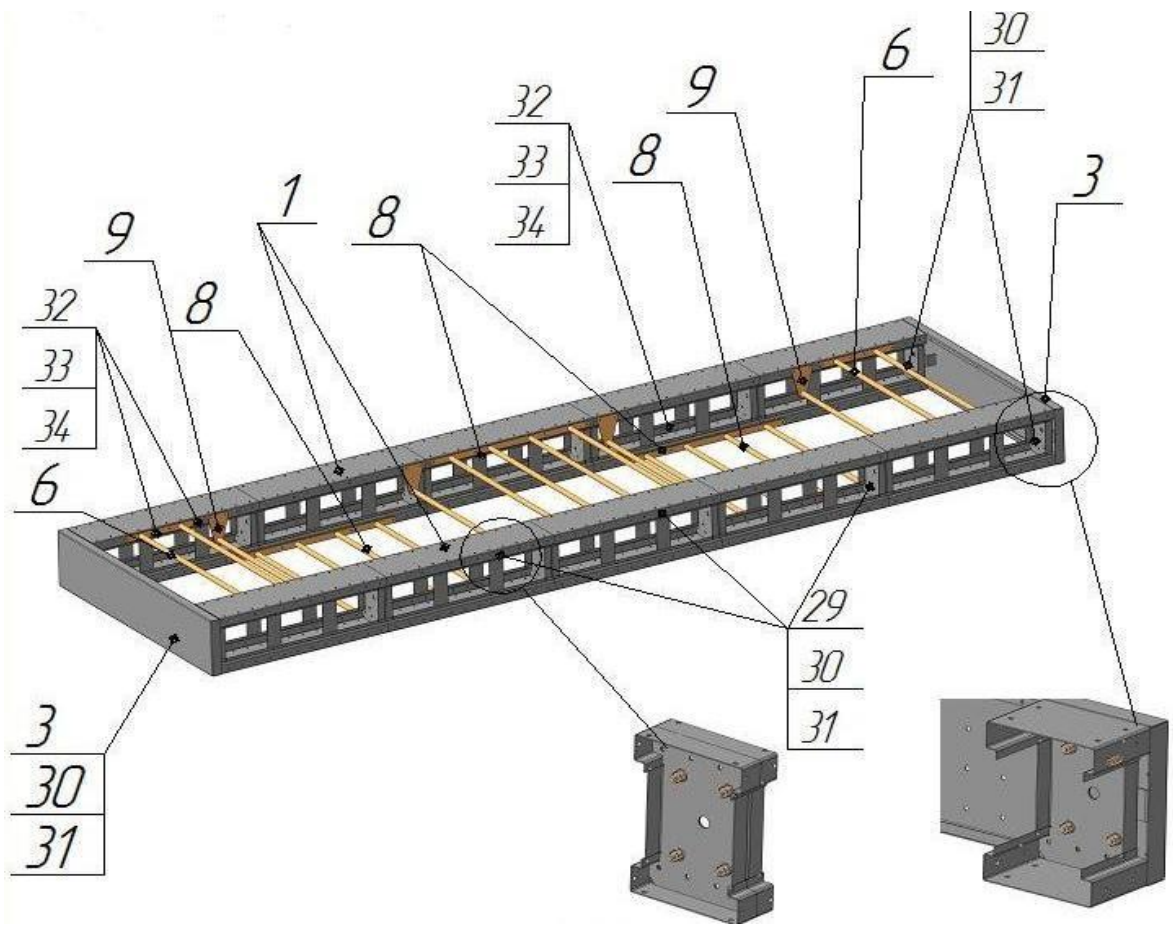


Fig. 3

3.7 Using lifting-transport device install the upper part of complex on the previously assembled side panels, see fig. 4 and fix it with the help of metal hardware № 12, 33, 34. Perform a final tightening of all threaded connections 25...30H\*m. Additionally in places "A" install bolted connections № 38, 39, 40.

