

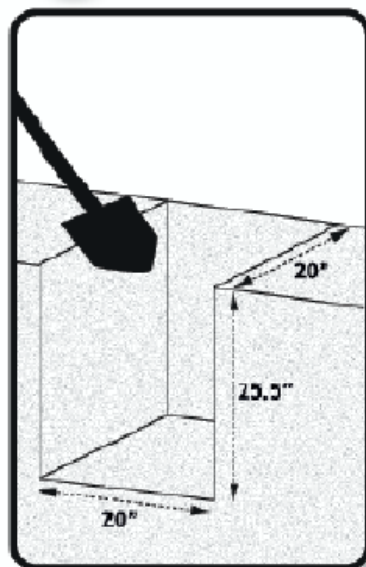


AGES  
13+

INSTALLATION MANUAL

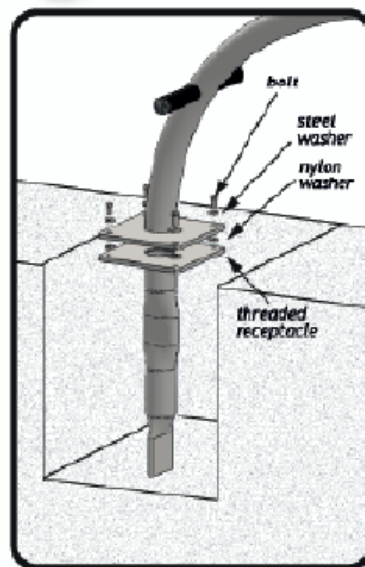
NORTH AMERICA

1



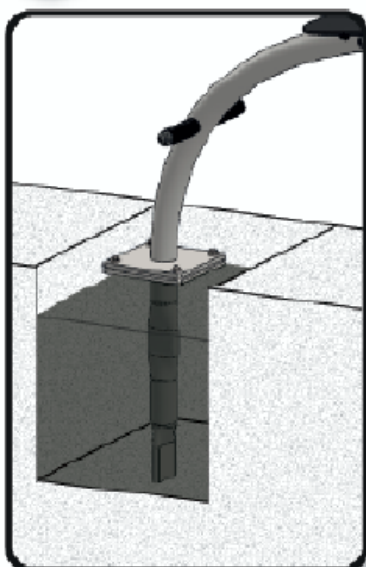
- Dig a hole 20"x 20"x 25.5"
- *NOTE: Surface mounted stations only require step 3.*

2



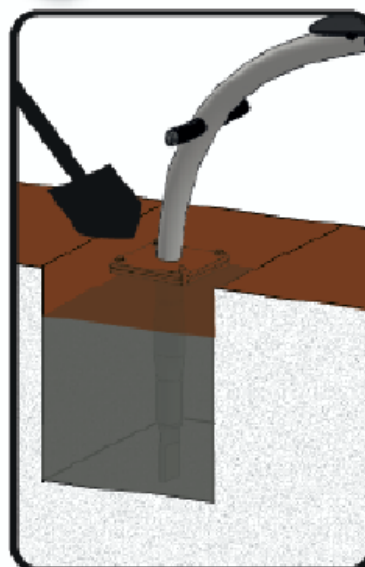
- Fasten footing to product base plate with provided hardware.

3



- Place product in holes insuring base plate is 2" below top of grade.
- Plumb and level product.
- Fill hole with concrete up to 1" below base plate.

4



- Replace soil on top of concrete and smooth area.
- Install top surface (rubber, gravel, etc.).
- Prevent product from being used until concrete dries.



## NW101 Chest



## NW102 Back



See separate page with the preparatory work for surface mount installation.

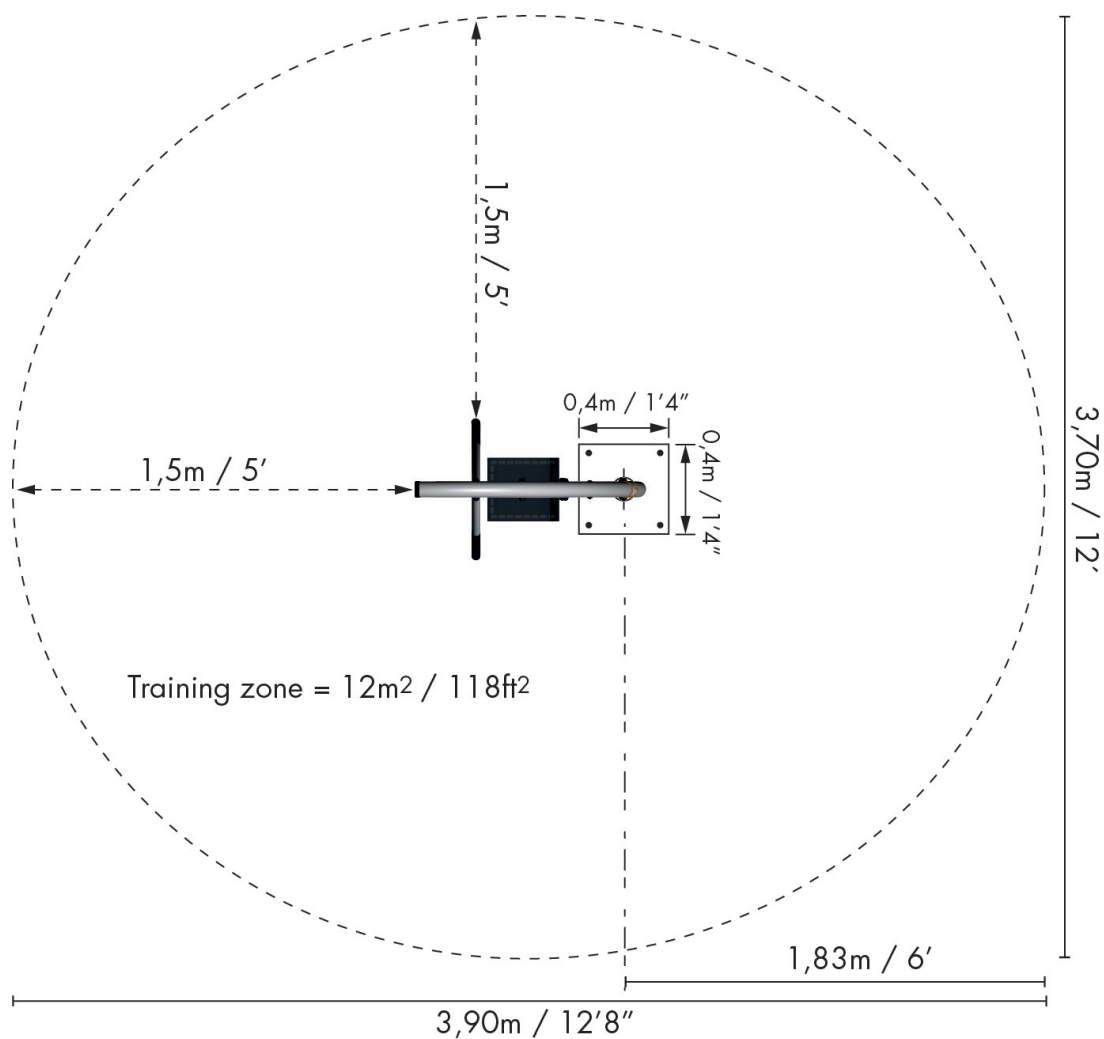
- Install onto surface.
- Assemble and line up.
- Place on surface.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

### PART LIST:

4 x M16



### POSITION AND TRAINING ZONE:



NW103 Sit Up



See separate page with the preparatory work for surface mount installation.

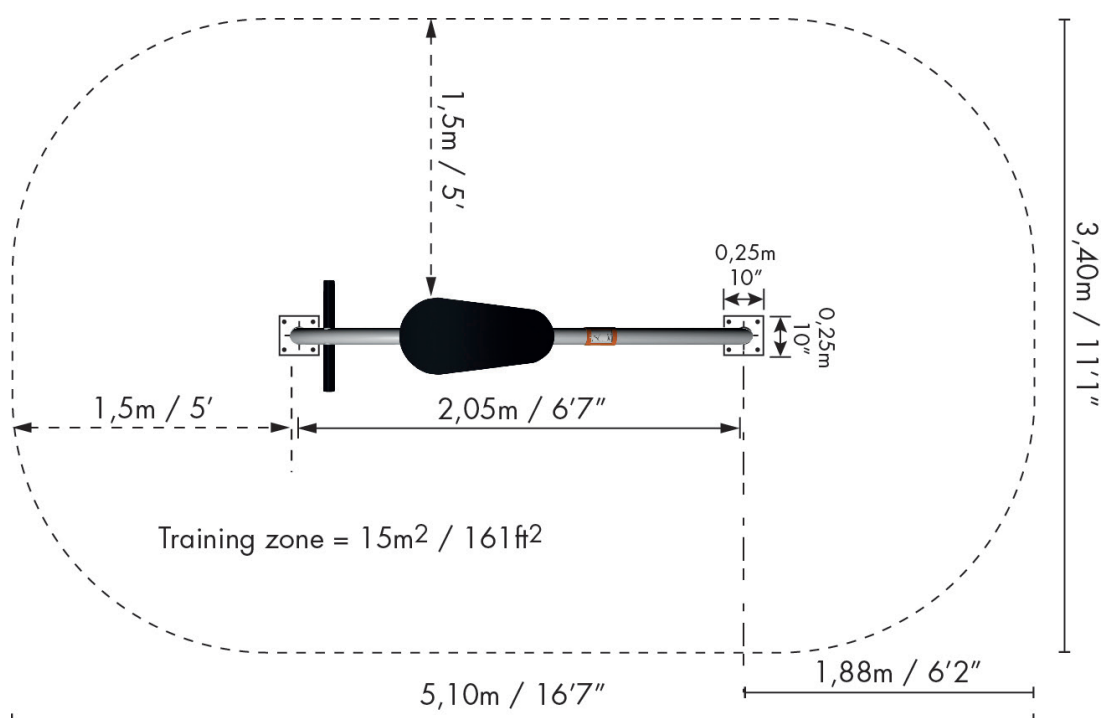
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

PART LIST:

8 x M12



POSITION AND TRAINING ZONE:



## NW104 Pull Up



See separate page with the preparatory work for surface mount installation.

