



► Presentation

Mouv'roc® is a compact fitness station, designed to enable many people to exercise outdoor, without subscription and at any time. Up to 10 people can train simultaneously, whether they are occasional or experienced sportspersons, young or older. Mouv'roc® is also suitable for persons with reduced mobility. It's definitely an urban vitality point that encourages intergenerational interactions. The apparatuses available on Mouv'roc® have no moving part so the user can exercise safely with all or part of his body weight. Pictograms along with QR codes inform the user about the appropriate exercises for each apparatus. Mouv'roc® is compact and perfectly suited to the constraints of dense urban spaces. No maintenance.

► Description

Mouv'roc® Lion comprises a central chamber to which the apparatuses and roof are fixed. It is fitted with 10 apparatuses that can be used for up to 80 different exercises. Its wide roof, on posts, makes it usable in all weathers.

CENTRAL CHAMBER :

- 4 galvanized steel crossbars, 1055 x 2150 mm, square shape 60 x 60 mm, 3 mm thick
- 16 zinc and powder coated steel reinforcement plates, 3 mm thick onto which the apparatus are fixed
- 16 HPL¹ panels, for the cladding, 13 mm thick.

ROOF :

- 5 galvanized steel² crossbars, 5 mm thick
- 7 peripheral covers in zinc and powder steel³ 3 mm thick
- 8 HPL panels, 13 mm thick, covering the crossbars. Weather proofing is guaranteed by polyurethane compriband seals.

The roof is supported by two zinc and powder coated steel posts. Each post is composed of a central core, 22 spacers, a 6 mm thick sealing base plate, 2 x 3 mm thick side metal sheets and 4 x 1.5mm thick cladding steel plates.

Two zinc and powder coated steel benches are fixed to each post. The bench is made of 50 x 40 mm metal tubes, 8mm diameter metal wires, 2 metal sheets, 6 mm thick at the ends and 2 strenghteners, 5 mm thick.

APPARATUSES :

They're fixed to the central chamber. No moving parts. Their ergonomics have been designed to provide an optimal exercise position for any user from 1.40 m and as of 12 years of age.

Apparatuses available on this Mouv'roc® are: roman chair, cleats, sit-up bench, horizontal bench, vertical bars, roller, wall bars, crossfit ladder, TRX rings and benches.

The 10 apparatuses are made of galvanised steel. The steel tubes of the apparatus are of a diameter between 27 and 50 mm. The grips on the roman chair and the wall bars are covered with soft black rubber for a great comfort for the user. The horizontal and sit-up benches are in HDPE (High-density Polyethylene).

Near each apparatus is fixed a Dibond aluminium panel, showing the appropriate exercises, 3 mm thick.

Mouv'roc® complies with the european NF EN 16630 : 2015 standard specifying the general safety, inspection, maintenance and test methods requirements regarding physical training modules.

INSTALLATION :

Delivered non-assembled. Assembly time: 10 hours, based on a 4-people team and with a lifting device.

Weight : 2 720 kg.

Total area of the concrete slab : 54,30 sqm | Falling height area ≤ 1,48 m : 28,15 sqm.

Falling height area ≤ 1 m : 22,85 sqm | Perimeter : 29,85 lm.



The mark of responsible forestry

Materials



> 1 | HPL

HPL is a compact outdoor facing material made by stacking sheets of paper impregnated with reinforced thermo resins, compacted at high pressure (10 MPa) at a temperature of 160°C. An acrylic film provides extra protection from ultraviolet light.

- +** PROPERTIES :
- Impact-resistant
 - Weatherproof
 - Dimensional stability
 - Resistant to ultraviolet light

> 2 | GALVANISED STEEL

These items are treated by hot galvanisation.

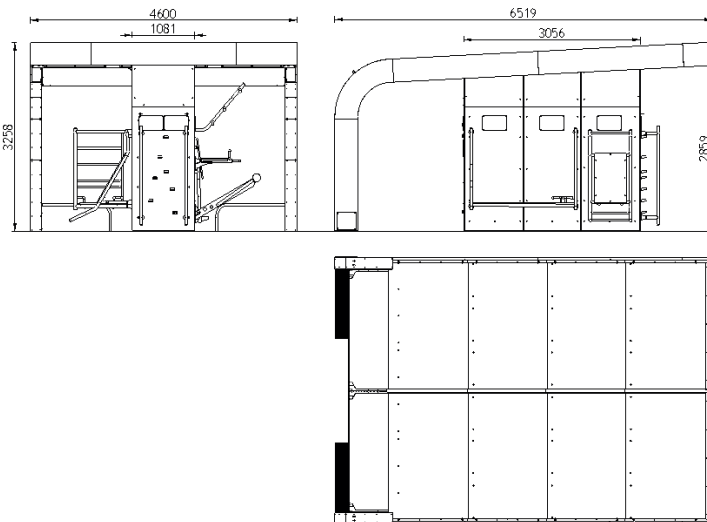
- +** PROPERTIES :
- Protection against corrosion
 - Resistant to impact and friction
 - Sustainable

> 3 | ZINC AND POWDER COATED STEEL

These items are galvanised and then treated according to our Powder Blast process (after cleaning and shot blasting, the items are coated with an epoxy powder primer and a second coat of kiln-fired polyester powder).

- +** PROPERTIES :
- Protection against corrosion

> Dimensions



> Colours

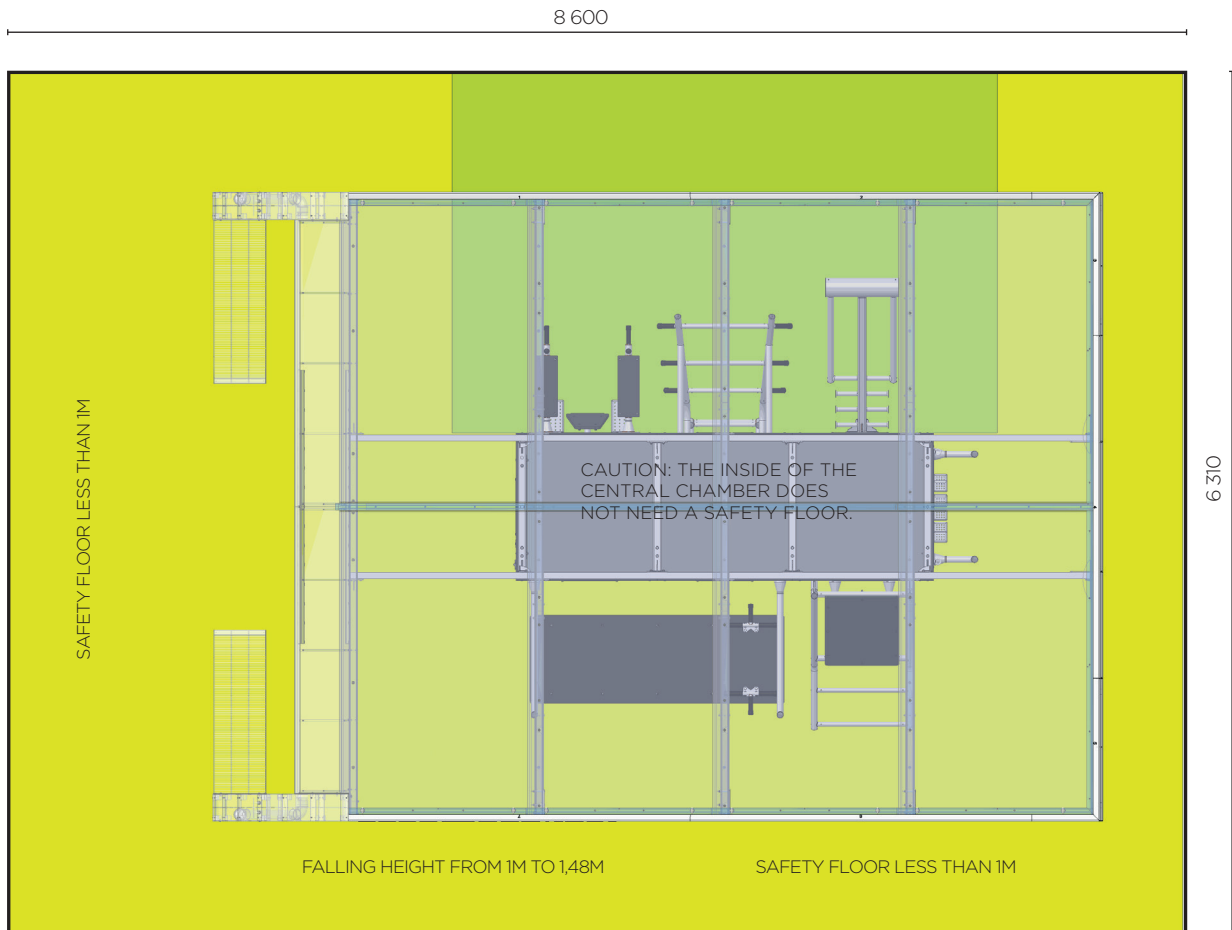
Colours shown :

- Steel : Mouse grey Ral 7005
- HPL panels : Atlantis

Colours of the metallic elements to be selected from RAL chart (shiny).
Colours of the HPL panels are to be chosen from a selection of the FUNDERMAX chart.



► Floor set up



	10 HOURS WITH 4 PEOPLE + A CRANE OR A FORKLIFT
SQ.M	CONCRETE MEMBER SURFACE 54,30 SQ.M
SQ.M ↓	FALLING HEIGHT FROM 1M TO 1,48M 28,15 SQ.M
SQ.M	SAFETY FLOOR LESS THAN 1M 22,85 SQ.M
1m	PERIMETER 29,85 LM

The NF EN 16630 standard imposes a safety floor for impacts on training areas with falling heights greater than 1m.

However, for an optimal training comfort and safety, Sineu Graff recommends covering the entire concrete slab with a safety floor.

