



**NORWELL** JR.  
OUTDOOR FITNESS

AGES  
8 to 14

INSTALLATION MANUAL

# INSTALLATION MANUAL · IN-GROUND



Dig holes according to positions on drawings (see following pages).



Dimensions of holes:  
e.g. 50 x 50 x 75 cm (see below).



Fill with concrete (EN 206-1) leaving a depth of e.g. 25/40 cm (see below). Dry for approx. 6-7 days.



Drill bolt holes with a concrete hammer.



Mount the M12/M16 concrete anchors.



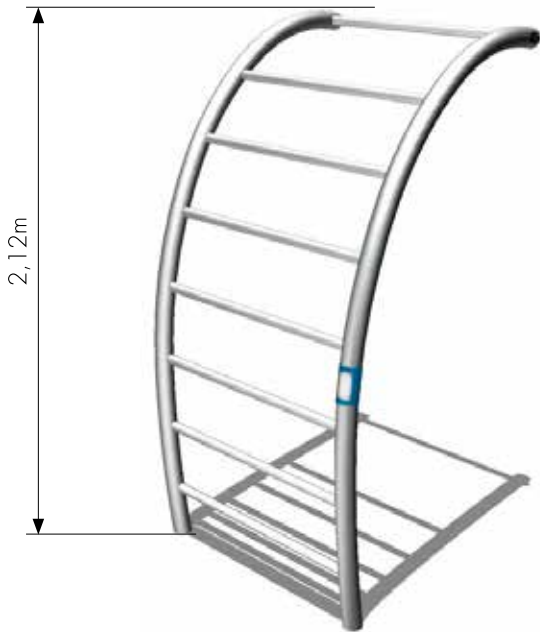
Tighten the anchors (M12 = 90 N/m and M16 = 120 N/m).



Make sure the fitness station is stable and properly fastened before filling with dirt to the surface.

STATION	DEPTH of hole	LENGTH of hole	WIDTH of hole	DEPTH above concrete	CONCRETE ANCHORS
NWJR101 Chest	0,75m	0,60m	0,70m	0,25m	4 x M16
NWJR102 Back	0,75m	0,60m	0,70m	0,25m	4 x M16
NWJR103 Sit Up	0,75m	0,50m	0,50m	0,25m	8 x M12
NWJR104 Pull Up	0,75m	1,00m	0,70m	0,25m	8 x M16
NWJR105 Bar	0,75m	0,50m	0,50m	0,25m	8 x M12
NWJR201 Double Air Walker	0,75m	0,50m	0,50m	0,25m	24 x M12
NWJR202 Cross	0,90m	0,60m	0,70m	0,40m	4 x M16
NWJR203 Hip	0,75m	0,50m	0,50m	0,25m	8 x M12
NW501 Bench	0,75m	0,50m	0,50m	0,25m	16 x M12
NW502 Pingpong	0,75m	0,50m	0,50m	0,25m	16 x M12
NWJR503 Sign	0,75m	0,50m	0,50m	0,25m	8 x M12

## NWJR104 Junior Pull Up



See separate page with the preparatory work for in-ground installation.

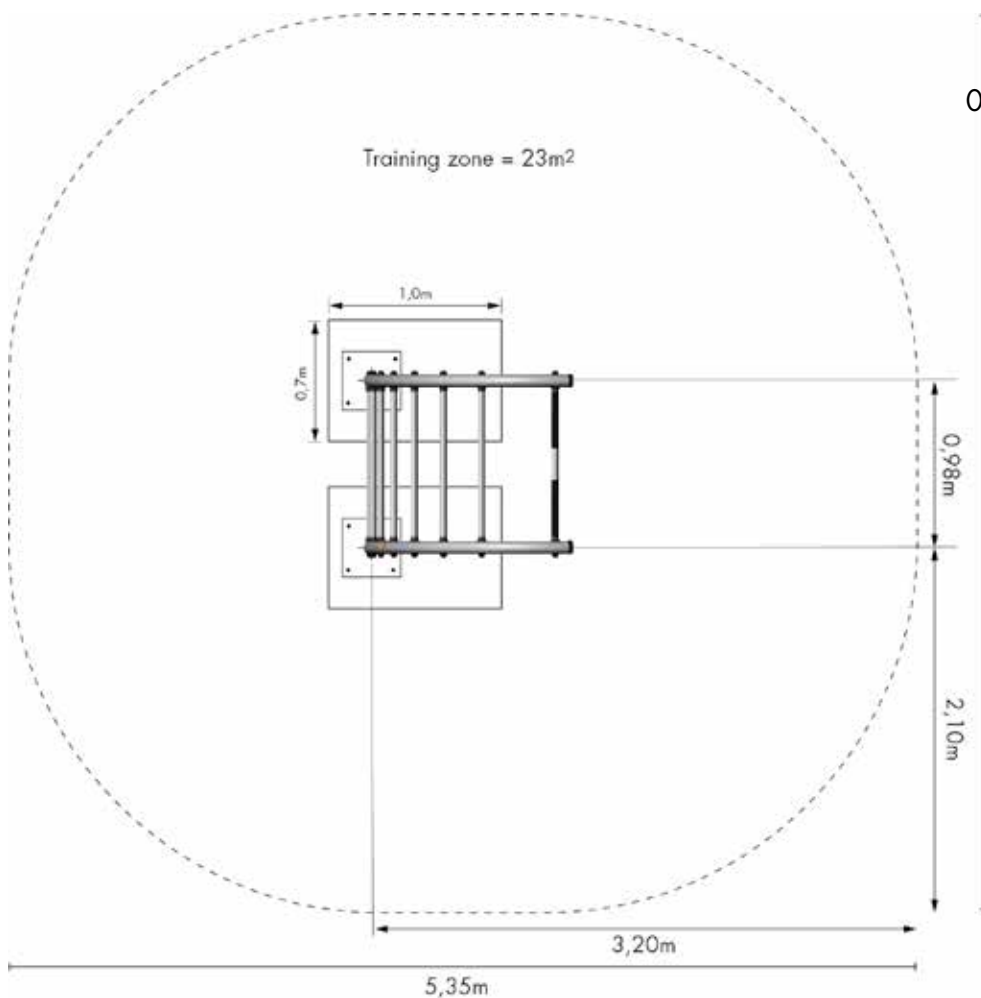
- Install onto 2 concrete blocks.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

**PART LIST:**  
8 x M16

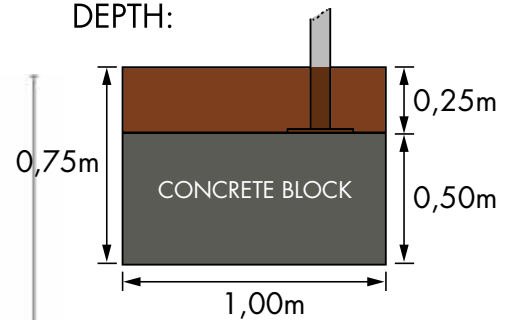


**BASE PLATE:**  
40 x 40cm / 16" x 16"

### POSITION AND TRAINING ZONE:



### DEPTH:





Make sure the surface is clean and leveled.



Place the stations according to positions on drawings (see the following pages). Drill bolt holes with a concrete hammer.



Mount the M12/M16 bolts.

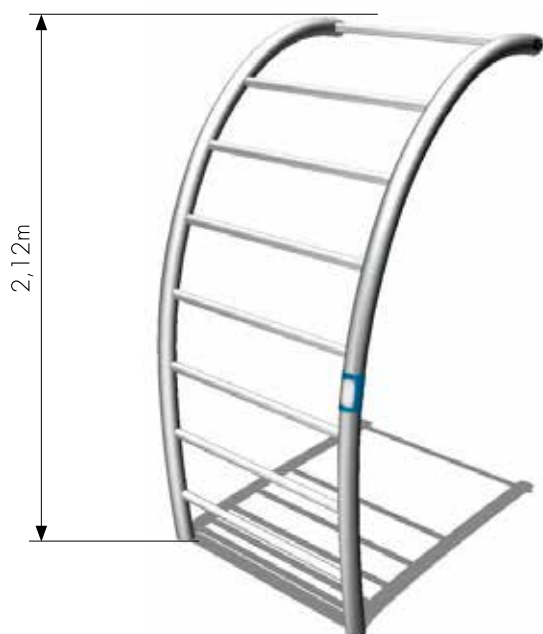


Tighten the bolts (M12 = 90 N/m and M16 = 120 N/m), and cover with the surface material chosen.

STATION	BOLTS NUMBER & SIZE
NWJR101 Chest	4 x M16
NWJR102 Back	4 x M16
NWJR103 Sit Up	8 x M12
NWJR104 Pull Up	8 x M16
NWJR105 Bar	8 x M12

STATION	BOLTS NUMBER & SIZE
NWJR201 Double Air Walker	24 x M12
NWJR202 Cross	4 x M16
NWJR203 Hip	8 x M12
NW501 Bench	16 x M12
NW502 Pingpong	16 x M12
NWJR503 Sign	8 x M12

## NWJR104 Junior Pull Up



See separate page with the preparatory work for surface mount installation.

- Install onto surface.
- Assemble and line up.
- Place on concrete.
- Mark position of bolt holes.
- Fasten each base plate with 4 x M16 bolts.

### PART LIST:

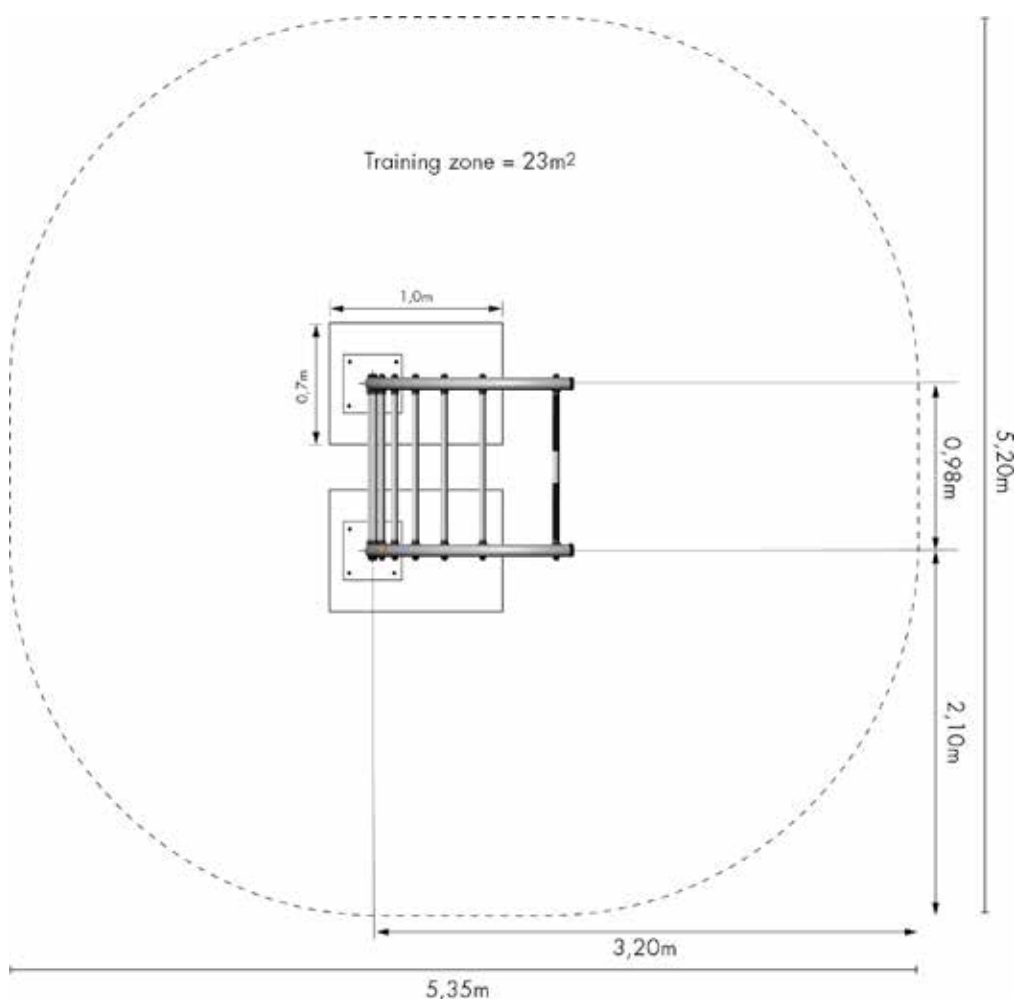
8 x M16



### BASE PLATE:

40 x 40cm

### POSITION AND TRAINING ZONE:



### CONCRETE DEPTH:

