

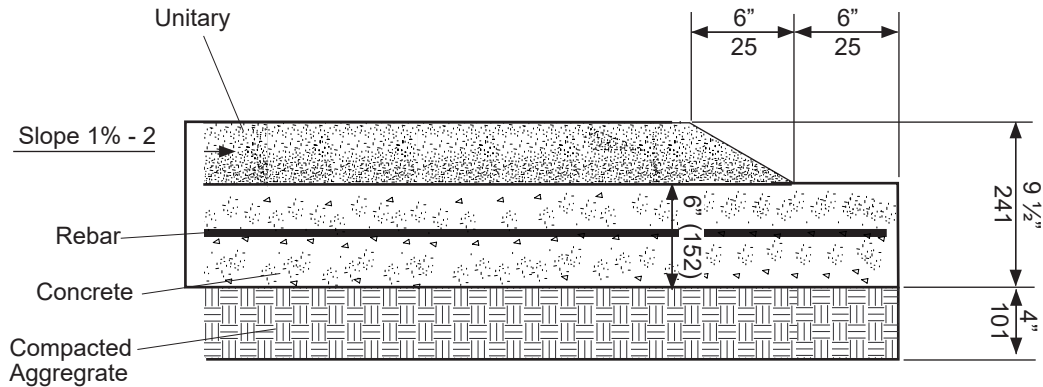
**NOTE: Typical
Sign Attachment
detail on sheet 25.**

**NOTE: Shade and columns
provided by SkyWays.**

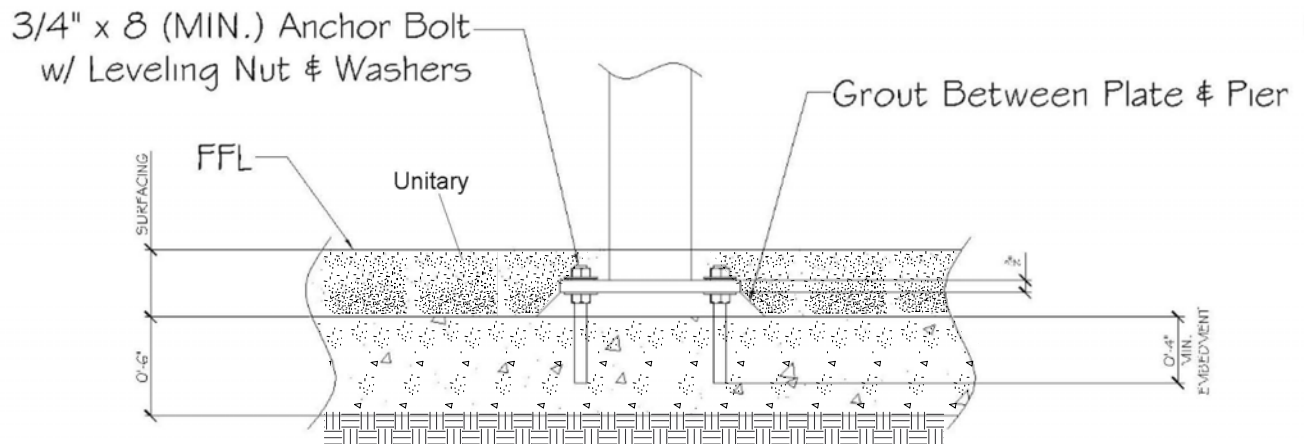
HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

Page 1

SLAB DETAIL



SHADE COLUMN ANCHORING DETAIL

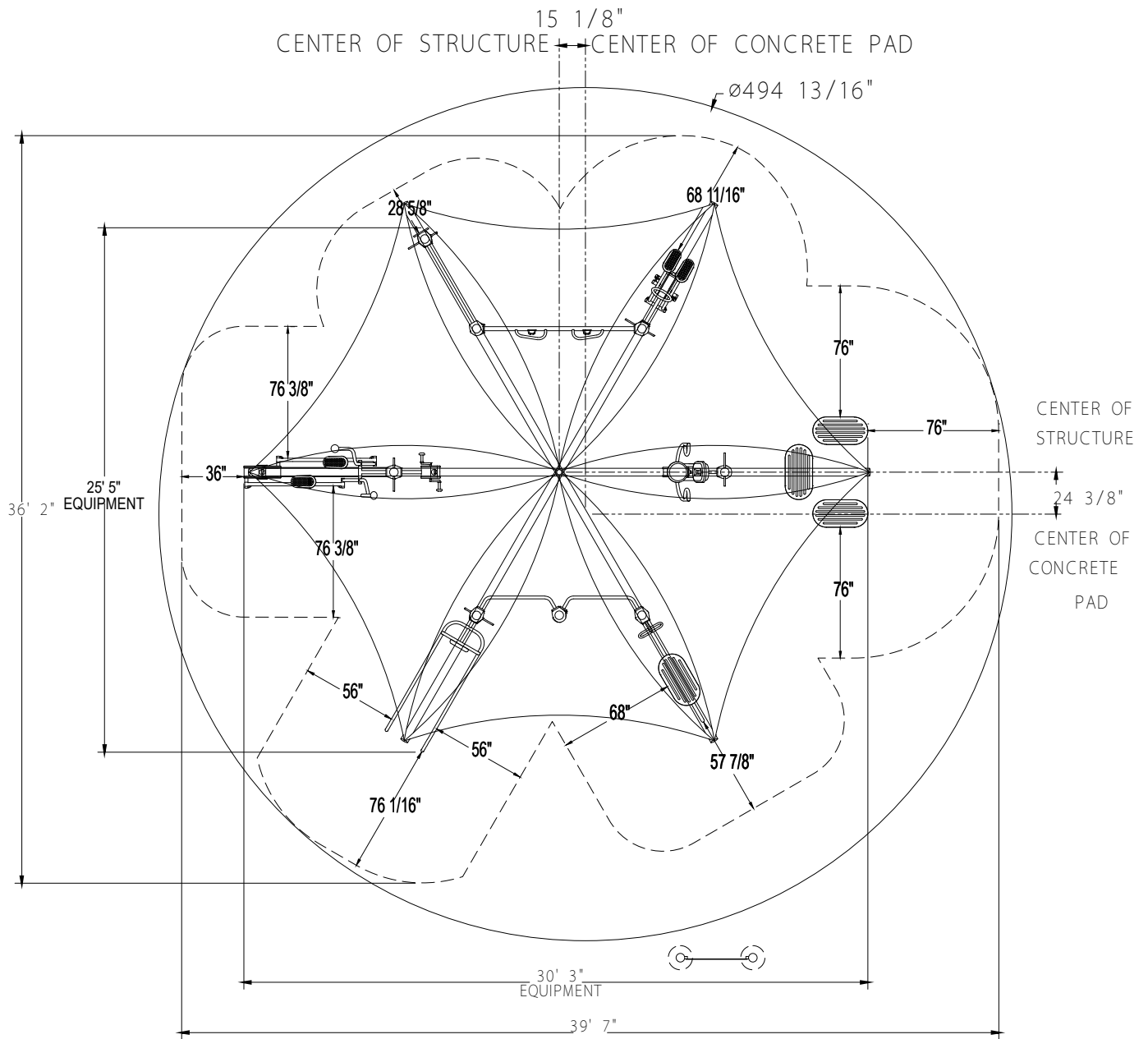


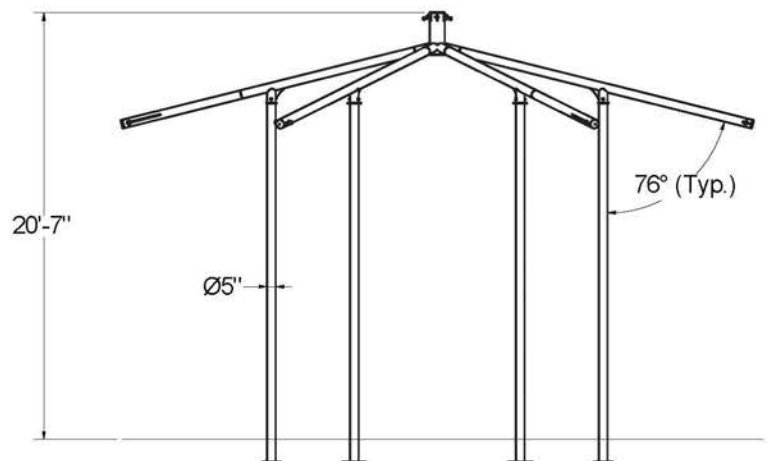
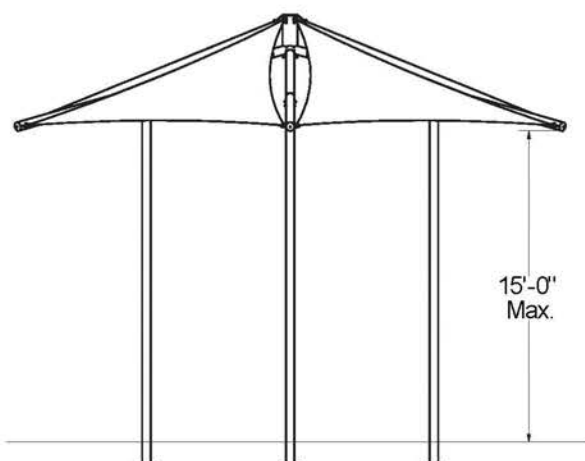
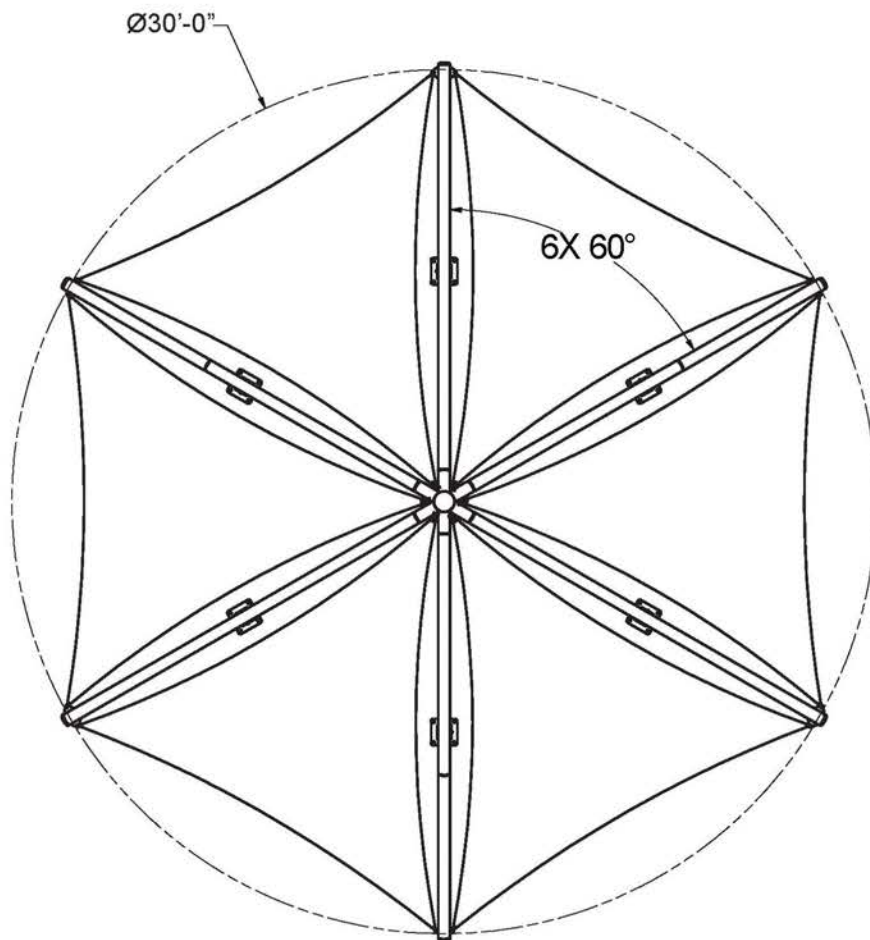
NOTE:

Anchors for the shade are not supplied by LSI or Skyways. Use 3/4"Ø HAS rod with HILTI HY-200 or equivalent epoxy. REFER TO

HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

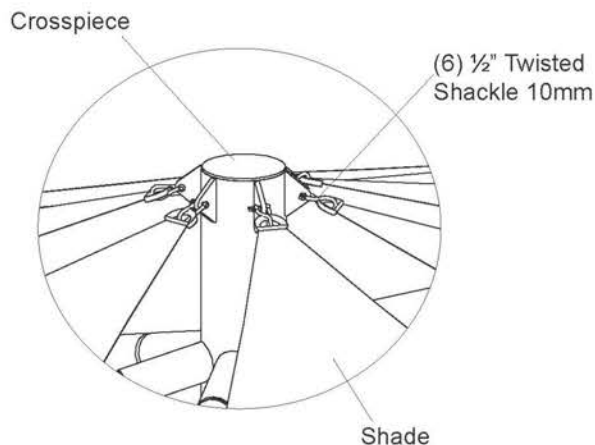
SURFACING REQUIREMENT



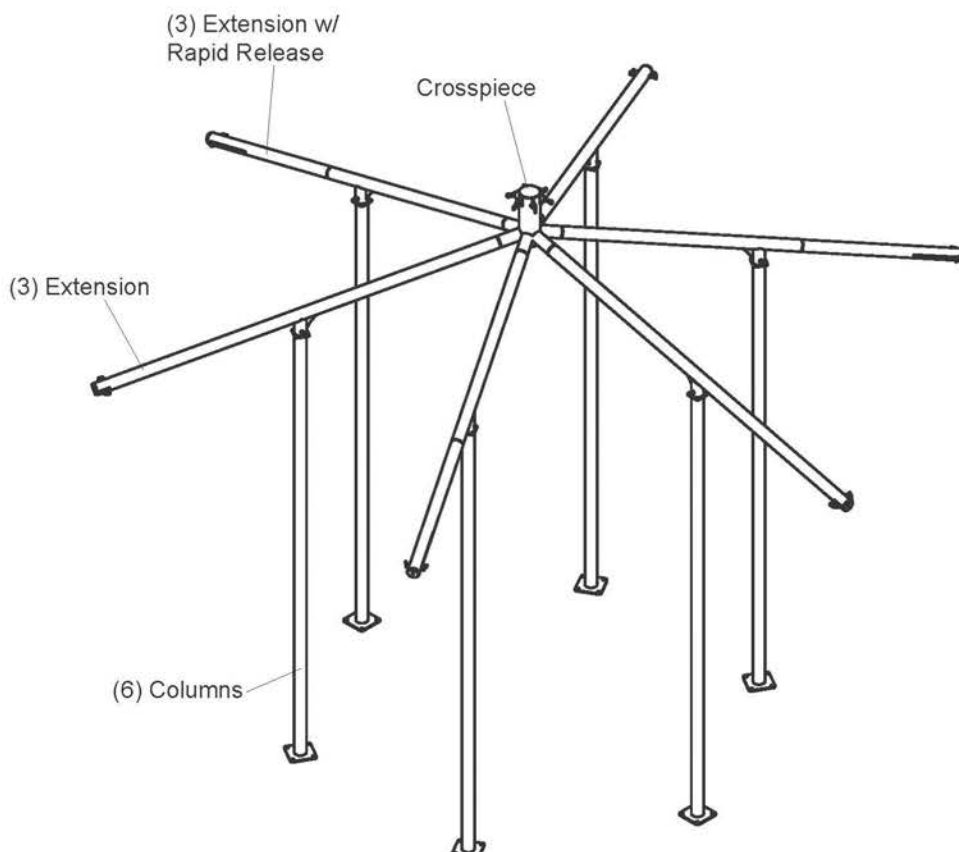
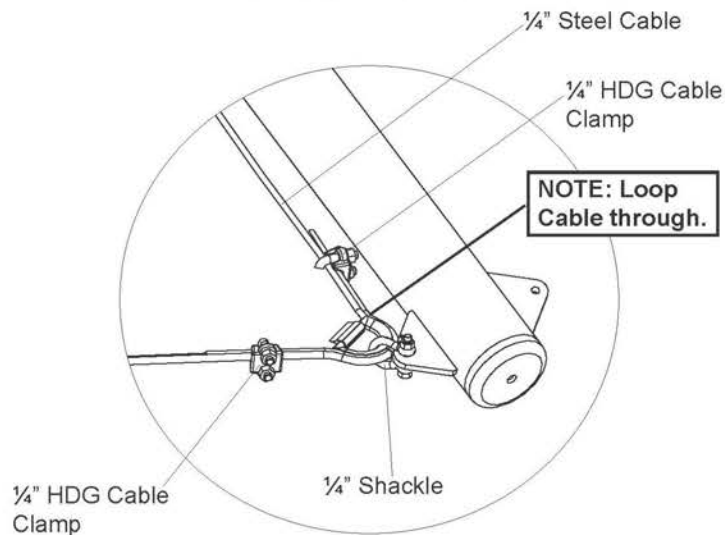


**HealthBeat Circuit™ (Medium w/Shade)
Outdoor Fitness Park**

**DETAIL
CROSSPIECE CONNECTION**

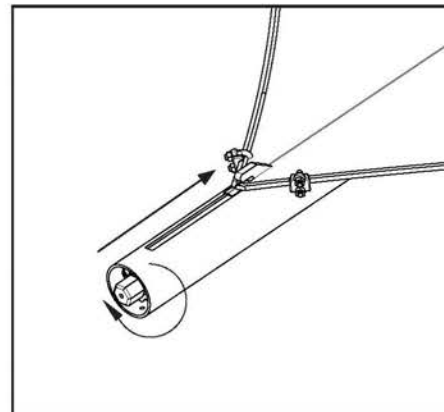
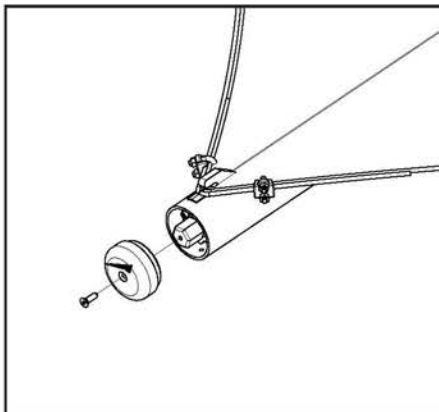
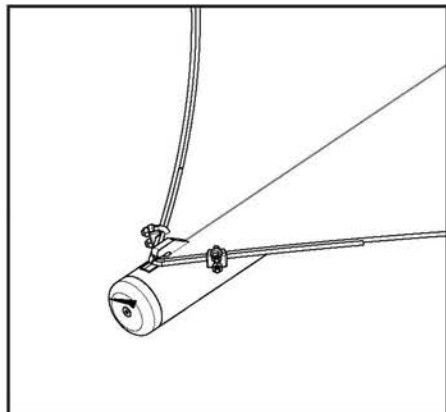


**DETAIL
FABRIC CONNECTION**



**HealthBeat Circuit™ (Medium w/Shade)
Outdoor Fitness Park**

RAPID RELEASE ASSEMBLY/DISASSEMBLY FOR UNINSTALLATION/REINSTALLATION



RAPID RELEASE UNINSTALLATION

- 1) Unscrew and remove countersunk screw and aluminum cap.
- 2) Release tension from the fabric by unscrewing the internal screw. Do NOT loosen cable clamps.
- 3) Release tension until you can remove the fabric and cable.
- 4) Return sleeve to closed position.
- 5) Reattach aluminum cap with screw.
- 6) Store fabric clean and dry in a safe space.

RAPID RELEASE REINSTALLATION

- 1) Install fabric onto the standard corner connections.
- 2) Unscrew and remove countersunk screw and aluminum cap.
- 3) Unscrew internal screw to move to retracted position.
- 4) Attach rapid release fabric corner.
- 5) Slowly tighten the internal screw until desired tension is achieved.
- 6) Reattach aluminum cap with screw.

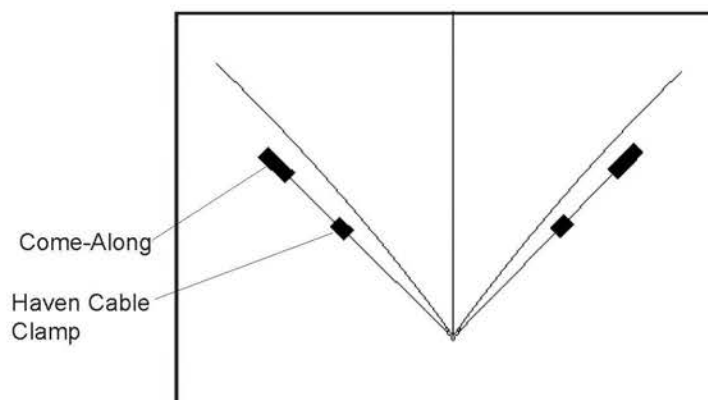
RAPID RELEASE INSTALLATION

- 1) Do NOT use rapid release system for tensioning.
- 2) Connect fabric to the rapid release hooks.
- 3) Extend cable over the rapid release hooks.
- 4) Tension cable using Come-Alongs as shown in Cable Tensioning Detail, shown to the right.



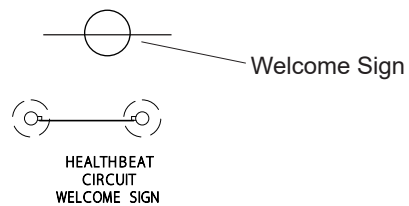
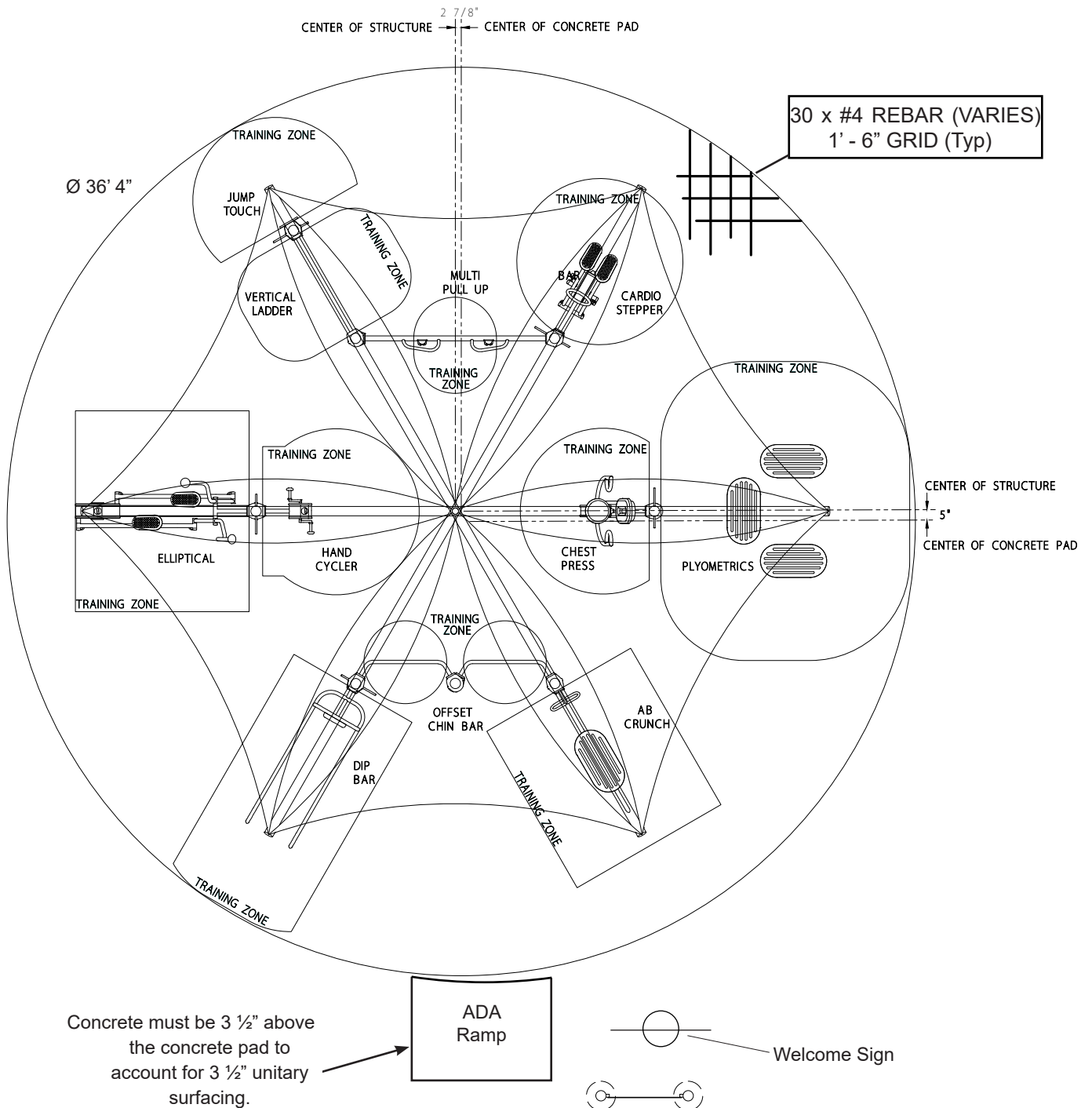
Refer to demonstration video (click link below):
<https://www.youtube.com/watch?v=G6jEMECpbKM>

DETAIL CABLE TENSIONING (TOP VIEW)



HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

CONCRETE SLAB

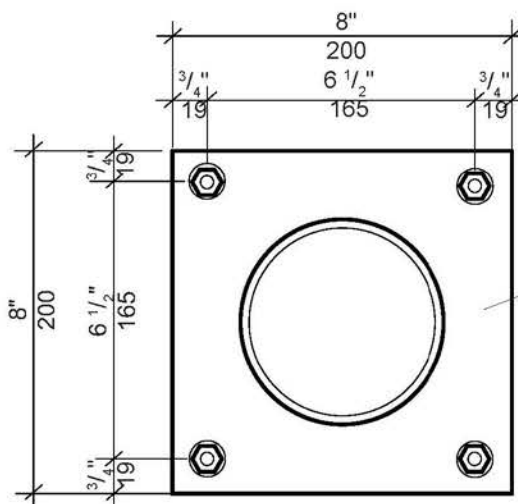


HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

EQUIPMENT ANCHORING DETAIL

NOTE:

Surface mounting will not work in all applications. Consult Landscape Structures Inc. for your particular requirements.



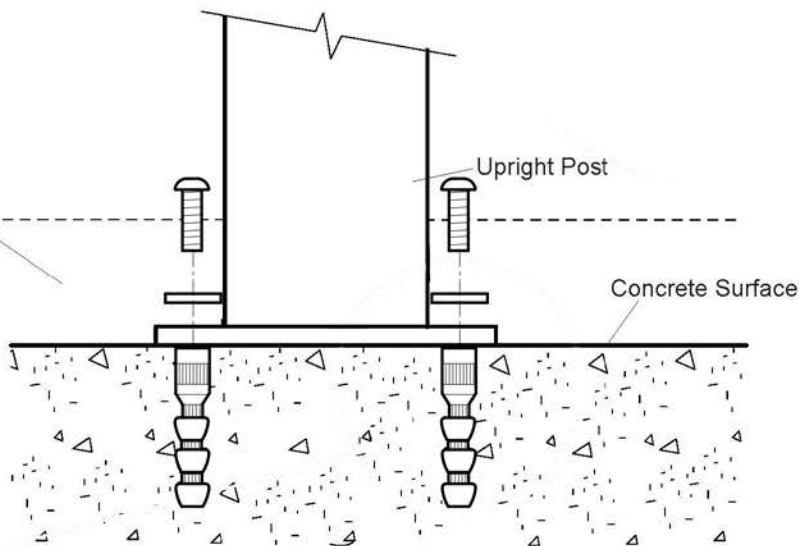
3/8" x 8" Square Steel or Aluminum Plate Continuously Welded to Upright Post

CONCRETE SLAB SPECS

- Base under slab to be 4" of compacted crushed aggregate over a stable sub-grade.
- Depth of concrete slab to be 6" with rebar support.
- Minimum of 7 days curing time full cure after 30 days.
- Surface of concrete to be trowled smooth and acid etched.
- Concrete: 3000 PSI (Min)
30 Days 3500 PSI
3/4" Minus Crushed Rock

