SAFETY NOTE
Choose a protective surfacing material that has a Critical Height Value of at least the height of the Highest Accessible Part/Fall Height of the adjacent equipment. (Ref. ASTM F1487.)

NOTE: Shade and columns provided by SkyWays.

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

Unitary

Rebar

Concrete

Compacted Aggregate

SHADE COLUMN ANCHORING DETAIL

3/4" x 8 (MIN.) Anchor Bolt w/ Leveling Nut & Washers

Grout Between Plate & Pier

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

Page 2
SURFACING REQUIREMENTS

CENTER OF STRUCTURE
CENTER OF CONCRETE PAD

15 1/8"

0.494 13/16"

EQUIPMENT

25 5"

30' 3"

39' 7"

24 3/8"

CENTER OF STRUCTURE
CENTER OF CONCRETE PAD

36"

76 3/8"

20 5/8"

68 11/16"

56"

57 7/8"

76 1/16"

28 5/8"

66"
HealthBeat Circuit™ (Medium w/Shade)
Outdoor Fitness Park

SAFETY NOTE
Choose a protective surfacing material that has a Critical Height Value of at least the height of the highest accessible part fall height of adjacent equipment. (Ref. ASTM F1487)
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) Un screw 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

Page 6
Concrete must be 3 ½” above the concrete pad to account for 3 ½” unitary surfacing.

HealthBeat Circuit™ (Medium w/Shade)
Outdoor Fitness Park
**CONCRETE SLAB SPECS**
- Base under slab to be 4" of compacted crushed aggregate over a stable subgrade.
- 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

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**SAFETY NOTE**
Choose a protective surfacing material that has a Critical Height Value of at least the height of the Highest Accessible Part/Pail Height of the adjacent equipment. (Ref: ASTM F1487)

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**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 1/2" diameter drill bit, drill holes to a depth of 3 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 3/8" x 1 3/4" hex head bolt into anchor. Hammer anchor into hole until flush with concrete surface. Remove 3/8" x 1 3/4" hex head bolt from anchor. (5) NOTE: A 2 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 3/8" x 1 1/4" BHCS w/Pin limited thread with 3/8" flat washers. (6)

9) Always wear safety glasses. Use only solid carbide tipped drill bits.

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

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

Top of Clamp to Top of Clamp

Dip Bar Sign

Fitness Support Roto 160591

Fitness Circuit Dip Bars 256135

(4) 1/4" x 1/4" Drive Rivets

(2) Fitness Circuit Dip Bar 256136

Top of Clamp to Finished Grade

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

DETAIL
FRAME/CLAMP ATTACHMENT

健康心率回路™（中等宽度带遮阳篷）户外健身公园

SAFETY NOTE

Choose a protective surfacing material that has a Critical Height Value of at least the height of the Highest Accessible Part (HAP) Height of the adjacent equipment. (Ref. ASTM F4897)

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

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

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

NOTE: Make sure Sit-Up Footrest is level before tightening fasteners.
SAFETY NOTE
Choose a protective surfacing material that has a Critical Height Value of at least the height of the Highest Accessible Part-Rail Height of the adjacent equipment. (Ref. ASTM F487)

PLAN VIEW/FOOTING LAYOUT

Top Of Sit-Up Footrest

Top Of Bench

DETAIL
(SM) BASE ATTACHMENT

(2) 3/4" x 1 1/4" BHC's w/Pln w/ 3/8" Flat Washers
3.5" SM Spacer 255380

(2) 3/8" Standard Hex Nuts w/ 3/8" Flat Washers

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

PLAN VIEW/FOOTING LAYOUT

DETIAL
(SM) BASE ATTACHMENT

(2) 5/8" x 1 1/2" BHCS w/ Pin w/ 3/8" Flat Washers
3.5" SM Spacer
265360
(2) 5/8" Standard Hex Nuts w/ 3/8" Flat Washers

HealthBeat Circuit™ (Medium w/ Shade) Outdoor Fitness Park
REFER TO PAGE 26 FOR ALL RESISTANCE BAND CLAMPS HEIGHT AND ORIENTATIONS

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

SAFETY NOTE
Choose a protective surfacing material that has a Critical Height Value of at least the height of the Highest Accessible Part. (Ref. ASTM F487)
CARDIO STEPPER

DETAIL
FRAME/CLAMP ATTACHMENT

5" Back Clamp
5" Rope Clamp
¼" x ½" Drive Rivet
(2) ¾" x 1 ½" BHCS w/Pin
Adapter 254464
(4) ¾" x 1 ½" FHCS w/Pin
(2) ½" x ½" BHCS w/Pin &
½" SAE Flat Washers

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

Refer to Page 26 for all resistance band clamps height and orientations.

HealthBeat Circuit™ (Medium w/Shade)
Outdoor Fitness Park
CARDIO STEPPER, CONTINUED

DETIAL
FOOT PAD ATTACHMENT

(2) Foot Pads
(2) Stepper Legs

(6) 3/8" x 7/8"
BHCS w/Pin
& 3/8" SAE Flat Washers

DETIAL
CARDIO STEPPER ASSEMBLY

(2) Stepper Legs
(6) Oilite Sleeve Bearings
(12) Oilite Thrust Bearings
(2) Stepper Arms
(12) Oilite Bushings
(6) Leg Caps
(6) Spring Pins
(2) Stepper Legs Attachments
(2) Shaft Clamps

NOTE: Stepper leg attachment that attaches on the other side will face in the opposite direction.

HealthBeat Circuit™ (Medium w/Shade)
Outdoor Fitness Park
MULTI PULL UP BAR

DETAIL
FRAME/CLAMP ATTACHMENT

5' Back Clamp

(2) 3/4" x 1 1/2"
BHCS w/Pin

5' Rope Clamp

Adapter 254465

(4) 3/8" x 1 1/2"
FHCS w/Pin

(2) 1/4" x 7/8"
BHCS w/Pin &
3/16" SAE Flat Washers

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

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

Detail
TRI HGRIP ATTACHMENT

Tri Hand Grip

(2) 3/4" x 1 1/4"
FHCS w/Pin

Fitness Circuit Multi Pull Up Bar
254304

Mult Pull Up Bar Sign

90"
2286
62"
18/6
Fitness Circuit™ Jump Touch Panel

Refer to Page 26 for all resistance band clamps height and orientations.

Detail
Frame/Clamp Attachment

- (2) ¾" x 1 ½" BHCS w/Pin
- 5" Back Clamp
- 5" Rope Clamp
- (4) ¾" x 1 ½" BHCS w/Pin & ¾" D-Cut Flat Washers

Fitness Circuit Jump Touch Pnl 254744

Vert Ladder Sign (Back Side)

Jump Touch Sign

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

DETAIL
FOOT PAD ATTACHMENT
(2) Foot Pads
(2) Legs
(4) 3/8" x 7/8" BHCS w/ Pin w/ 3/8" SAE Flat Washers

DETAIL
FRAME/CLAMP ATTACHMENT
5" Rope Clamp
(2) 3/8" x 1 1/2" BHCS w/ Pin
(2) Adapter 254464
1/4" x 5/8" Drive Rivet
(8) 3/8" x 1 1/2" FHCS w/ Pin
(4) 3/8" x 7/8" BHCS w/ Pin & 3/8" SAE Flat Washers

DETAIL
RUNG CAP ATTACHMENT
(2) 3/8" x 7/8" BHCS w/ Pin, w/ 3/8" SAE Flat Washer
(2) Rung Caps
(2) Handles

NOTE: Make sure pin is inserted into small hole in back of rung cap before fastener is tightened.

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

Hand Cycler Sign
Elliptical Sign (Back Side)
Hand Cycler Assembly 207401

SAFETY NOTE
Choose a protective surfacing material that has a Critical Height Value of at least the Height of the Highest Accessible Part Fall Height of the adjacent equipment. (Ref. ASTM F1487)
NOTE: Handle rung cap points towards sign.

NOTE: Do not tighten any bolts until arms and legs have been installed.
PLANT VIEW/FOOTING LAYOUT

75"
1905

Concrete Footing

28.9'
57.4

88 1/2"
2241

DETAIL
SURFACE MOUNT
(REAR BASE FOOTER)

(4) 3/4" x 1 1/2" BHCS w/ Pin w/ 3/8" Flat Washers
3.5'' SM Spacer A
256750

(4) 3/8" Standard Hex Nuts w/ 3/8" Flat Washers

DETAIL
SURFACE MOUNT
(FRONT BASE FOOTER)

(2) 3/4" x 1 1/4" BHCS w/ Pin w/ 3/8" Flat Washers
3.5'' SM Spacer B
256751

(2) 3/8" Standard Hex Nuts w/ 3/8" Flat Washers

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

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Page 24
TYPICAL SIGN ATTACHMENT

- Locking Male & Female Clamps
- Sign Border Small 254831
- Warning Sign
- Sign Border Large 258183

NOTE: Posts w/ 2 signs use sign border w/ larger recess.

- Torx Screw #8 x ½"
- ¾" Flange Nut w/ Pin w/ ½" Flat Washer
- ¾" x 1 ¼" BHCS w/ Pin w/ ½" Flat Washer

HealthBeat Circuit™ (Medium w/Shade)
Outdoor Fitness Park
NOTE: Rivets not required.

IMPORTANT: DO NOT USE IMPACT DRIVER.

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

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

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

<table>
<thead>
<tr>
<th><strong>Fasteners:</strong></th>
<th>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).</th>
</tr>
</thead>
</table>

### 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’