



The Garden Gym

User guide and aftercare

Congratulations!

You are now a proud owner of your very own Garden Gym. We have put this guide together to help you use the equipment safely and to preserve the life of the product.

Its only 3 days to wait.....

Its really important to allow the concrete To set solidly, we have installed over 100 Gyms and have learned that this is critical. Even the slightest movement will loosen The post in the foundation creating a Wobble on the post!

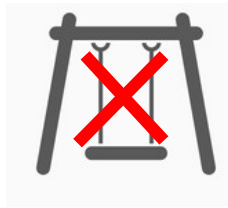


Supervise kids!

Our gyms are designed for adult usage and are not climbing frames! Should children use the equipment please ensure that they are supervised.

Swings / hammocks etc.!

We do not advise the addition of swings, hammocks etc. Swinging motions can loosen foundations or create additional risks of injury!



Maintenance & aftercare

The timber that we use is UK Playgrade radiata pine, this is resistant to developing large cracks that can create finger traps. However, cracks will develop as the timber dries out, often after the first dry warm spell. These cracks can be the full length of the post And pass through the holes. There will be no effect to the Structure of the posts so no Need to worry, however if you are not sure or feel the cracks are wider than 1cm pls get in touch!



The timber does not require any treatment painting or varnishing, it prefers to be left natural!

If needed any chips on the metal can be re-painted with a matching smooth Hammerite paint.

On a monthly basis please check all fixings are tight and there is no movement created by drying out of timber, if needed remove the caps and tighten. We can send spare caps FOC if needed.




The Garden Gym

User guide and aftercare

Stay in touch / get in touch!

Should you need anything please email us on
admin@garden-gym.com

For training tips and motivation follow us on Instagram

 [garden_gym_team](https://www.instagram.com/garden_gym_team)

Maximum weight loading!

Gyms should only be used by 1 person at a time.
Maximum weights as below.

- Pull up bars / dip bars – 100kg
- Monkey bars – 90kg
- Squat brackets – 80kg
- Boxing brackets – 50kg



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.

Most importantly, train hard and have fun!