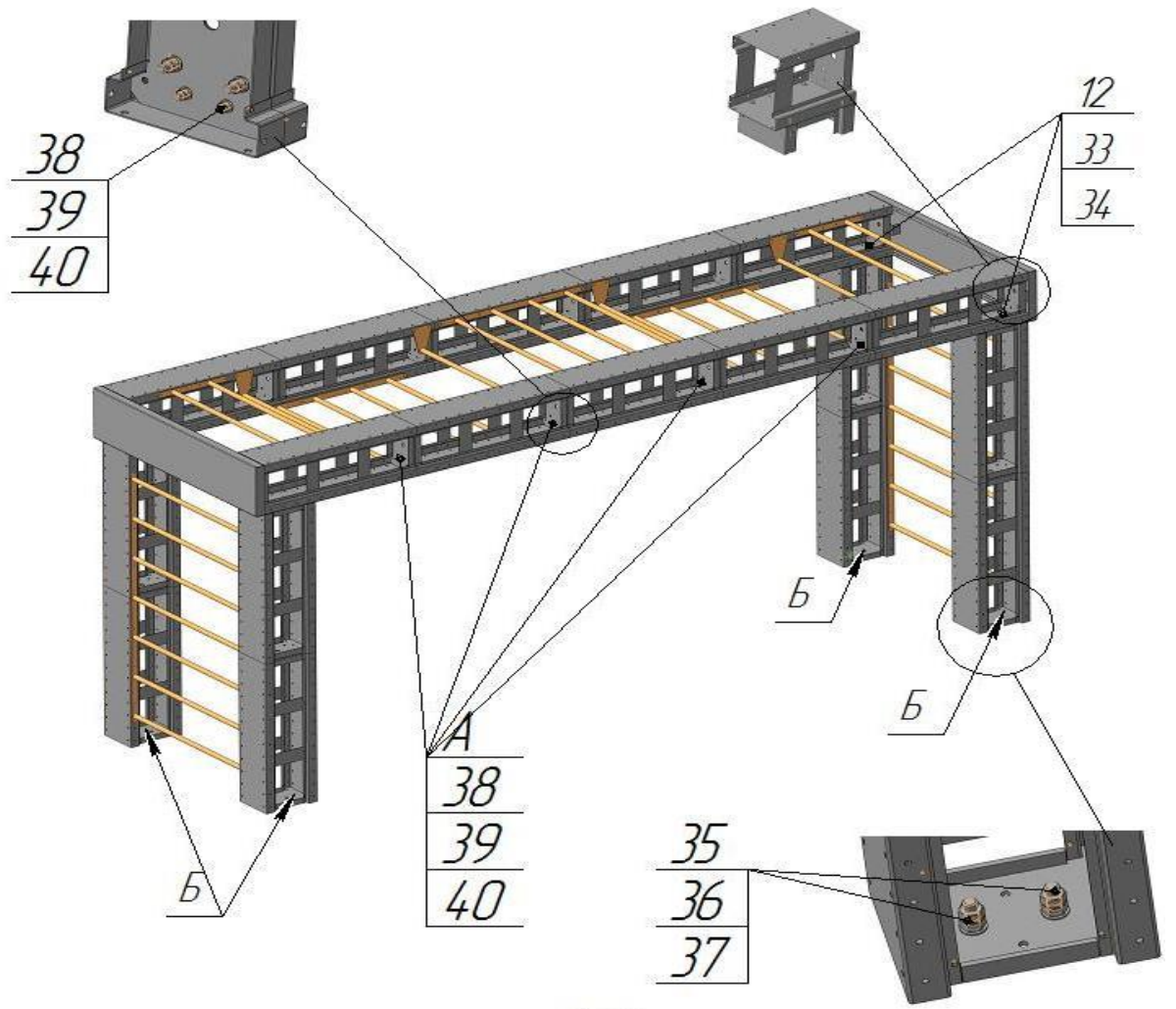


Fig. 4

- 3.8 In places "Б" with the help of anchor connections №34 and metal hardware № 35, 36, see Fig.4 and Fig.1 secure the construction to the prepared concrete surfacing.
- 3.9 Install the equipment included in delivery according to Fig.5