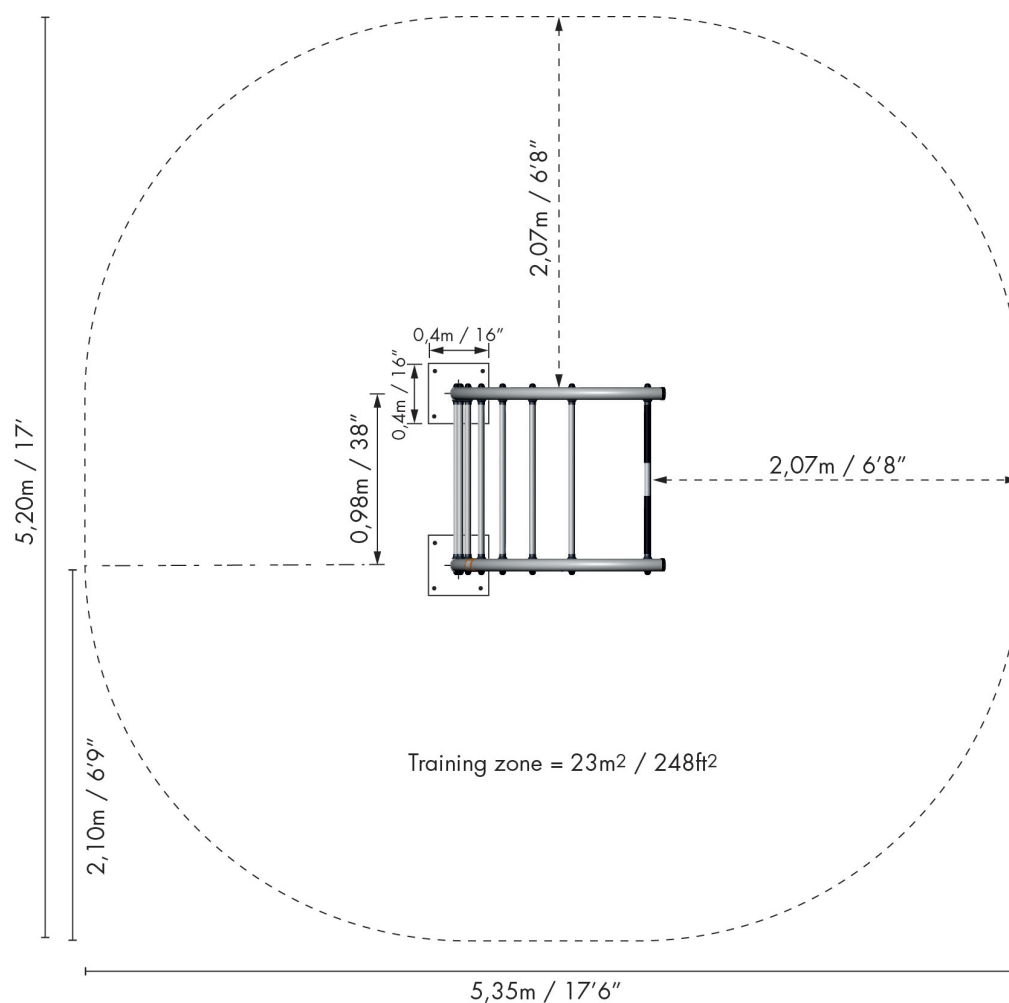
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

### PART LIST:

8 x M16



### POSITION AND TRAINING ZONE:



## NW105 Bar



See separate page with the preparatory work for surface mount installation.

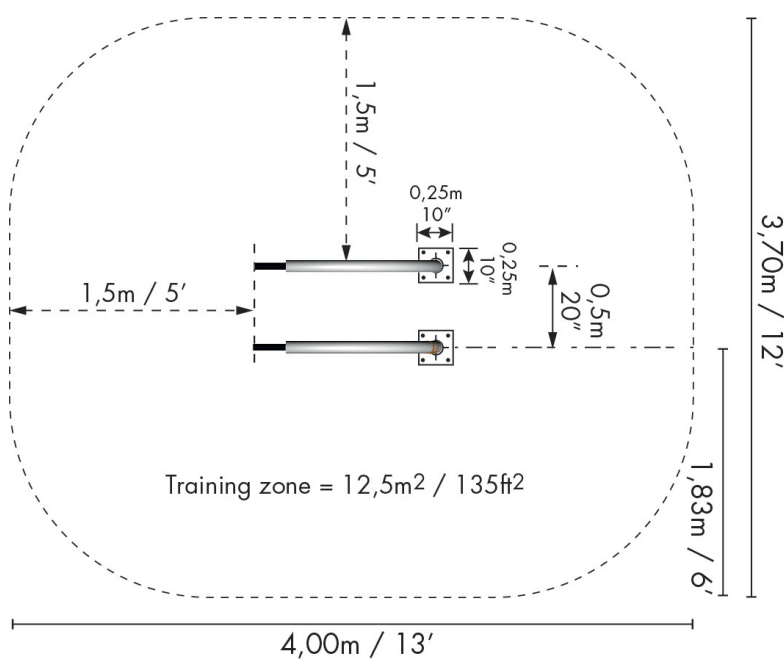
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

### PART LIST:

8 x M12



### POSITION AND TRAINING ZONE:



## NW106 Leg



See separate page with the preparatory work for surface mount installation.

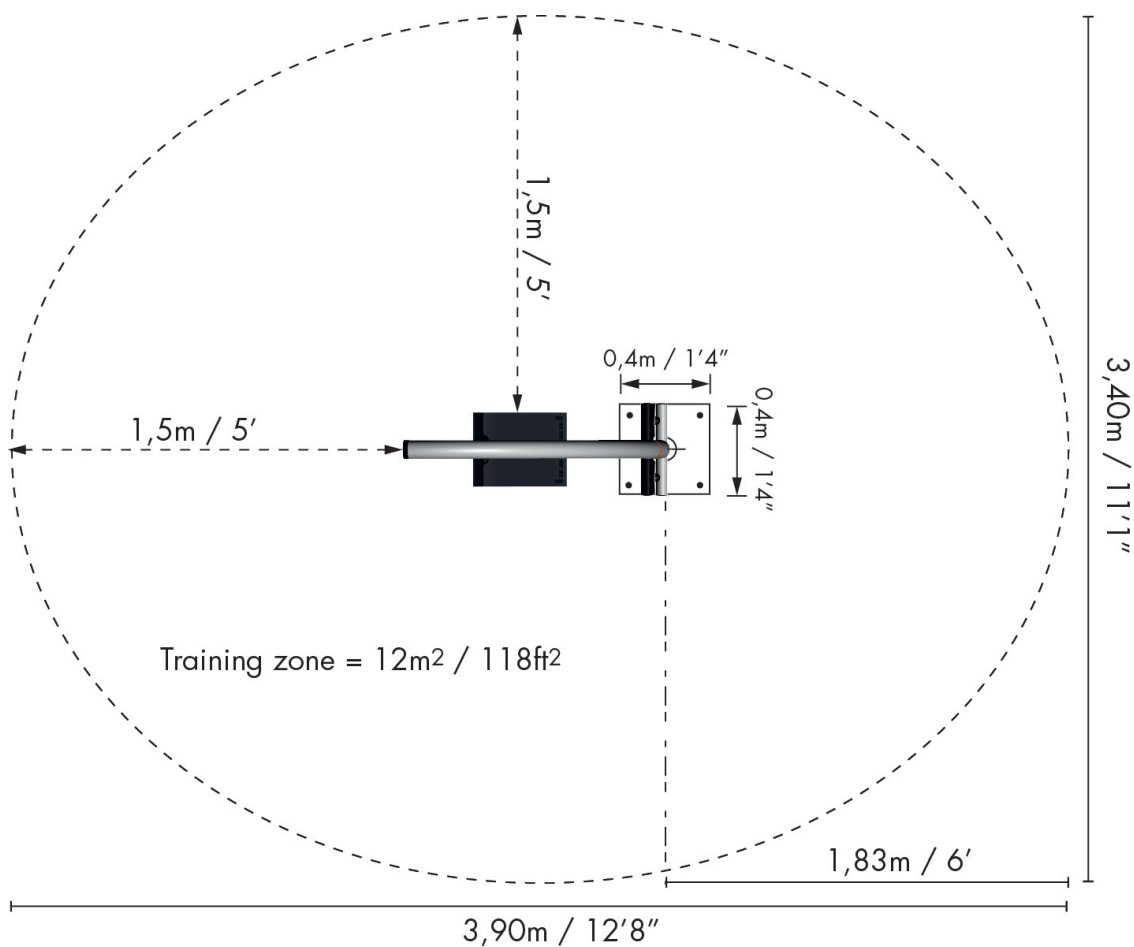
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

### PART LIST:

4 x M16



### POSITION AND TRAINING ZONE:



## NW201 Air Walker



See separate page with the preparatory work for surface mount installation.

- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

### ASSEMBLING:



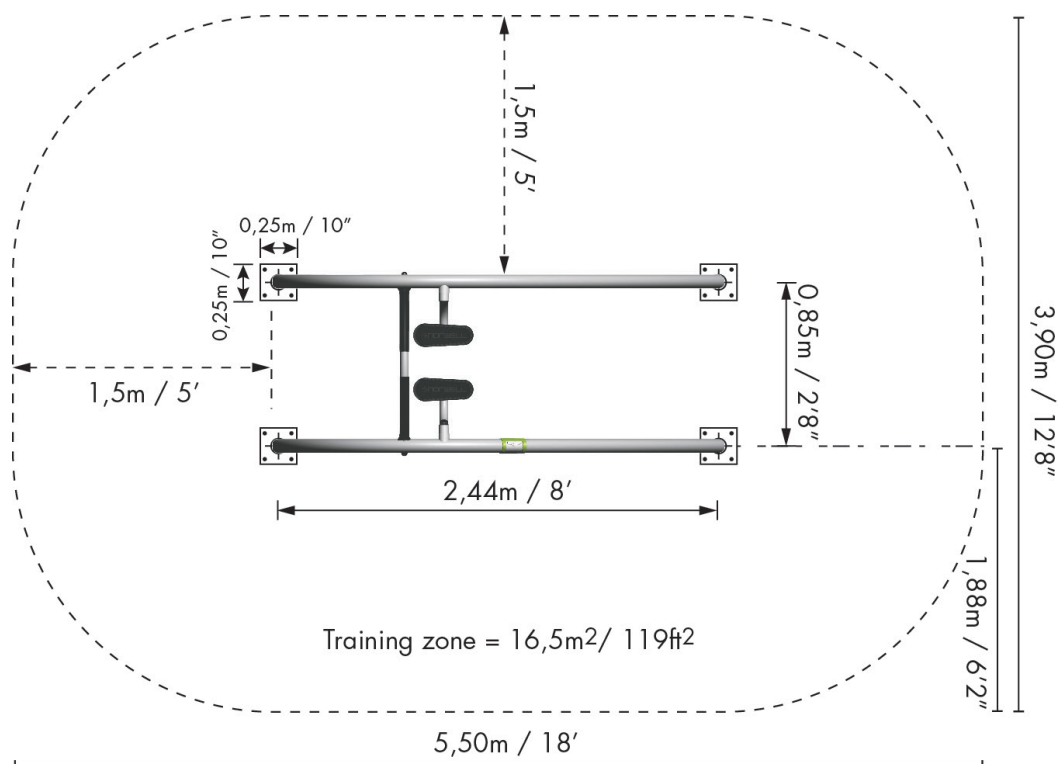
### PART LIST:

16 x M12



- 1 x cross bar
- 2 x sets of Nut caps, round
- 2 x M10x110 bolts
- 2 x Stainless Steel connector

### POSITION AND TRAINING ZONE:





## NW202 Cross



See separate page with the preparatory work for surface mount installation.

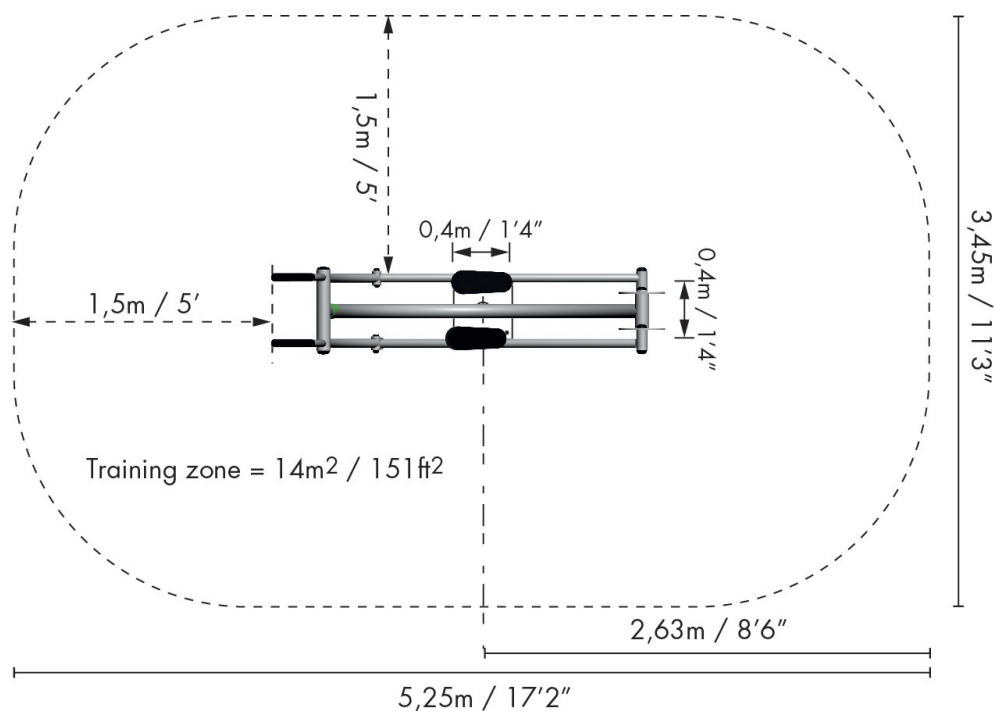
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

### PART LIST:

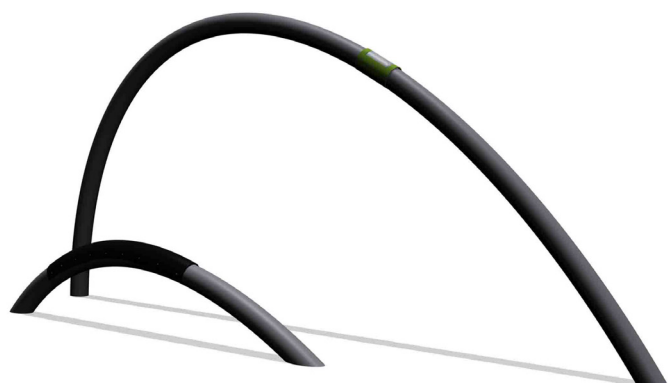
4 x M16



### POSITION AND TRAINING ZONE:



## NW203 Stepper



See separate page with the preparatory work for surface mount installation.

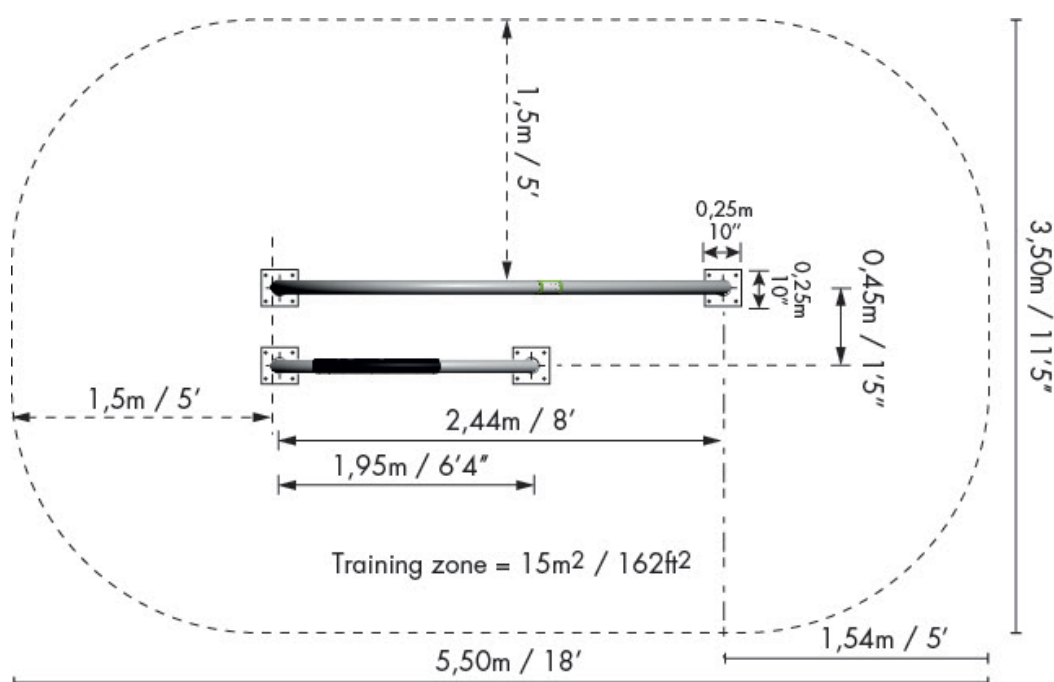
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

### PART LIST:

16 x M12



### POSITION AND TRAINING ZONE:



## NW204 Hip



See separate page with the preparatory work for surface mount installation.

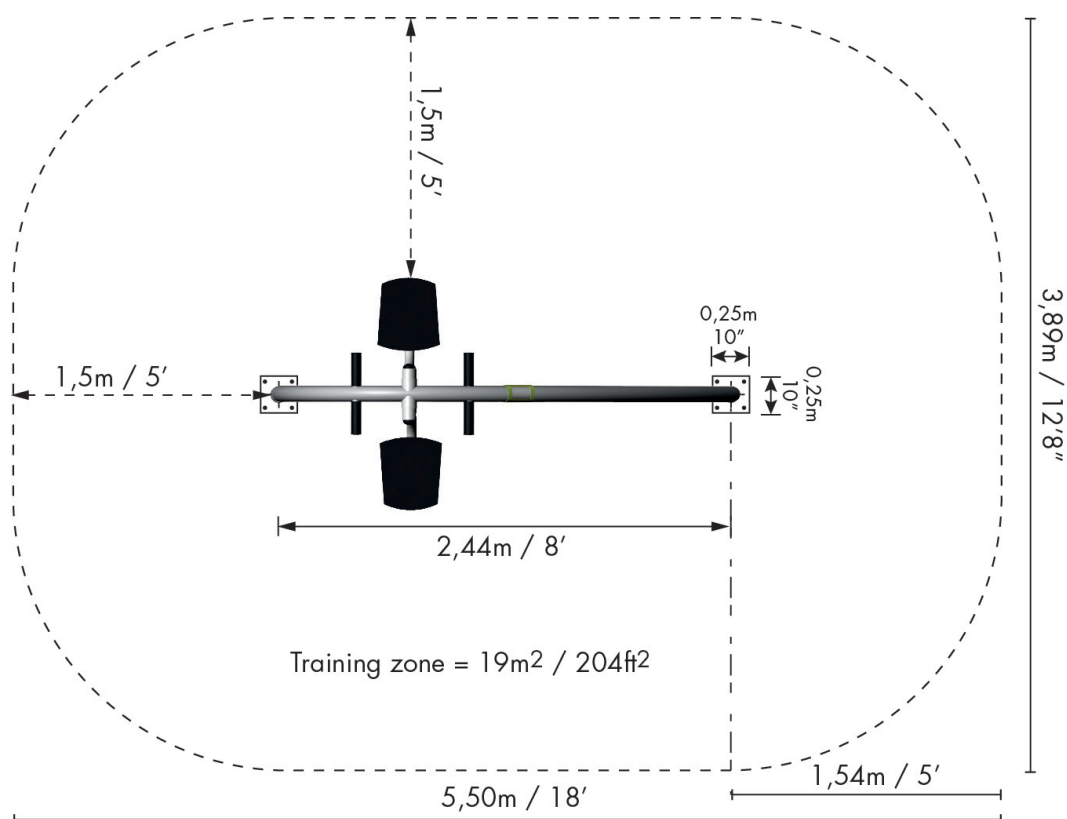
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

### PART LIST:

8 x M12



### POSITION AND TRAINING ZONE:



## NW301 Twister



See separate page with the preparatory work for surface mount installation.

- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

## NW302 Springer

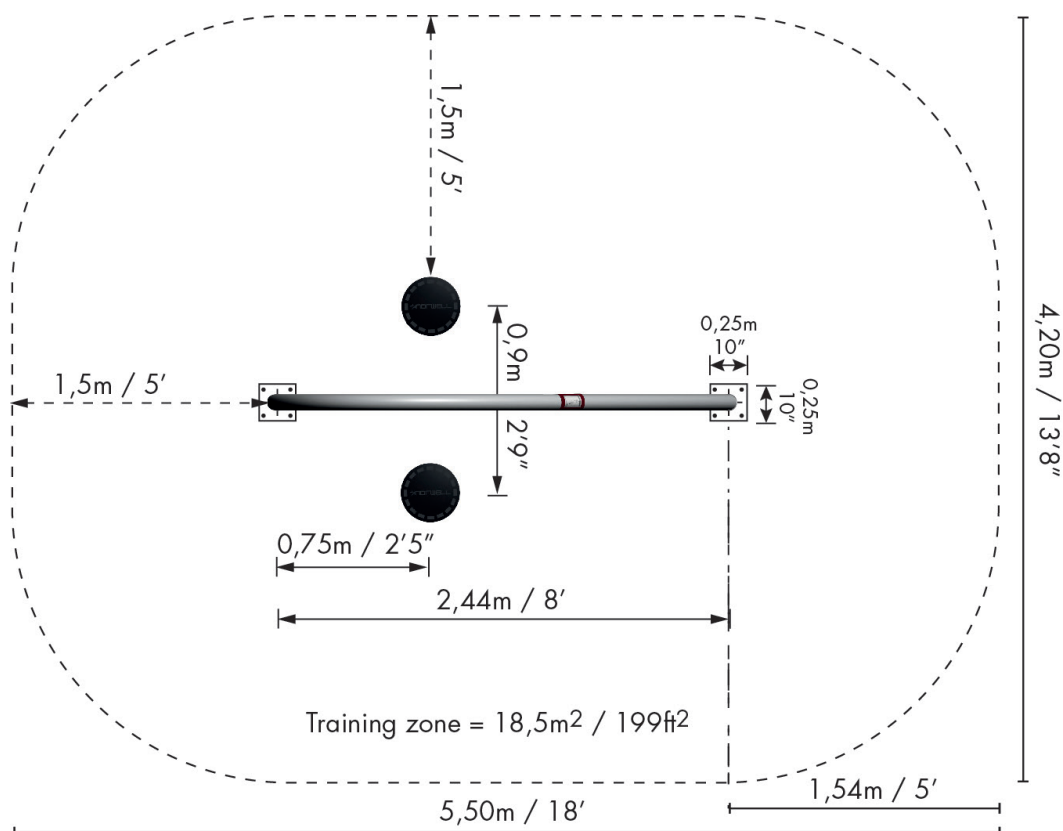


### PART LIST:

16 x M12



### POSITION AND TRAINING ZONE:



## NW401 Stretch



See separate page with the preparatory work for surface mount installation.

