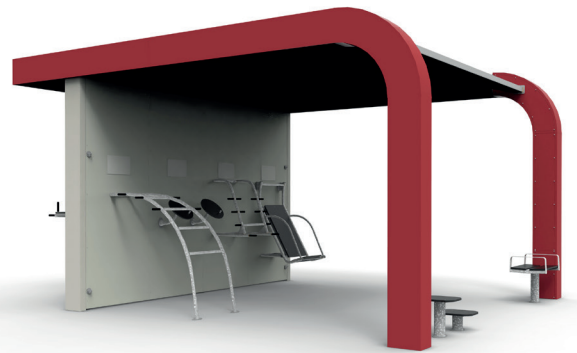


# OPEN MOUV'ROC | ADAPTED XL

09 415 04 02



## OPEN MOUV'ROC XL

Ref. 09 415 04 02



## ➤ Presentation

Open Mouv'roc has been designed as an outdoor fitness room to offer sportsmen, experts or beginners, juniors or seniors, a free access sheltered space to do muscle strengthening or stretching exercises. Mouv'roc Open is compact and adapts perfectly to the constraints of dense outdoor spaces.

It offers a variety of apparatuses for a comprehensive training program. The apparatuses of Open Mouv'Roc are fixed, the user works safely with all or part of his body weight. Pictograms with QR codes indicate to the user the appropriate exercises for each apparatus.

Open Mouv'roc is also suitable for people with reduced mobility. It is also a real place of relaxation which encourages intergenerational exchanges.

## ➤ Description

Open Mouv'roc is made up of a structure, a roof and a facade, on which 12 apparatuses are fixed. 3 additional apparatuses are attached to the arches. 14 simultaneous users can do up to 100 exercises. Its large roof, supported by poles, allows the practice of physical activities in any weather.

### ROOF COMPOSITION:

- 2x longitudinal cross bars, IPE 120 in galvanized steel
- 4x cross bars, IPE 80 in galvanized steel
- 4x braces, 50x50, in galvanized steel
- 1x galvanized steel gutter
- 6x peripheral covers (strips) in zinc and powder coated steel, 2 mm thick
- 8x 13 mm thick HPL panels covering the cross bars.

The watertightness is ensured by polyurethane seals + 1 gutter outlet through one of the 2 posts.

The assembly is supported by two zinc and powder coated steel posts, fitted with a cover to access the sealing hole inside the post.

### FACADE COMPOSITION:

- 2x zinc and powder coated steel posts
- 1x intermediate post in galvanized steel
- 10x 3 mm thick cross bars in galvanized steel
- 8x large format HPL panels, 13 mm thick, fixed onto the galvanized steel crosspieces
- 8x small format HPL panels 13 mm thick, fixed onto the galvanized steel crosspieces

# OPEN MOUV'ROC | ADAPTED XL

09 415 04 02

## COMPOSITION OF THE APPARATUSES:

The apparatuses are fixed on the facade. No moving parts. Their ergonomics have been designed to offer an optimal working position for any person from 1.40 m tall.

**Apparatus shown: 2x vertical bars & cleats, lumbar roller, wall bars , roman chair + dips, senior roman chair, vertical push-ups, double rotative discs, half inclusiv arch, TRX Rings  
+ 3 apparatus on the arches: vertical bar, double stepper, adapted chair.**

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: 68 sqm<sup>2</sup>.



## 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

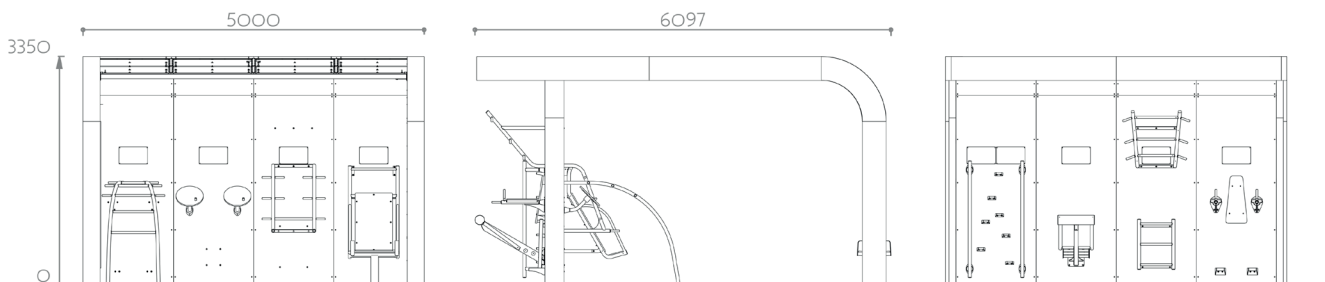
### 3 | ZINC AND POWDER COATED STEEL

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 :

