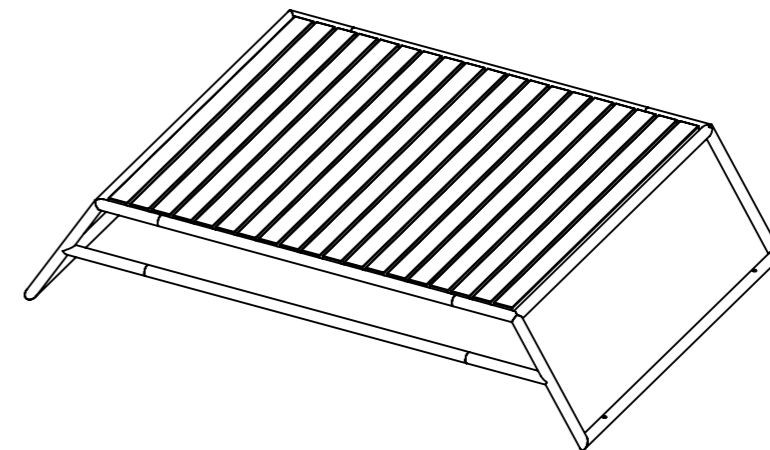
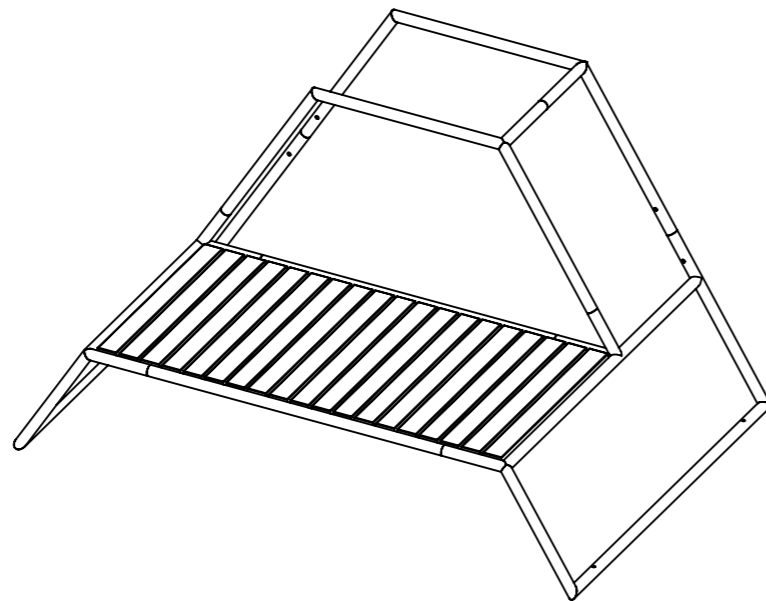
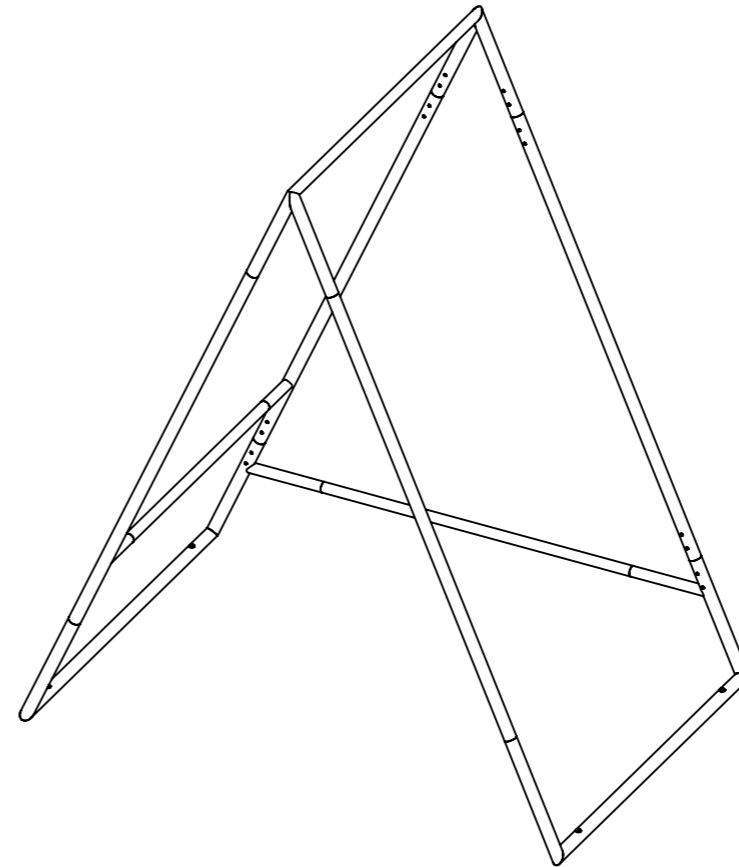


Assembly instructions

Kebne Outdoor gym

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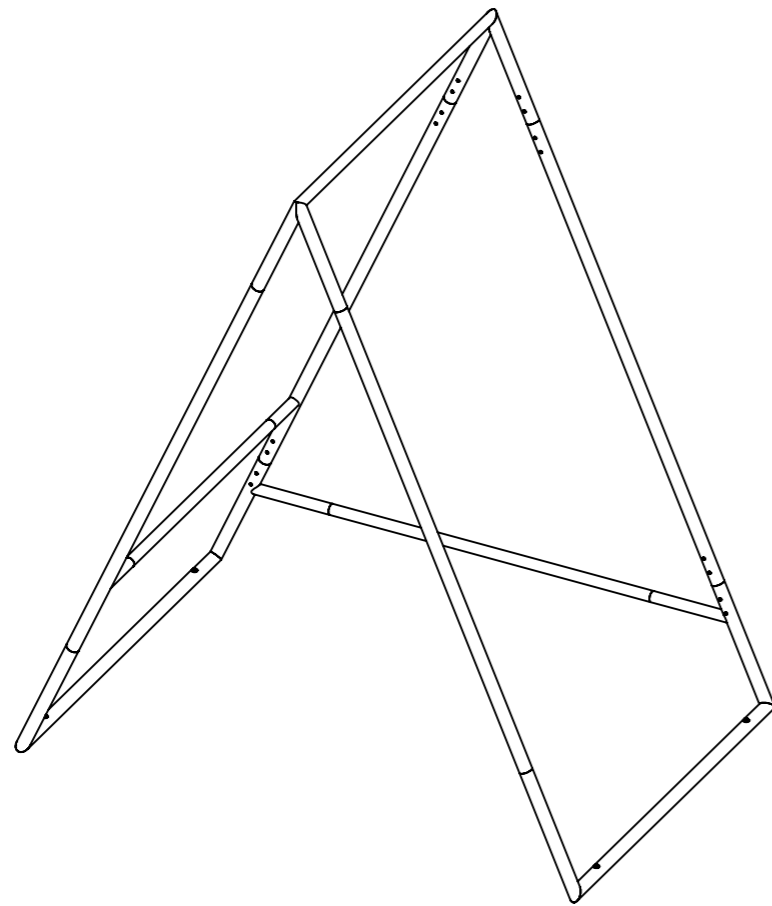
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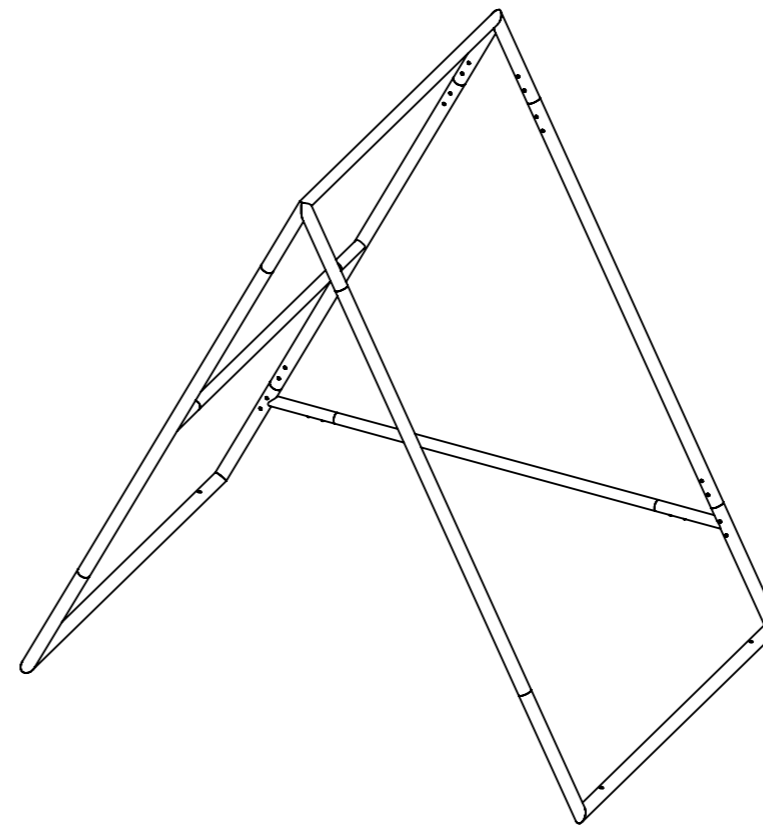
Kebne Outdoor Gym

Product overview

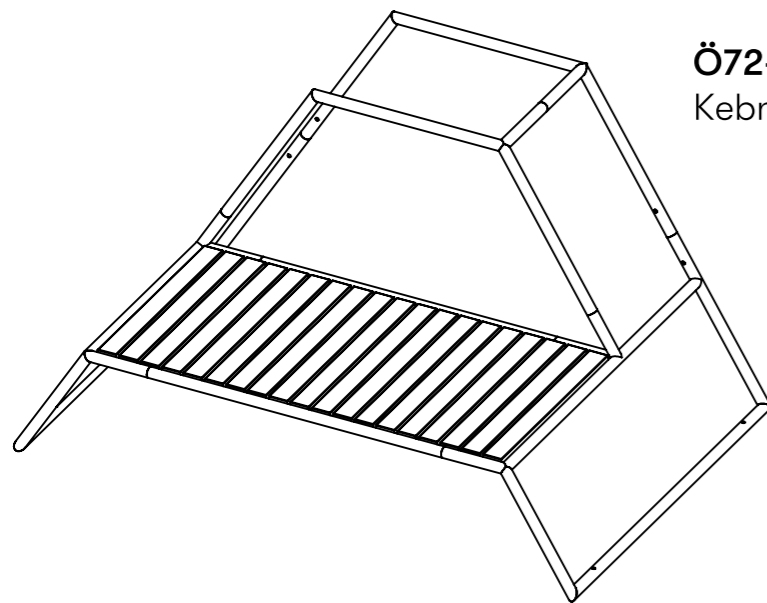
Ritad av Ulf Hansson
Uppdaterad 2024-04-19