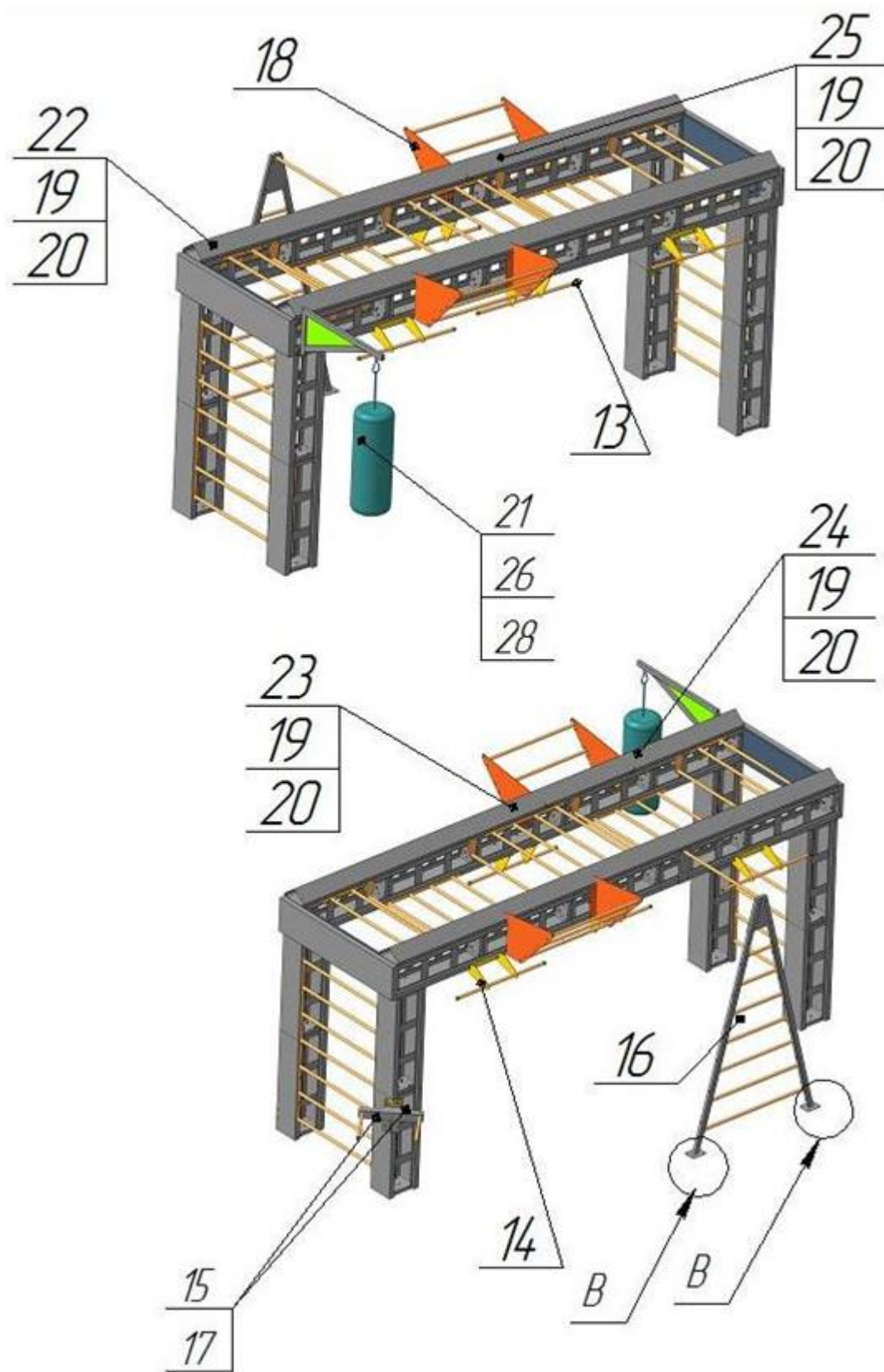


Fig. 5



- 3.10 In places "B" (fig.5) with the help of anchors № 44 secure assembly units №15 to the prepared concrete pads (fig.1)
- 3.11 Install trim panels № 4, 5 with the help of screws № 41 (see fig.6).
- 3.12 In places "H" set stickers with the logo, in places "P" - stickers with QR codes.
- 3.13 On protruding bolt heads install items № 27.
- 3.14 Put shock absorbing material on the surface under the assembled complex (not included in delivery). Protrusion of the items position 2 on outer sides must be at least 2500 mm. Total protection cover on the plan and safety zones are 11000 x 8050 mm (see fig.7). Other types of cover material and foundation shall conform to EN 16630:2015.