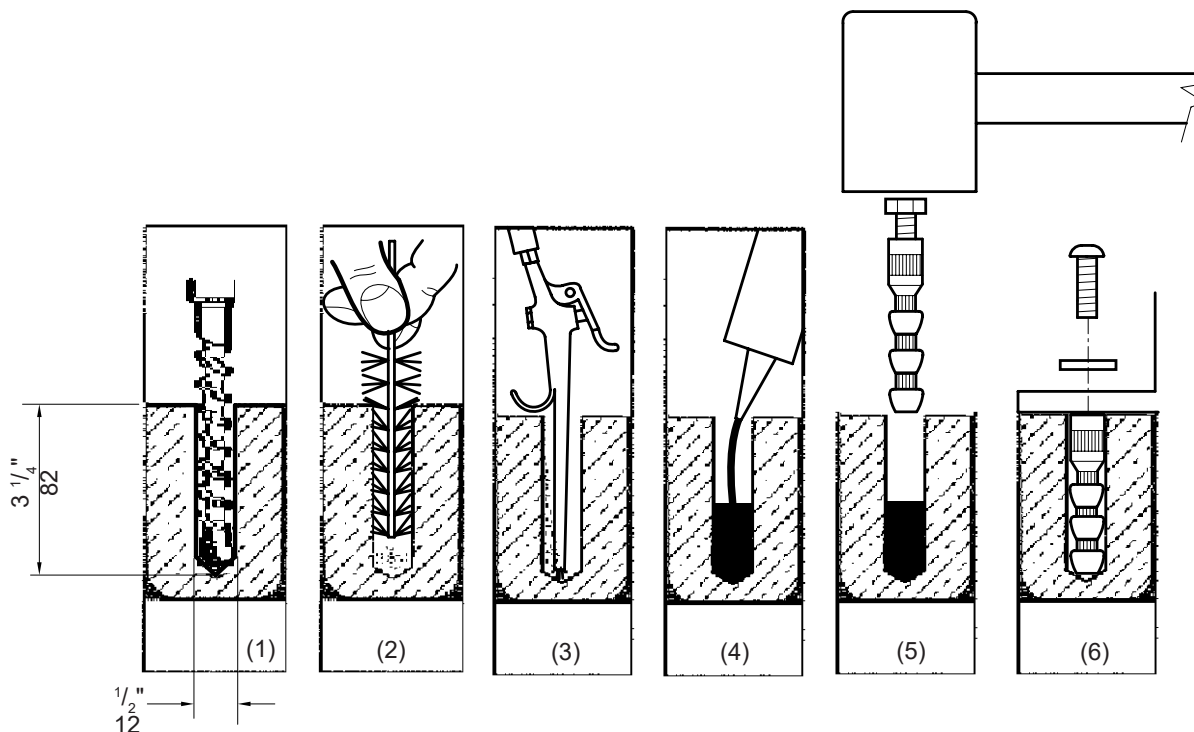
NOTE: Sufficient protective surfacing must cover hardware to satisfy fall height requirements.

NOTE: Used supplied chemical anchor for anchoring Healthbeat Posts



HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

INSTRUCTIONS FOR CHEMICALLY ANCHORING FITNESS EQUIPMENT



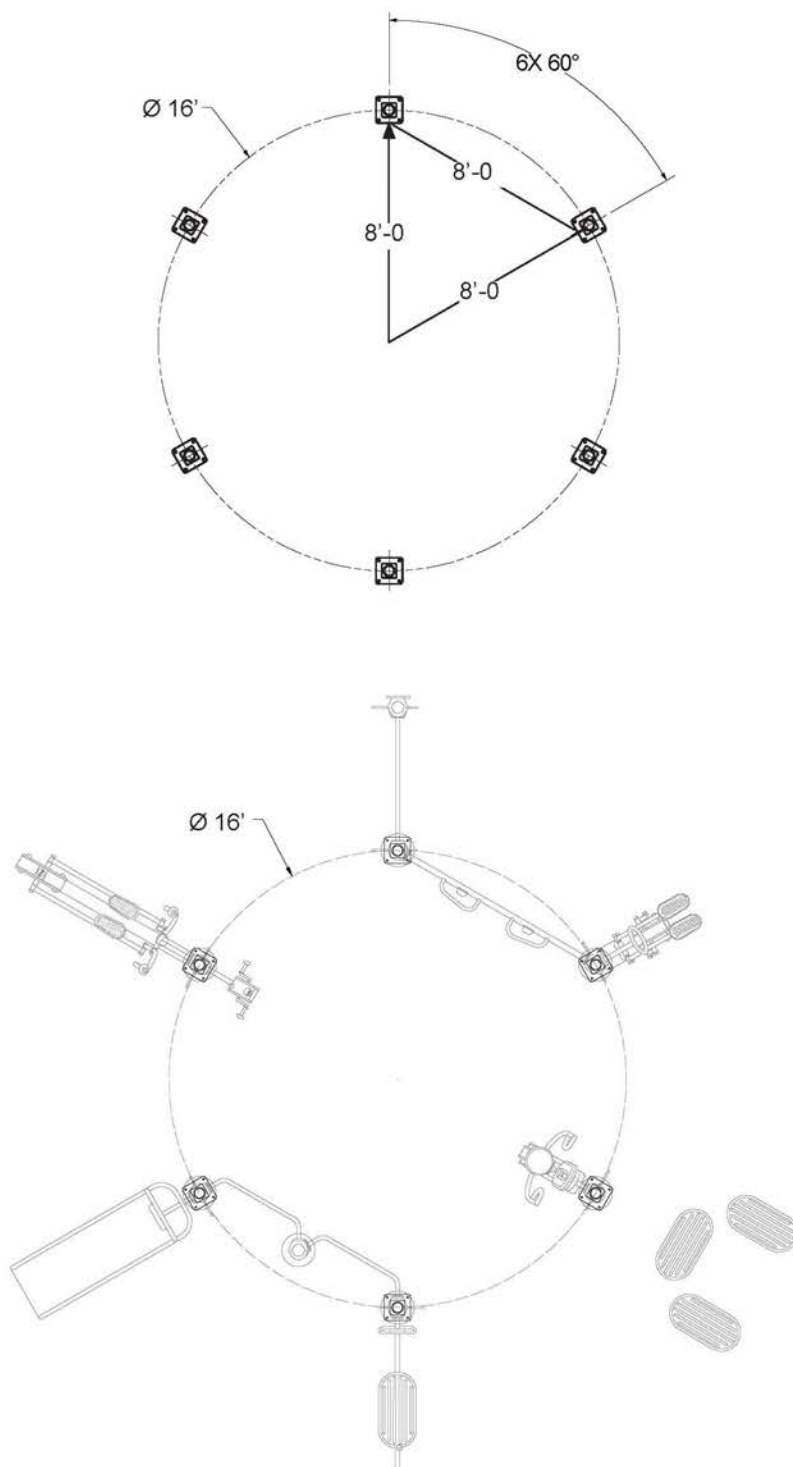
- 1) Surfaces should be clean and free of moisture, grease and oil.
- 2) Use a center punch to mark chemical anchor locations on concrete slab through holes in surface mount plates.
- 3) Using a $\frac{1}{2}$ " diameter drill bit, drill holes to a depth of $3\frac{1}{4}$ ". Drill the holes perpendicular to the work surface. To assure full holding power, do not ream the holes or allow the drill to wobble (1). Verify hole depth after drilling.
- 4) Clean the holes using oil free, dry compressed air and a wire or stiff nylon brush. Dust and debris left in holes will significantly reduce the holding capacity of the anchor; several repetitions of brushing and blowing are required to obtain a properly cleaned holes. Compressed air nozzle should reach the bottom of hole. (2 & 3).
- 5) Insert resin into hole. Hole should be approximately half full of resin. (4)
- 6) Thread $\frac{3}{8}$ " x $1\frac{3}{4}$ " hex head bolt into an-

chor. Hammer anchor into hole until flush with concrete surface. Remove $\frac{3}{8}$ " x $1\frac{3}{4}$ " hex head bolt from anchor. (5) **NOTE:** A $2\frac{1}{2}$ pound mallet may be needed.

- 7) Allow resin to cure for the specified time. See chart for cure time.
- 8) Attach surface mount plate to anchors, using $\frac{3}{8}$ " x $1\frac{1}{2}$ " BHCS w/Pin limited thread with $\frac{3}{8}$ " flat washers. (6)
- 9) Always wear safety glasses. Use only solid carbide tipped drill bits.

Minimum Cure Times Based On Ground Temperature.	
Temperature (°F)	Minimum Cure Time
68 and over	20 minutes
50-68	40 minutes
32-50	2 hours
23-32	24 hours

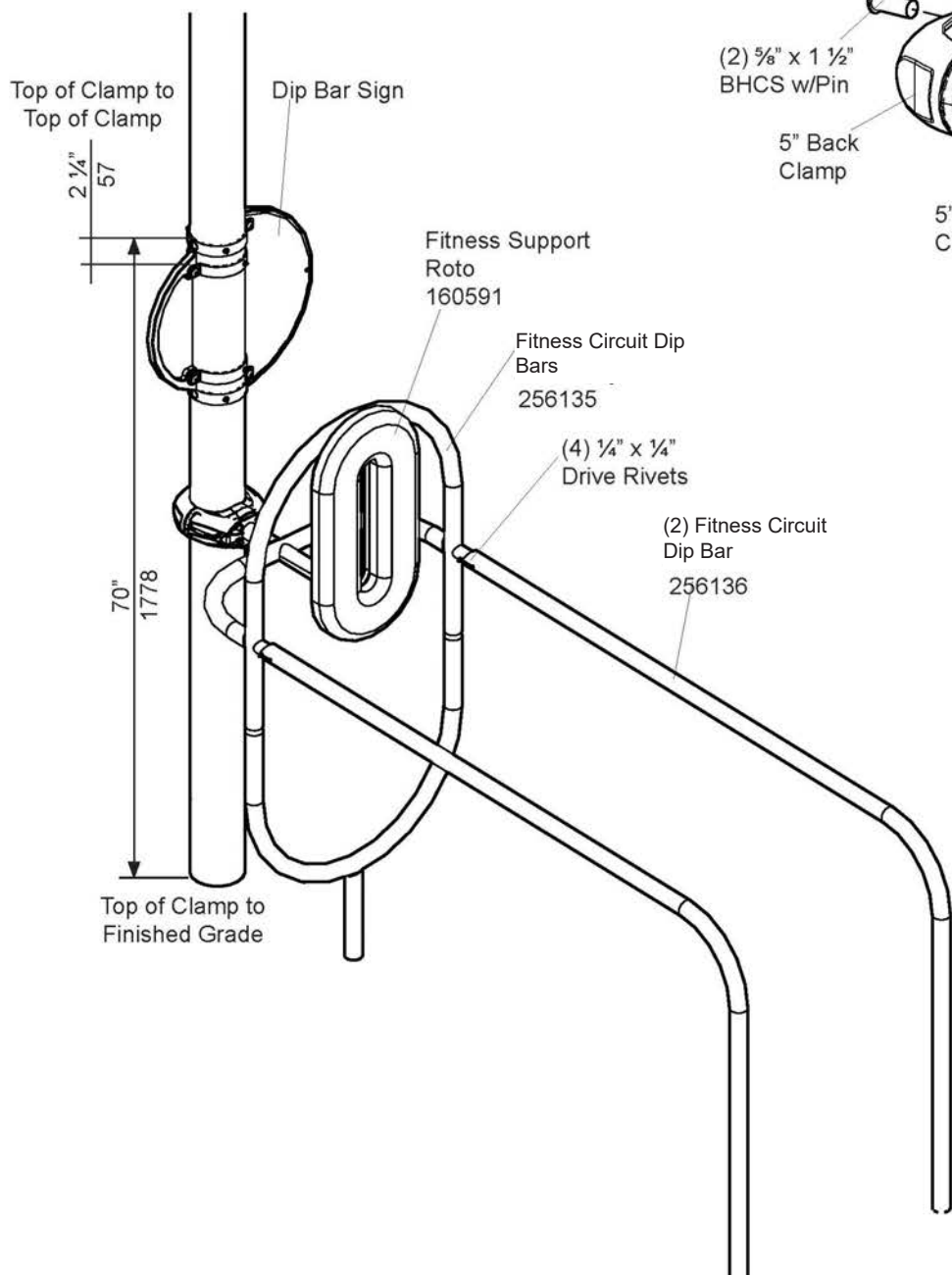
HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park



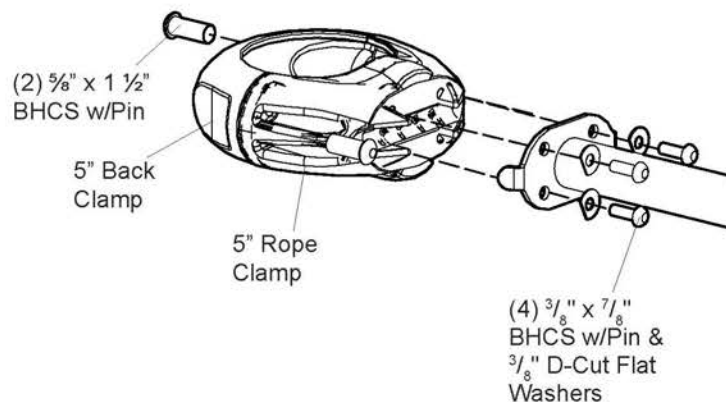
HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

