



**MOUV'ROC® LEOPARD**  
Ref. 08 100B-2



## ➤ Presentation

Mouv'roc® is a compact fitness station, designed to enable many people to exercise outdoor, without subscription and at any time. Several people can train simultaneously, whether they are occasional or experienced sportspersons, young or older. Mouv'roc® is also suitable for persons with reduced mobility. It's definitely an urban vitality point that encourages intergenerational interactions. The apparatuses available on Mouv'roc® have no moving part so the user can exercise safely with all or part of his body weight. Pictograms along with QR codes inform the user about the appropriate exercises for each apparatus. Mouv'roc® is compact and perfectly suited to the constraints of dense urban spaces. No maintenance.

## ➤ Description

Mouv'roc® Lion comprises a central chamber to which the apparatuses and roof are fixed. It is fitted with 6 apparatuses, enabling 4 users to do up to 25 different exercises. Its wide roof, on posts, makes it usable in all weathers.

### **CENTRAL CHAMBER :**

- 4 zinc and powder coated steel posts
- 16 U-shaped cross-members, 3 mm thick, galvanised steel
- Fixing plates for 3 and 5 mm thick galvanised steel fixtures
- 4 HPL panels measuring 980 x 2 760 mm and 13 mm thick, fixed to the galvanised steel cross-members.
- 2 triangular HPL panels, 150 x 990 mm, 13 mm thick, fixed to zinc and powder coated steel posts.
- and, depending on the model, a door mounted on 3 hinges, bolted for easy handling inside the chamber.

### **ROOF :**

- 2 IPE 80 galvanised steel longitudinal rails, length 2 760 mm
- 4 IPE 80 galvanised steel cross bars, length 3 856 mm
- 8 edge trims (strips) in 2 mm thick zinc and powder coated steel. These strips have a folded edge at the top to act as a cover, partly overlapping the edges of the HPL panels.
- 3 HPL panels measuring 1 280 x 2 750 mm and 13 mm thick, covering the crosspieces.

Watertightness is ensured by polyurethane gaskets and a gutter drain located in one of the 2 posts.

## COMPOSITION OF THE APPARATUSES:

The apparatus are fixed to the structure. No moving parts. Their ergonomics have been designed to provide an optimal exercise position for any user from 1.40 m and as of 12 years of age.

**Apparatus shown: roman chair, wall bars, cleats, vertical bars sit-up bench and strap.**

The apparatuses and the satellites are in galvanized steel. The diameter of the steel tubes for the apparatus is between 27 and 50 mm. The handles of the roman chair, the wall bars and the horizontal board are covered with soft black rubber for better comfort. The horizontal and inclined boards are made of HDPE (High Density Polyethylene).

Near each apparatus, a printed HPL sign indicating the associated exercises is fixed.

Open Mouv'roc complies with **European standard NF EN 16630: 2015**, specifying the general requirements for security, control, maintenance and test methods relating to physical training modules.

## INSTALLATION:

Maximum surface of the concrete slab: 35,75 sqm².



## Materials

### 1 | HPL

HPL is a compact outdoor facing material made by stacking sheets of paper impregnated with reinforced thermo resins, compacted at high pressure (10 MPa) at a temperature of 160°C. An acrylic film provides extra protection from ultraviolet light.



#### PROPERTIES :

- Impact-resistant
- Weatherproof
- Dimensional stability
- Resistant to ultraviolet light

### 2 | GALVANIZED STEEL

These items are treated by hot galvanization and coated with kiln-fired polyester powder.



#### PROPERTIES :

- Protection against corrosion
- Resistant to impact and friction
- Hard wearing

### 3 | ZINC AND POWDER COATED STEEL

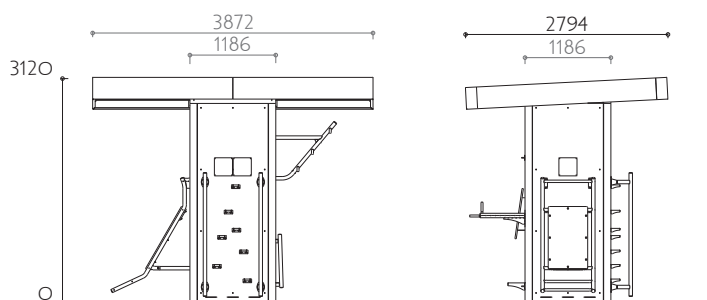
The steel components are zinc-coated then treated with our Powder Blast process (after cleaning and shot-blasting, the parts are coated with an initial layer of epoxy powder and a second layer of polyester powder) to provide rust-proofing and to increase its lifespan.