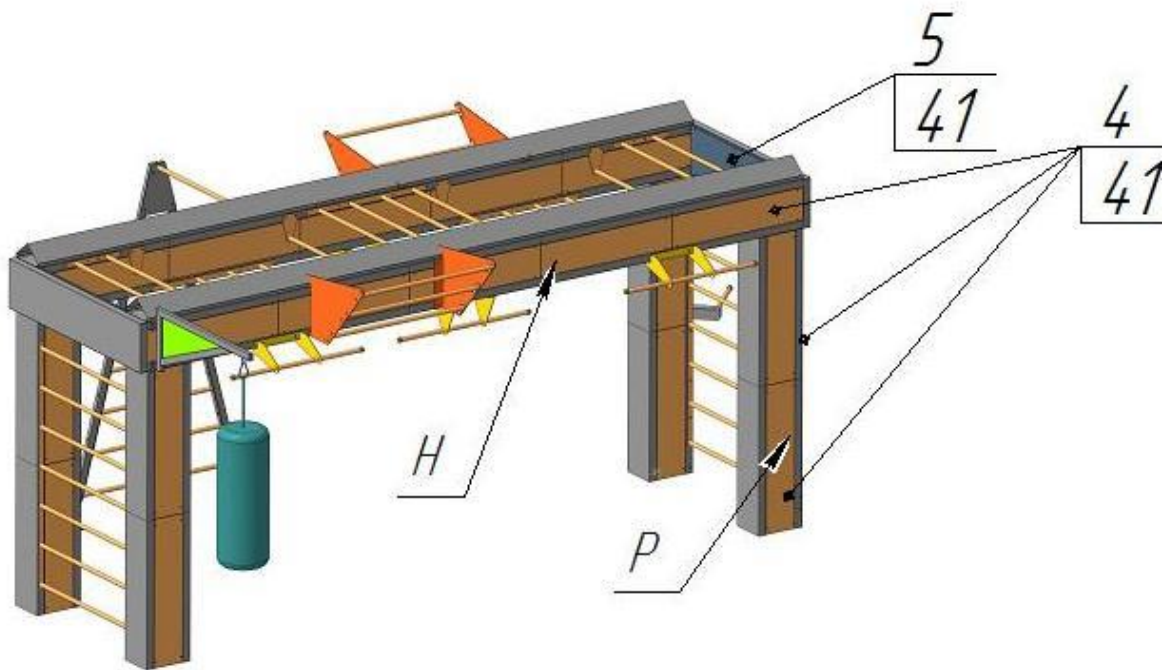


Fig 6.

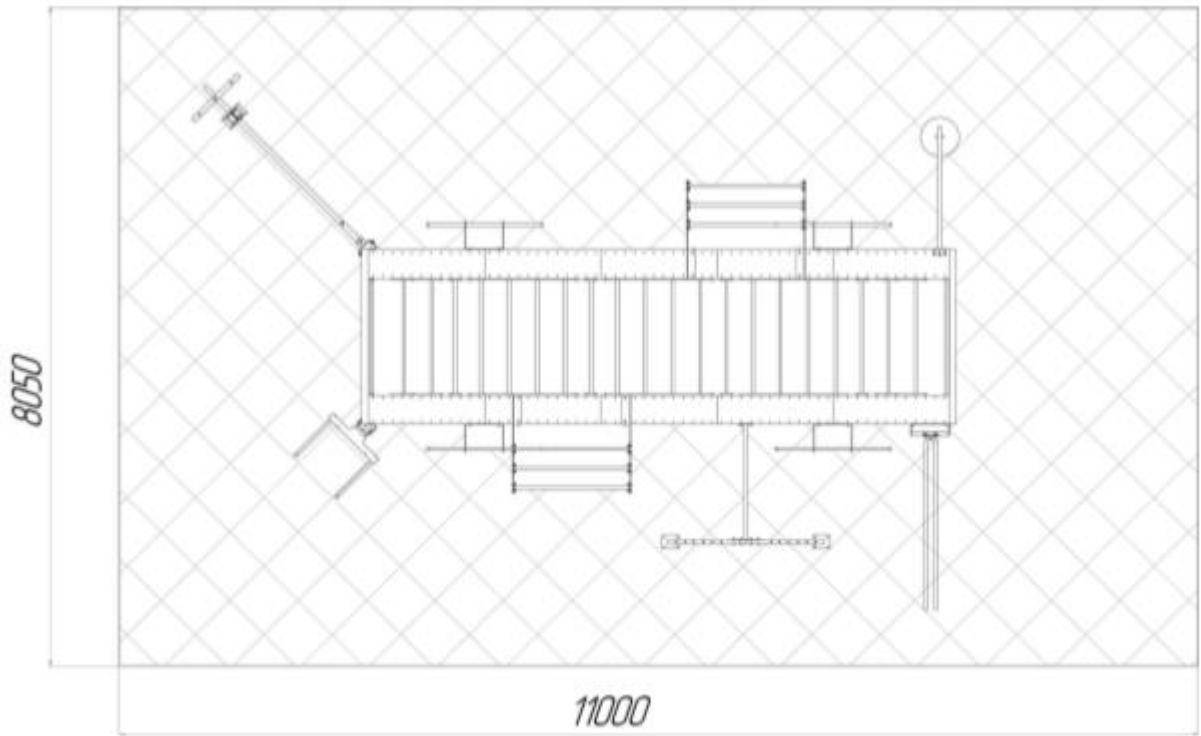


Fig.7

## 4. SAFETY MEASURES

- 4.1 Total pressure on the complex should not exceed the values listed in table 1.
- 4.2 To avoid bruises and injuries when exercising on the Complex it is recommended to use soft mats of appropriate sizes, located under the complex.
- 4.3 The complex is designed for sports activities for people aged 14+.
- 4.4 It is not recommended to exercise on the complex in windy and rainy weather.
- 4.5 Outdoor sports activities should be held in calm weather or with a light wind (at a speed of no more than 1.5 - 2 m/s.) and temperature at least 20 °C.
- 4.6 In case of severe frost, it is necessary to instruct those who are involved in doing sports to watch one another and control the first signs of frostbite, in the summer - avoid overheating and heat stroke, as well as exercising in the drought.
- 4.7 Performing self-repair of sports equipment and fixtures is strictly prohibited.
- 4.8 Every day before exercising it is necessary to:
  - inspect the structures of the complex and attached equipment, check integrity and stability, ensure correct functioning of sports equipment, safety of construction and fastening of equipment;
  - carry out a check of units reliability, make sure there is no rope abrasion or damage and check reliability of anchor brackets;
  - conduct a thorough inspection of the place where the training is held for compliance with sanitary and hygienic conditions placed on the training area.
  - If any shortcomings are detected take measures to address them. In case of impossibility to do the repairs do not use the complex for exercising and inform the administration responsible for the sports playground and take action to prevent uncontrolled use of broken sports equipment.

## 5. USE AND MAINTENANCE

5.1 People under the age of 14 years old are allowed to use the Complex in the presence of their parents or those who are responsible for the safety of children.

5.2 If the user has diseases in the field of the cardiovascular or musculoskeletal system using the Complex is possible only after the consultation with a doctor.

5.3 If the user suffers from chronic diseases of the endocrine system or has a malfunction of the central nervous system he is obliged to train only in the mode permitted by the doctor.

5.4. If the user has any other restrictions related to his state of health it is forbidden to perform exercises which are not recommended by the doctor.

5.5 If the user takes medicines that can slow down his reaction or can cause loss of consciousness and / or movement disorder, the user is obliged to notify relatives (friends) before starting his training and to conduct training under their control.

5.6 All of the above information is placed on a special stand, see fig. 8.



Fig. 8

## 6. Maintenance and operation

### 6.1 It should be checked periodically:

- At least 1 time per month check the tightness of the fixing units and threaded connections of the Complex and the attachment to the surface.

### 6.2 The administration in the authority of which the sports ground is, obliged:

- to appoint those responsible for the technical inspection of sports equipment and suppliers located on the sports ground;

- to conduct a scheduled technical inspection at least once every 3 months;

- to conduct a complete technical inspection at least 1 time per year;

- to record in the journal all the data on the conduct of scheduled and capital inspections. Identified malfunctions should be eliminated with the preparation of the relevant act. If it is impossible to eliminate the malfunction, the sports equipment should be replaced with the new one.

## 7. Warranty

7.1 Subject to compliance by the buyer or user with the requirements of these operating instructions, the manufacturer guarantees the reliability of the Complex for 12 months from the date of sale but no more than 18 months from the date of manufacture.

7.2 The service life of the complex– see table 1.

## 8. ACCEPTANCE INFORMATION

8.1 Date \_\_\_\_\_

8.2 Person responsible \_\_\_\_\_

## 9. Examples of exercises

