



# The Garden Gym

## **NB- Before you start!**

Ensure that the first pull up bar is solid. You will connect the monkey bar to the original pull up bar which will create movement in the foundations. We recommend that you let the pull up bar concrete harden before starting to add the monkey bar. Depending on the mix you used this would be between 2-4 hours.



Dip station  
Installation guide

## **General guidance**

These instructions are provided as a guide to help you install your equipment. Depending on the type of ground conditions it may be necessary to modify the installation. If you are unsure, please consult a qualified professional or contact the Garden Gym Team. The installation should be carried out by 2 people. Before digging you must ensure that there is no risk of encountering services such as drains or electricity.

**The Garden Gym does not accept any liability in relation to the installation and subsequent use of the gym relating to incorrect or improper installation.**



## **You will need**

Spade / hole diggers / safety gloves / step ladder / tape / measure / level / 2 x 19mm socket drivers / hammer



## **Post mix**

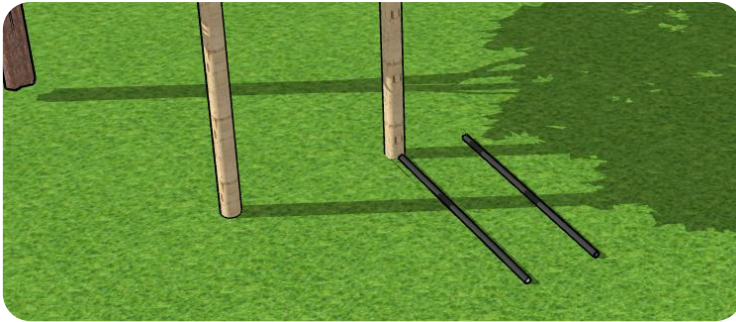
Between 1 and 2 bags per post, depending on the size of your holes and ground conditions



# The Garden Gym

Dip station  
Installation guide

1



## Layout the bars

Use the 2 dip bars and smaller cross bars to work out the position of the holes, make sure you allow for the section of the bar that slides into the wooden post, dig all 3 holes.

2



## Digging the holes

Digging the holes for the posts is a key part of the installation. The hole must be a minimum of 600mm deep (700mm for 3.6m posts). Leave plenty of space for alignment / adjustment of posts.

3



## Assemble the first bar

Unlike the pull up bar, we recommend that you install all the posts and bars and get everything level before adding any concrete, start with the bar that is connected to the pull up unit. Insert, align and level

4



## Insert the rest of the posts and bars

Take your time and insert the rest of the bars and posts, you can insert the bolts but don't tighten up yet as this will allow a bit of movement. You can now get everything level before tightening the bolts.





5

### Concrete in place

When you are sure you have everything level and aligned you can now add the concrete, ensuring everything remains in position as you go! The holes can then be backfilled, nuts and bolts checked for tightness and the caps inserted into the holes



### Foundations



The stability of your Gym relies on correct installation of the posts. We recommend a minimum depth of 600mm. Ensure the concrete is fully hardened before use (2-3 days) and the hole is suitable for the ground conditions and planned usage. We also recommend using a small amount of pea shingle at the base of the post to aid drainage.



### Maintenance

All of our materials are maintenance free, the posts are supplied with a tanalised finish and 10 year life expectancy. **It is essential to check the bolts and fixings on a monthly basis and tighten where necessary as they can loosen off as the timber goes through the natural drying process.**

### Train Safe!



1. Always consult your doctor before undertaking any physical exercise.
2. Injuries to health may result from excessive, incorrect training or using the equipment in a way that it is not designed for.
3. Remove jewellery, watches or anything else that may catch or snag before exercising.
4. Always warm up prior to exercising, if you are unsure consult a health professional for advice.
5. Children should not be allowed to use the equipment without the strict supervision of adults who are aware of how to exercise correctly.
6. Our products have been designed to carry out exercise and are not meant as a climbing frame or piece of play equipment. The user is wholly responsible for any accidents or injuries occurring from usage of the equipment regardless of proper or improper usage.
7. The Garden Gym Ltd disclaims all liability from the mis-use or incorrect installation of our products.
8. The user must not adapt, amend or remove any part of the equipment.