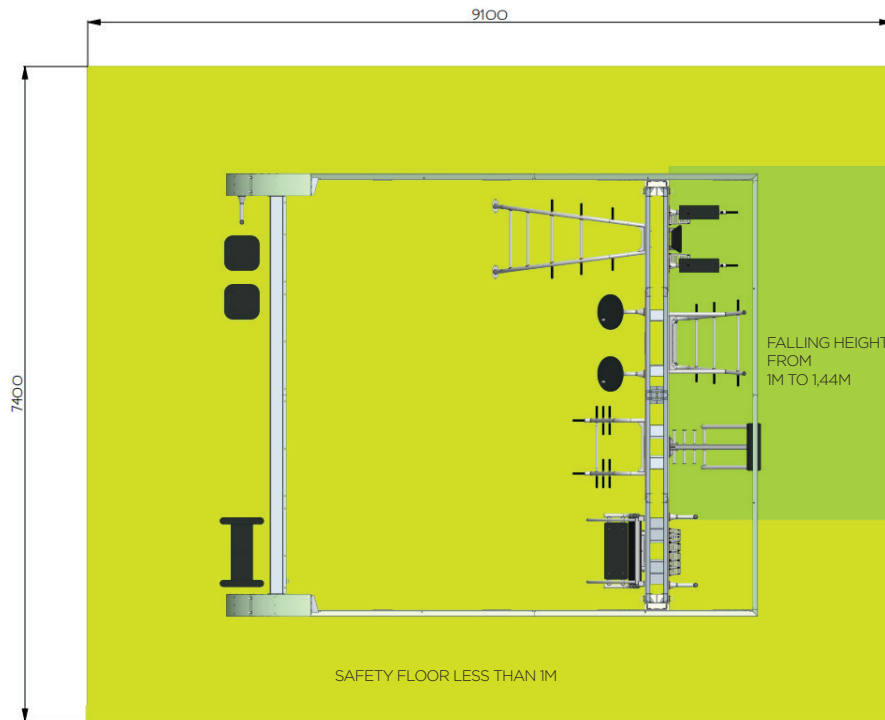
Metallic structure: RAL 3031  
HPL panels: Birch grey  
Facade side: RAL 7038

*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*

# OPEN MOUV'ROC | ADAPTED XL

09 415 04 02

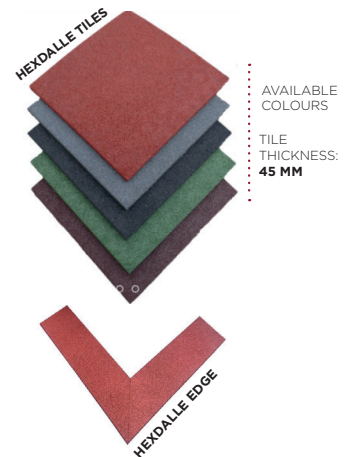
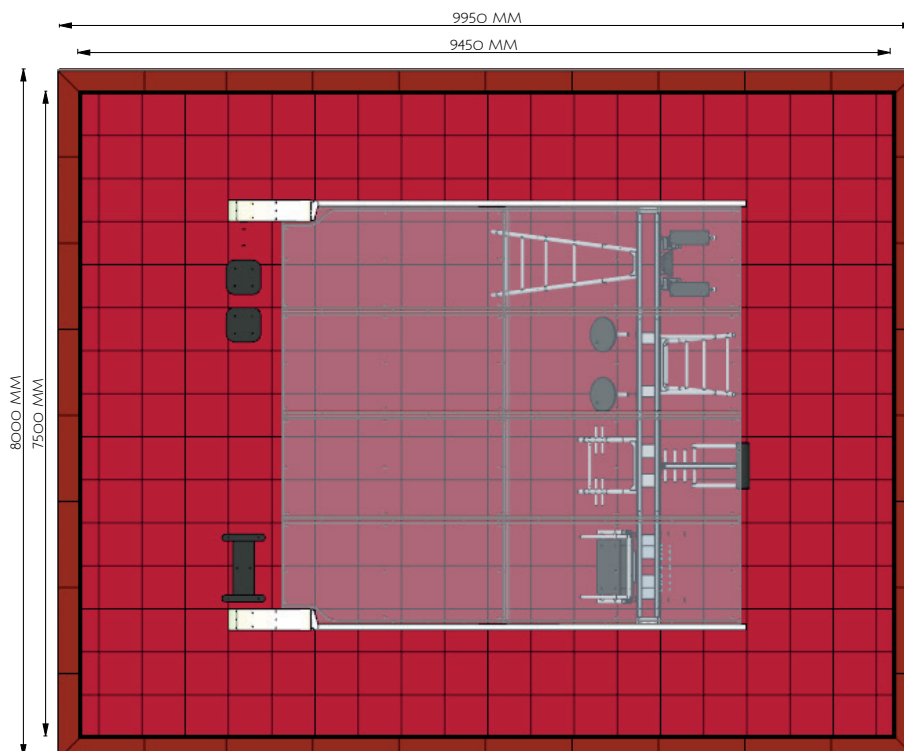
## ➤ Floor set up



12 H 3 pers	m <sup>2</sup> 67.35
ASSEMBLY	CONCRETE SLAB
ML 33.00	m <sup>2</sup> 10.10
PERIMETER	CFH 1M > 1,44M
m <sup>2</sup> 56.30	kg 2745
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.

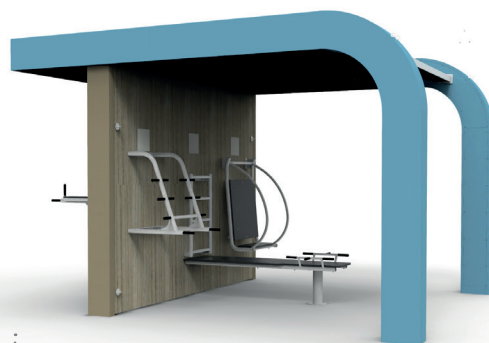
## ➤ Security floor set up | HEXDALLE RUBBER TILES



SQ.M	CONCRETE MEMBER SURFACE 79.60	REF. HEXDALLE PACK: 09 KH-415 04 02
SQ.M	SURFACE OF THE SECURITY FLOORING WITHOUT CHAMFERED EDGE 70.90 SQ.M	
1m	CONCRETE MEMBER PERIMETER 35.90 LM	

# OPEN MOUV'ROC | ADAPTED L

09 315 02 00



## OPEN MOUV'ROC L

Ref. 09 315 02 00



## ➤ Presentation

Open Mouv'roc has been designed as an outdoor fitness room to offer sportsmen, experts or beginners, juniors or seniors, a free access sheltered space to do muscle strengthening or stretching exercises. Mouv'roc Open is compact and adapts perfectly to the constraints of dense outdoor spaces.

It offers a variety of apparatuses for a comprehensive training program. The apparatuses of Open Mouv'roc are fixed, the user works safely with all or part of his body weight. Pictograms with QR codes indicate to the user the appropriate exercises for each apparatus.

Open Mouv'roc is also suitable for people with reduced mobility. It is also a real place of relaxation which encourages intergenerational exchanges.

## ➤ Description

Open Mouv'roc is made up of a structure, a roof and a facade, on which 10 apparatuses are fixed. 10 simultaneous users can do up to 84 exercises. Its large roof, supported by poles, allows the practice of physical activities in any weather.

### ROOF COMPOSITION:

- 2x longitudinal cross bars, IPE 120 in galvanized steel
- 3x cross bars, IPE 80 in galvanized steel
- 3x braces, 50x50, in galvanized steel
- 1x galvanized steel gutter
- 6x peripheral covers (strips) in zinc and powder coated steel, 2 mm thick
- 6x 13 mm thick HPL panels covering the cross bars.

The watertightness is ensured by polyurethane seals + 1 gutter outlet through one of the 2 posts.

The assembly is supported by two zinc and powder coated steel posts, fitted with a cover to access the sealing hole inside the post.

### FACADE COMPOSITION:

- 2x zinc and powder coated steel posts
- 1x intermediate post in galvanized steel
- 10x 3mm thick cross bars in galvanized steel
- 6x large format HPL panels, 13 mm thick, fixed onto the galvanized steel crosspieces
- 6x small format HPL panels 13 mm thick, fixed onto the galvanized steel crosspieces

# OPEN MOUV'ROC | ADAPTED L

09 315 02 00

## COMPOSITION OF THE APPARATUSES:

The apparatuses are fixed on the facade. No moving parts. Their ergonomics have been designed to offer an optimal working position for any person from 1.40 m tall.

**Apparatus shown: vertical bars & cleats, lumbar roller, roman chair + dips, senior roman chair, bench, vertical push-ups, TRX rings**

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: 68 sqm<sup>2</sup>.



## 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.

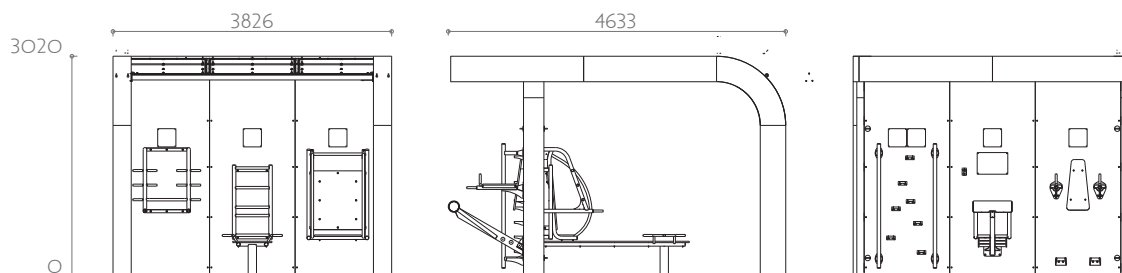
- + **PROPERTIES :**
  - Protection against corrosion
  - Resistant to impact and friction
  - Hard wearing

### > 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 :

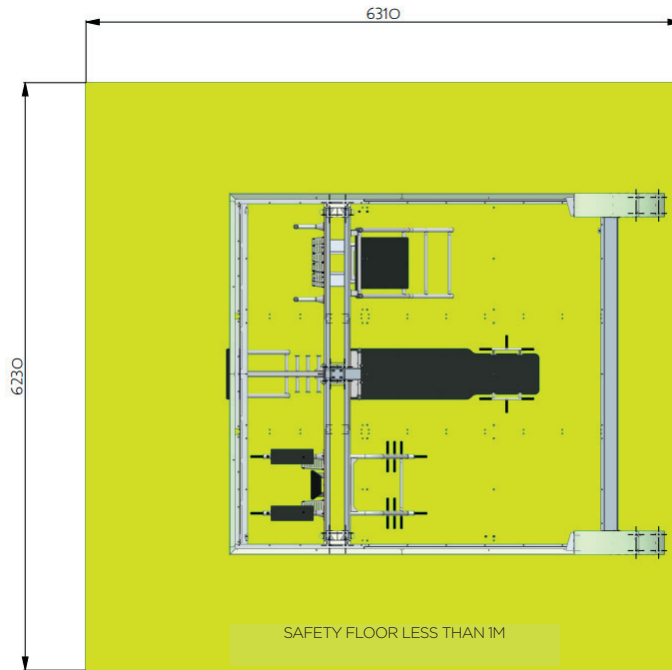
Metallic structure: RAL 7024  
HPL panels: Polar oak  
Facade side: Turquoise blue RAL 7034

*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*

# OPEN MOUV'ROC | ADAPTED L

09 315 02 00

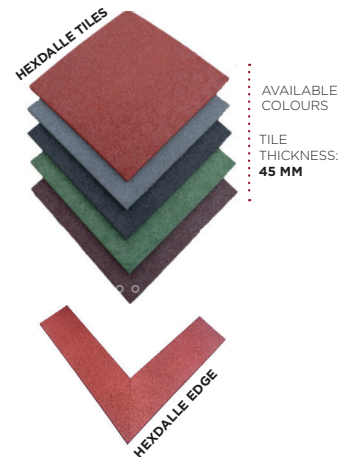
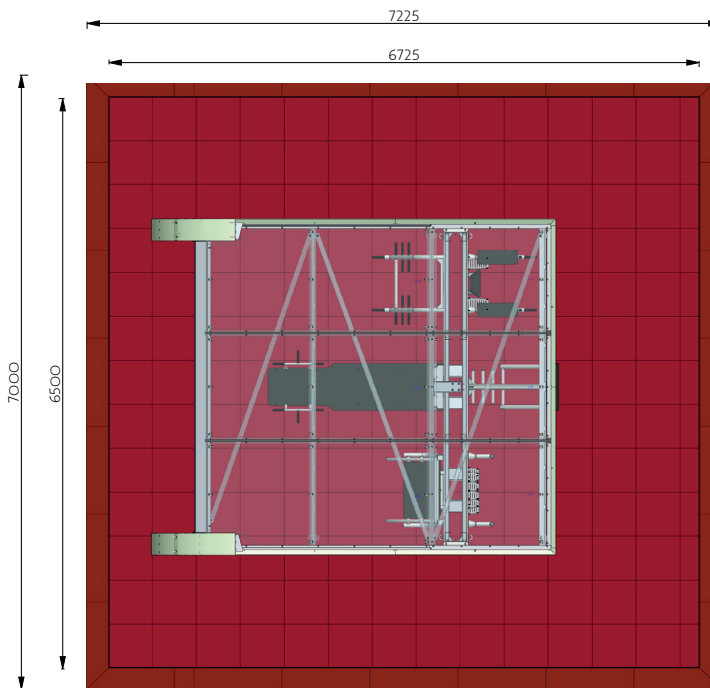
## ➤ Floor set up



10 H 3 pers	m <sup>2</sup> 39.35
ASSEMBLY	CONCRETE SLAB
ML 25.10	m <sup>2</sup> 00.00
PERIMETER	CFH 1M > 1,44M
m <sup>2</sup> 38.15	kg 1944
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 50.60	REF. HEXDALLE PACK: 09 KH-315 02 00
SQ.M	SURFACE OF THE SECURITY FLOORING WITHOUT CHAM- FERED EDGE 43.75 SQ.M	
Im	CONCRETE MEMBER PERIMETER 28.45 LM	