



playfit®

**SIGNAGE**

# Why signage is important:

The equipment is easy to operate intuitively for almost all potential user groups.



To ensure consistently high levels of quality and compliance with the safety-relevant requirements applicable for installing such equipment in public spaces playfit® devices are tested and certified in accordance with the latest safety norms (DIN EN 16630:2015). This certification procedure is carried out by one of the major German monitoring organisations TÜV Süd. In addition, the equipment also bears the German GS label for "certified safety".

In accordance with the applicable safety norm, various requirements regarding signage must be adhered to (instruction boards, type labels).

## INFORMATION BOARD



According to the safety norm DIN EN 16630:2015, all outdoor fitness locations must include a clearly recognizable information board.

### playfit® INFORMATION BOARD

Material: stainless steel

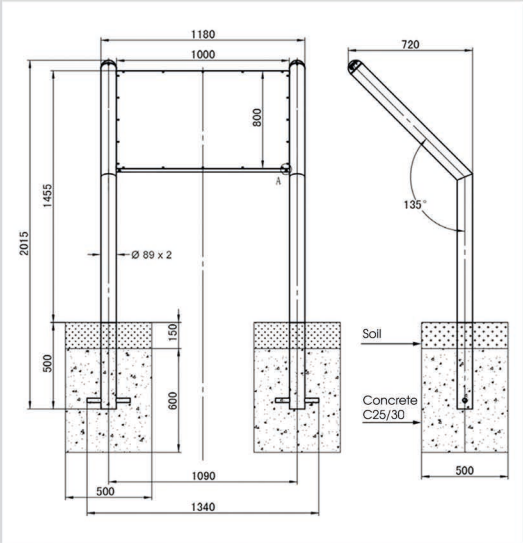
#### Device-specific Text panel

Material: Composite aluminium plate

Size: 800 mm x 1000 mm



Information Board



Information board made of stainless steel  
Base area (LxW): 1180 mm x 720 mm  
Total height: 2015 mm  
Height above ground surface: 1515 mm

Device-specific Text panel  
Material: Composite aluminium plate  
Size: 1000 mm x 800 mm x 3mm  
Design and colours as per customer requirements

MANCHESTER ROAD PARK

Keeping fit outdoors - simple workouts for old and young alike

<p><b>Walker</b> playfit®</p> <p><b>Instructions for Use</b> Hold handle bar firmly using both hands. Climb onto the pedals and begin to walk in a slow and steady movement. <b>Main Functions</b> Exercises your whole body and is good for improving co-ordination and sense of balance. Improves fitness. <b>Safety Instructions</b> Do not place your feet onto the pedals before holding the handlebar. These exercises should be carried out slowly and regularly. Avoid excessive physical exertion. This equipment is intended for use by persons taller than 140cm. Max. User Weight = 150 kg</p>	<p><b>Elliptical</b> playfit®</p> <p><b>Instructions for Use</b> Hold grip firmly with both hands. Stand on the pedals. Move hands and feet slowly and steadily. <b>Main Functions</b> Exercises the whole body. Strengthens the main muscle groups. Helps improve co-ordination, and increases stamina and fitness. <b>Safety Instructions</b> These exercises should be carried out slowly and steadily. Avoid excessive physical exertion. This equipment is intended for use by persons taller than 140cm. Max. User Weight = 150 kg</p>	<p><b>Sit and Cycle</b> playfit®</p> <p><b>Instructions for Use</b> Sit down on the seat, try back and hold the handgrips. Place your feet on the pedals and rotate forward and backwards. <b>Main Functions</b> Exercises legs. Strengthens muscles and improves stamina and energy. <b>Safety Instructions</b> These exercises should be carried out slowly and steadily. Avoid excessive physical exertion. This equipment is intended for persons having an overall height greater than 140 cm. This equipment is intended for use by persons taller than 140cm. Max. User Weight = 150 kg</p>	<p><b>Sit and Row</b> playfit®</p> <p><b>Instructions for Use</b> Sit on the seat and position your feet on foot bar. Hold grips with both hands and row. Do not completely stretch out. <b>Main Functions</b> Exercises arm, shoulder, back and leg muscles. Improves co-ordination, stamina and fitness. <b>Safety Instructions</b> These exercises should be carried out slowly and steadily. Avoid excessive physical exertion. This equipment is intended for use by persons taller than 140cm. Max. User Weight = 120 kg</p>	<p><b>Sit and Pull</b> playfit®</p> <p><b>Instructions for Use</b> Sit on the seat and hold grips with both hands. Pull and release arms slowly and concentrated. Repeat the exercise in a regular motion. Avoid overexertion. <b>Main Functions</b> Exercises arm, shoulder and back muscles. Helps to improve fitness, stamina and energy of the upper body. <b>Safety Instructions</b> These exercises should be carried out slowly and steadily. Avoid excessive physical exertion. This equipment is intended for use by persons taller than 140cm. Max. User Weight = 120 kg</p>
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The use of this equipment is at your own risk

GENERAL SAFETY INSTRUCTIONS FOR ALL USERS

This equipment is intended for use by persons taller than 140cm. Children should only use the equipment under adult supervision. If you suffer from any medical or physical disabilities or ailments you should consult your physician before using this playfit® equipment. These exercises should be carried out slowly and steadily. Avoid excessive physical exertion. Please make sure that you are seated correctly or standing safely (depending on the equipment function) before using the equipment. Handgrips, hand-rails and handlebars should be held onto tightly with both hands. Please wear appropriate clothing. Particular care must be taken to prevent any articles of clothing such as scarves etc. from getting caught on or entangled in the equipment. Appropriate footwear should be worn (sturdy, non-skid). Never apply excessive force when operating the equipment.

# SIGNAGE

## INSTRUCTION SIGN



Instruction Signs should be located next to the devices and include clear operating instructions showing three different levels of difficulty (Basic-Intermediate – Advanced) and self- explanatory graphics to allow workouts according to users individual abilities.

Instruction Sign made of stainless steel

- Base area (LxW): 420 mm x 299 mm
- Height above ground surface: 1057 mm

Device-specific Text panel made of Composite aluminium plate

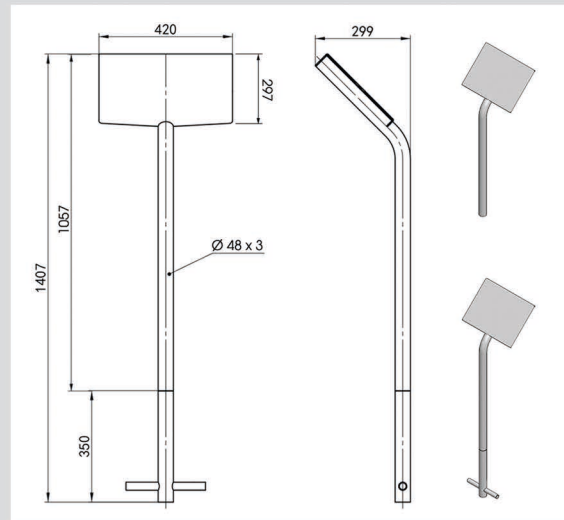
- Size: 420 mm x 297 mm

Pappelweg  
Begebiet

Tannenstraße



## Instruction Sign



### Instruction Sign made of stainless steel

Base area (LxW): 420 mm x 299 mm

Total height: 1407 mm

Height above ground surface: 1057 mm

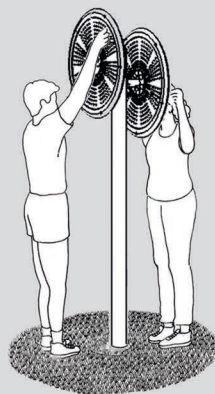
### Device-specific Text panel

Material: Composite aluminium plate

Size: 420 mm x 297 mm x 3 mm

Background colour gray / white, Text colour black

## HAPPY BIG WHEEL



## playfit® Training Options

### BASIC

Before you start, make sure that you can comfortably reach one of the spherical hand grips when this is positioned above you at its highest point. Take one grip in each hand and relax your shoulders by lowering your elbows. Turn the wheel to and fro slowly in a semicircle, moving your hips in each direction at the same time.

Duration: according to individual preference and fitness level  
Recommended: 10-20 repetitions

### INTERMEDIATE

Position yourself sideways-on to the rotating wheel and place one foot in front of the other. Hold the spherical hand grip with the hand nearest to the rotating wheel and turn the wheel in a forward direction. At the same time, shift your weight onto the front leg and, when moving back again, onto the rear leg. Carry out these rotations smoothly and evenly. Face the other way and repeat exercise in the opposite direction.

Duration: according to individual preference and fitness level  
Recommended: 10-20 repetitions for each direction / hand

### ADVANCED

Take one spherical hand grip in each hand. Turn the wheel in one direction. Continue to hold each hand grip and turn your body in small steps around your own axis allowing the hand grips to rotate at the same time. Carry out these rotations smoothly and evenly. Change direction as often as possible.

Duration: according to individual preference and fitness level  
Recommended: 1 -5 repetitions for each direction

MOBILITY  
CO-ORDINATION

# SIGNAGE

## LABELS



Material: stainless steel  
Size: 250 mm x 110 mm

As required by the safety norm DIN EN 16630:2015, each playfit® device is fitted with a small label showing exercising-instructions, information about the main functions of the device and also other safety information and manufacturer details.

It should be noted that, owing to the design of the equipment, these labels are small and may not be easy to read in some cases. For this reason, playfit® also supplies separate INFORMATION SIGNS that can be installed next to devices. (see above "**Instruction Sign**")

## QR-CODE

All playfit® devices are supplied with a QR code, which users can scan to access the playfit® Training Options.

JS-0299D

playfit®  
Trainingsprogramm

