

OMNIGYM

Assembly and installation



OG10 Squat



OG14 Leg Press



OG23 Low Row



OG24 Lat Pulldown



OG30 Bench Press



OG31 Incline Bench Press



OG41 Front Press



OG70 Biceps Curl



OG80 Triceps Press



OG95 Leg raise / Dips / Chin up



OGC7 Core rack



OGFA24 Free Access Lat Pulldown



OGFA41 Free Access Front Press

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Weight Unit installation

NOTE! The Weight Unit mass is approximately 30 kg's. Extreme caution must be used while installing the Weight Unit. Minimum 2 persons are needed for the installation, or a suitable lifting device must be used with proper caution.

1. Weight Unit Light (1 iron plate)

Belongs to equipment: **OG23**

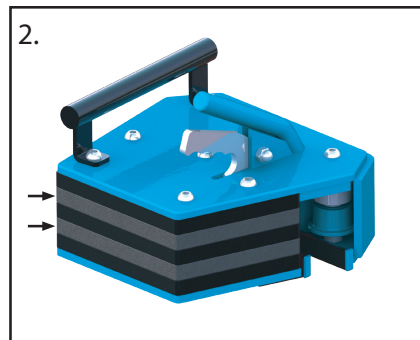


OG23

NOTE! The Weight Unit mass is approximately 36 kg's. Extreme caution must be used while installing the Weight Unit. Minimum 2 persons are needed for the installation, or a suitable lifting device must be used with proper caution.

2. Weight Unit Medium (2 iron plates)

Belongs to equipment: **OG24 and OGFA24.**

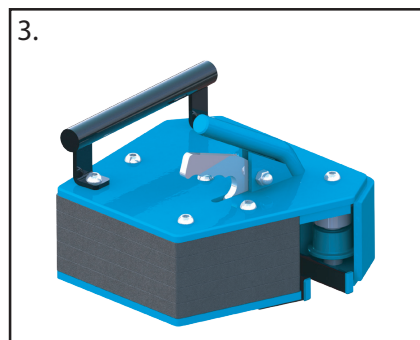


OG24,
OGFA24

NOTE! The Weight Unit mass is approximately 59 kg's. Extreme caution must be used while installing the Weight Unit. Minimum 2 persons are needed for the installation, or a suitable lifting device must be used with proper caution.

3. Weight Unit Heavy (5 iron plates)

Belongs to equipment: **OG10, OG14, OG30, OG31, OG41, OGFA41, OG70 and OG80**



OG10, OG14, OG30,
OG31, OG41, OGFA41,
OG70, OG80

Concrete slab and positioning

Concrete slab

Length 2500 mm

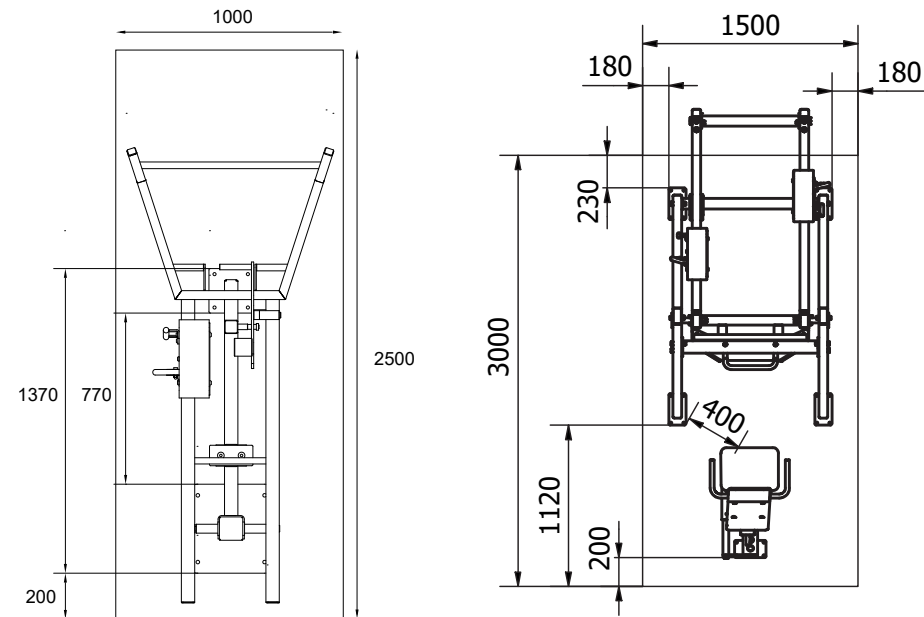
Width 1000 mm

Thickness 120-150 mm

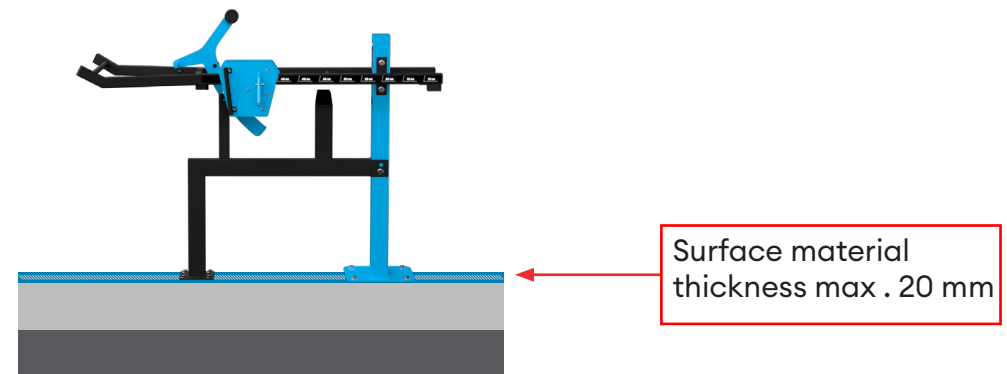
- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured

Concrete slab cast

Top surface of the concrete base must be on the ground level, max.allowed deviation = - 20 mm to compensate for the surface material thickness



NOTE! OG14 Leg Press requires a larger area



Use of coating in installation

Important information on installation if you decide to spill Omnigym motion devices and any substrate or coating with the equipment. A substrate or coating refers to a safety substrate (blocks), a cast safety substrate or other coating such as crushed stone or rock ash.

The mounting posts of the equipment with their mounting bolts must be left visible. Mounting post with mounting bolts must not be allowed to be underneath the safety platform, cast safety platform, artificial turf or other surface.

It shall be possible to tighten the mounting bolts in accordance with EN16630. In addition, in the event of damage to the frame or the anchor bolts, it must be possible to replace them without breaking or removing the coating

Correctly installed equipment



Incorrectly installed equipment



Device mounted on a soft safety platform Mounting Post and the fixing bolts must remain visible

Mounting Post installation

Positioning and securing the Mounting Post

The Mounting Post shall be positioned on the concrete slab according to the Positioning Diagram.