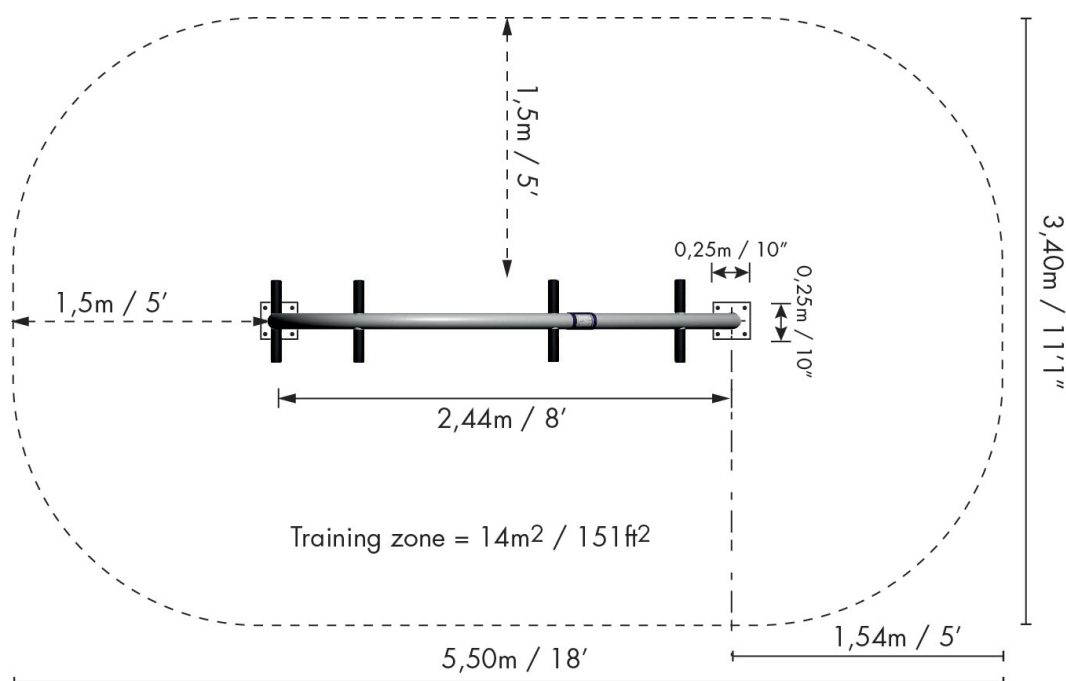
- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

### PART LIST:

8 x M12



### POSITION AND TRAINING ZONE:





# NW501 Bench



See separate page with the preparatory work for surface mount installation.

- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

## ASSEMBLING:

Always secure bolts  
with Loctite.



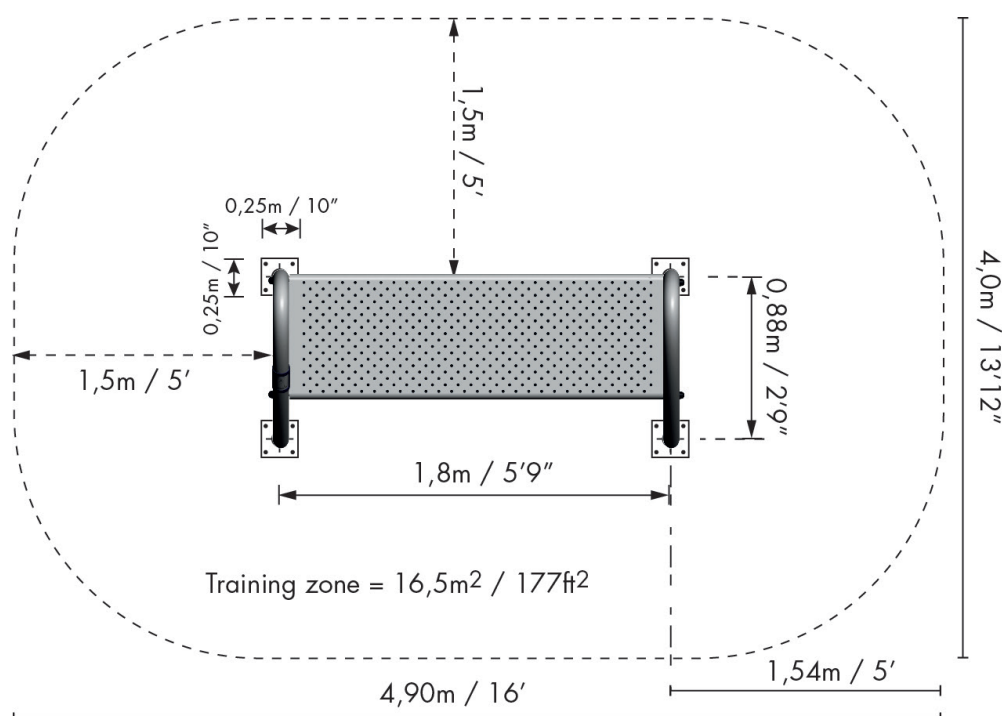
PART LIST:

16 x M12



4 x sets of Nut caps, round  
4 x M10x110 bolts

POSITION AND TRAINING ZONE:



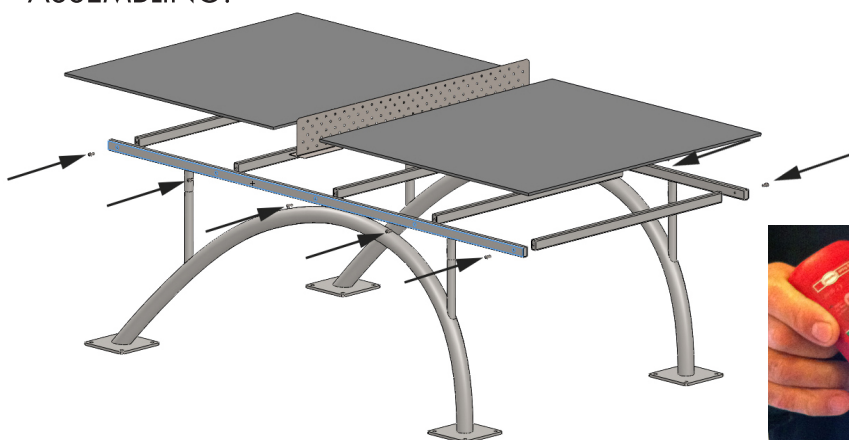
## NW502 Pingpong



See separate page with the preparatory work for surface mount installation.

- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

### ASSEMBLING:



### PART LIST:

16 x M12

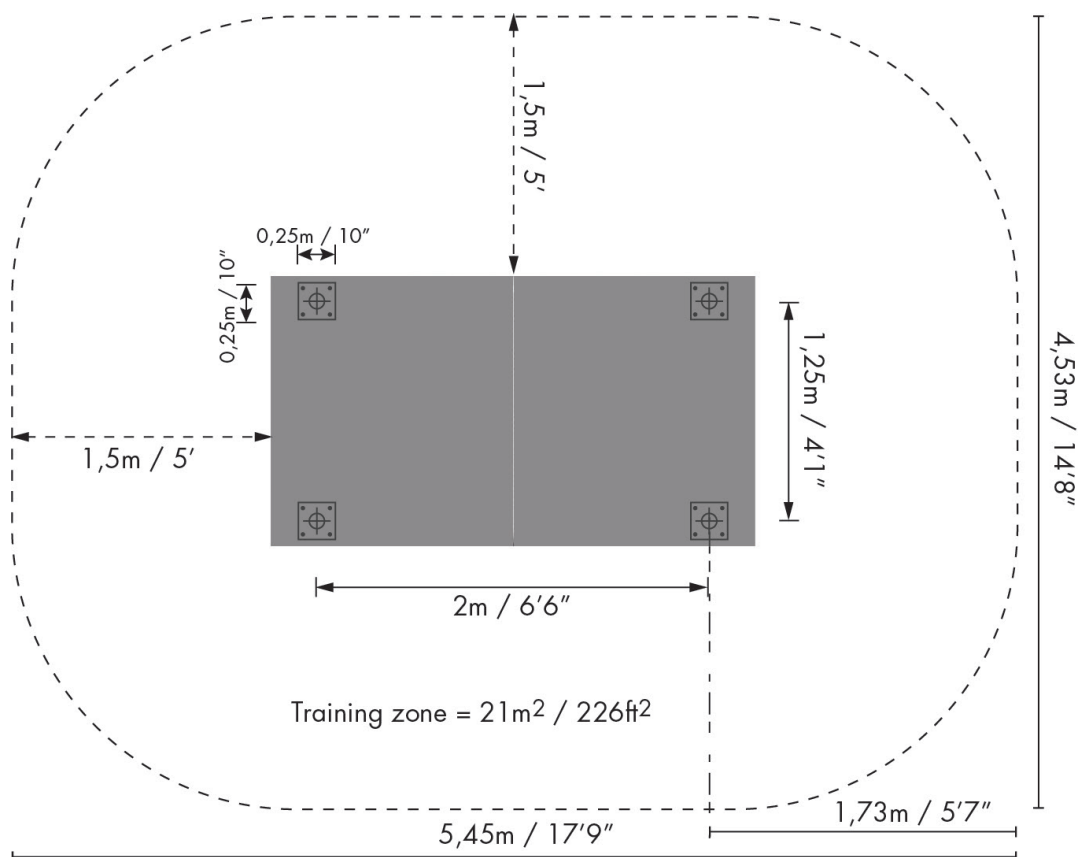


10 x M10x12 bolts



Always secure bolts with Loctite.

### POSITION AND TRAINING ZONE:



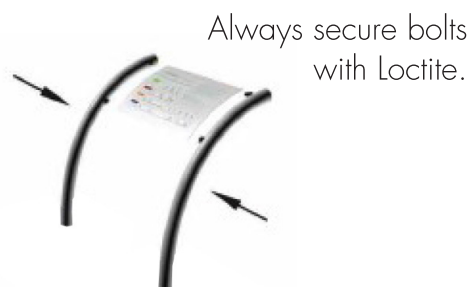
## NW503 Sign



See separate page with the preparatory work for surface mount installation.

- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M12 bolts.

### ASSEMBLING:



### PART LIST:

8 x M12



4 x sets of Nut caps, straight  
4 x M8x12 bolts

### POSITION AND TRAINING ZONE:

