

OPEN L MOUV'ROC SENIOR INNER FACADE



**OPEN L MOUV'ROC
COMBINATION 01**
Ref. 09 315 04 01
8 simultaneous users
40 exercises

➤ Presentation

Open Mouv'roc has been designed as an outdoor fitness room to offer sportsmen, experts or beginners, juniors or seniors, a free access sheltered space to do muscle strengthening or stretching exercises.

It offers a variety of apparatuses for a comprehensive training program: the inside apparatuses allow 4 people to practice simultaneously and in one place. 4 additional users can train on the outside wall. Open Mouv'roc is also suitable for people with reduced mobility. It is also a real place of relaxation which encourages intergenerational exchanges.

The apparatuses of Open Mouv'Roc are fixed, the user works safely with all or part of his body weight. Pictograms with QR codes indicate to the user the appropriate exercises for each apparatus. Mouv'roc Open is compact and adapts perfectly to the constraints of dense outdoor spaces.

➤ Description

Open Mouv'roc is made up of a structure and end facade, on which the apparatuses are fixed on both sides and of a roof. It is fitted with 6 apparatuses. The arches accommodate 3 apparatuses. 8 simultaneous users can do up to 90 exercises. Its large roof, supported by poles, allows the practice of physical activities in any weather.

ROOF COMPOSITION:

- 2x longitudinal cross bars, IPE 120 in galvanized steel
- 3x cross bars, IPE 80 in galvanized steel
- 3x braces, 50x50, in galvanized steel
- 1x galvanized steel gutter
- 6x peripheral covers (strips) in zinc and powder coated steel, 2 mm thick
- 6x 13 mm thick HPL panels covering the cross bars.

The watertightness is ensured by polyurethane seals + 1 gutter outlet through one of the 2 posts.

The assembly is supported by two zinc and powder coated steel posts, fitted with a cover to access the sealing hole inside the post.

FACADE COMPOSITION:

- 2x zinc and powder coated steel posts
- 1x intermediate post in galvanized steel
- 10x 3mm thick cross bars in galvanized steel
- 6x large format HPL panels, 13 mm thick, fixed onto the galvanized steel crosspieces
- 6x small format HPL panels 13 mm thick, fixed onto the galvanized steel crosspieces



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COMPOSITION OF THE APPARATUSES:

The apparatuses are fixed on the facade. No moving parts. Their ergonomics have been designed to offer an optimal working position for any person from 1.40 m tall.

Apparatus shown: double rotative discs, arms and legs measuring rods + fingers dexterity ladder. half inclusiv arch, vertical push-ups, gym chair.

+ Satellites : vertical bar, arms and legs measuring rods, fingers dexterity ladder.

The apparatuses and the satellites are in galvanized steel. The diameter of the steel tubes for the apparatus is between 27 and 50 mm. The handles of the roman chair, the wall bars and the horizontal board are covered with soft black rubber for better comfort. The horizontal and inclined boards are made of HDPE (High Density Polyethylene).

Near each apparatus, a printed HPL sign indicating the associated exercises is fixed.

Open Mouv'roc complies with European standard NF EN 16630: 2015, specifying the general requirements for security, control, maintenance and test methods relating to physical training modules.

INSTALLATION:

Maximum surface of the concrete slab: 53 sqm².



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 | GALVANIZED STEEL

These items are treated by hot galvanization and coated with kiln-fired polyester powder.

+ PROPERTIES :

- Protection against corrosion
- Resistant to impact and friction
- Hard wearing

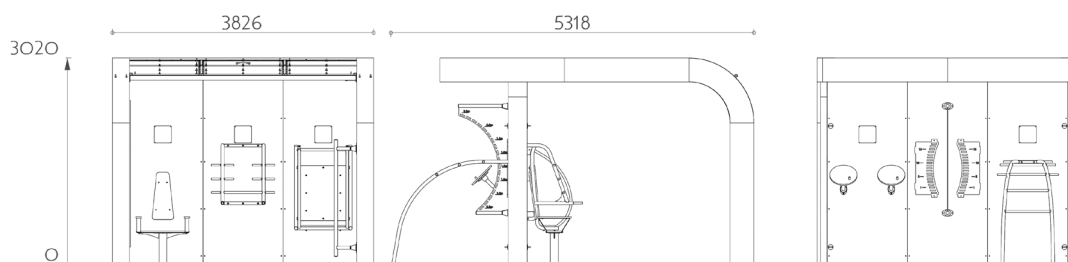
3 | ZINC AND POWDER COATED STEEL

The steel components are zinc-coated then treated with our Powder Blast process (after cleaning and shot-blasting, the parts are coated with an initial layer of epoxy powder and a second layer of polyester powder) to provide rust-proofing and to increase its lifespan.

+ PROPERTIES :

- Protection against corrosion

Dimensions



Colours

Colours of the model shown :

Metallic structure: Beige red RAL 3012

HPL panels: Winter white

Facade side: Oyster white RAL 1013

Steel parts: Colours to be selected within the RAL tints

HPL-Panels: Colours to be selected within the FUNDERMAX tints..

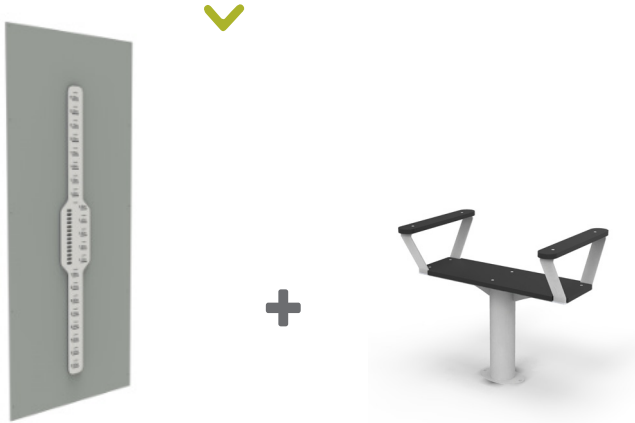
Facade side: Colours to be selected within the RAL tints



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COMBINATIONS WITH SATELLITES

COMBINATION 02 - Ref. 09 315 04 02



Arms and legs measuring rods
& Fingers dexterity ladder

Gym chair

The whole comprehensive range of combinations and satellites is on sineugraff.com



A COMPREHENSIVE RANGE

End
facade



Inner
facade

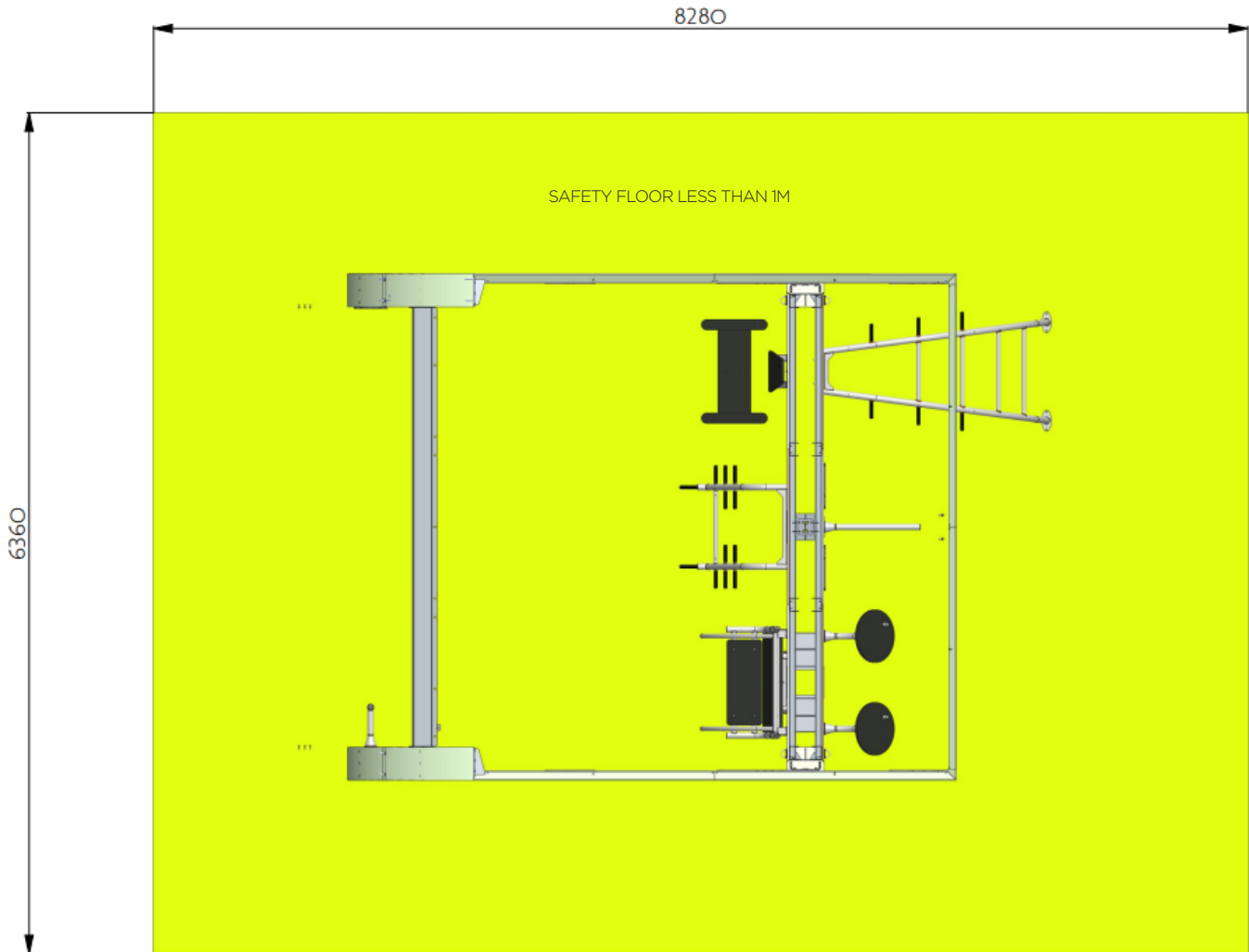


	XL	L	XL	L	XL
End facade	UNIVERSAL Ref. 09 410 02 01 	UNIVERSAL Ref. 09 310 02 01 	SPORT Ref. 09 410 03 01 	SPORT Ref. 09 310 03 01 	HEALTH Ref. 09 410 04 01
Inner facade	UNIVERSAL Ref. 09 415 02 01 	UNIVERSAL Ref. 09 315 02 00 	SPORT Ref. 09 415 03 01 	SENIOR Ref. 09 315 04 01 	HEALTH Ref. 09 415 04 01



OPEN L MOUV'ROC SENIOR INNER FACADE

► Floor set up



OPEN MOUV'ROC L
Ref. 09 315 04 01

	10 HOURS WITH 4 PEOPLE + A CRANE OR A FORKLIFT
SQ.M	CONCRETE MEMBER SURFACE 52,70 SQ.M
SQ.M	SAFETY FLOOR LESS THAN 1M 51,60 SQ.M
1m	PERIMETER 29,30 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.