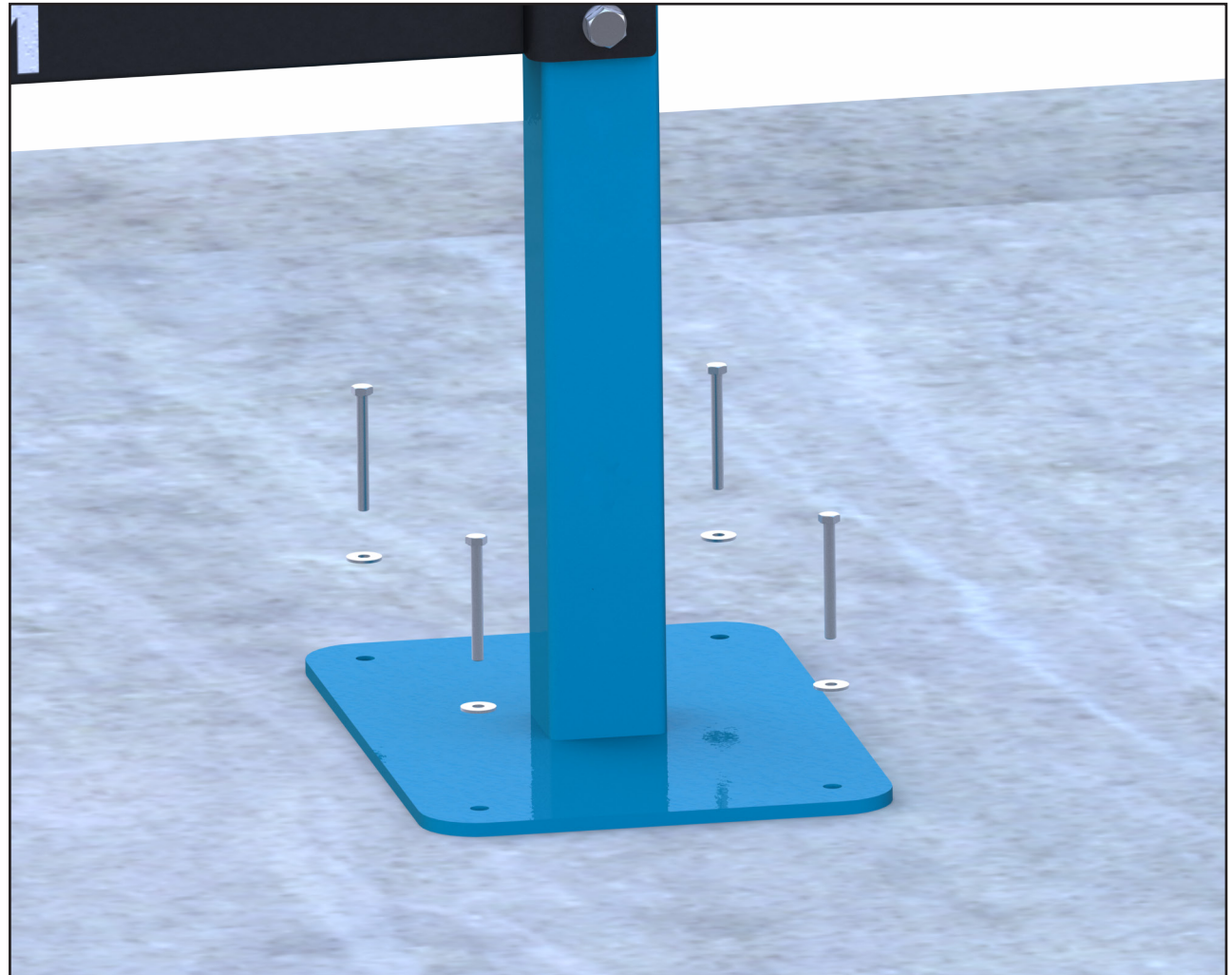
The Post shall be installed vertically.

NOTE! The Post must be in upright position, max. deviation is 2 mm /1000 mm.

The Mounting Post must be secured with 10 x 100 mm Galvanized or Stainless Steel Concrete Screws.

For each Post 4 Screws and 4 washers are needed.

4 x Concrete Screw 10 x 100
4 x Flat Washer M10



Securing the Main Frame

Concrete slab

Make sure that the Main Frame and the Movement Arm are properly aligned before securing the Main Frame to the concrete base.

If needed, loosen the Frame attachment screws on the Mounting Post in order to align the Frame and the Movement Arm.

Next, secure the Main Frame to the concrete base with Concrete Screws as instructed on the next page and finally tighten the Frame attachment screws to the Upright Post as instructed.

4 x Concrete Screw 10 x 100
4 x Flat Washer M10

Securing the Main Frame

Check the Main Frame and Movement Arm alignment as instructed.

Secure the Main Frame to the concrete base with 10 x 100 Galvanized or Stainless Steel Concrete Screws.

