

TIGRE | MOUV'ROC®

Ref. : 08 200B-2



MOUV'ROC® TIGRE

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➤ 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® Tigre comprises a central chamber to which the apparatuses and roof are fixed. It is fitted with 9 apparatuses, enabling 10 users to do up to 60 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
- 4 HPL panels measuring 980 x 2 760 mm and 13 mm thick, fastened to galvanised steel rails
- 4 HPL panels measuring 293 x 2 760 mm, 13 mm thick, fixed to galvanised steel crosspieces
- 2 triangular HPL panels, 150 x 1 967 mm, 13 mm thick, fixed to zinc and powder coated steel posts 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 4 100 mm
- 4 IPE 80 galvanised steel cross bars, length 3 870 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
- 3 HPL panels measuring 1 280 x 1 385 mm, 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, roller, cleats, vertical bars, sit-up bench, step 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: 36,00 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

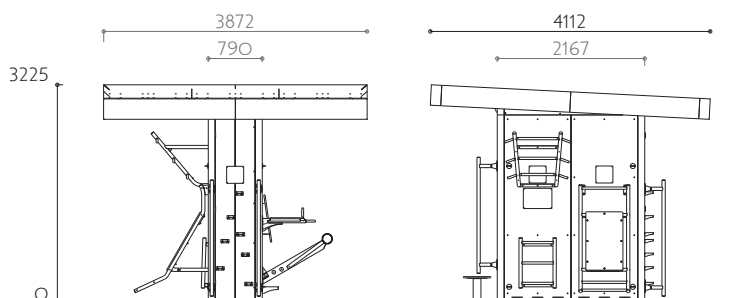
The steel components are zinc-coated then treated with our Powder Blast process (after cleaning and shot-blasting, the parts are coated with an initial layer of epoxy powder and a second layer of polyester powder) to provide rust-proofing and to increase its lifespan.



PROPERTIES :

- Protection against corrosion

Dimensions



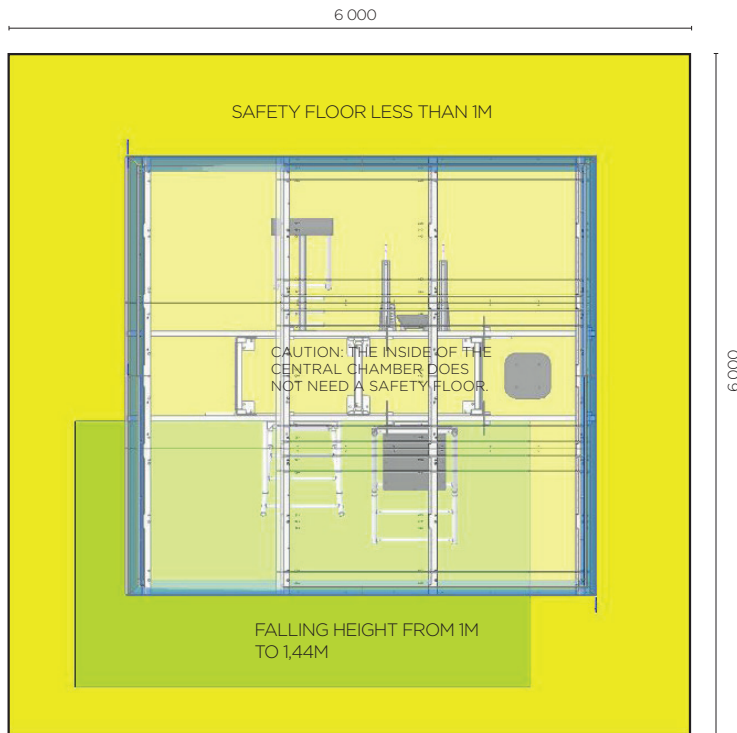
Colours

Colours of the model shown :

Metallic structure: RAL 6017
 HPL panels: Polar Oak
 Facade side: RAL 7034

*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*

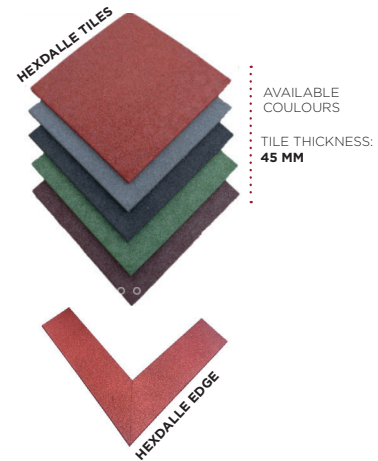
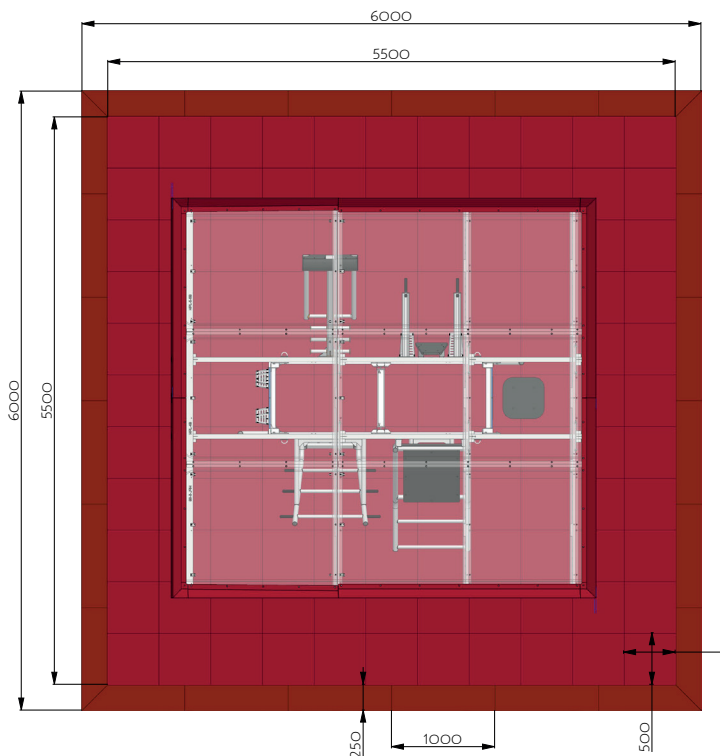
➤ Floor set up



8 H 3 pers	m² 36.00
ASSEMBLY	CONCRETE SLAB
24.00	24.35
PERIMETER	CFH IM > 1,44M
m² 10.00	1400
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



SQ.M	CONCRETE MEMBER SURFACE 36,00 SQ.M	REF. HEXDALLE PACK: 08 KH-200B-2
SQ.M	SURFACE OF THE SECURITY FLOORING WITHOUT CHAM- FERED EDGE 34,25 SQ.M	
lm	CONCRETE MEMBER PERIMETER 24,00 LM	