#### PROPERTIES :

- Protection against corrosion

## Dimensions



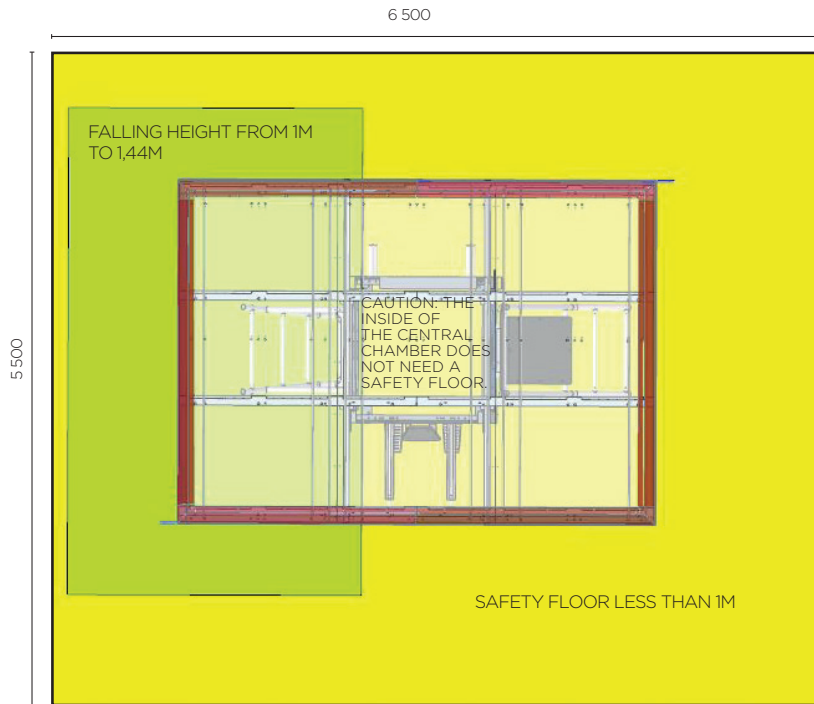
## Colours





### Colours of the model shown :

Metallic structure: RAL 2001  
HPL panels: Yellowish green  
Facade side: Tikal 2525

*Steel parts: Colours to be selected within the RAL tints  
HPL-Panels: Colours to be selected within the FUNDERMAX tints.  
Facade side: Colours to be selected within the RAL tints*

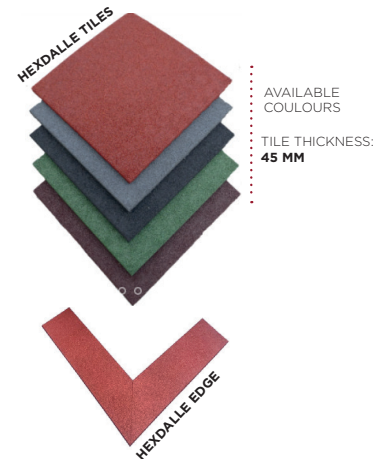
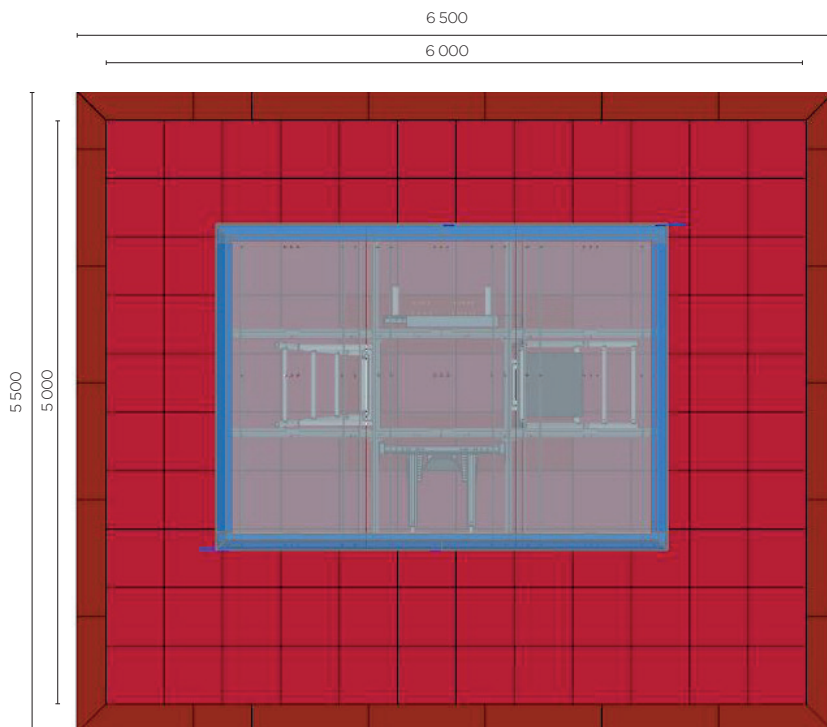
➤ Floor set up




 <b>7 H</b> <b>3 pers</b>	<b>m<sup>2</sup></b> <b>35.75</b>
ASSEMBLY	CONCRETE SLAB
 <b>24.00</b>	 <b>9.35</b>
PERIMETER	CFH 1M > 1,44M
<b>m<sup>2</sup></b> <b>25.05</b>	 <b>1000</b>
SECURITY FLOOR	WEIGHT

The NF EN 16630 standard imposes a safety floor for impacts on training areas with falling heights greater than 1m. However, for an optimal training comfort and safety, Sineu Graff recommends covering the entire concrete slab with a safety floor.

➤ Security floor set up | HEXDALLE RUBBER TILES



<b>SQ.M</b>	CONCRETE MEMBER SURFACE <b>35,75 SQ.M</b>	REF. HEXDALLE PACK: <b>08 KH-100B-2</b>
	SURFACE OF THE SECURITY FLOORING WITHOUT CHAMFERED EDGE <b>34,35 SQ.M</b>	
<b>lm</b>	CONCRETE MEMBER PERIMETER <b>24,00 LM</b>	