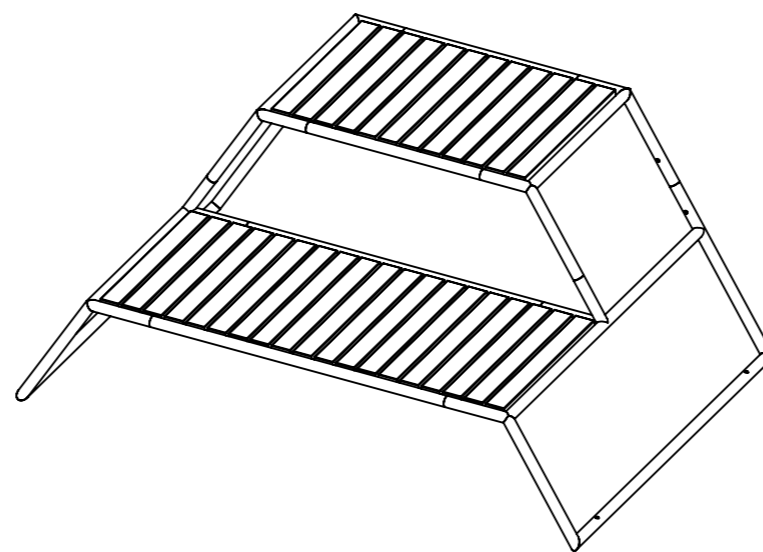
Ö72-10
Kebne Module 1



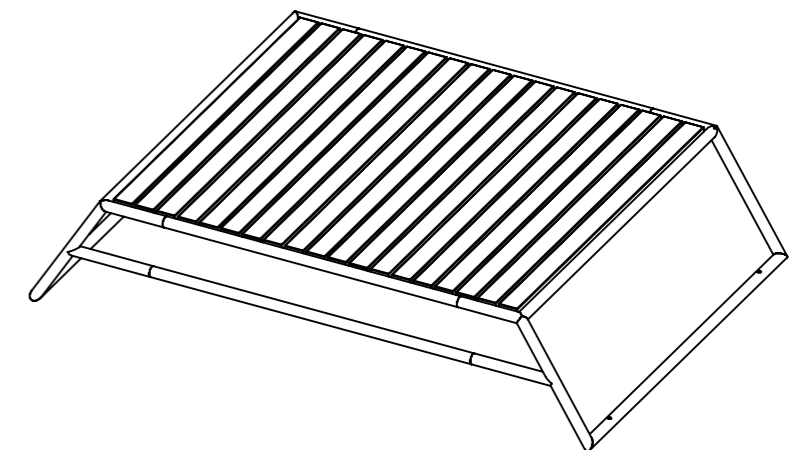
Ö72-11
Kebne Module 2



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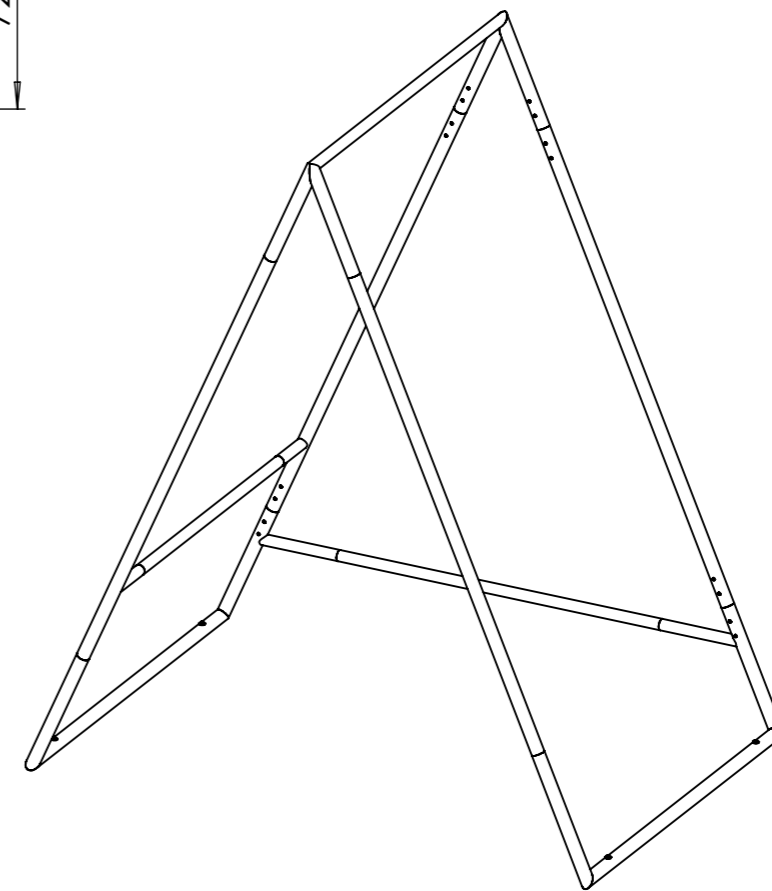
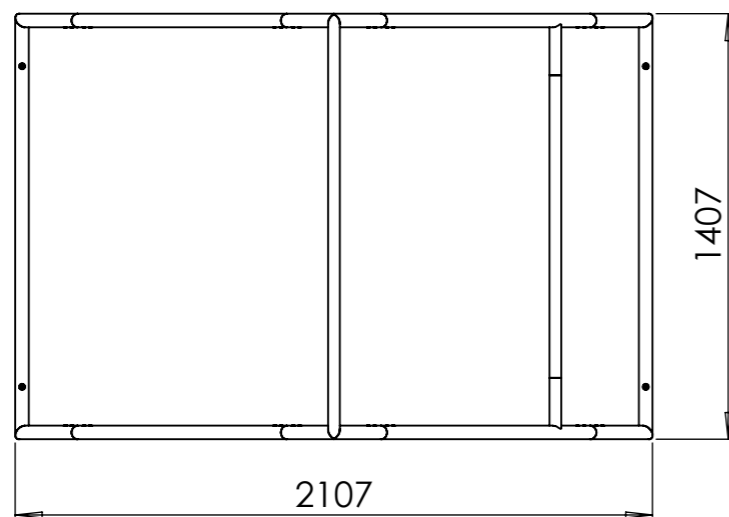
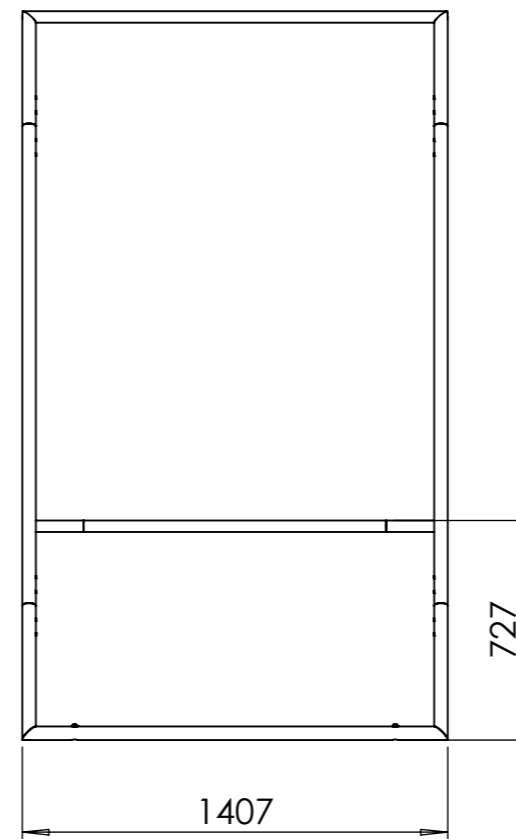
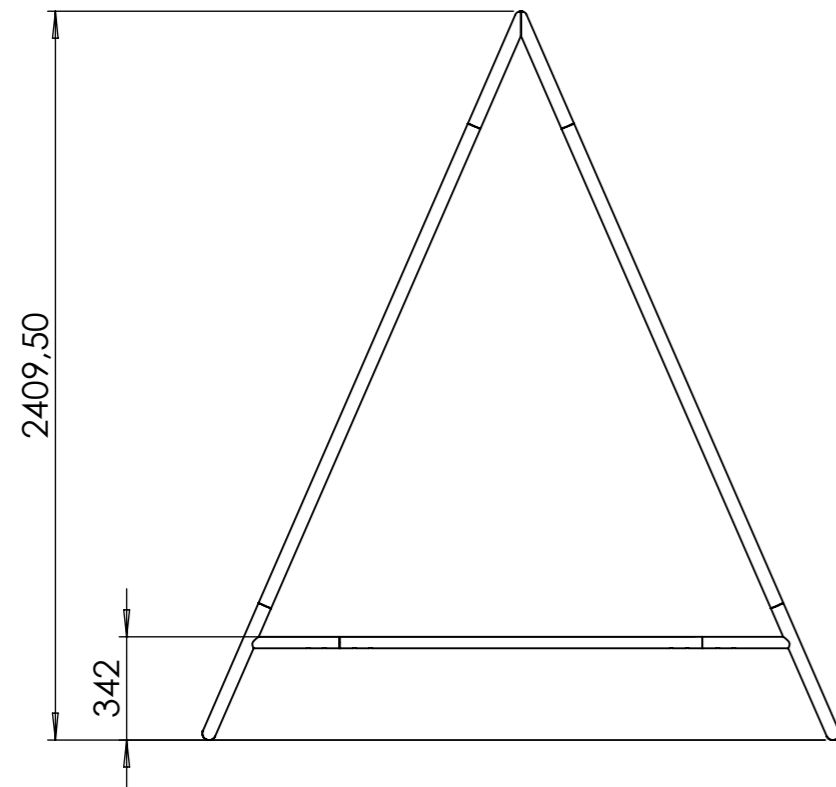


