

# Chest Press/ Seated Row

## TG0835

Another star of the TGO range. The Chest Press/Seated Row is an upper body double station that gives users a fantastic workout as well as saving space. Giving two exercises for the price of one, this is a really popular piece. Based on lifting approximately 30% of your body weight, this machine works the chest and arms on one side and the arms and back on the other, giving a great upper body workout for all abilities.

A group of designers, engineers, fitness professionals and safety experts teamed up to design the new TGO range and this piece is a great example of this successful collaboration.

### Specification

1. 100% Made in Britain
2. Certified to EN16630, (legacy standards, BSI PAS888 - safety compliant for ALL ages, users and non-users & DIN79000 - safety compliant for users, aged 14+). All TGO outdoor gym equipment is free from exposed end stops, entrapments, sharp edges and crush points

**ALWAYS ASK FOR EN16630 FOR OUTDOOR GYMS**

3. Great instructional signage- workout QR code videos, start and finish diagrams.
4. Weatherproof
5. Resistance-based equipment - no electricity required
6. Low maintenance
7. Designs include key elements of Inclusive Fitness Initiative guidelines
8. TGO plant a tree in the NHS Forest for every piece of equipment sold
9. Anti vandal fixings
10. Available in all major RAL colours
11. Stop mechanisms concealed
12. Paint UV stabilised
13. Welds certified to EN15015614
14. Powder coated finish
15. Separate ground anchor for future upgrades

The chest press and seated row work on lifting approximately 30% of the users body weight

### TG0835UK

Integrated instructional signage and QR codes to view how to use videos. Mounted either side of the central frame

New stainless steel handles with 80mm end caps to confirm to all international safety standards



### Guarantees

25 years steel work  
2 years bearings  
5 years paint





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### Production Details

Manufacturer Standard: EN16630 (legacy standards - PAS888, Din79000)  
 Framework: Mild Steel Grade S275 (min 3mm thick)  
 Finish: High quality gloss finish polyester powder coat paint  
 Signage: High quality reverse printed PETG  
 Seats and Backs: Enhanced Polyphenylene Ether (PPE) Resin

### Enhanced Corrosion Protection

An enhanced corrosion protection is available on request for this product. Hot dip galvanising is the process TGO use to add a protective coating to the body of our products on our equipment in coastal areas, which have higher air salinity or in harsh urban and industrial atmospheres with higher sulphur dioxide pollution\*.

The upgrade includes:

- Upgrading to hot dip galvanising
- Fixings are upgraded from A2 to A4 stainless steel

\*An upgrade to galvanised steel will be necessary for the warranty in these environments.

### Installation

This product is installed onto a generic TGO Large Ground Anchor. Please see the 'TGOGC Installation & Assembly Guidelines' for guidance on installing this anchor. Please refer to the diagram opposite for safety spacing.

### Safety

This product requires 1.5m of clear space around the equipment (green outline).

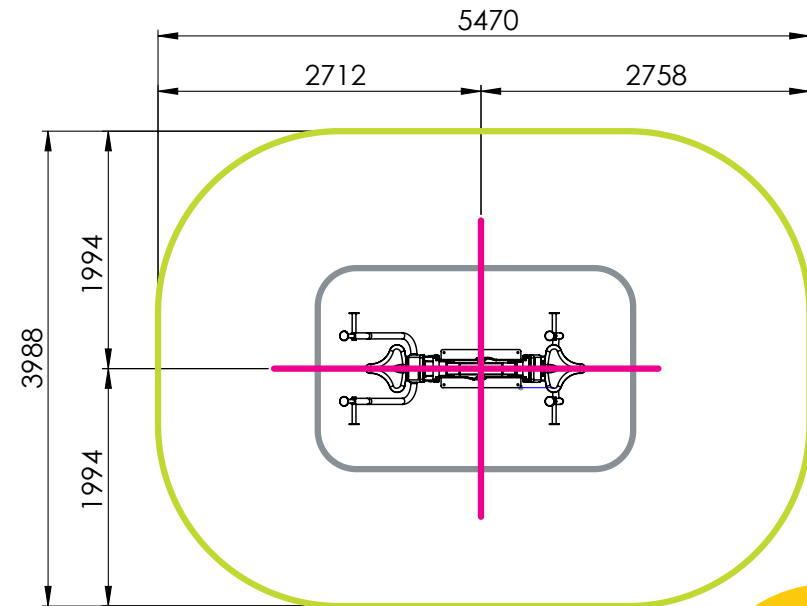
- Falling height: 0.5m
- Clear Space: 21.8m<sup>2</sup>

There is no safer surface requirement and therefore TGO only recommend a minimal surface area (grey outline).

### Parts List

No	Part	Dimensions	Weight	Qty
1	Chest Press/Seated Row*	L2064, W938, H1781	128 kg	1

Clear Space Required  Recommended Surfacing  Base Plate & Centre Lines   
 (25mm tolerance added in each direction)



Ground anchor is separate, makes future upgrades easy!

