

# Pull Up/Assisted Pull Up

## TG0810

This jewel of a double station caters for the super fit user as well as those new to exercise. On one side there is a full pull up station for the very fit user. The other side is TGO's unique assisted pull up. By stepping on the platform, the users' own body weight is counter-levered to enable them to perform the equivalent of a 50% pull up.

### Specification

- 100% Made in Britain
- 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**

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

### Guarantees

25 years steel work  
2 years bearings  
5 years paint

**TG0810UK**  
Integrated instructional signage and QR codes to view 'how to use' videos. Mounted either side of the central frame

There is a constant gap between the any moving parts and the main framework so there are no entrapment points

Aluminium patterned step to provide a good grip to avoid slipping

Handles provided to conform to IFI standards and to ensure safe and secure use of the equipment

Suggested user age group 11+

All edges have a minimum 3mm radius





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

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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

### 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 'TGO GC Installation & Assembly Guidelines' for guidance on installing this anchor. Please refer to the diagram opposite for safety spacing (green outline).

### Safety

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

- Falling height: 0.97m
- Clear Space: 16.3m<sup>2</sup>

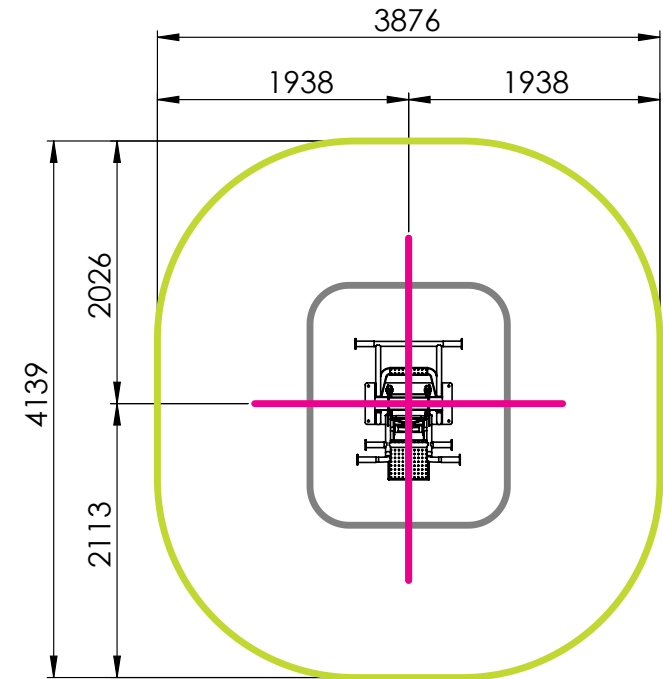
There is no safer surface requirement for this product. However, as a responsible gym provider TGO recommend increasing this fall height to 2m. This is based on the potential for a user to invert themselves on this product.

### Parts List

No	Part	Dimensions	Weight	Qty
1	Pull Up/Assisted Pull Up*	L1151, W822, H2501	115 kg	1
2	Large Anchor <sup>+</sup>	L777, W489, H344	23 kg	1

\*Based on the product in the resting position

<sup>+</sup>Substituted with 6x HILTI fixings for surface mounted option



Ground anchor is separate, makes future upgrades easy!