Ö72-14
Kebne Module 5

Kebne Outdoor Gym Module 1

Dimensional specification

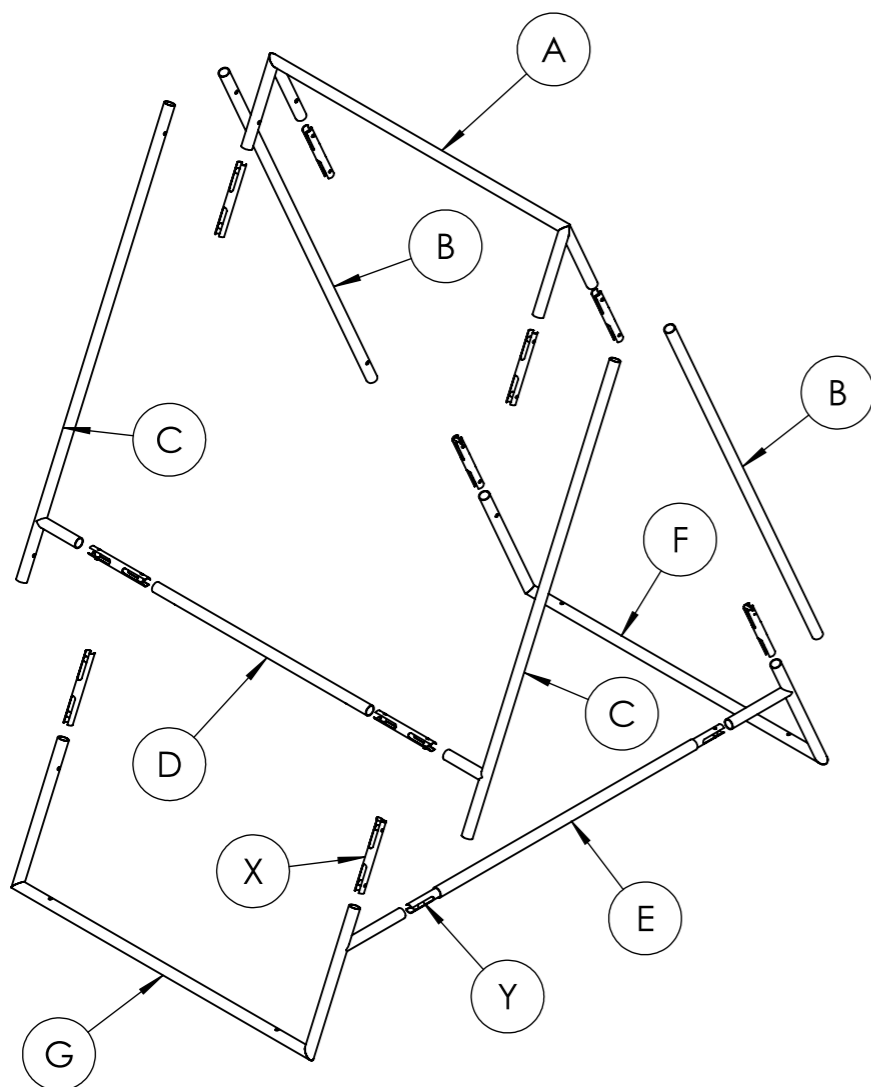
Ritad av Ulf Hansson
Uppdaterad 2024-04-19



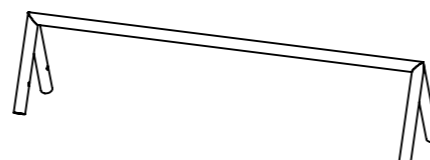
Kebne Outdoor Gym Module 1

Included parts

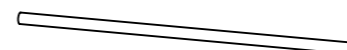
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Uppdaterad 2024-04-19



A - 1 pc



E - 1 pc



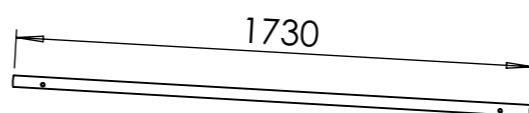
Ö72-10

Kebne Outdoor Gym Module 1

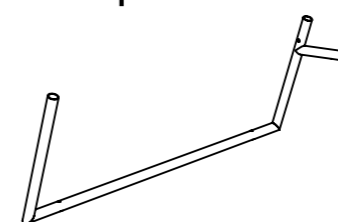
Screw specification

Stop screw M10 x 30 - 48 pcs
K6S M10 x 30 - 4 pcs
Washers for M10 4 pcs

B - 2 pcs



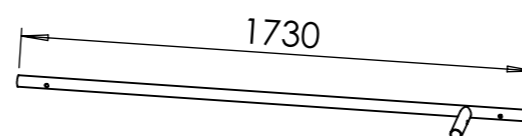
F - 1 pc



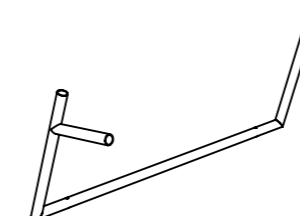
Ö72-17M

For placement In-ground

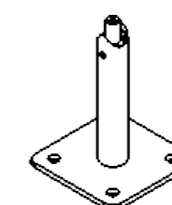
C - 2 pcs



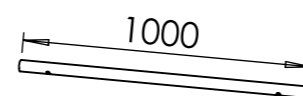
G - 1 pc



Y - 4 pcs



D - 1 pc



X - 8 pcs (45 mm)



Ö72-17N

For placement surface mount

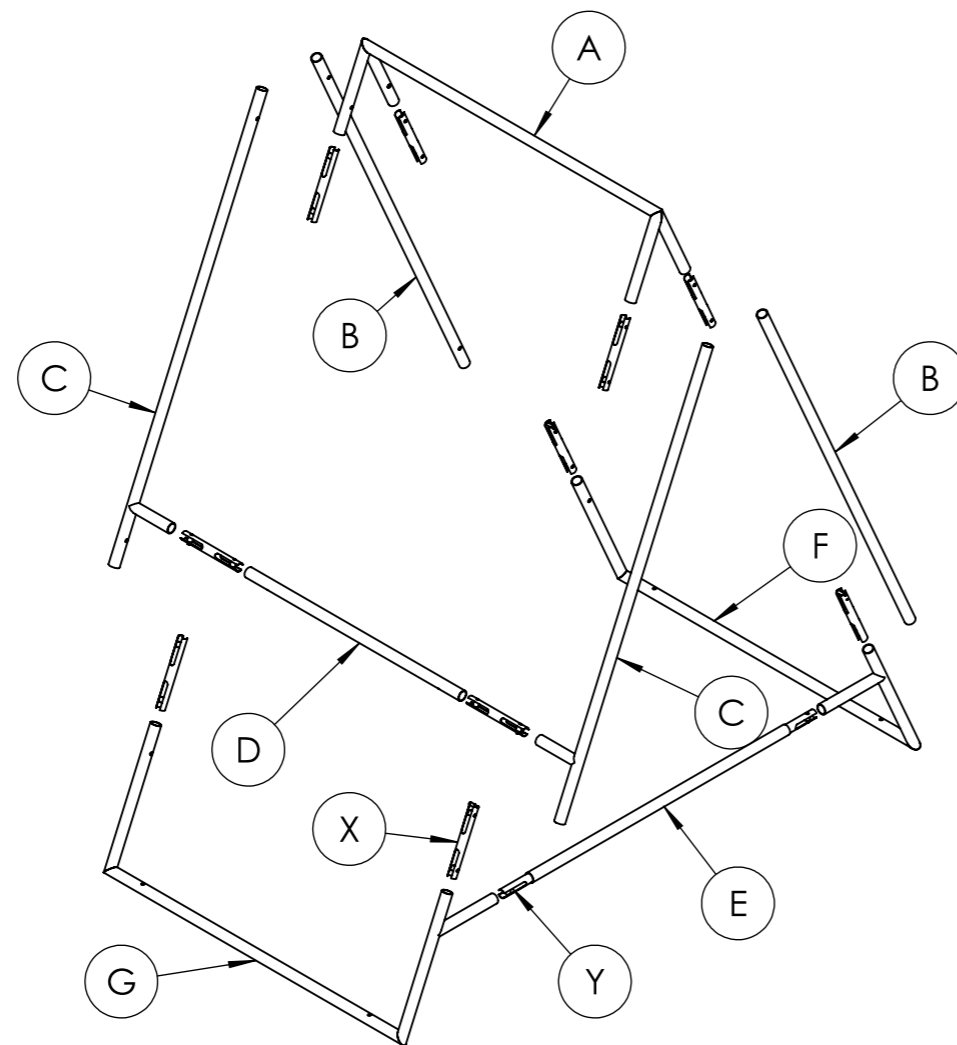
Y - 4 pcs (38 mm)



Z - 4 pcs



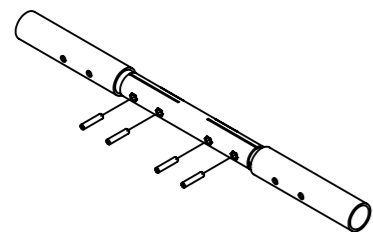
Kebne Outdoor Gym Module 1 Assembly



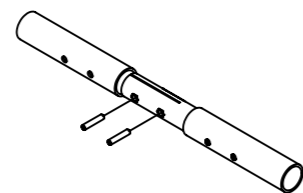
Assembly Kebne Module 1

1. Assemble the two gable sides BCDF and BCEF with help of the connection fittings X and mhd Y between CD and between EF.
2. Screw the connection fittings (without tightening them) in all openings of A and G respectively. The connection fitting Y is used between G and E.
3. Bring the two ends together with A and G at the same time.
4. Tighten all screws.

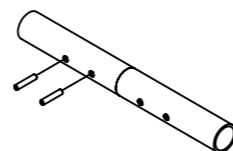
The construction is based on them being clamped.



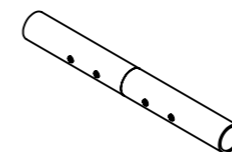
1. In each meeting, a connection fitting and four stop screws M10x30 are needed.
ATTENTION! The screws must be greased!



2. Screw the connection fitting into one part without tightening the screw.



3. Put the parts together and screw in the other screws.

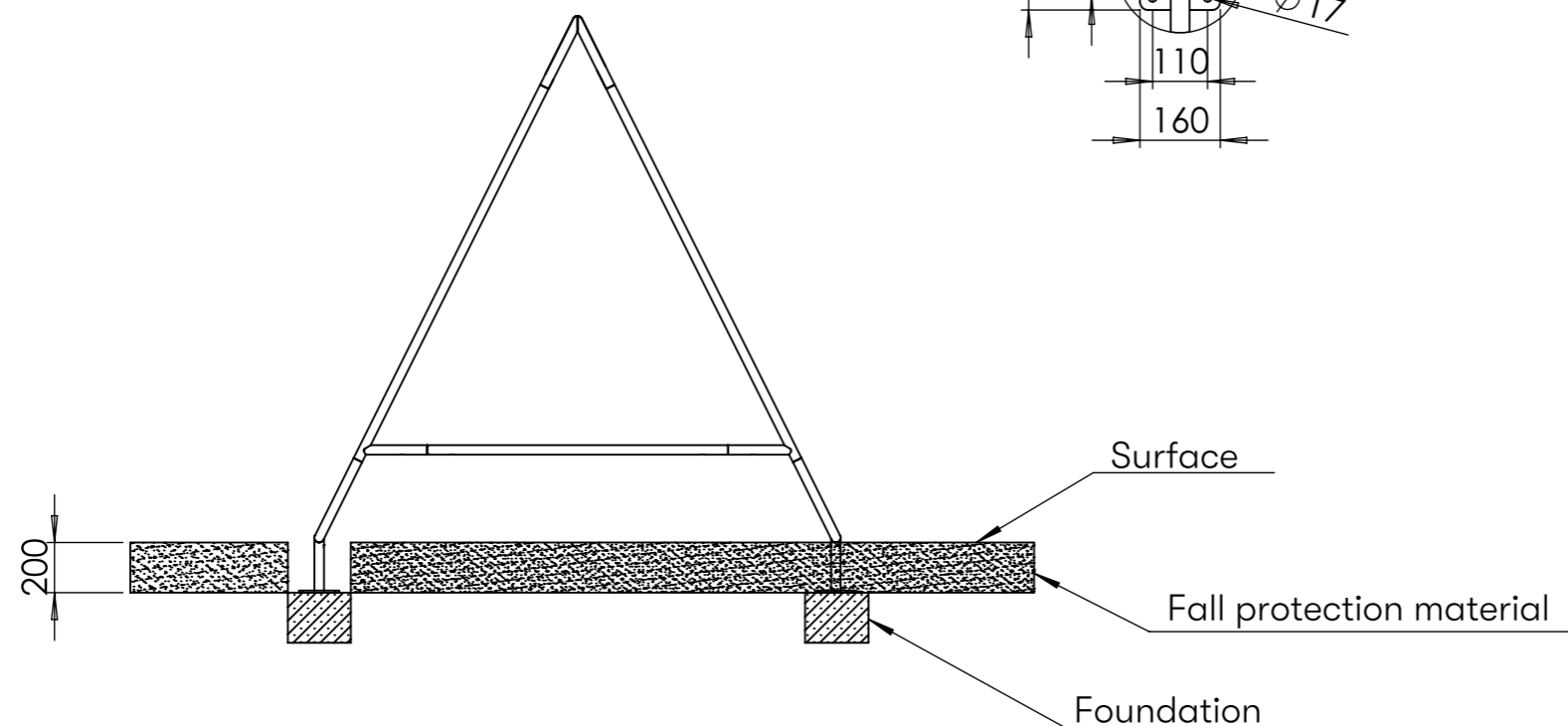
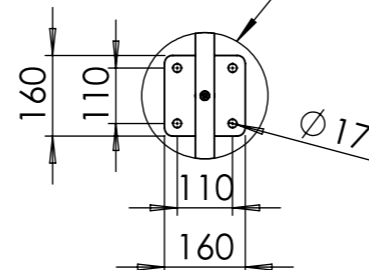
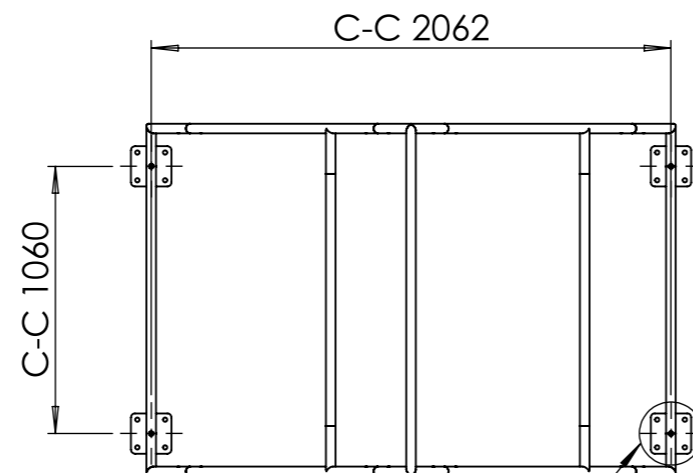
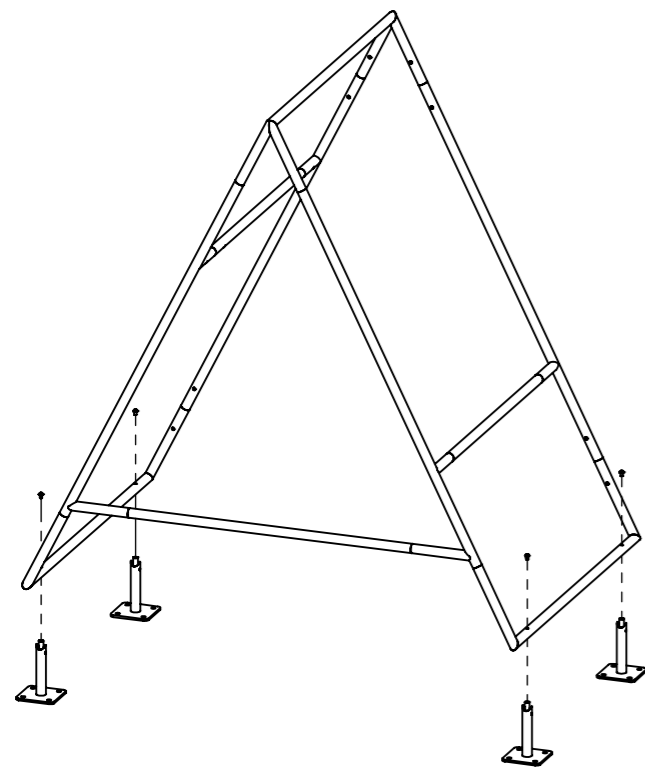


4. Make sure both parts are level and then tighten the screws. It is important to pull properly, as the principle is based on the connection fitting being tensioned apart.

Kebne Outdoor Gym Module 1

Placement In-ground

Ritad av Ulf Hansson
Ritad datum 2024-04-19



Placement In-ground

Mount the mounting hardware with the included washer + K6S M10 x 30. Tighten the screw fully. The pipe must be flattened somewhat against the mounting hardware.

The mounting hardware has a foot plate with four holes intended for mounting with an M16 bolt.

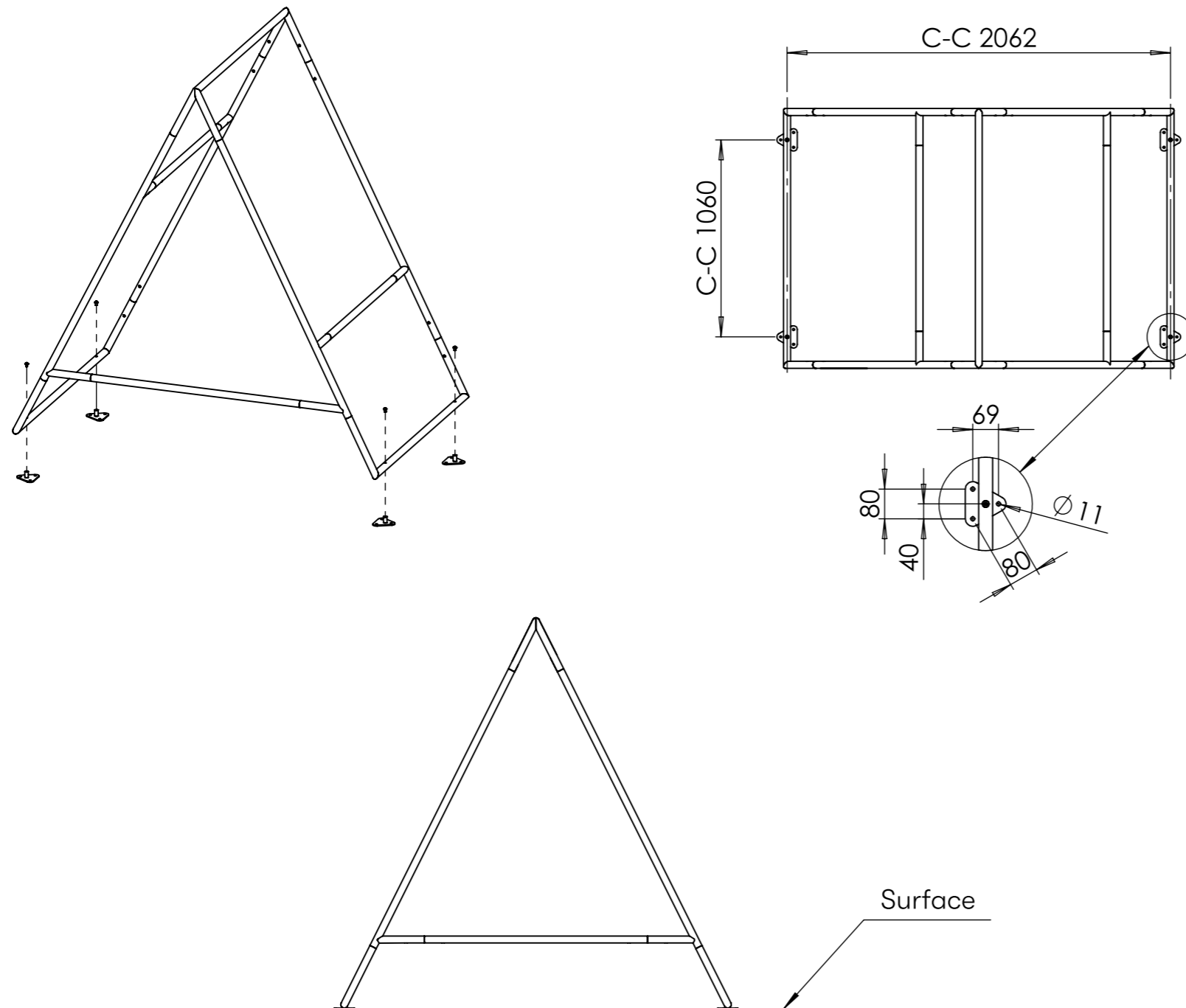
In-ground order

1. Dig to a frost-free depth and prime with a frost-resistant material.
2. Use prefab foundations or cast concrete foundations in place.
3. Drill holes in the foundation and mount with chemical anchors or expanders.
4. Finally, fill with 200 mm of Fall protection material. For example bare, gravel or sand.