4 Screws and 4 Washers are needed.



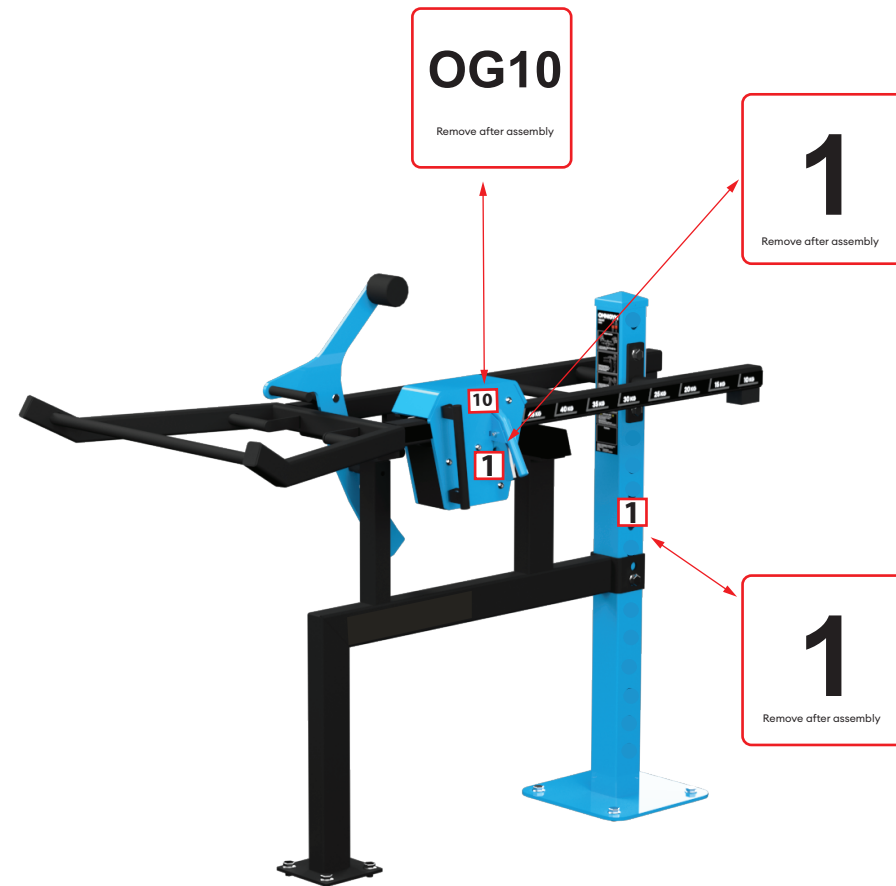
Weight Unit assembly

OG10 Function of the sticker

The “OG10”-sticker indicates which machine the Weight Unit in question is applicable

1 Function of the sticker

The Weight Unit with sticker “1” must be installed on the right side of the movement arm when facing the machine. There is a corresponding sticker on the right side of the Mounting Post.



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Weight Unit installation

1. Detach the Weight Unit End Stop by unscrewing 2 x M10 x 50 hex screws.

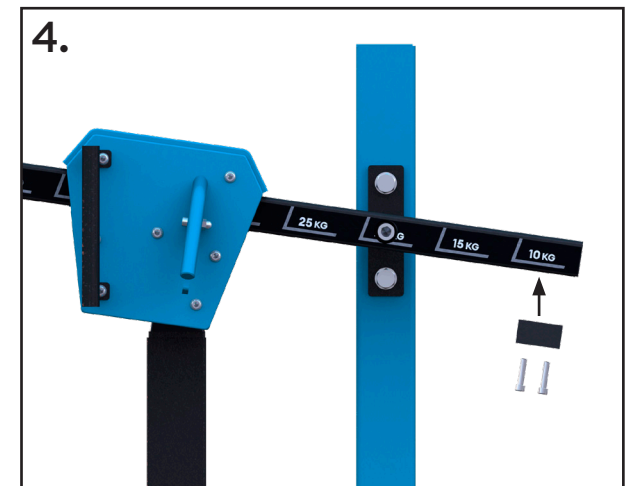
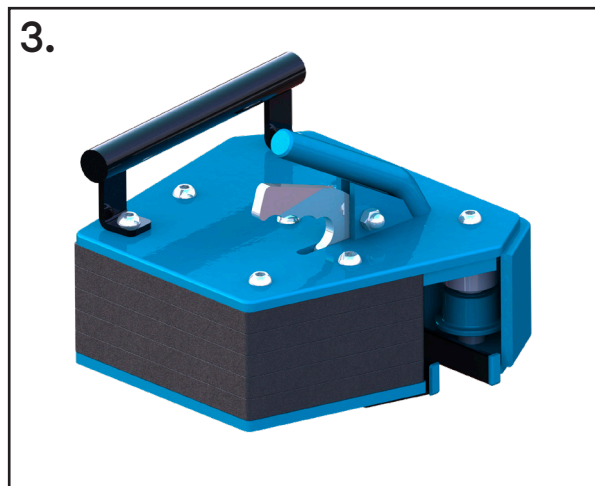
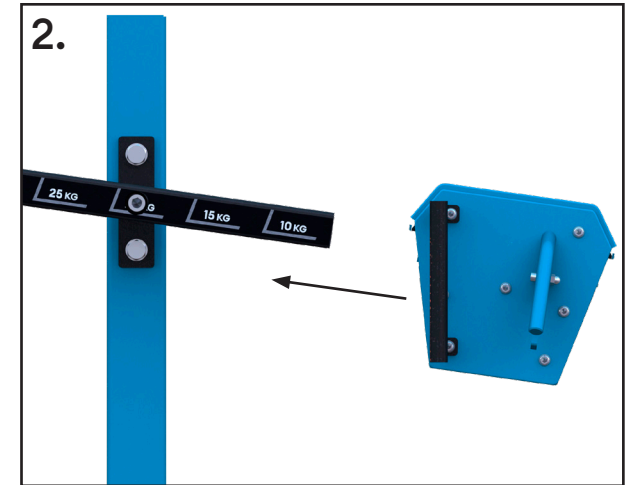
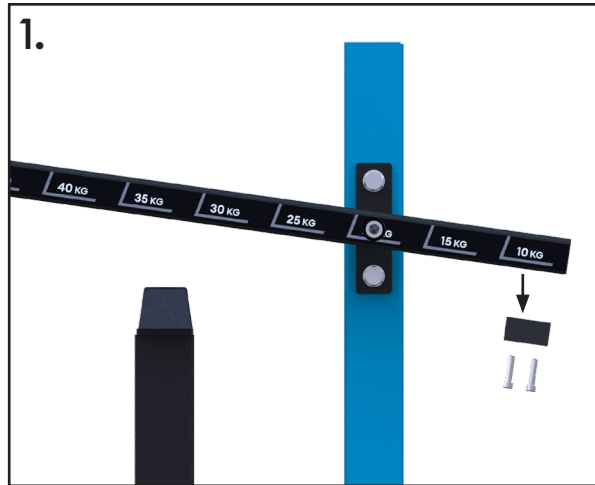
2. Lift up the Weight Unit and slide it all the way on the Movement arm with the release lever engaged.

Disengage the release lever and make sure that the Weight Unit is secured and stable.

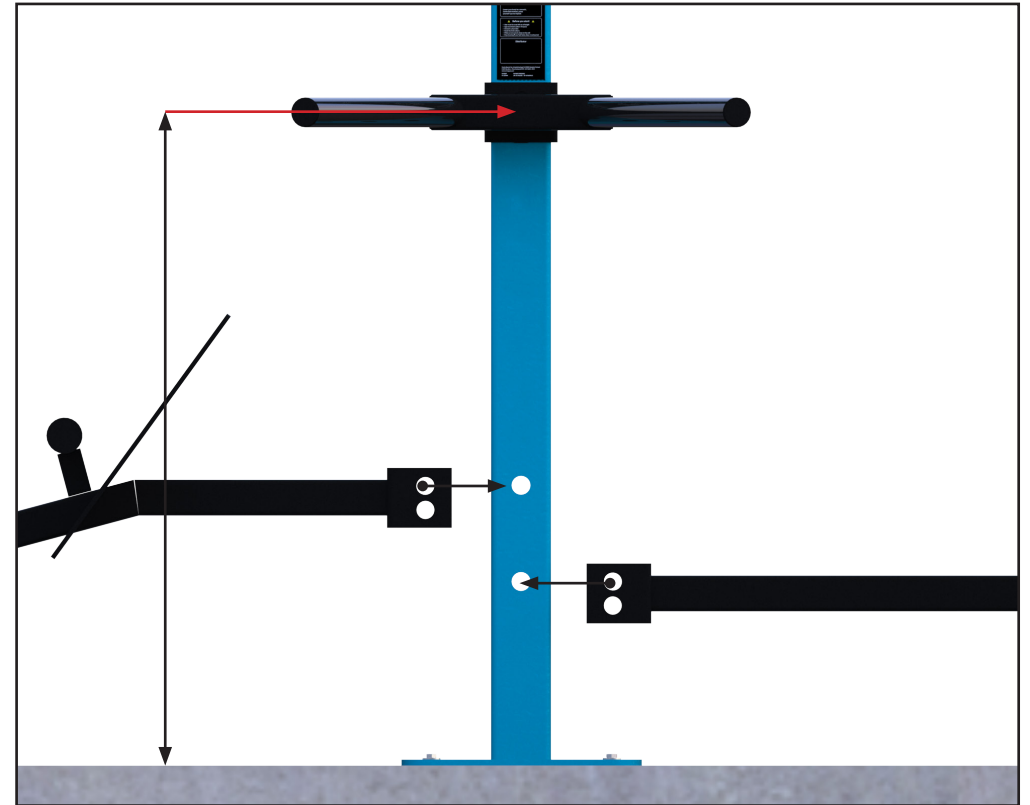
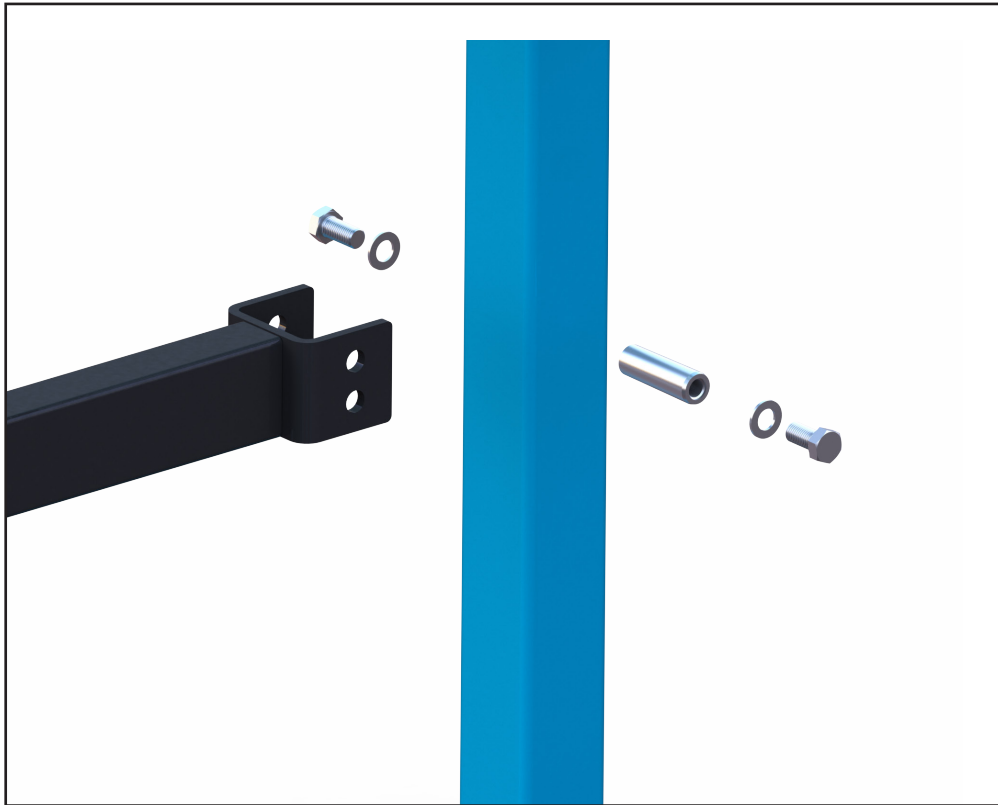
NOTE! The Weight Unit mass is approximately 60 kg's. Extreme caution must be used while installing the Weight Unit. Minimum 2 persons are needed for the installation, or a suitable lifting device must be used with proper caution.

3. Weight Unit: Heavy (5 iron plates)

4. Attach the Weight Unit End Stop with 2 x M10 x 50 hex screws, tightening torque is 24 Nm



Main Frame installation



1 x Threaded Axle 100 mm / d30
2 x Flat Washer M20
2 x Screw M20 x 30 / 420 Nm

Main Frame installation

Install the pull up bar when the frame is horizontally on the ground.



4 x Threaded Sleeve 100 mm / d30
8 x Flat Washer M20
8 x Screw M20 x 30 / 420 Nm

Perform the installation in the following order

1. Positioning and securing the Main Frame of the Leg Press

a) Move the frame of the Leg Press onto the concrete slab (3000x1500x120 mm).

The Leg Press has 4 Mounting Posts and 16 fixing holes. Place the Leg Press frame in the middle of the concrete slab. Check that the distance between the outer edges of the Mounting Posts and the outer edges of the concrete slab is the same everywhere, approximately 180 mm. The distance from the front edges of the front Mounting Posts to the front edges of the concrete slab shall be approximately 230 mm.

b) Do not fasten the Leg press at this point deck.

2. Positioning and securing the Main Frame of the Seat

a) Install first the rear edge of the rearmost Mounting Post of the Seat 200 mm from the edge of the concrete slab. Do not fasten the seat yet, because the seat must also be positioned laterally in the middle of the concrete slab.

b) Check that the distance is same on both sides of the rearmost outer edges of the Mounting Post to the edges of the concrete slab. Check again that the distance is also the same for the front most side of the seat from both outer edges of the front Mounting Posts to the edges of the concrete slab.

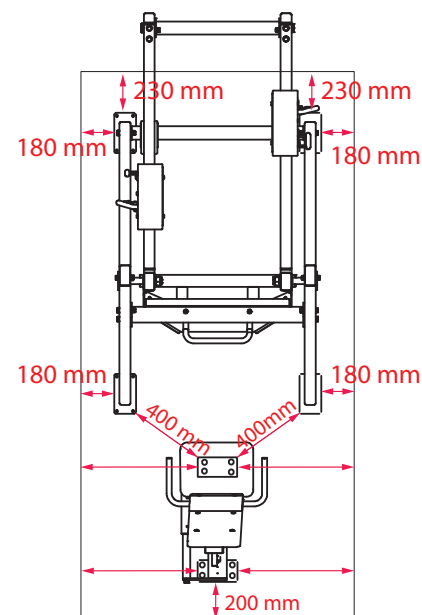
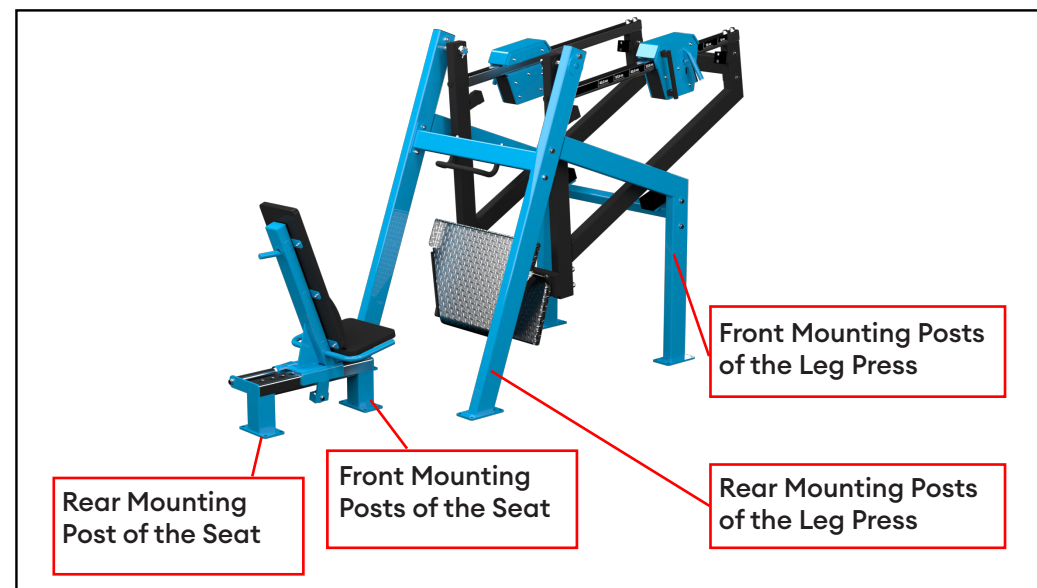
The seat is now correctly centred and the seat is upright for the Main Frame of the Leg Press.

3. Check before drilling and fastening

Final check before attaching the main frame of the Leg Press and seat to the concrete slab.

Check that the distance from the front corners of the front post of the seat to the rear corners of the rear posts of the Leg Press is approximately 400 mm. The distance should be between 400 and 450 mm.

Drill then 24 fixing holes in the concrete slab. Use a 10 mm drill bit diameter and drill holes at least 100 mm deep. Fix the frame and seat with 24 concrete bolts.



24 x Flat Washer M10
24 x Concrete Screw 10 x 100 / 420 Nm

Commissioning Inspection

- Instruction Decal placement
- Mounting Post and Frame to concrete base attachment screws
- Main Frame to Post attachment screws
- Movement Arm attachment screws
- Weight Unit attachment screws
- Securing the attachment screws of all wooden parts
- Weight Unit End Stopper attachment screws
- Weight Unit Release Lever function (all positions)
- Movement Arm Rubber Bumper attachment
- Unrestricted and smooth movement with all loading options
- Fill in and dispatch the Inspection Report

If you notice a manufacturing error in the product, Please contact your dealer!