



Dear Valued Customer

Re: Maintenance of your outdoor gym

Congratulations on your new Fresh-Air Fitness Outdoor Gym!

We trust you are happy with the installation of your new gym units and wish you many years of fun-filled exercise.

Although our product has a very low maintenance requirement, regular maintenance checks are essential to keeping the equipment safe for use and in good working order. The equipment warranty requires you to perform weekly maintenance checks and also to complete the monthly written logbook (attached below). When you complete each monthly entry you will need to file it safely as it will be required for warranty claims in the future. (Please photo copy the pages below to allow you to record each month's inspection.)

You will receive, with the equipment, a maintenance pack that contains tool fixing bits and touch up paint for upkeep of the units. If you have not received this, please contact us and we will arrange for one to be sent.

All replacement parts can be purchased from us directly. You can purchase new parts, touch-up paint or signage by emailing Fresh-Air Fitness on service@fresh-airfitness.co.uk

Yours Sincerely

Paul Martin

Managing Director

Maintenance obligations as required by our warranty terms

Weekly Checks

- General sweep up of site and litter clearing.
- Clean down surfaces. Wipe off any graffiti with anti graffiti wipes.
- Check for any damage and if there is any, **report this to Fresh-Air Fitness** with an accompanying digital photo. Ensure the equipment and outdoor-gym area is left safe for use.
- Limiters are incorporated in the bearing housings on many units. Check they are functioning correctly. (See Page 8 for instructions)

Every Calendar Month

- Use the logbook to check over each and every piece of equipment.
- Look out for trip hazards or waste deposits, broken glass etc at the site area and if necessary close down site if the hazard makes the area unsafe for public use.
- Touch-up any scuffs, or marks showing on the equipment paint surface.
- Lubricate all moving parts – check for damage due to normal wear and tear.
- Look in detail at each item of equipment in turn working from the top down & checking that all of the components are present, secure and functional.
- Check also that all plastic caps are in place, if not, replace them from tool pack items.
- Check that base covers are in place & check for any free play to the ground mounting or foundations.
- Tighten bolts and nuts – use key from tool pack as required.
- Ensure equipment is left safe for use.
- Record all details in logbook and file logbook safely for future reference and to comply with safety requirements.
- **Notify Fresh-air Fitness of any product defects.** with an accompanying digital photo. Ensure the equipment and outdoor-gym area is left safe for use.

Annual Inspection

- It is recommended that an RPII Inspector should undertake an independent annual inspection.

Maintenance Check Sheet

Task	Equipment Name	Is there a problem?	Has the problem been resolved?	Is the equipment SAFE FOR USE?
Re-paint any chips that have occurred in paint work				
Lubricate All moving parts				
Look in detail at each component making sure all components are present, secure and fully functional				
Check that all tamper caps are in place and where necessary replace them				

Maintenance Check Sheet

Continued

Task	Equipment Name	Is there a problem?	Has the problem been resolved?	Is the equipment SAFE FOR USE?
Check the limiters or resistor bearings are operating correctly				
Check for any looseness of the unit's ground fixings				
Check the base cover is fitted and not damaged.				
Tighten All nuts and bolts.				

Equipment Signage (Weekly Check)

All Fresh air Fitness equipment has two signs attached to each piece:

- Ensure there is a safety sign attached.
- Ensure there is an equipment sign attached.

Air Skier

 **CARDIO**

 **BALANCE**



Instructions

- First grasp both handrails.
- Keep knees together and gently start swinging side to side.
- When finished slowly decrease speed and come to a stop before stepping off.

Suggested exercise routine

Beginners: 25 each side
Intermediate: 50 each side
Advanced: 100 each side

*Always work within your ability.
Stop if you feel faint or dizzy.*

fresh-air fitness 
The outdoor gym specialists


www.fresh-airfitness.co.uk

Unit 2K, Albany Park, Frimley Road, Frimley, Surrey GU16 7PL



Safety Instructions
Please Note:

- This is **NOT** children's play equipment.
- Users use this equipment at their own risk.
- Minimum height for use of this equipment is 1400mm (4ft 7in).
- The equipment is intended for use by youths and adults.
- Only one person at a time at each user station.
- Read and follow the instructions on each piece of equipment before use.
- If you have any doubts about your health or fitness consult a doctor or training professional before use.
- Avoid over exertion and stop if you feel faint or dizzy.
- Keep well hydrated, particularly on warm days.
- Do not use under the influence of alcohol or drugs.
- Please use equipment with respect.
- Stand clear when equipment is in use.
- Do not use if the equipment is damaged or broken and report the damage.

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Facility Signage (If Installed) (Weekly Check)

If you have a facility sign installed:

- Ensure it is still securely fastened to the post.
- Ensure there is no visible damage
- Ensure the details in the 'In case of emergency call 999' box are still current and complete.



The image shows a sample of a safety notice sign for a Fresh Air Gym Facility. The sign has a green header with the FreshairFitness logo and tagline. Below the header, the text reads 'FRESH AIR GYM FACILITY SAFETY NOTICE'. A list of safety instructions follows, including warnings about children's play equipment, user risk, minimum height, and proper use. At the bottom, there is a box for emergency contact information, including the text 'In case of emergency, call 999' and 'This facility is located at:' followed by a blank space for the location. Below that, it says 'To contact maintenance personnel:' followed by another blank space. The footer of the sign contains the address 'Unit 2X, Albany Park, Frimley Road, Frimley, Surrey GU16 7PL' and the website 'www.fresh-airfitness.co.uk'.

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**FRESH AIR GYM FACILITY
SAFETY NOTICE**

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- Keep well hydrated, particularly on warm days.
- Do not use under the influence of alcohol or drugs.
- Please use equipment with respect.
- Stand clear when equipment is in use.
- Do not use if the equipment is damaged or broken and report the damage.

In case of emergency, call 999
This facility is located at:

To contact maintenance personnel:

Unit 2X, Albany Park, Frimley Road, Frimley, Surrey GU16 7PL. www.fresh-airfitness.co.uk

Limiters (Weekly Check)

(Air Skier, Air Walker, Children's Air Skier, Children's Double Air Walker, Children's Double Cross Country Skier, Cross Country Skier, Double Air Walker, Double Cross Country Skier)

Feel the rubber
bounce?



(Click [Here](#) to View how to check limiters)

(Click [Here](#) to view how to replace limiters)

Our Individual Products A - Z

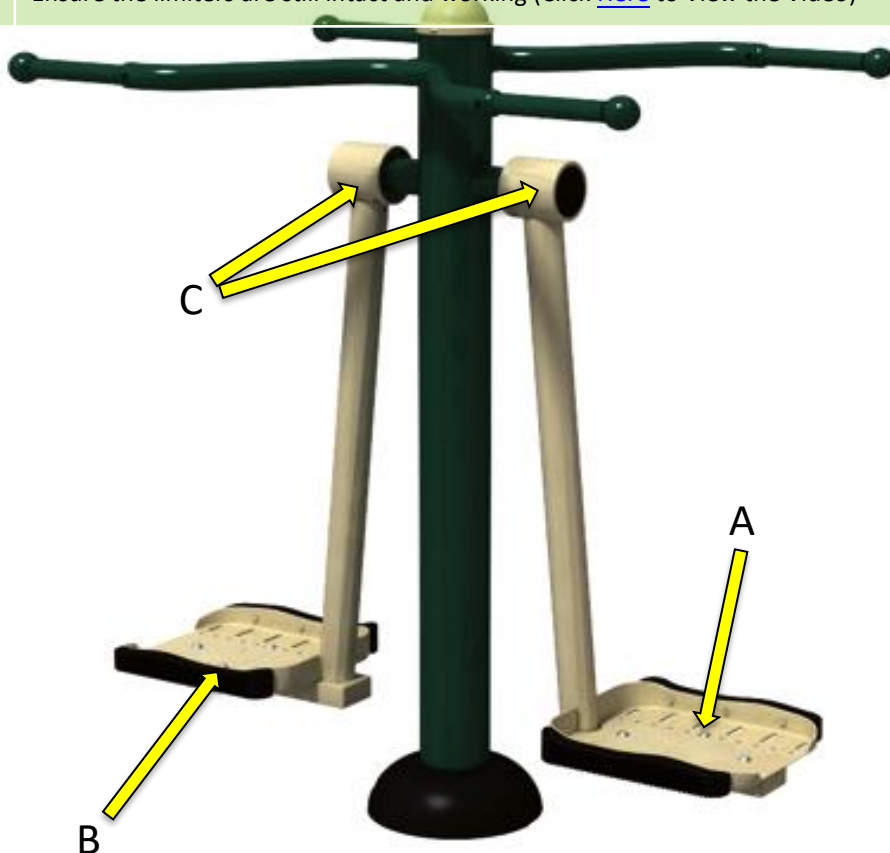
Air Skier

General maintenance requirement:

- Check all paint work for scuffs and small scratches, repair using the touch up paint provided.
- Ensure the equipment is still secure in the ground fixing.

Specific maintenance requirement:

Key	Action
A	Check all the foot rest bolts are tightened properly. If the foot rest bolts require tightening, tighten them here using a 17mm socket (4 bolts per foot rest)
B	If Impact Attenuating Edges require tightening, tighten here using the T30 tool provided in the Maintenance Kit (3 bolts per impact attenuating edge)
C	Ensure the limiters are still intact and working (Click Here to View the Video)



Balance Beams

General maintenance requirement:

- Check all paint work for scuffs and small scratches, repair using the touch up paint provided.
- Ensure the equipment is still secure in the ground fixing.



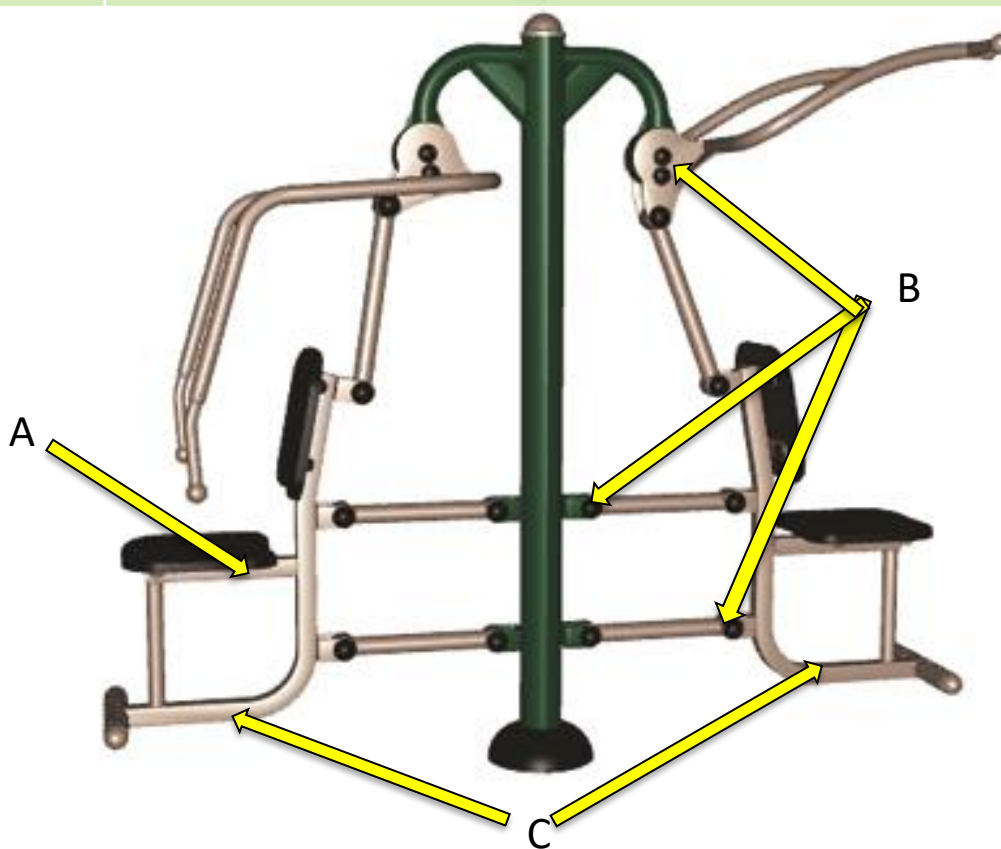
Combo Pull Down Chest Press

General maintenance requirement:

- Check all paint work for scuffs and small scratches, repair using the touch up paint provided.
- Ensure the equipment is still secure in the ground fixing.

Specific maintenance requirement:

Key	Action
A	Check all the seat and back rest bolts are tightened properly, If the seat and back rest bolts require tightening, tighten them here using a 17mm socket (4 bolts per seat and back rest)
B	Check all the link bar bolts are tightened properly, If the link bar bolts require tightening, tighten them here using a 17mm socket
C	Ensure the limiters are still intact and working by making sure the cross bars under the seats are level to the ground when the equipment is at rest.



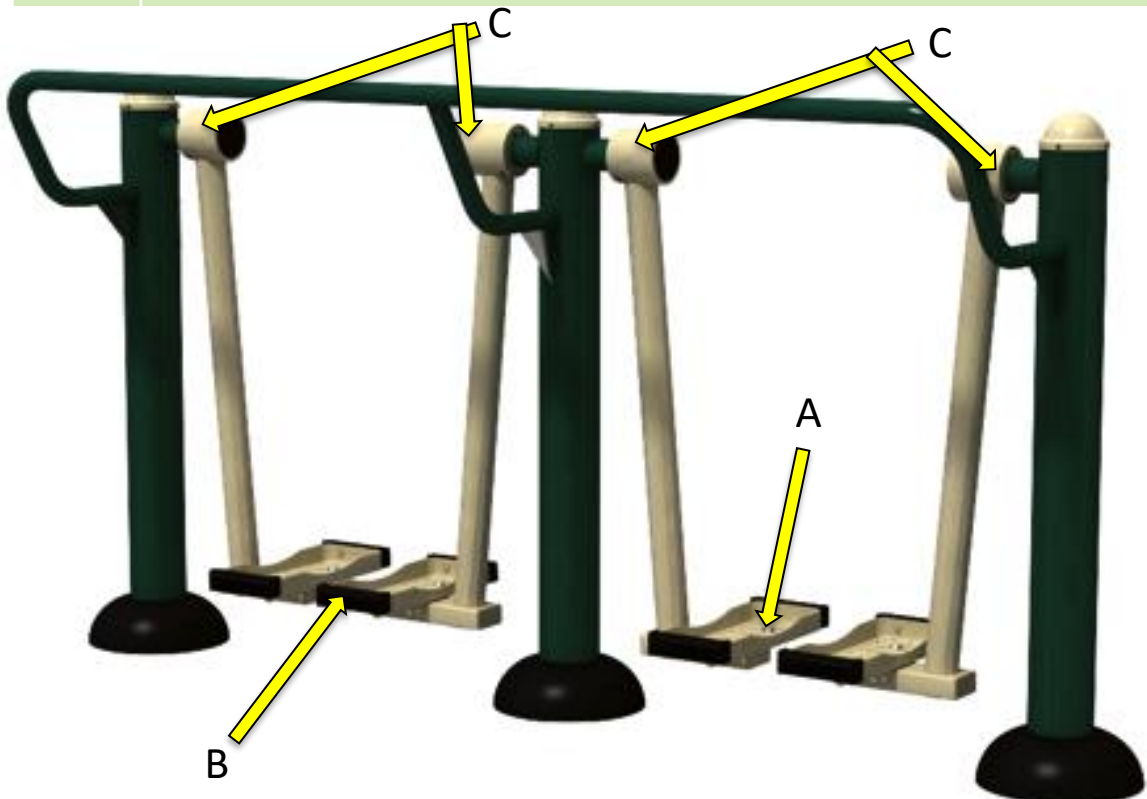
Double Air Walker

General maintenance requirement:

- Check all paint work for scuffs and small scratches, repair using the touch up paint provided.
- Ensure the equipment is still secure in the ground fixing.

Specific maintenance requirement:

Key	Action
A	Check all the foot rest bolts are tightened properly, If the foot rest bolts require tightening, tighten them here using a 17mm socket (2 bolts per foot rest)
B	If Impact Attenuating Edges require tightening, tighten here using the T30 tool provided in the Maintenance Kit (2 bolts per impact attenuating edge)
C	Ensure the limiters are still intact and working (Click Here to View the Video)



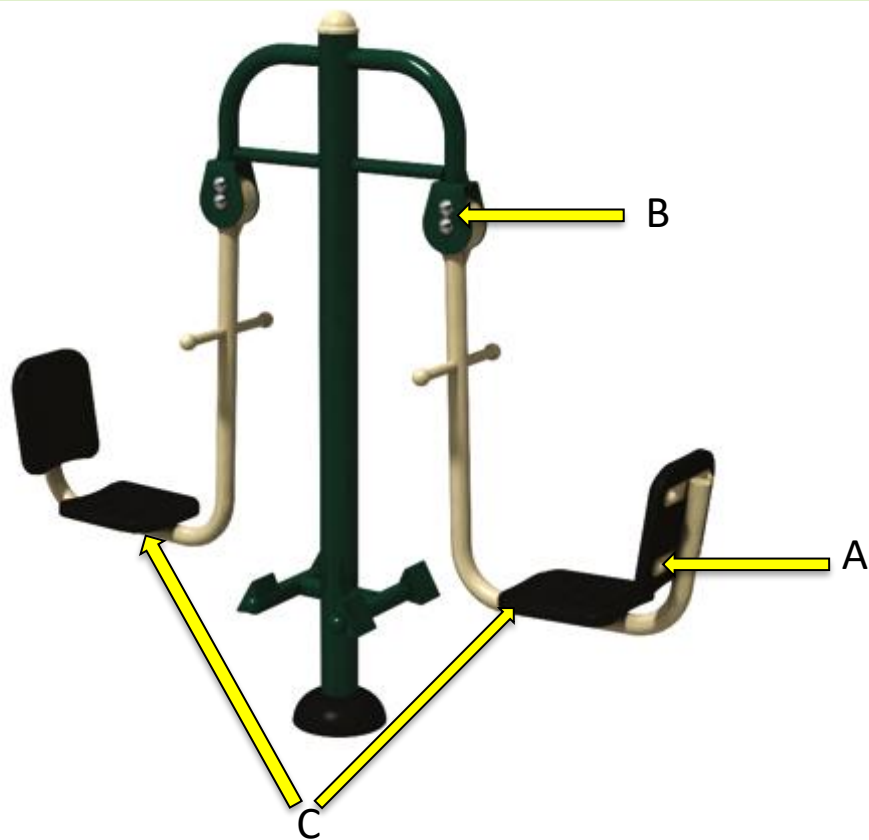
Seated Leg Press

General maintenance requirement:

- Check all paint work for scuffs and small scratches, repair using the touch up paint provided.
- Ensure the equipment is still secure in the ground fixing.

Specific maintenance requirement:

Key	Action
A	Check all the seat and back rest bolts are tightened properly, If the seat and back rest bolts require tightening, tighten them here using a 17mm socket (4 bolts per seat and back rest)
B	Check all the link bar bolts are tightened properly, If the link bar bolts require tightening, tighten them here using a 17mm socket
C	Ensure the limiters are still intact and working by making sure the cross bars under the seats are level to the ground when the equipment is at rest.



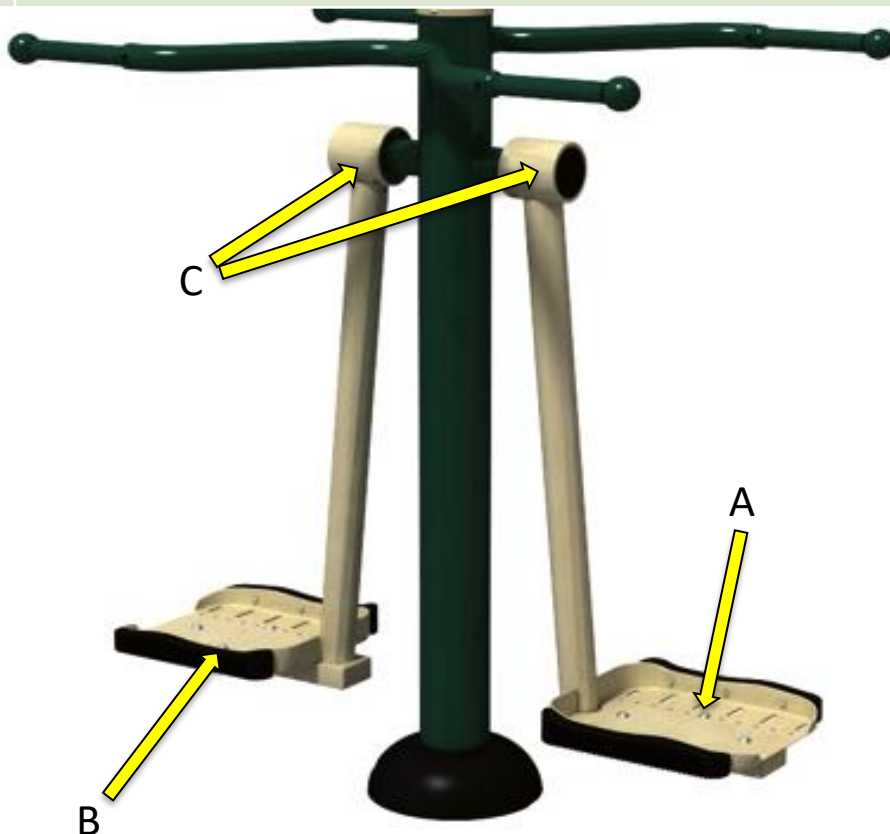
Children's Air Skier

General maintenance requirement:

- Check all paint work for scuffs and small scratches, repair using the touch up paint provided.
- Ensure the equipment is still secure in the ground fixing.

Specific maintenance requirement:

Key	Action
A	Check all the foot rest bolts are tightened properly, If the foot rest bolts require tightening, tighten them here using a 17mm socket (4 bolts per foot rest)
B	If Impact Attenuating Edges require tightening, tighten here using the T30 tool provided in the Maintenance Kit (3 bolts per impact attenuating edge)
C	Ensure the limiters are still intact and working (Click Here to View the Video)



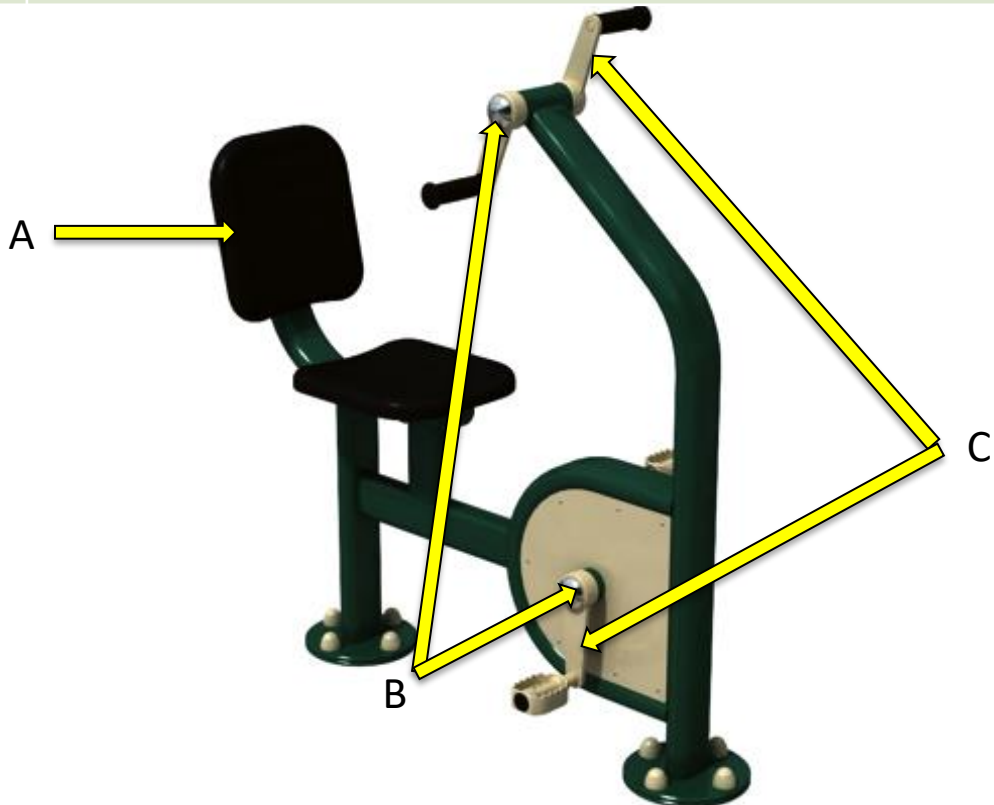
Children's Arm and Pedal Bike

General maintenance requirement:

- Check all paint work for scuffs and small scratches, repair using the touch up paint provided.
- Ensure the equipment is still secure in the ground fixing.

Specific maintenance requirement:

Key	Action
A	Check all the seat bolts are tightened properly, If the seat bolts require tightening, tighten them here using a 17mm socket (4 bolts per seat)
B	Check all the handle and pedal bolts are tightened properly, If the foot rest bolts require tightening, tighten them here using a 17mm socket
C	Ensure the resistance bearings are still giving some resistance and working by turning the handles and pedals.



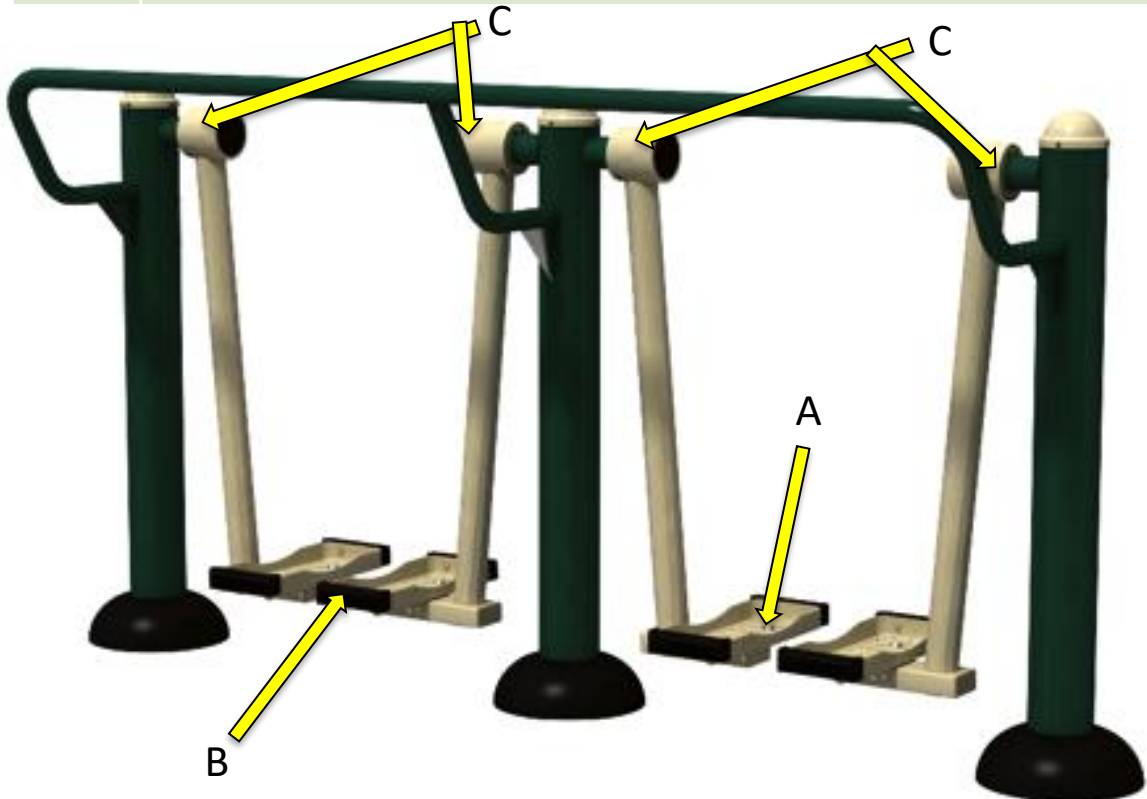
Children's Double Air Walker

General maintenance requirement:

- Check all paint work for scuffs and small scratches, repair using the touch up paint provided.
- Ensure the equipment is still secure in the ground fixing.

Specific maintenance requirement:

Key	Action
A	Check all the foot rest bolts are tightened properly, If the foot rest bolts require tightening, tighten them here using a 17mm socket (2 bolts per foot rest)
B	If Impact Attenuating Edges require tightening, tighten here using the T30 tool provided in the Maintenance Kit (2 bolts per impact attenuating edge)
C	Ensure the limiters are still intact and working (Click Here to View the Video)



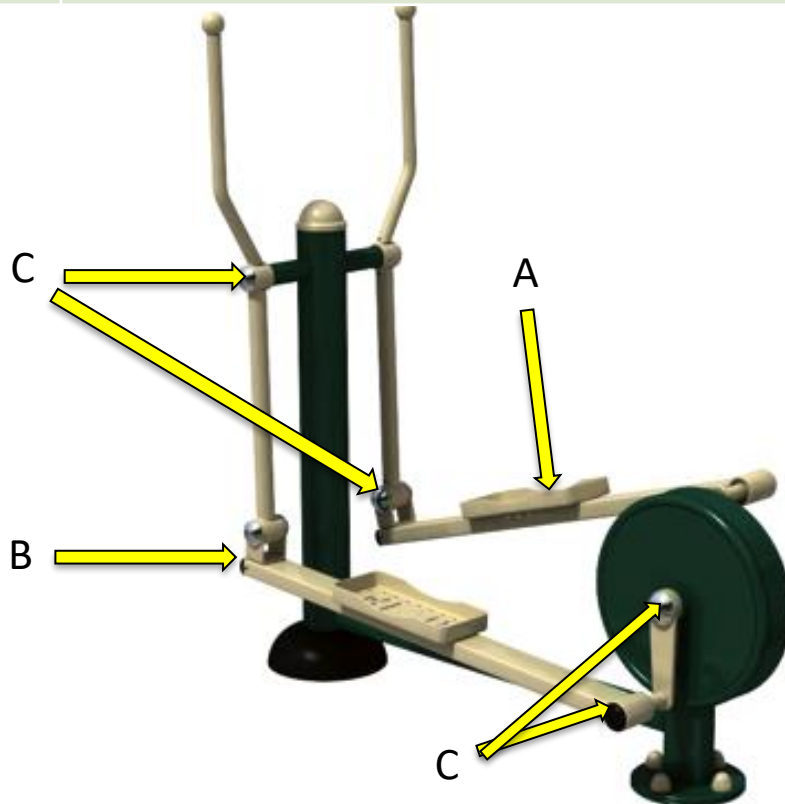
Children's Elliptical Cross Trainer

General maintenance requirement:

- Check all paint work for scuffs and small scratches, repair using the touch up paint provided.
- Ensure the equipment is still secure in the ground fixing.

Specific maintenance requirement:

Key	Action
A	Check all the foot rest bolts are tightened properly, If the foot rest bolts require tightening, tighten them here using a 17mm socket (2 bolts per foot rest)
B	Ensure impact attenuating edges are intact. (2 in total)
C	Check all the link bar bolts are tightened properly, If the link bar bolts require tightening, tighten them here using a 17mm socket



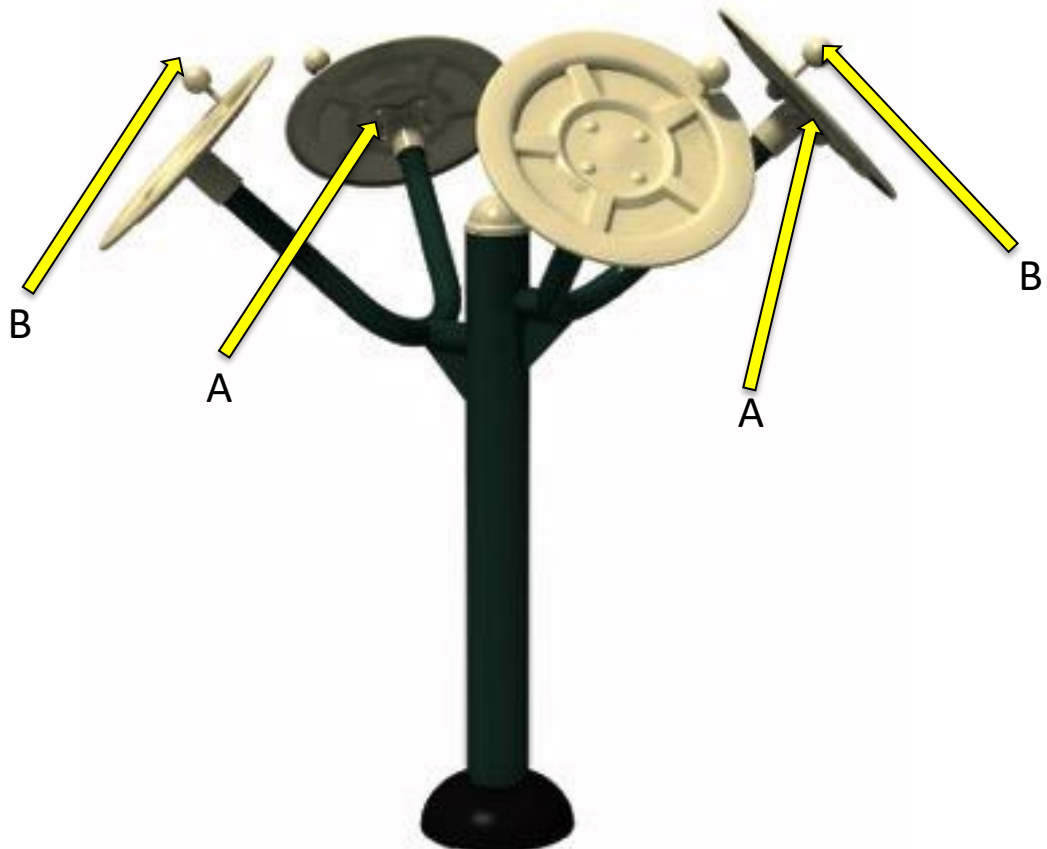
Children's Tai Chi Spinners

General maintenance requirement:

- Check all paint work for scuffs and small scratches, repair using the touch up paint provided.
- Ensure the equipment is still secure in the ground fixing.

Specific maintenance requirement:

Key	Action
A	Check all the wheel attaching bolt are tightened properly, If the wheel attaching bolts require tightening, tighten them here using a 17mm socket
B	Ensure the resistance bearings are still giving some resistance and working by turning the handle.





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Fresh-Air Fitness products are constantly being reviewed and developed. For this reason actual product design may vary slightly from that shown in the catalogue.

Colours shown in the catalogue are the best representation achievable in print. Actual colours may vary slightly.