DIP PARALLEL BARS

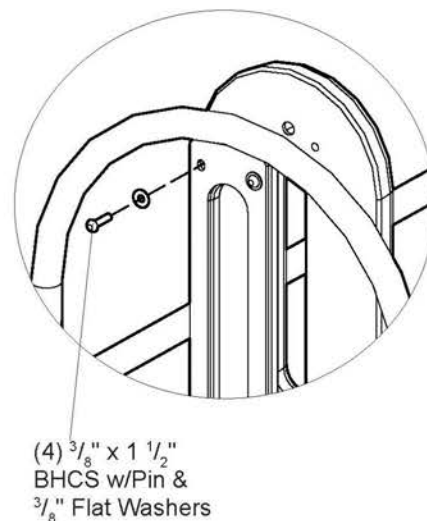
REFER TO PAGE 26 FOR ALL
RESISTANCE BAND CLAMPS
HEIGHT AND ORIENTATIONS



DETAIL FRAME/CLAMP ATTACHMENT



DETAIL ROTO SUPPORT ATTACHMENT

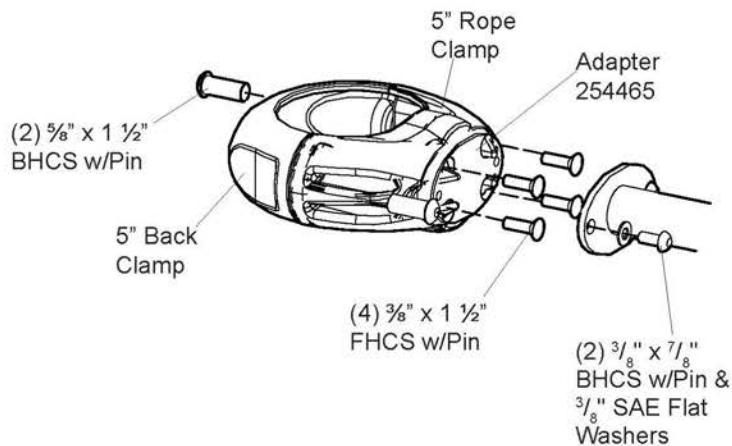


**HealthBeat Circuit™ (Medium w/Shade)
Outdoor Fitness Park**

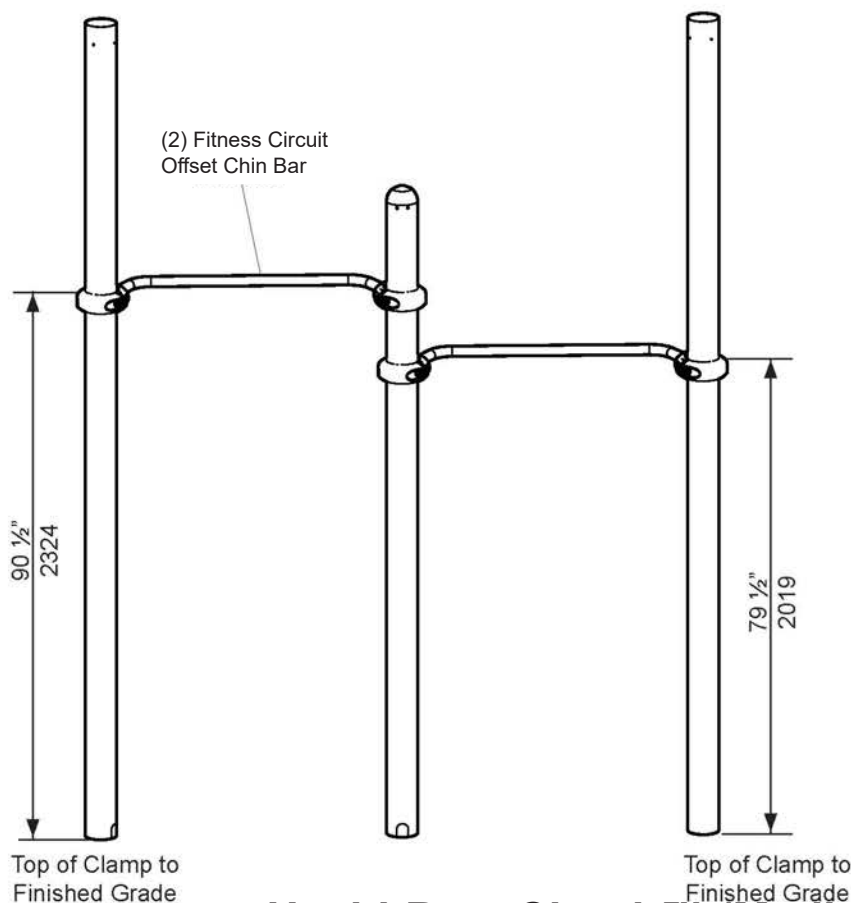
Page 11

CHIN UP BARS

DETAIL FRAME/CLAMP ATTACHMENT



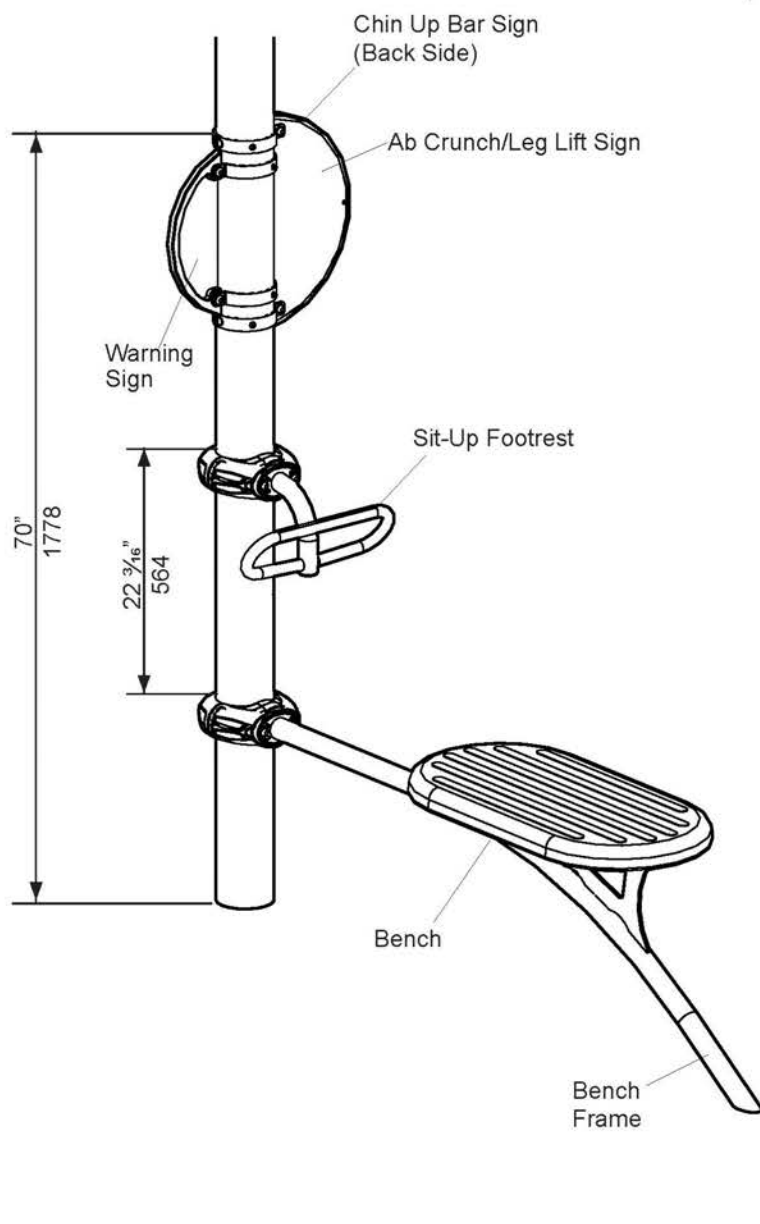
REFER TO PAGE 26 FOR ALL
RESISTANCE BAND CLAMPS
HEIGHT AND ORIENTATIONS



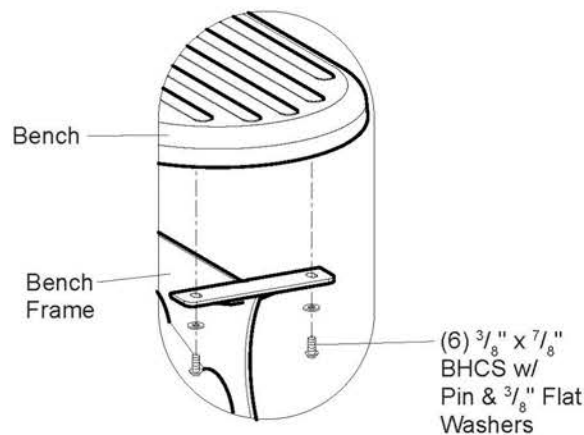
HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

AB CRUNCH/LEG LIFT

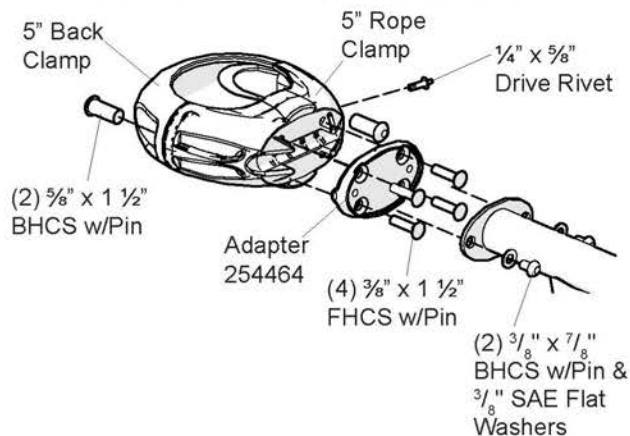
REFER TO PAGE 26 FOR ALL
RESISTANCE BAND CLAMPS
HEIGHT AND ORIENTATIONS



DETAIL BENCH ATTACHMENT



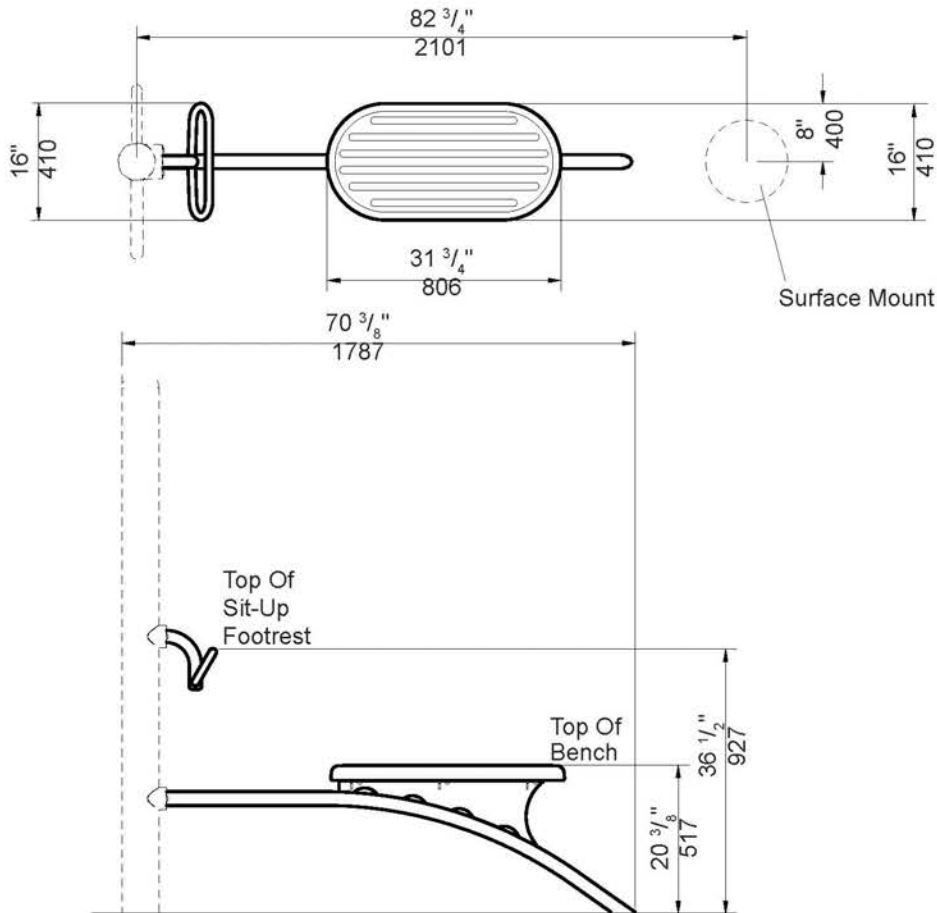
DETAIL FRAME/CLAMP ATTACHMENT



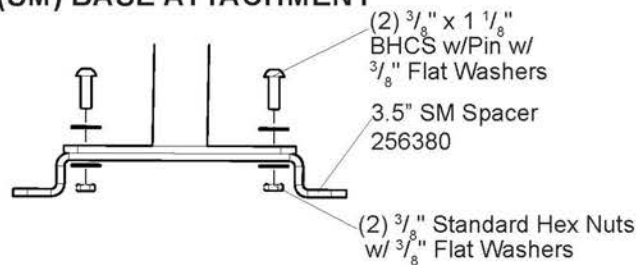
NOTE: Make sure Sit-Up Footrest is level before tightening fasteners.

HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

PLAN VIEW/FOOTING LAYOUT



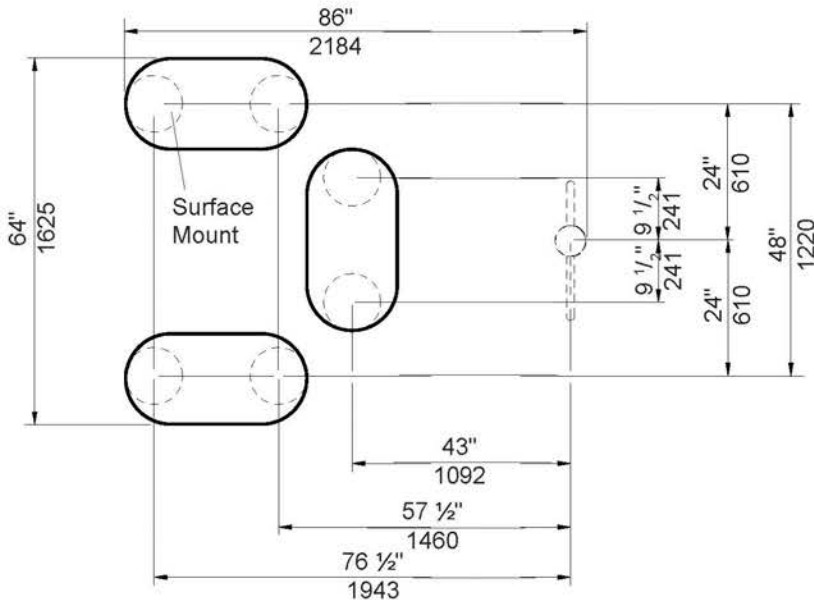
DETAIL (SM) BASE ATTACHMENT



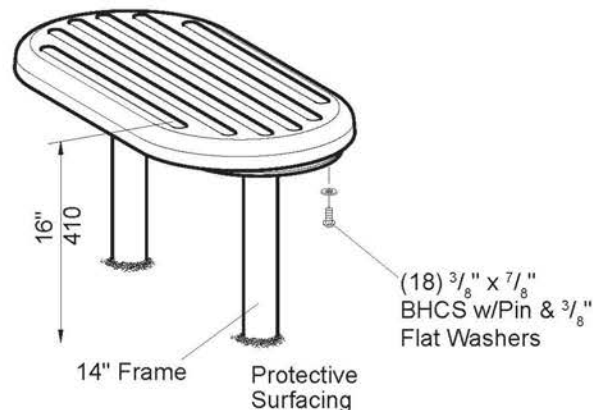
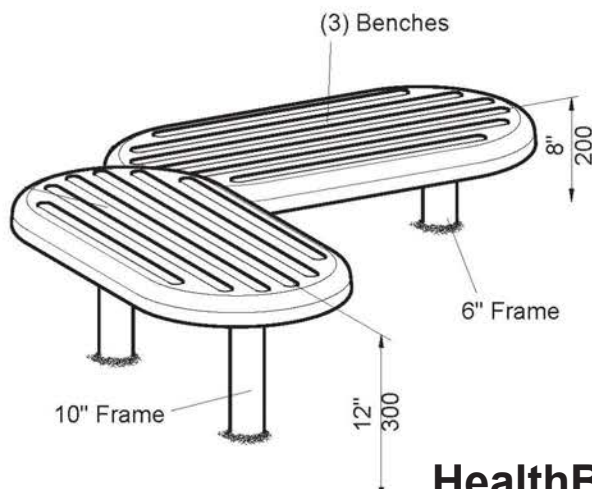
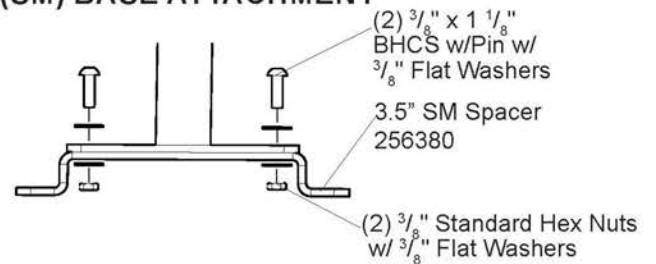
HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

PLYOMETRICS

PLAN VIEW/FOOTING LAYOUT

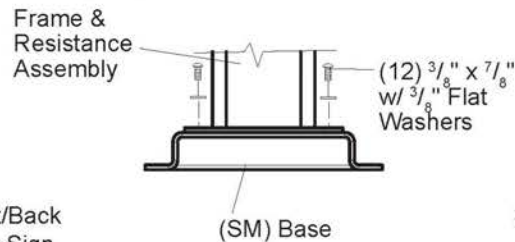


DETAIL (SM) BASE ATTACHMENT

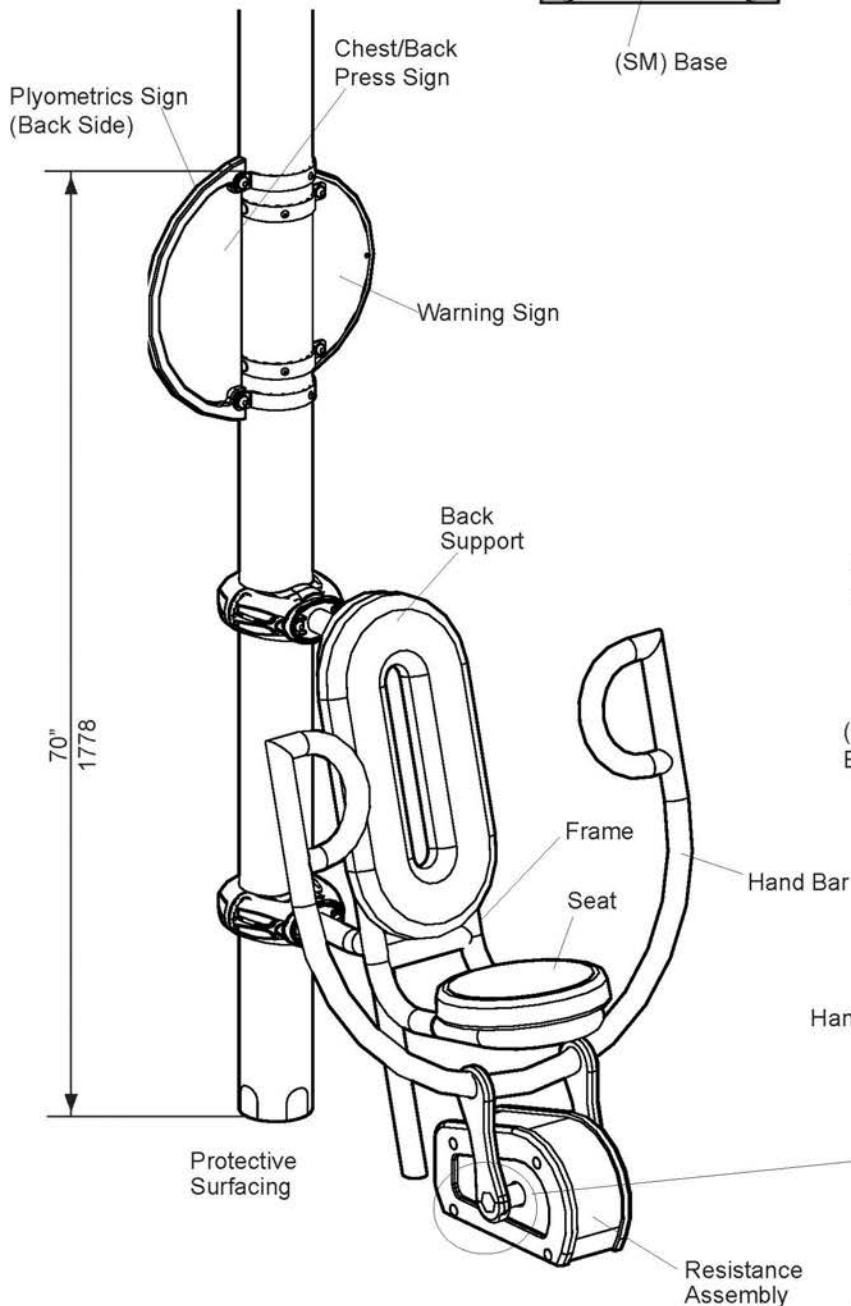


HealthBeat Circuit™ (Medium w/ Shade) Outdoor Fitness Park

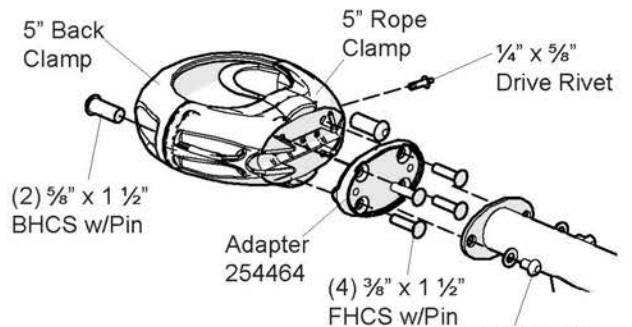
DETAIL
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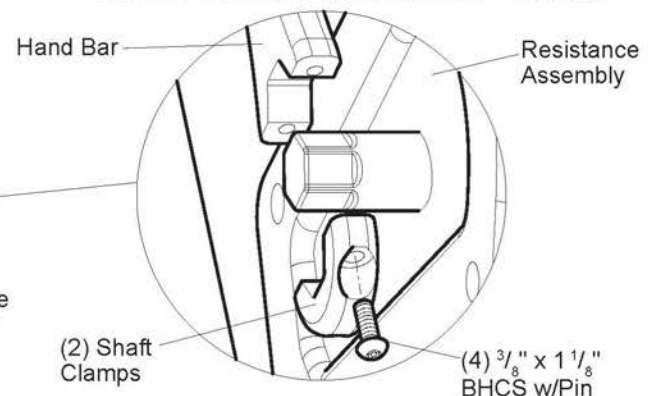
REFER TO PAGE 26 FOR ALL
RESISTANCE BAND CLAMPS
HEIGHT AND ORIENTATIONS



DETAIL
FRAME/CLAMP ATTACHMENT

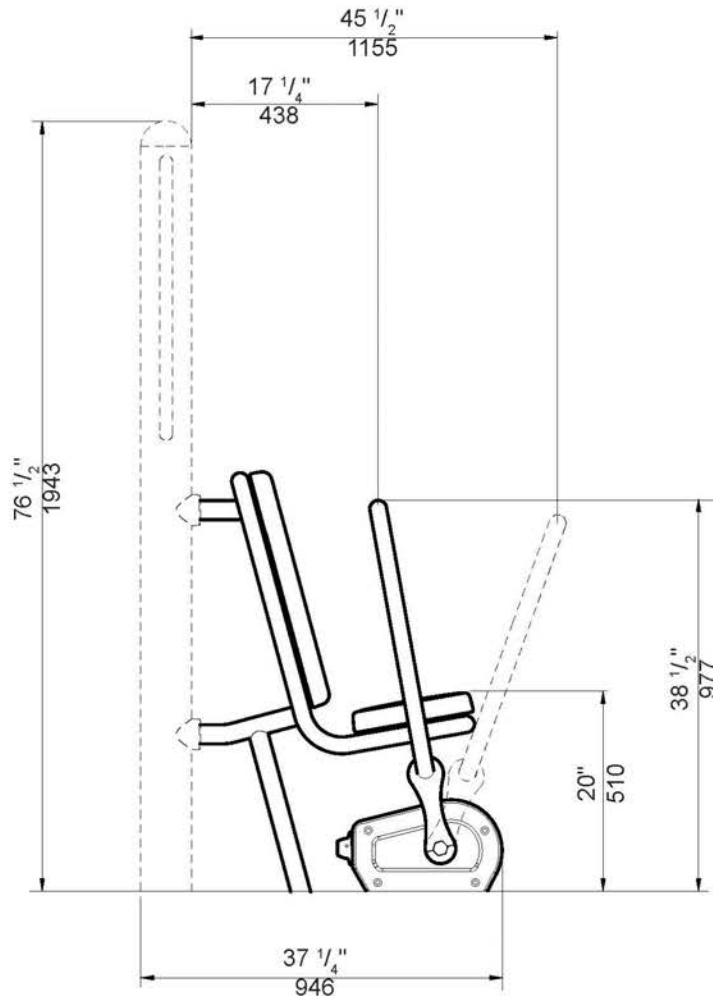


DETAIL
HAND BAR ATTACHMENT

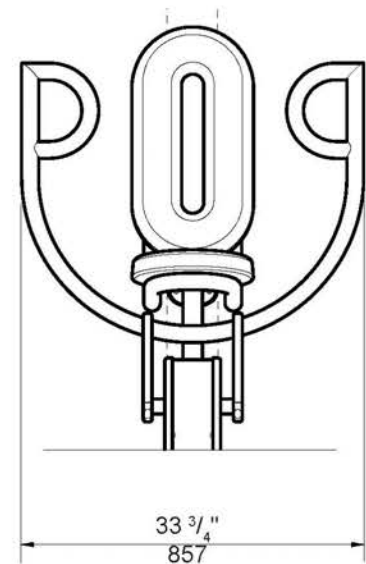


HealthBeat Circuit™ (Medium w/Shade)
Outdoor Fitness Park

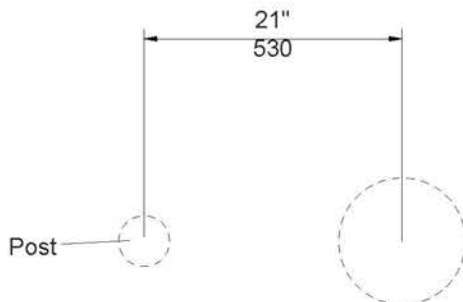
CHEST/BACK PRESS, CONTINUED



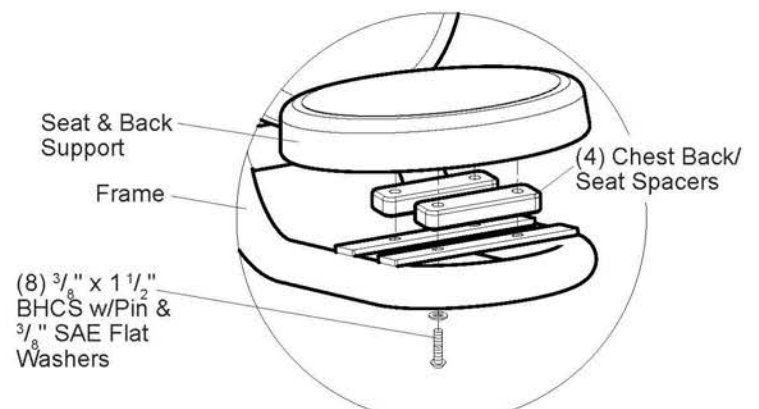
PLAN VIEW



SURFACE MOUNT LAYOUT



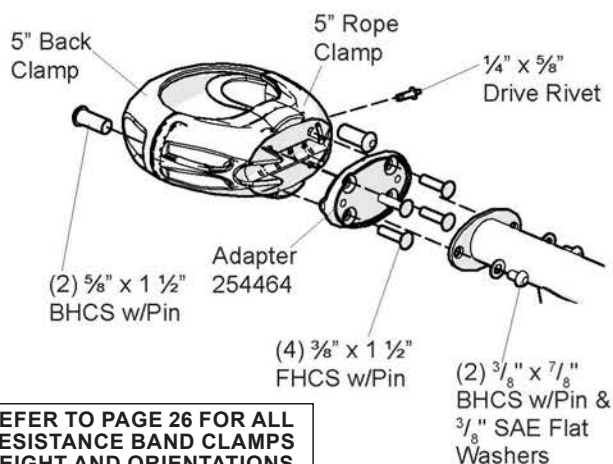
**DETAIL
SEAT & BACK SUPPORT
ATTACHMENT**



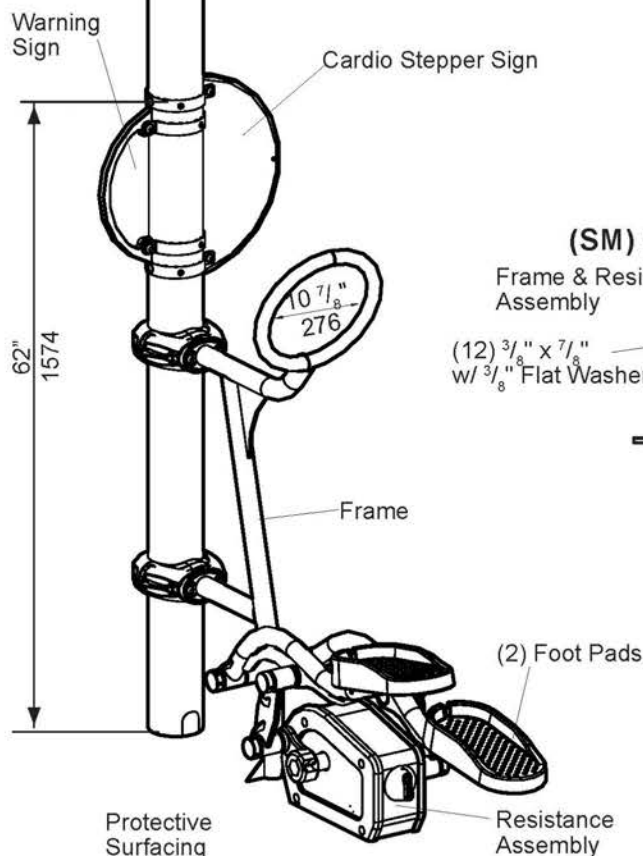
HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

CARDIO STEPPER

DETAIL FRAME/CLAMP ATTACHMENT

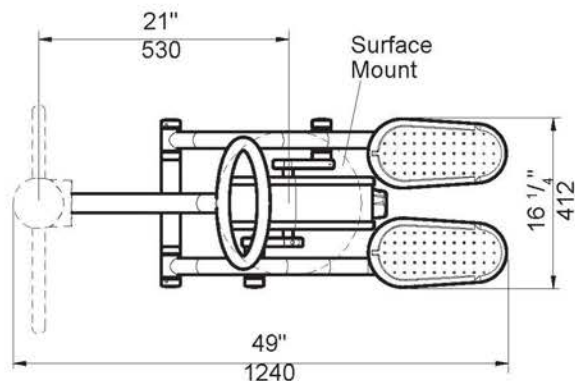


REFER TO PAGE 26 FOR ALL
RESISTANCE BAND CLAMPS
HEIGHT AND ORIENTATIONS

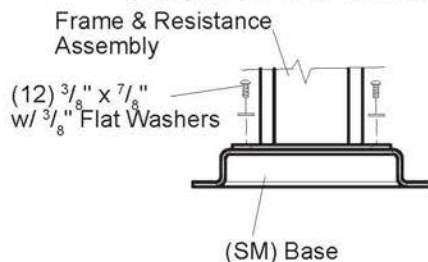


NOTE: When clamps are back to back on post, clamp can be placed below the clamp. Adjust clamps as needed.

PLAN VIEW/FOOTING LAYOUT



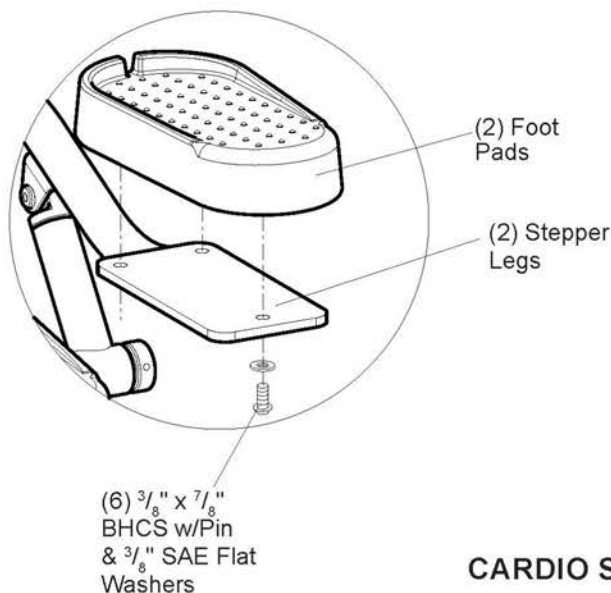
DETAIL (SM) BASE ATTACHMENT



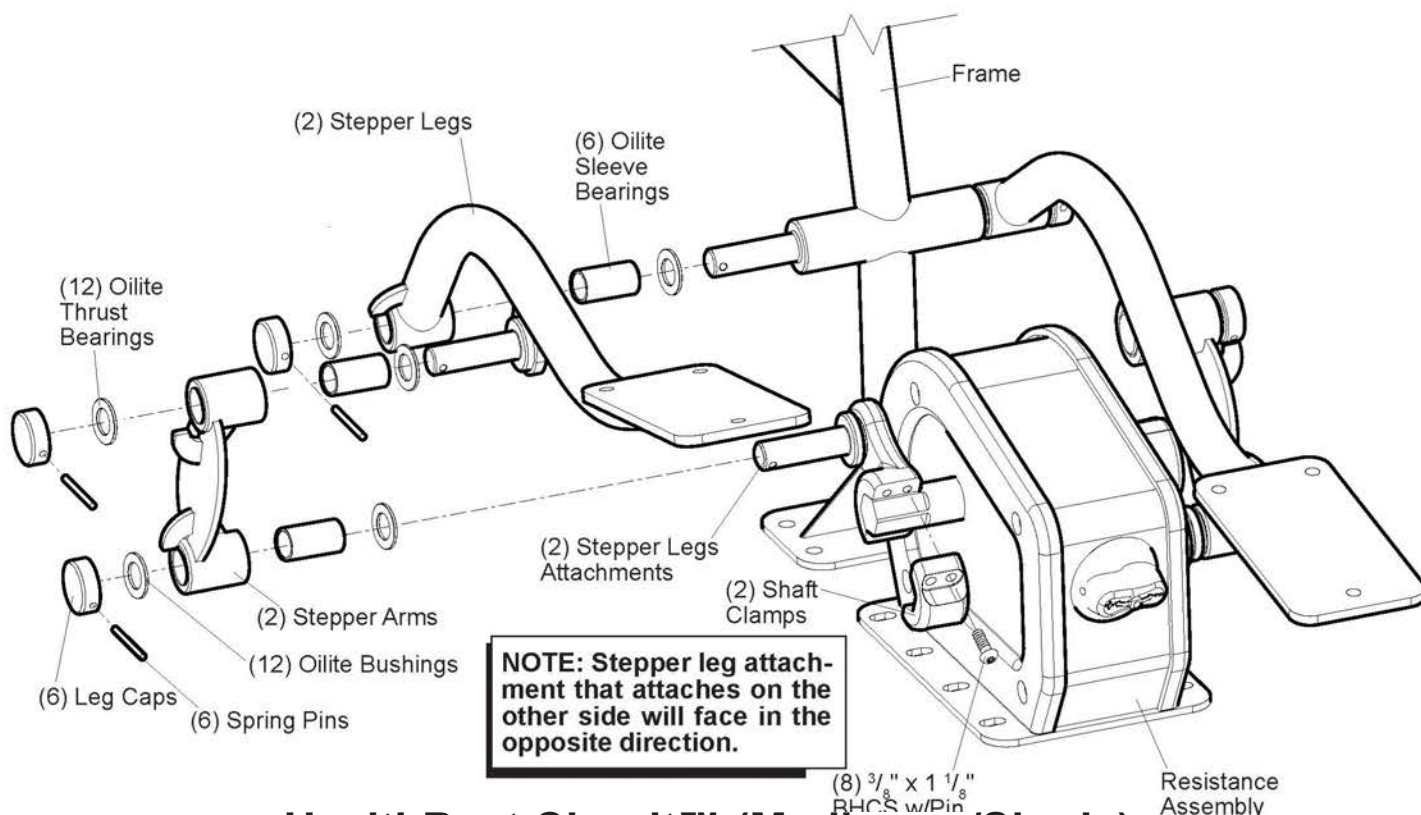
HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

CARDIO STEPPER, CONTINUED

DETAIL FOOT PAD ATTACHMENT



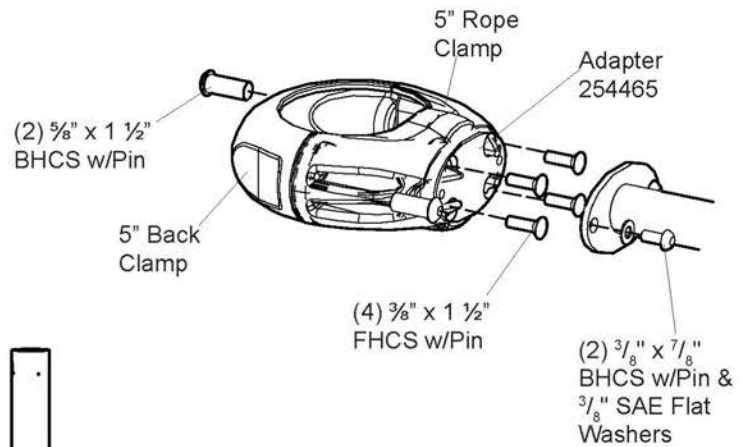
DETAIL CARDIO STEPPER ASSEMBLY



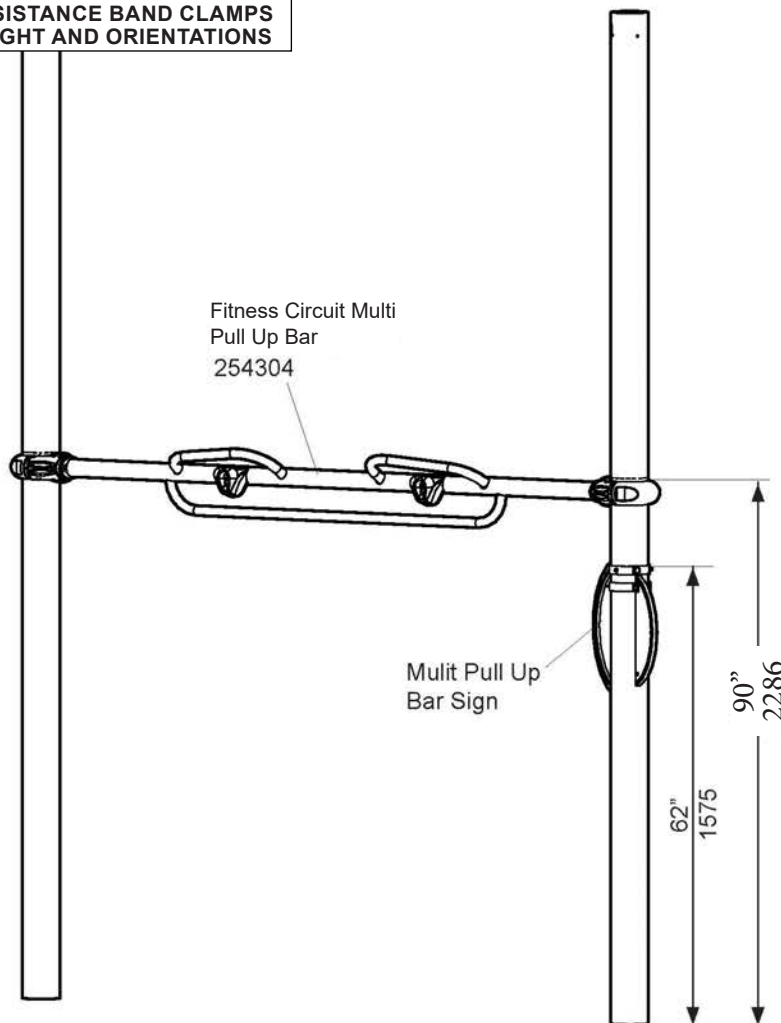
HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

MULTI PULL UP BAR

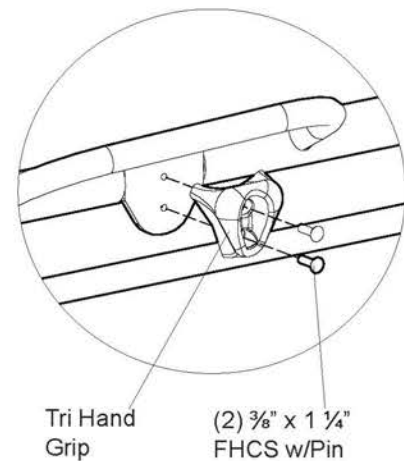
DETAIL FRAME/CLAMP ATTACHMENT



REFER TO PAGE 26 FOR ALL
RESISTANCE BAND CLAMPS
HEIGHT AND ORIENTATIONS



DETAIL TRI HGRIP ATTACHMENT

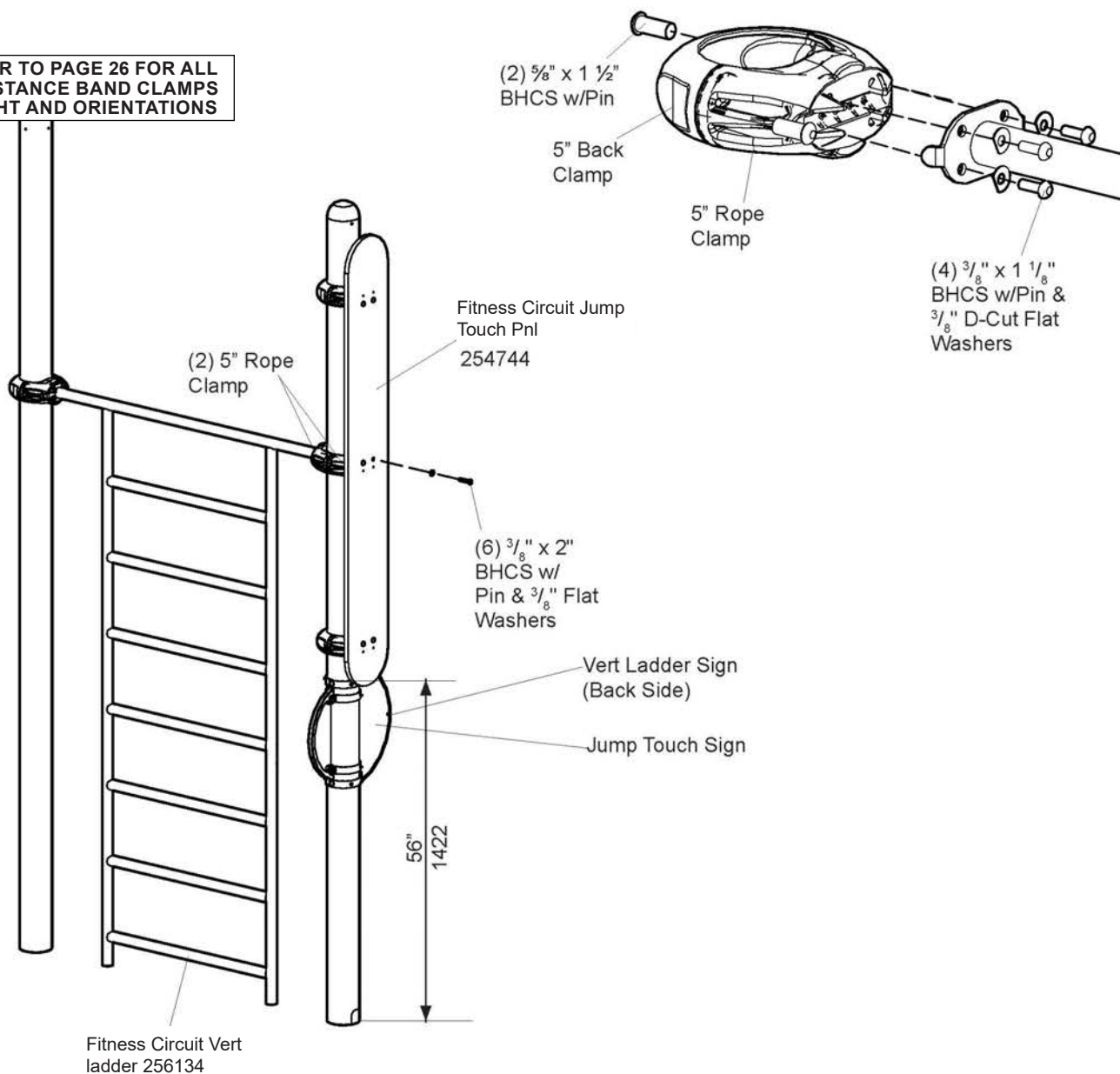


HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

VERT LADDER/JUMP TOUCH PANEL

DETAIL FRAME/CLAMP ATTACHMENT

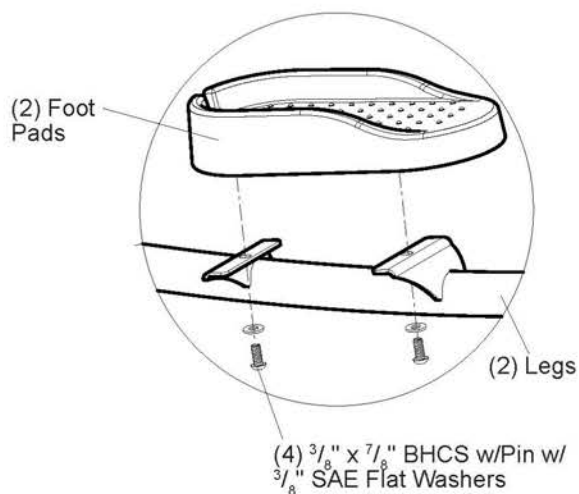
REFER TO PAGE 26 FOR ALL
RESISTANCE BAND CLAMPS
HEIGHT AND ORIENTATIONS



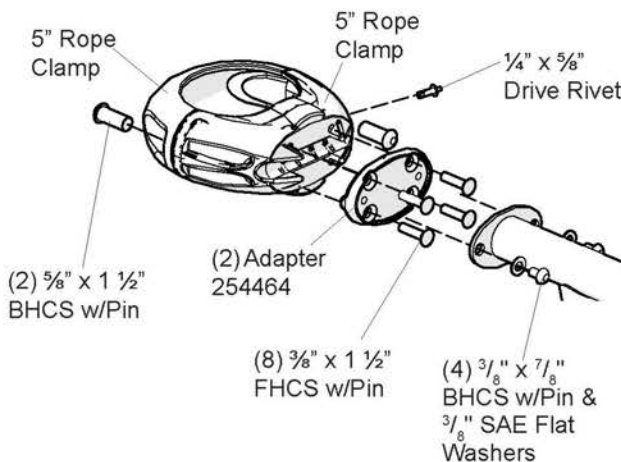
HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

ELLIPTICAL & HAND CYCLER

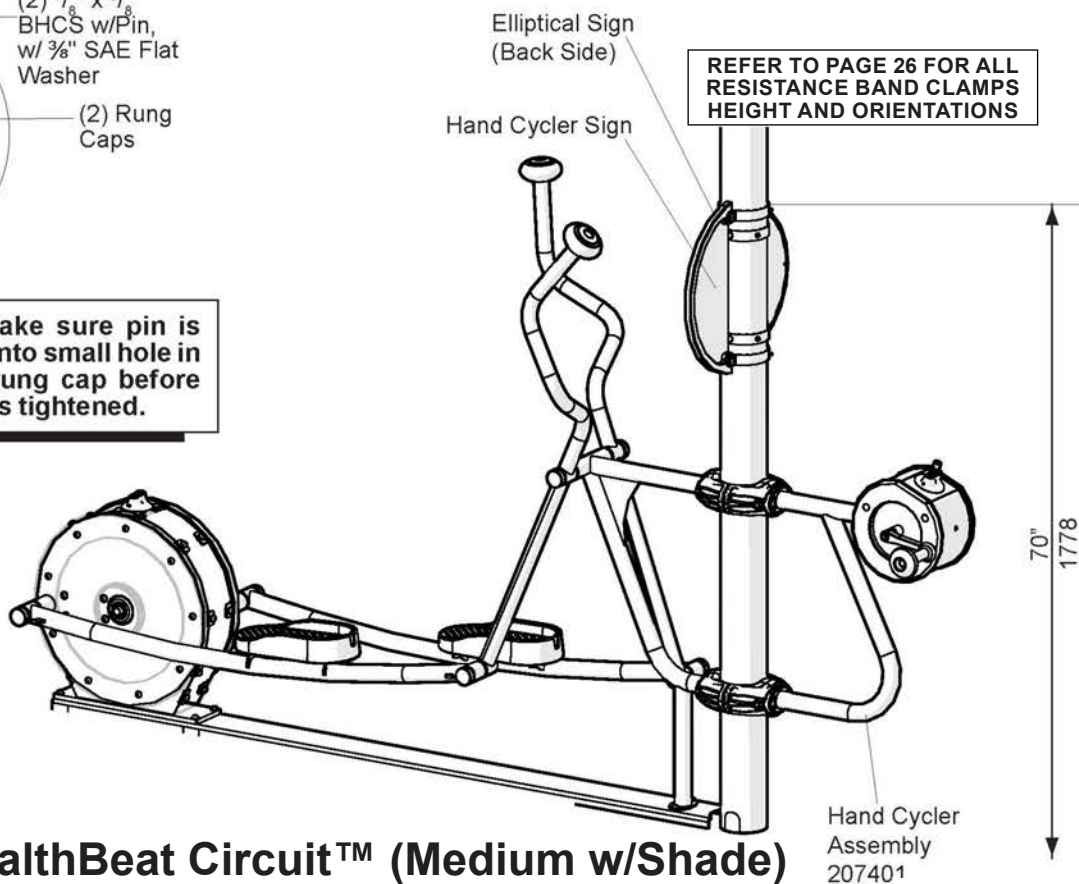
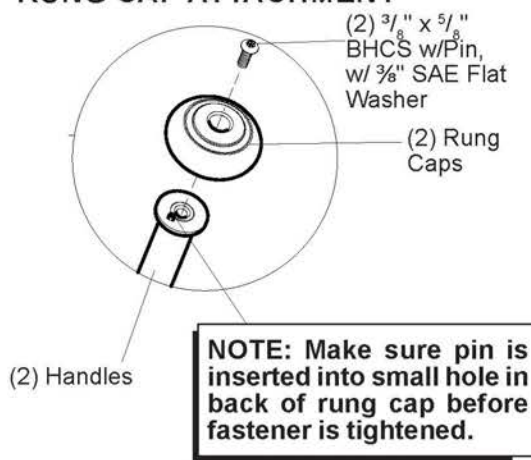
DETAIL FOOT PAD ATTACHMENT



DETAIL FRAME/CLAMP ATTACHMENT

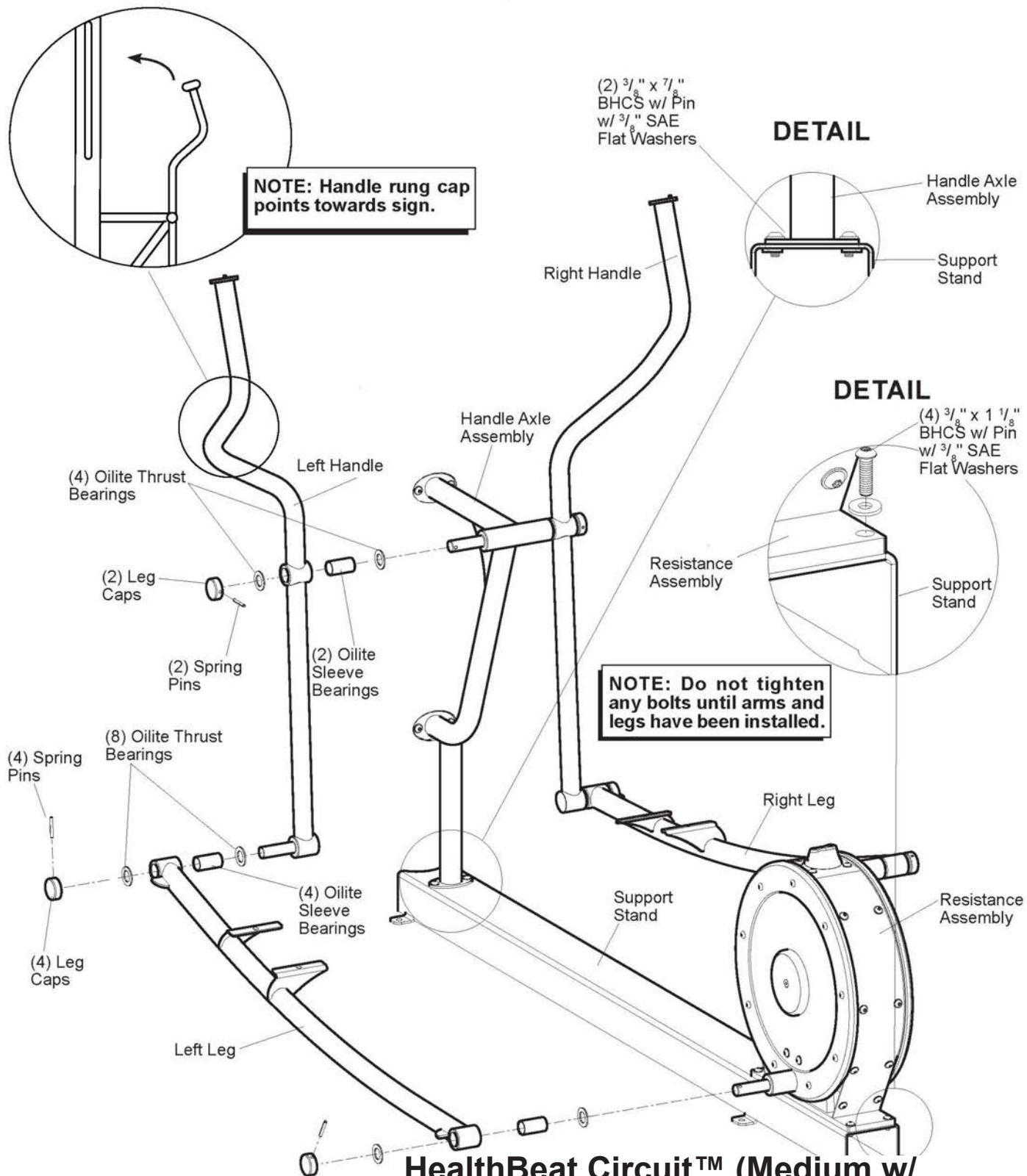


DETAIL RUNG CAP ATTACHMENT



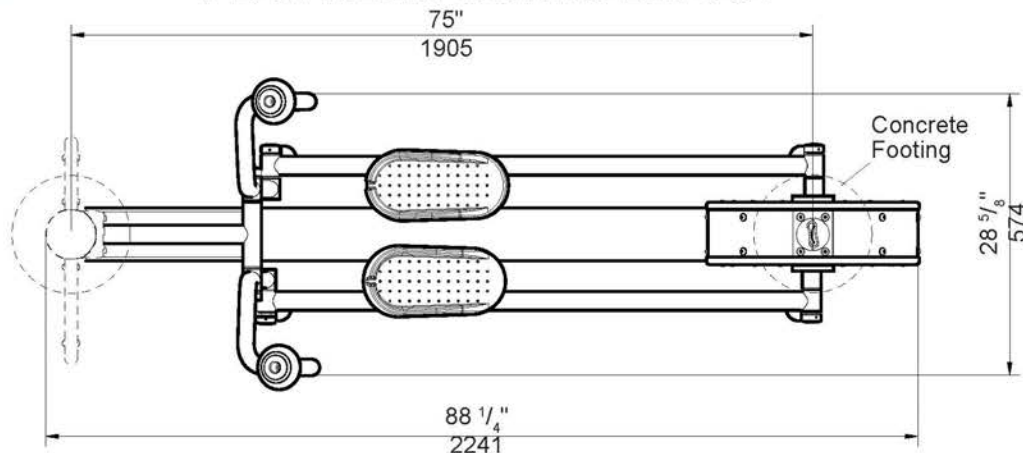
HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

ELLIPTICAL, CONTINUED

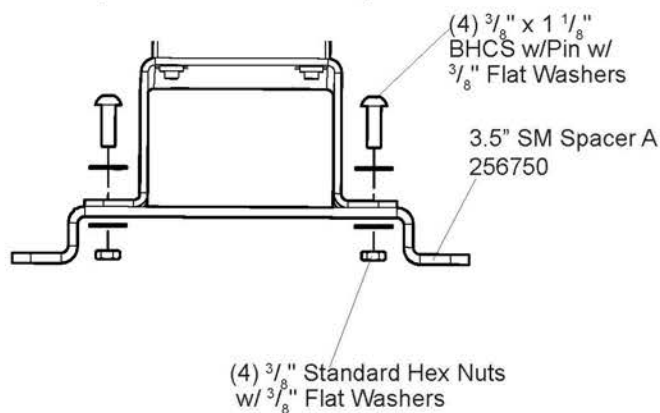


HealthBeat Circuit™ (Medium w/ Shade) Outdoor Fitness Park

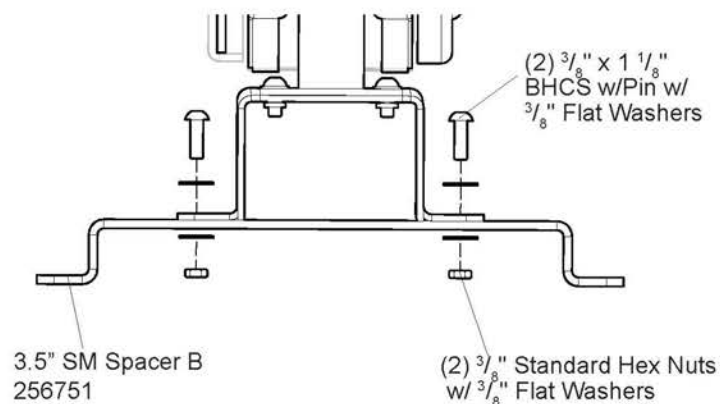
PLAN VIEW/FOOTING LAYOUT



**DETAIL
SURFACE MOUNT
(REAR BASE FOOTER)**

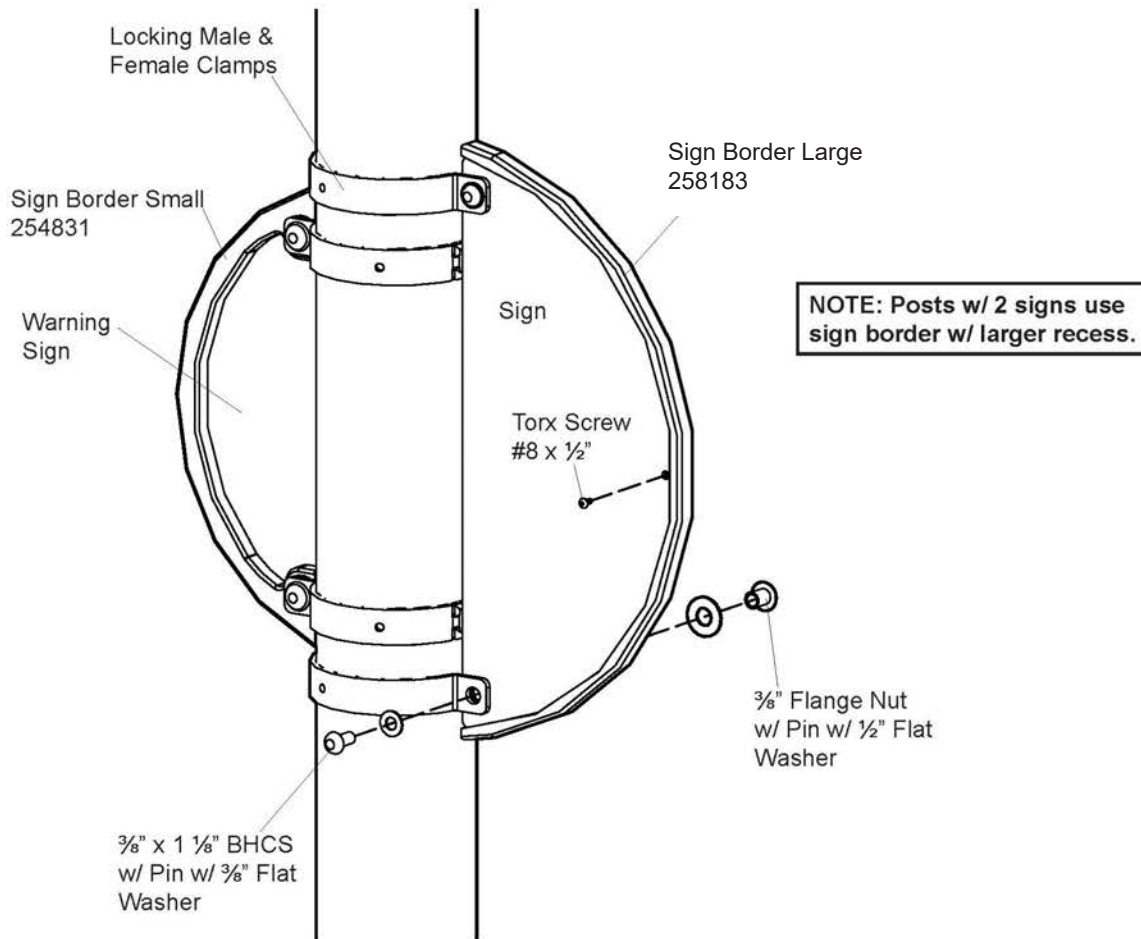


**DETAIL
SURFACE MOUNT
(FRONT BASE FOOTER)**



**HealthBeat Circuit™ (Medium w/Shade)
Outdoor Fitness Park**

TYPICAL SIGN ATTACHMENT

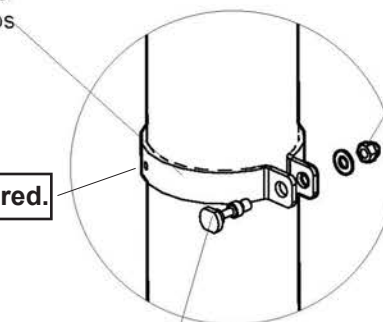


HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

**DETAIL
RESISTANCE BANDS**

Locking Male & Female Clamps

NOTE: Rivets not required.

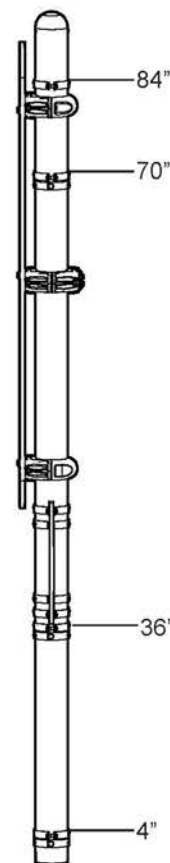


3/8" Pin Resistance
Band Thread

**IMPORTANT: DO NOT
USE IMPACT DRIVER.**

NOTE: The following dimensions
are from finished grade. Adjust
clamps as needed.

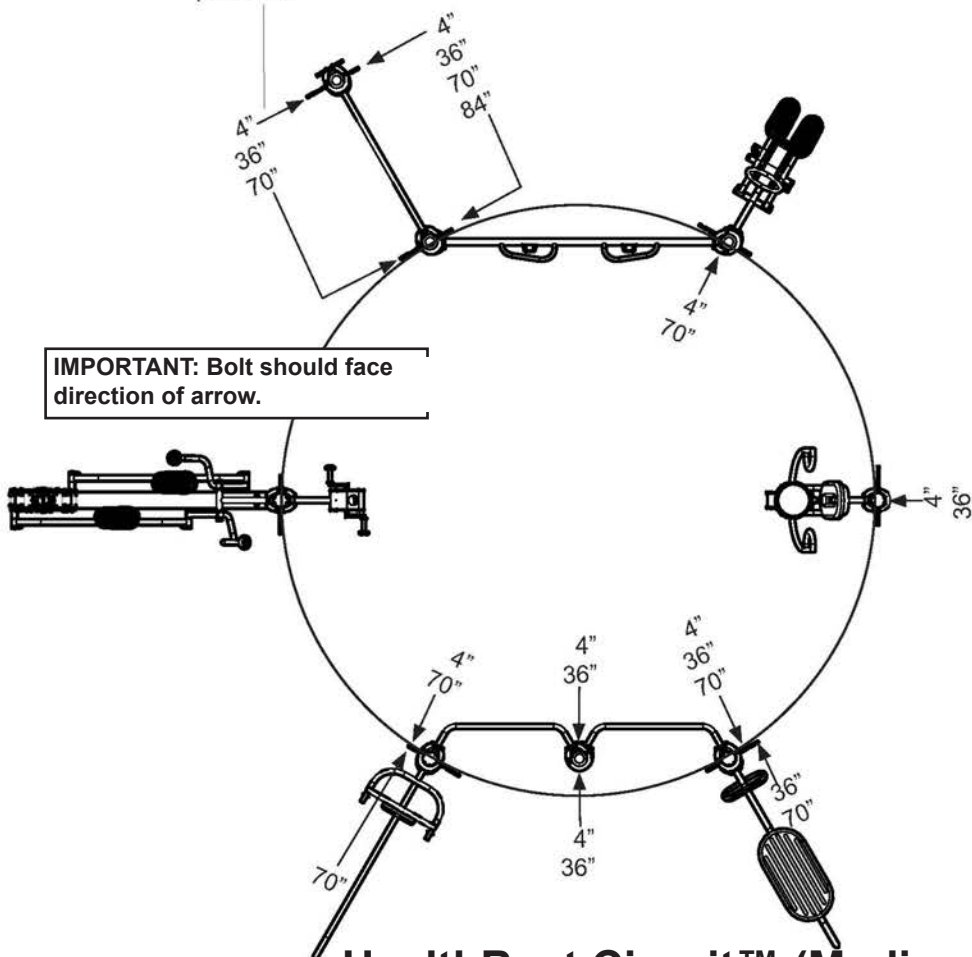
Example Post



Finished Grade

**TOP VIEW
RESISTANCE BAND DIMENSIONS/
LOCATIONS**

See example
post detail

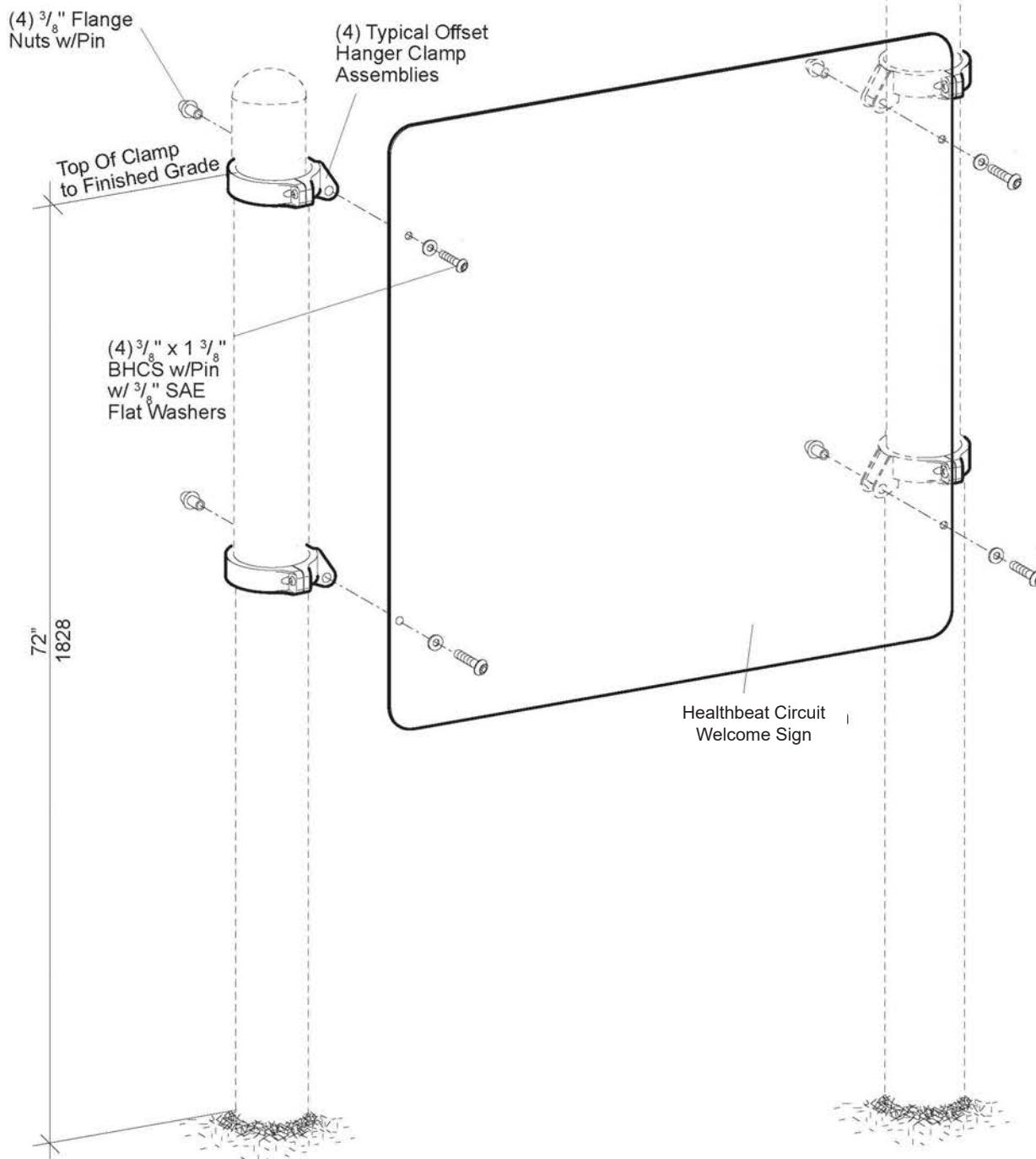


**IMPORTANT: Bolt should face
direction of arrow.**

NOTE: Two dimensions per post
indicates that there should be
two resistance bands stacked.
Note orientation of clamps are
180° from each other.

**HealthBeat Circuit™ (Medium w/
Shade) Outdoor Fitness Park**

WELCOME SIGN



NOTE: Due to the possibility of scratching, it is important to leave packaging on panel until immediately prior to installation.

HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

WELCOME SIGN

landscape structures® FITLOT OUTDOOR FITNESS PARK

ARMS

CORE

LOWER BODY

CARDIO

STRETCHES

landscape structures® FITLOT OUTDOOR FITNESS PARK

HealthBeat Circuit™

Outdoor Fitness Park Activated by FitLot

For Ages 13+

A healthy community starts here.

HealthBeat Circuit™ is designed for beginners, intermediate and advanced users and targets cardiovascular health, muscle strength, balance and flexibility.

BEFORE YOU START

- WARM UP BEFORE TRAINING
- WORK LARGER MUSCLE GROUPS BEFORE SMALLER MUSCLE GROUPS
- INCORRECT FORM MAY RESULT IN INJURIES
- STRETCH AFTER TRAINING

Please scan the QR codes for instructional videos and visit FitLot.org/FitKit to order your own set of FitKit resistance bands.

CHEST

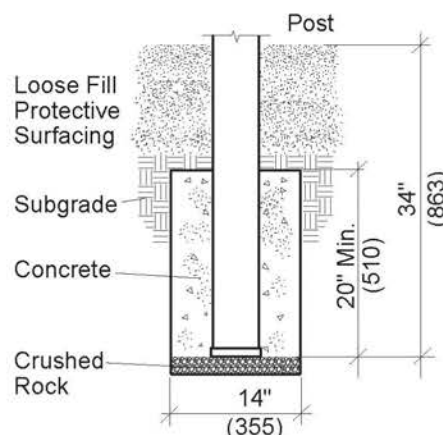
BACK

SHOULDERS

STRETCHES

FITLOT OUTDOOR FITNESS PARK

DETAIL DIRECT BURY



HealthBeat Circuit™ (Medium w/Shade) Outdoor Fitness Park

Specifications

Fasteners:	Primary fasteners shall be socketed and pinned tamperproof in design, stainless steel (SST) per ASTM F 879 unless otherwise indicated (see specific product installation/specifications).
Installation Time:	Approx. 162 man hours
Concrete:	Approx. 28 cu. yd.
Equipment Weight:	1,680 lbs.
Shade Weight:	2,300 lbs.
Actual Size:	43' diameter
Fall Height:	8'