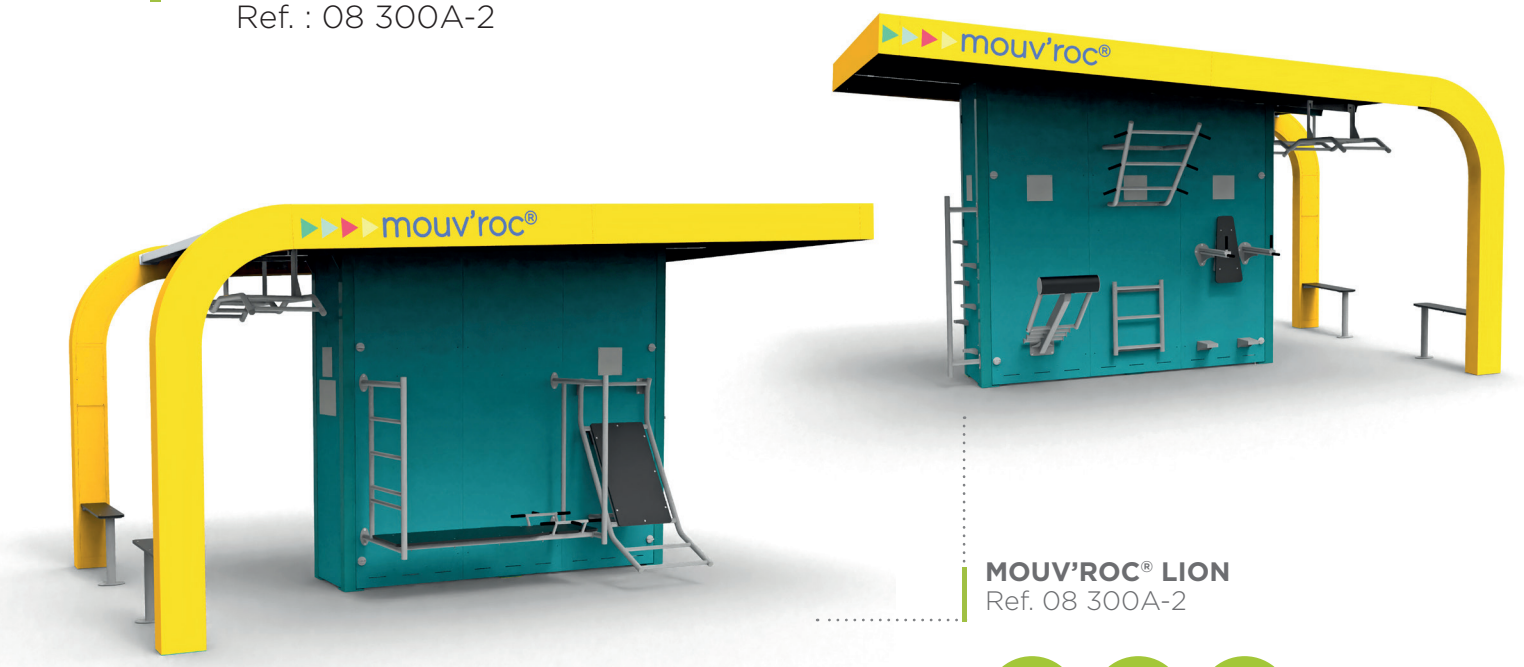
LION | **MOUV'ROC®**

Ref. : 08 300A-2



MOUV'ROC® LION
Ref. 08 300A-2

11 APPARATUS
13 USERS
90 EXERCISES

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 11 apparatuses, enabling 13 users to do up to 90 different exercises. Its wide roof, on posts, makes it usable in all weathers.

CENTRAL CHAMBER :

- 4 posts in zinc and powder coated steel
- 2 galvanised steel intermediate posts
- 8 long, 3 mm thick, U-shaped galvanised steel rails for the long side
- 8 short 3 mm thick U-shaped galvanised steel rails for the short side
- Fixing plates for 3 and 5 mm thick galvanised steel fixtures
- 6 HPL panels measuring 980 x 2760 mm and 13 mm thick, fastened to galvanised steel rails
- 4 HPL panels measuring 293 x 2760 mm and 13 mm thick, fixed to galvanised steel crosspieces
- 2 triangular HPL panels, 150 x 2780 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 5 250 mm
- 4 IPE 80 galvanised steel cross-members, length 3 856 mm
- 1 galvanised steel gutter
- 6 perimeter cladding strips in 2 mm thick zinc and powder coated steel. These fascias have a folded edge at the top to act as a cover, partly overlapping the edges of the HPL panels.
- 6 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. The whole unit is supported by two zinc and powder coated steel posts fitted with a cover to allow access to the fixing hole inside the post.

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STREET FURNITURE

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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, roll, cleats, vertical bars, sit-up bench, horizontal bench, crossfit ladder, two jump benches fixed to the arches/poles and straps.

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 appartus, 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: 49,50 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.

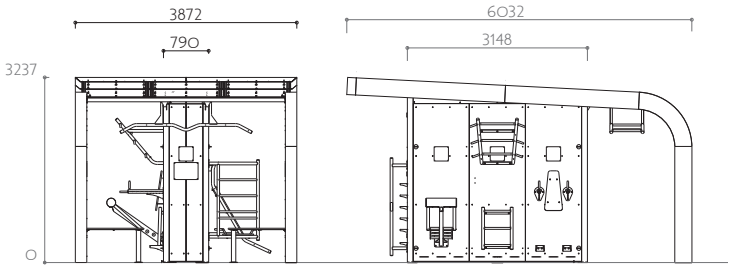
PROPERTIES :
- Protection against corrosion
- Resistant to impact and friction
- Hard wearing

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 1023
HPL panels: Atlantis
Facade side: RAL 5018

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

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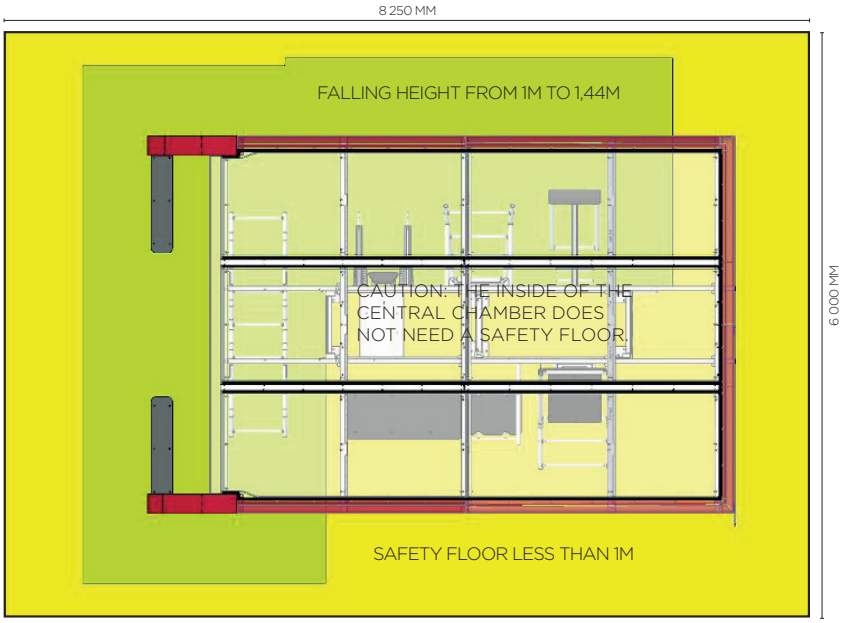
Floor set up

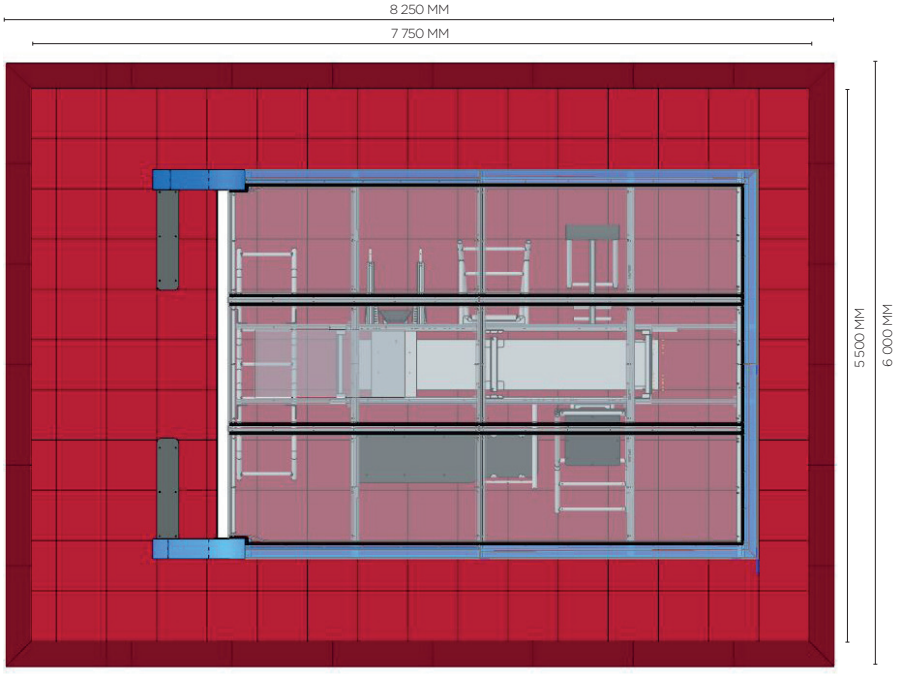


12 H 3 pers — ASSEMBLY	m² 49.50 — CONCRETE SLAB
ML 28.50 — PERIMETER	m² 22.70 — CFH 1M > 1,44M
m² 24.35 — SECURITY FLOOR	kg 2300 — WEIGHT

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



AVAILABLE COULOURS

TILE THICKNESS: **45 MM**

SQ.M	CONCRETE MEMBER SURFACE **49,50 SQ.M**
SQ.M	SURFACE OF THE SECURITY FLOORING WITHOUT CHAMFERED EDGE **47,00 SQ.M**
lm	CONCRETE MEMBER PERIMETER **28,50 LM**

REF. HEXDALLE PACK: **08 KH-300A-2**

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STREET FURNITURE