Kebne Outdoor Gym Module 1

Placement Surface mount

Ritad av Ulf Hansson
Ritad datum 2024-04-19



Placement Surface mount

Mount the mounting hardware with the included washer + K6S M10 x 30. Tighten the screw fully. The pipe must be flattened somewhat against the mounting hardware.

The mounting hardware has a foot plate with three holes intended for mounting with an M10 bolt.

Installation on a wooden substrate

Pre-drill and install with French wood screws.

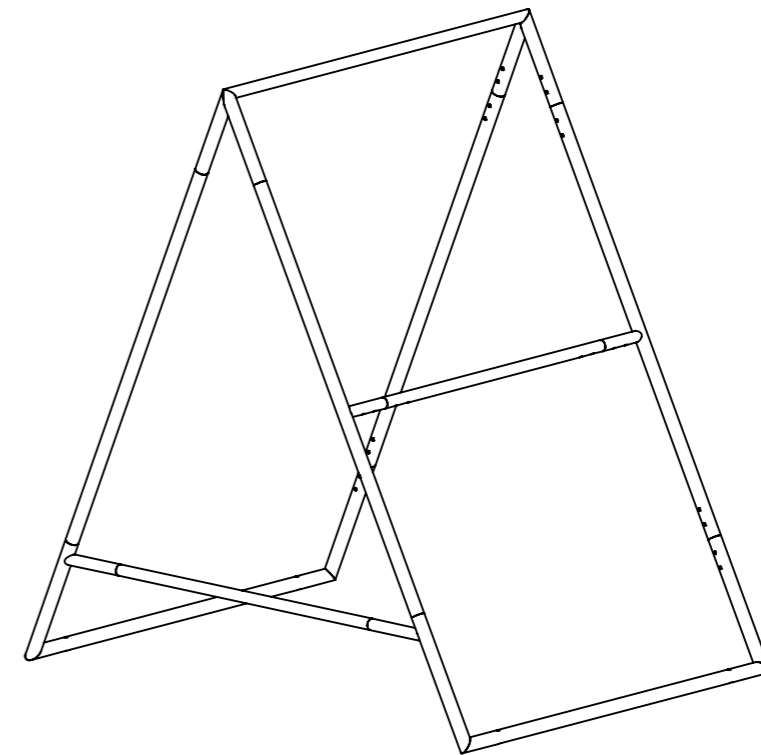
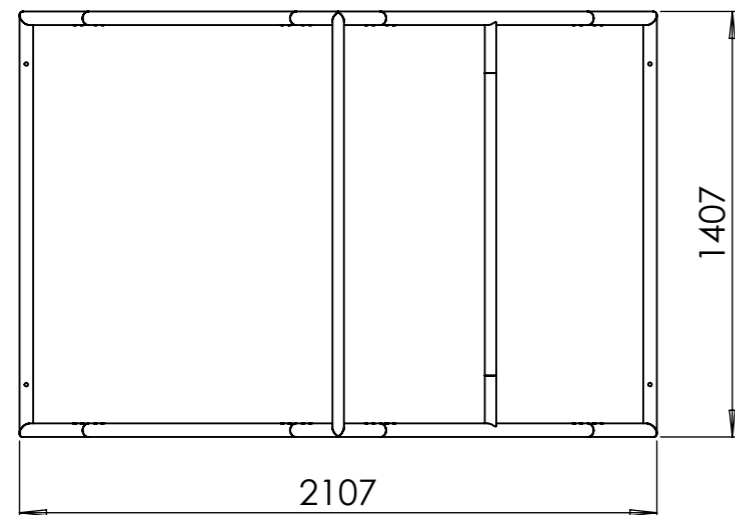
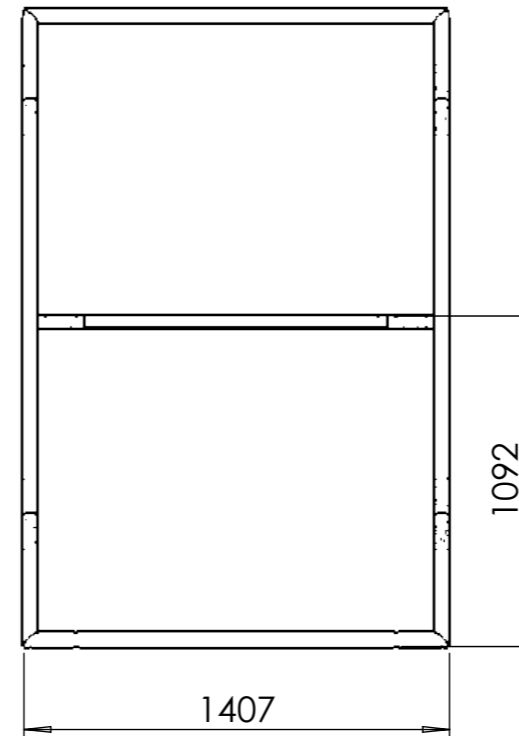
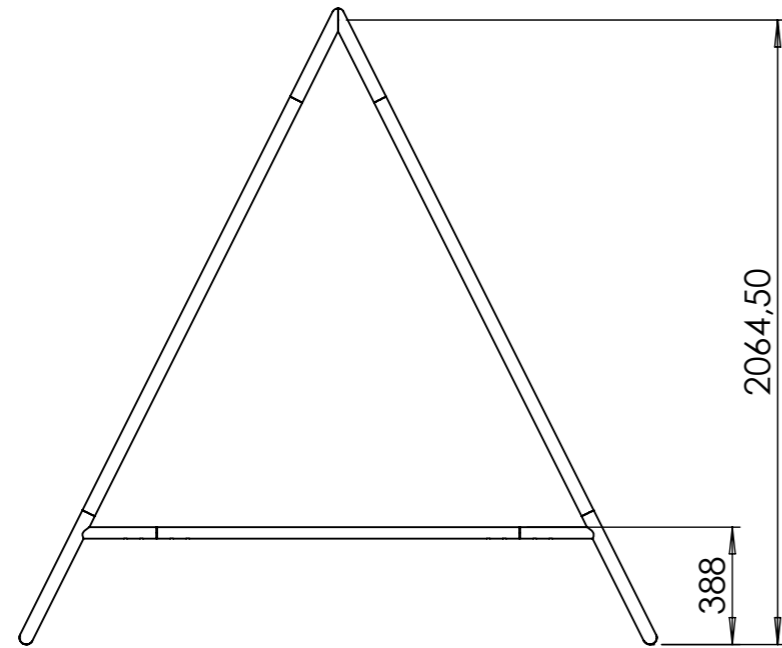
Mounting against concrete or stone blocks etc.

Drill holes in the substrate and mount with chemical anchors or expanders.

Kebne Outdoor Gym Module 2

Dimensional specification

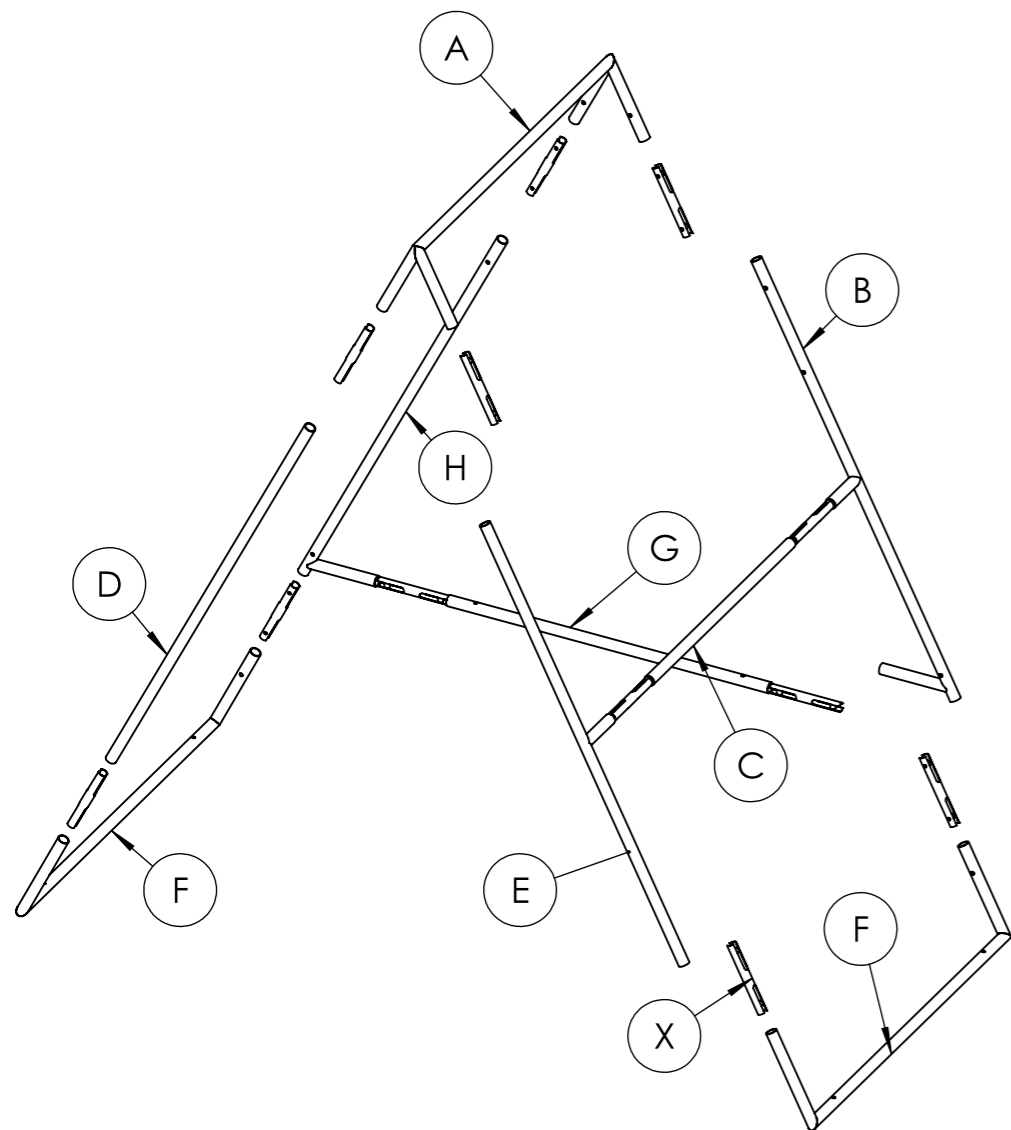
Ritad av Ulf Hansson
Uppdaterad 2022-04-13



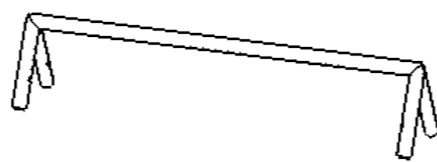
Kebne Outdoor Gym Module 2

Included parts

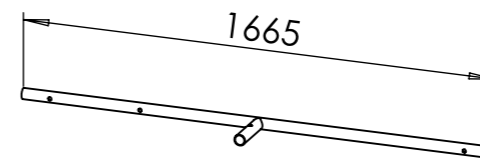
Ritad av Ulf Hansson
Uppdaterad 2022-04-13



A - 1 pc



E - 1 pc



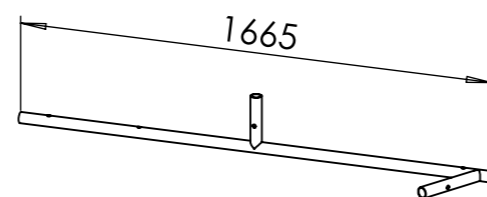
Ö72-11

Kebne Outdoor Gym Module 2

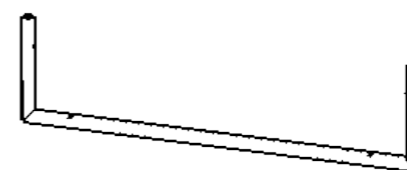
Screw specification

Stop screw M10 x 30 - 48 pcs
K6S M10 x 30 - 4 pcs
Washers for M10 4 pcs

B - 1 pc



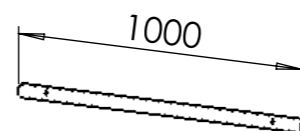
F - 2 pcs



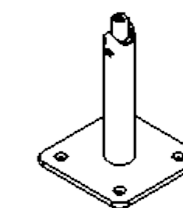
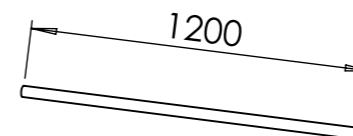
Ö72-17M

For placement In-ground

C - 1 pc

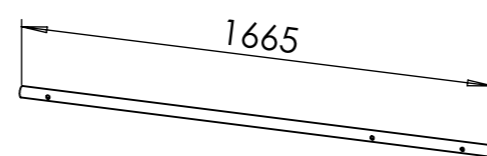


G - 1 pc

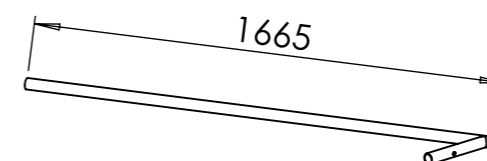


Y - 4 pcs

D - 1 pc



H - 1 pc



Ö72-17N

For placement surface mount



Z - 4 pcs

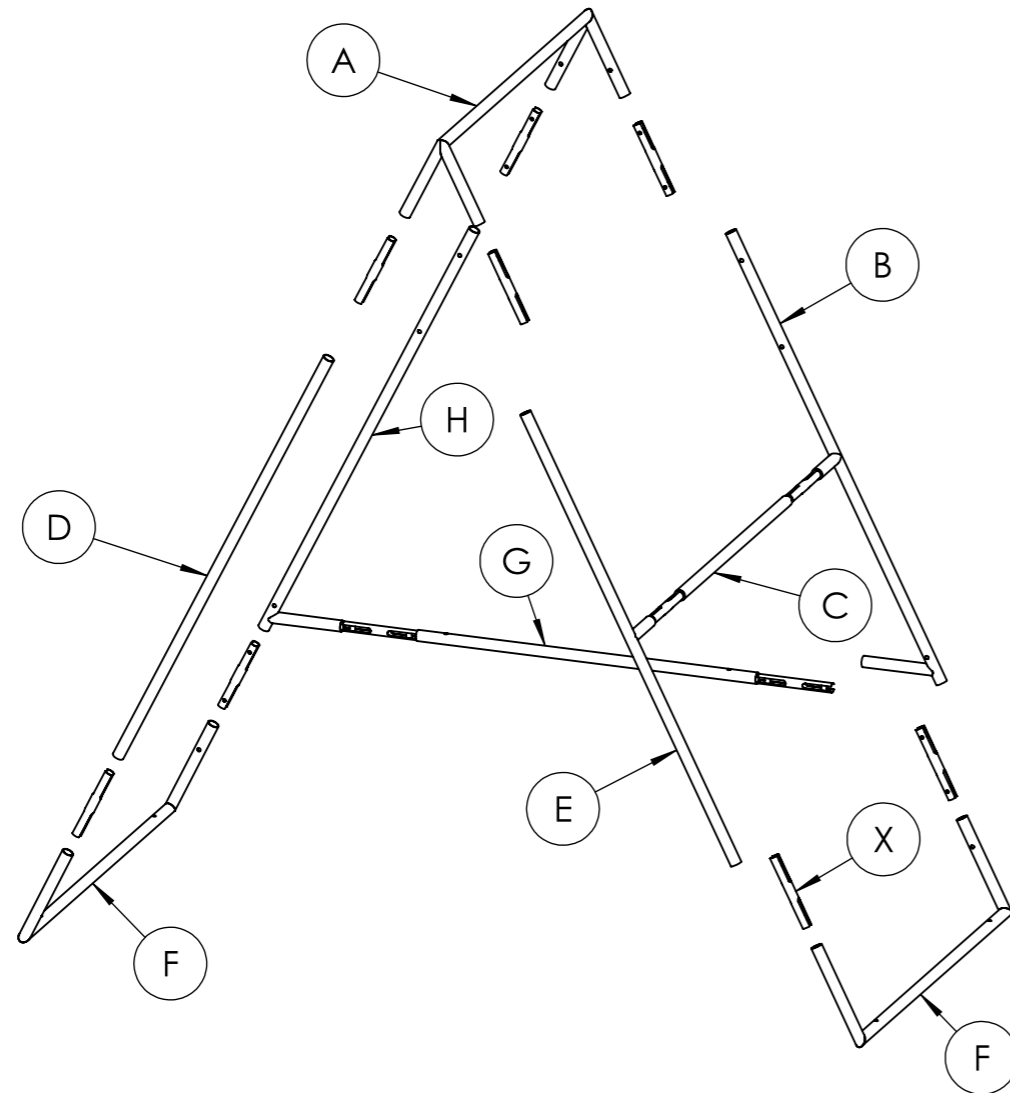
X - 8 pcs (45 mm)



Y - 4 pcs (38 mm)



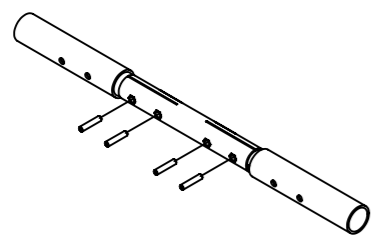
Kebne Outdoor Gym Module 2 Assembly



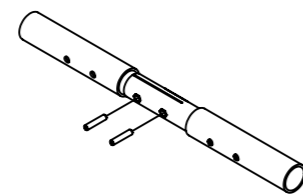
Assembly Kebne Module 2

1. Assemble the two gable sides BCEF and DHF with help of the connection fittings X and Y between BCE.
2. Screw the connection fittings (without tightening them) in all openings of A and G respectively. The connection fitting Y is used between G and H and also G and B.
3. Bring the two ends together with A and G at the same time.
4. Tighten all screws.

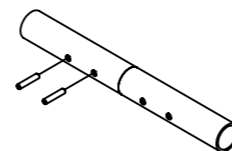
The construction is based on them being clamped.



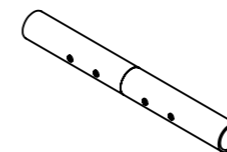
1. In each meeting, a connection fitting and four stop screws M10x30 are needed.
ATTENTION! The screws must be greased!



2. Screw the connection fitting into one part without tightening the screw.



3. Put the parts together and screw in the other screws.

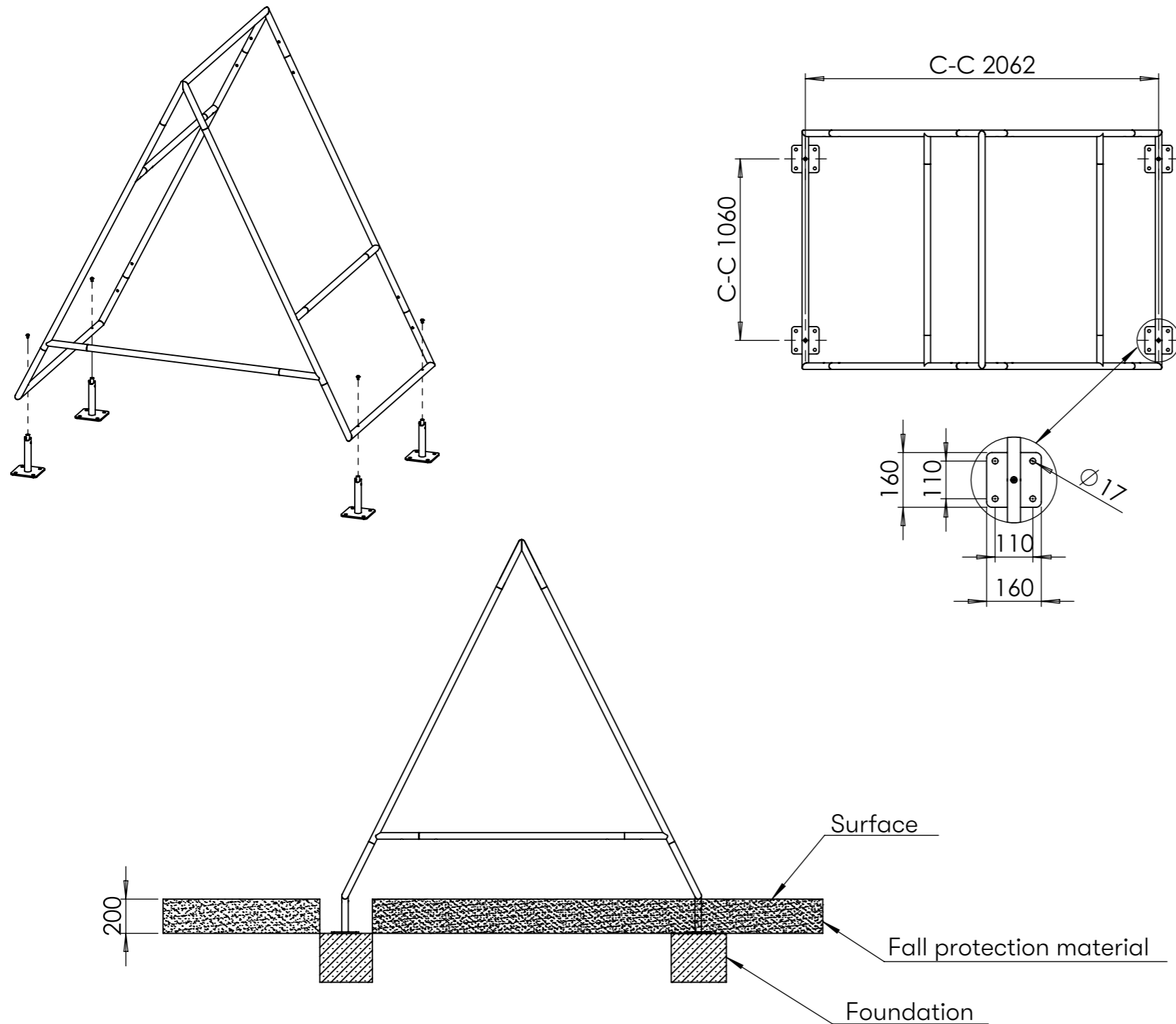


4. Make sure both parts are level and then tighten the screws. It is important to pull properly, as the principle is based on the connection fitting being tensioned apart.

Kebne Outdoor Gym Module 2

Placement In-ground

Ritad av Ulf Hansson
Ritad datum 2022-04-13



Placement In-ground

Mount the mounting hardware with the included washer + K6S M10 x 30. Tighten the screw fully. The pipe must be flattened somewhat against the mounting hardware.

the mounting hardware has a foot plate with four holes intended for mounting with an M16 bolt.

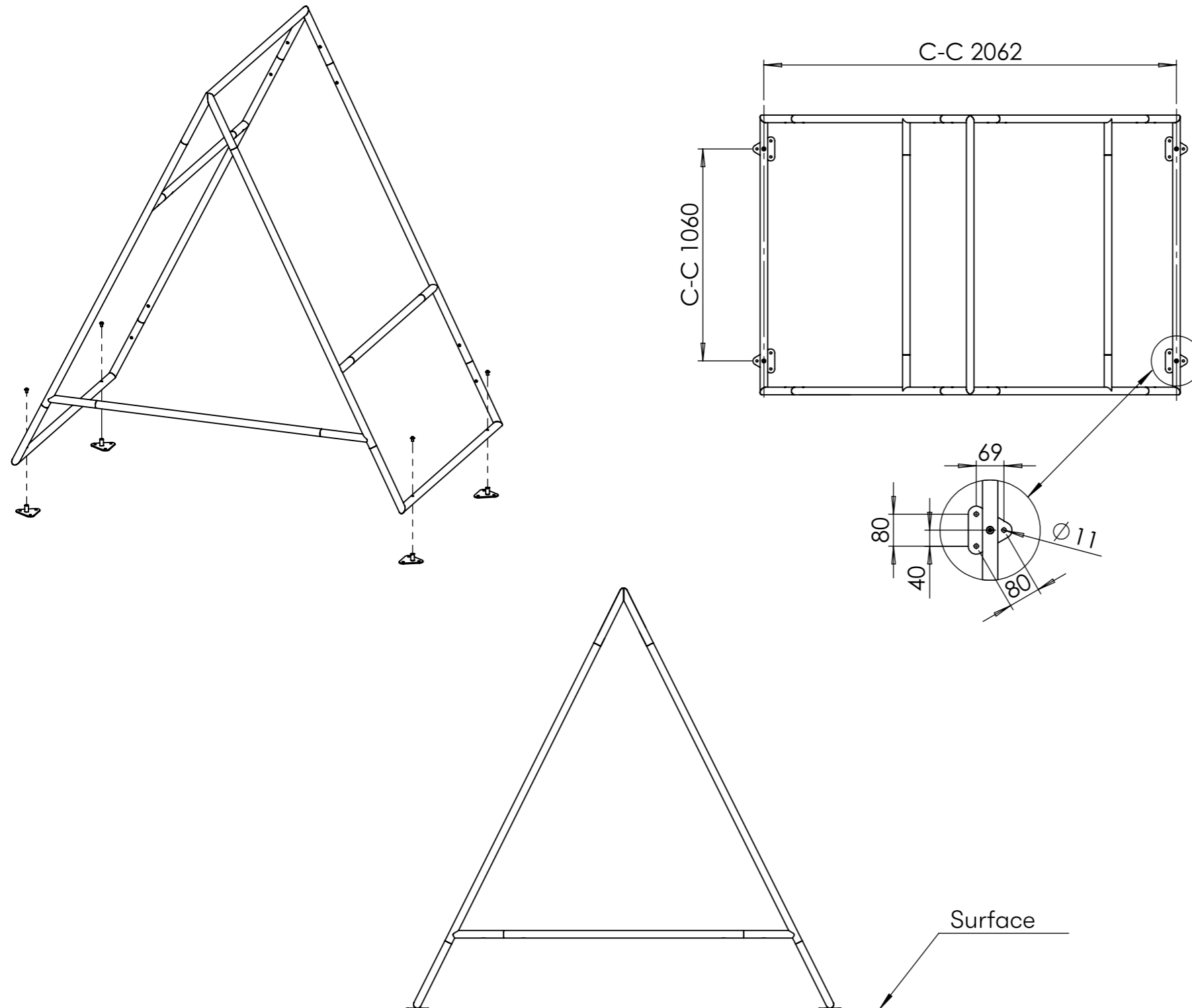
In-ground order

1. Dig to a frost-free depth and prime with a frost-resistant material.
2. Use prefab foundations or cast concrete foundations in place.
3. Drill holes in the foundation and mount with chemical anchors or expanders.
4. Finally, fill with 200 mm of Fall protection material. For example bare, gravel or sand.

Kebne Outdoor Gym Module 2

Placement Surface mount

Ritad av Ulf Hansson
Ritad datum 2022-04-13



Placement Surface mount

Mount the mounting hardware with the included washer + K6S M10 x 30. Tighten the screw fully. The pipe must be flattened somewhat against the mounting hardware.

The mounting hardware has a foot plate with three holes intended for mounting with an M10 bolt.

Installation on a wooden substrate

Pre-drill and install with French wood screws.

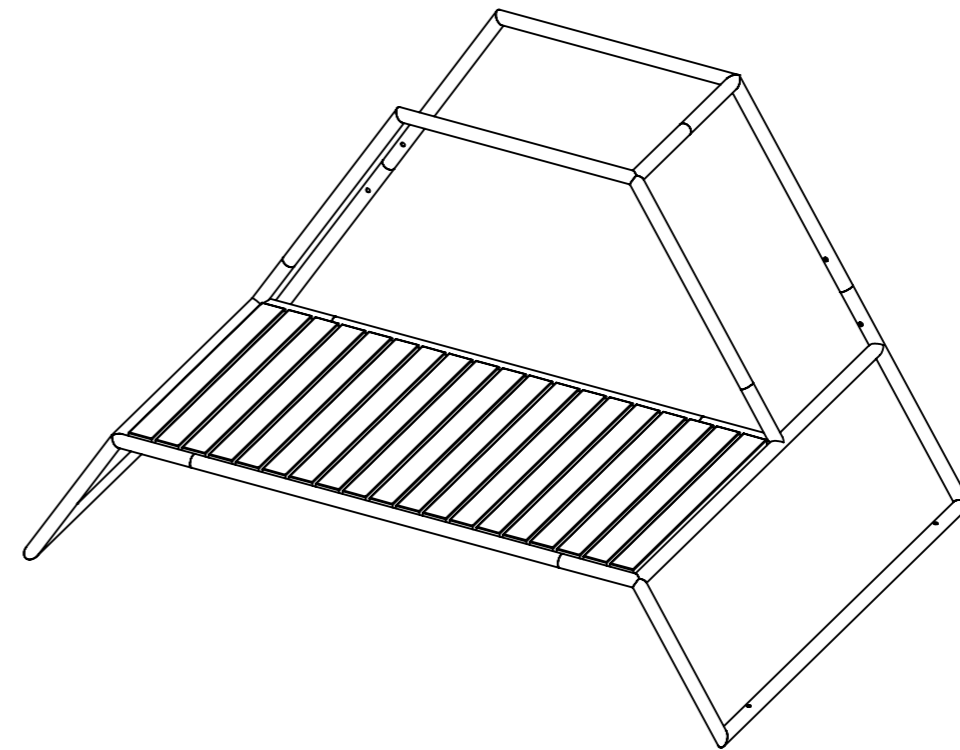
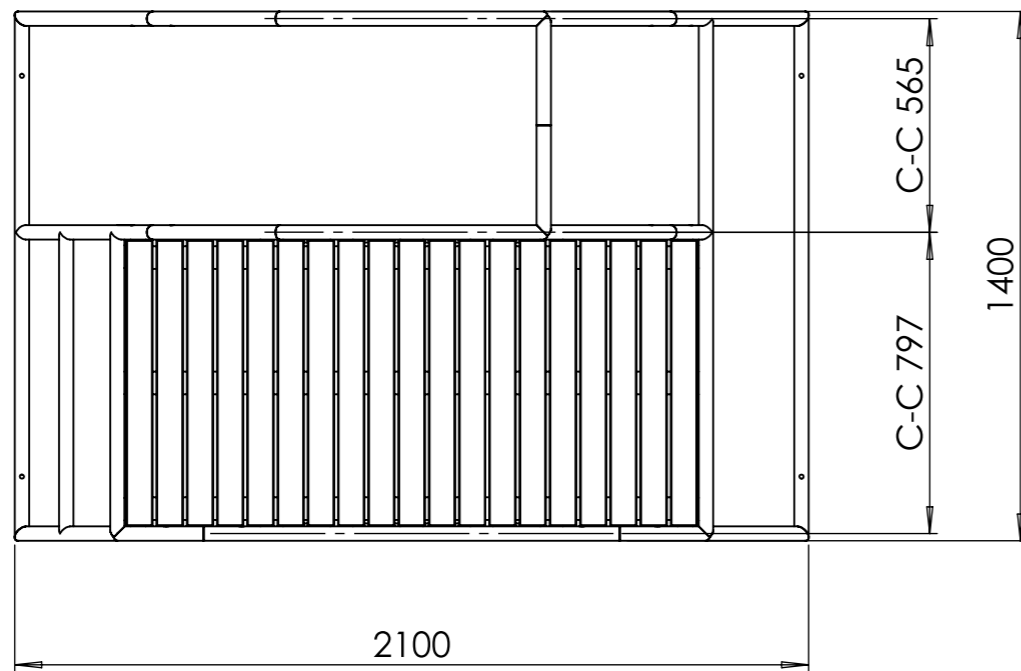
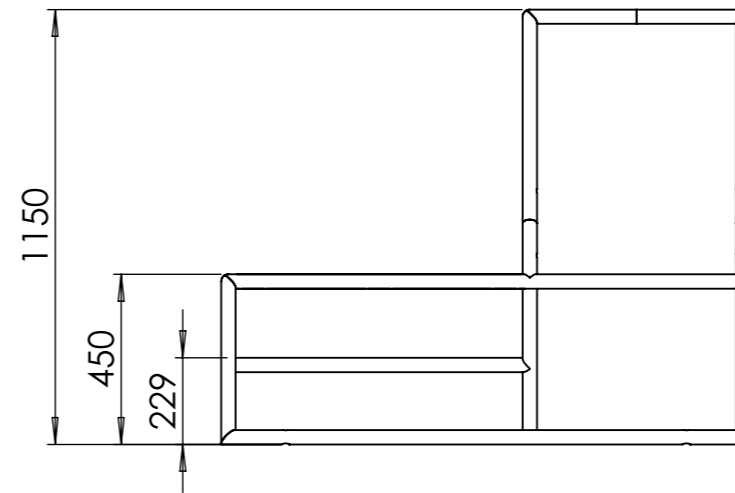
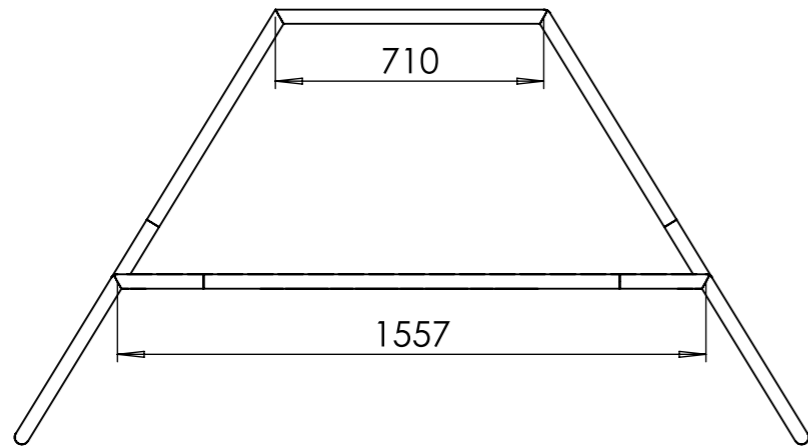
Mounting against concrete or stone blocks etc.

Drill holes in the substrate and mount with chemical anchors or expanders.

Kebne Outdoor Gym Module 3

Dimensional specification

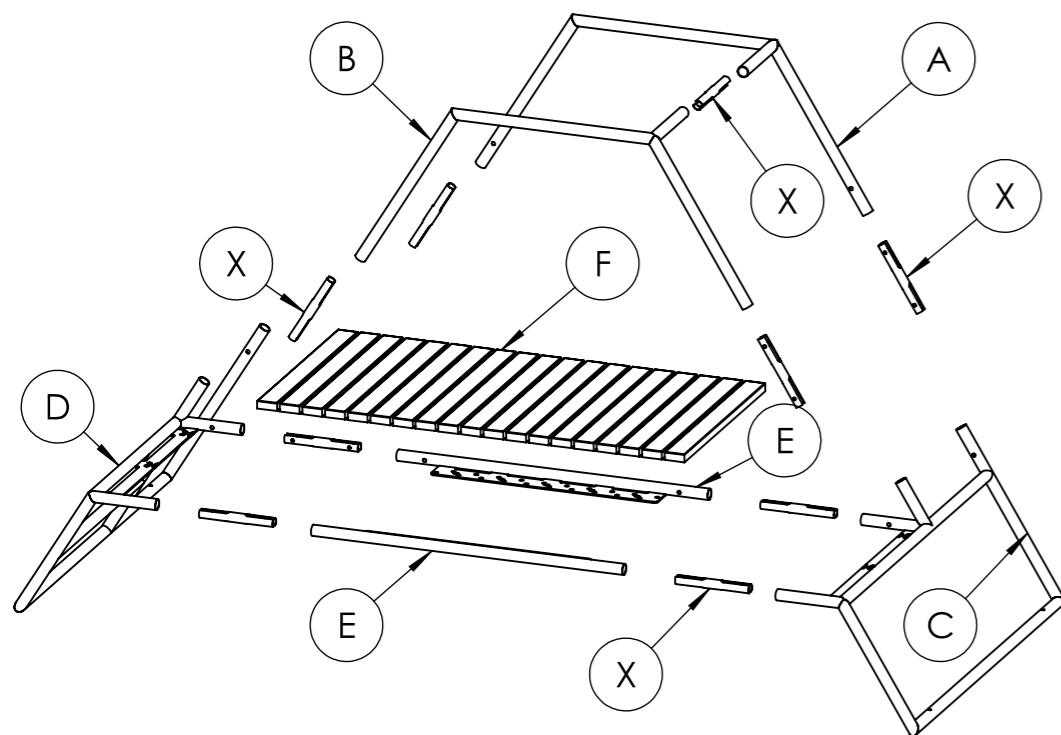
Ritad av Ulf Hansson
Uppdaterad 2022-04-13



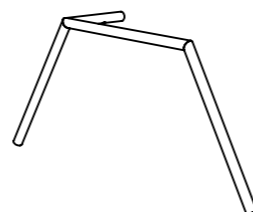
Kebne Outdoor Gym Module 3

Included parts

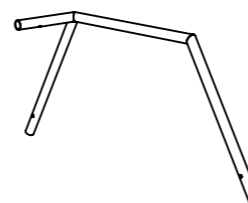
Ritad av Ulf Hansson
 Updaterad 2022-04-13



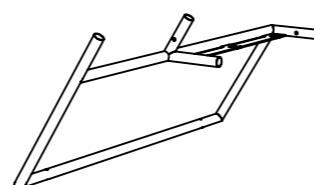
A - 1 pc



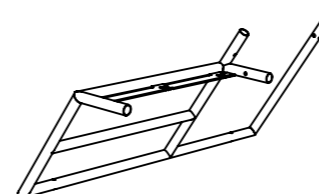
B - 1 pc



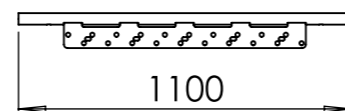
C - 1 pc



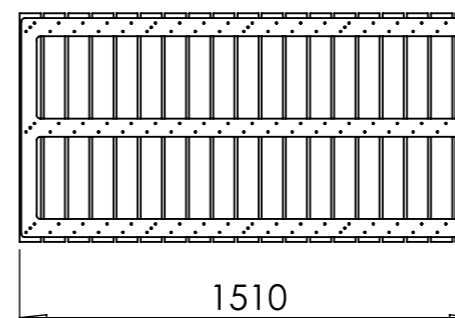
D - 1 pc



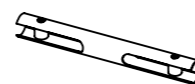
E - 2 pcs



F - 1 pc



X - 9 pcs



Ö72-12

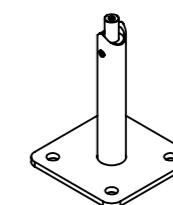
Kebne Outdoor Gym Module 3

Screw specification

Stop screw M10x30 - 18 pcs
 K6S M10x30 - 4 pcs
 Washers for M10 4 pcs
 M8x10 (for fixing wood) - 12 pcs
 Washers for M8 - 12 pcs

Ö72-17M

For placement In-ground



Y - 4 pcs

Ö72-17N

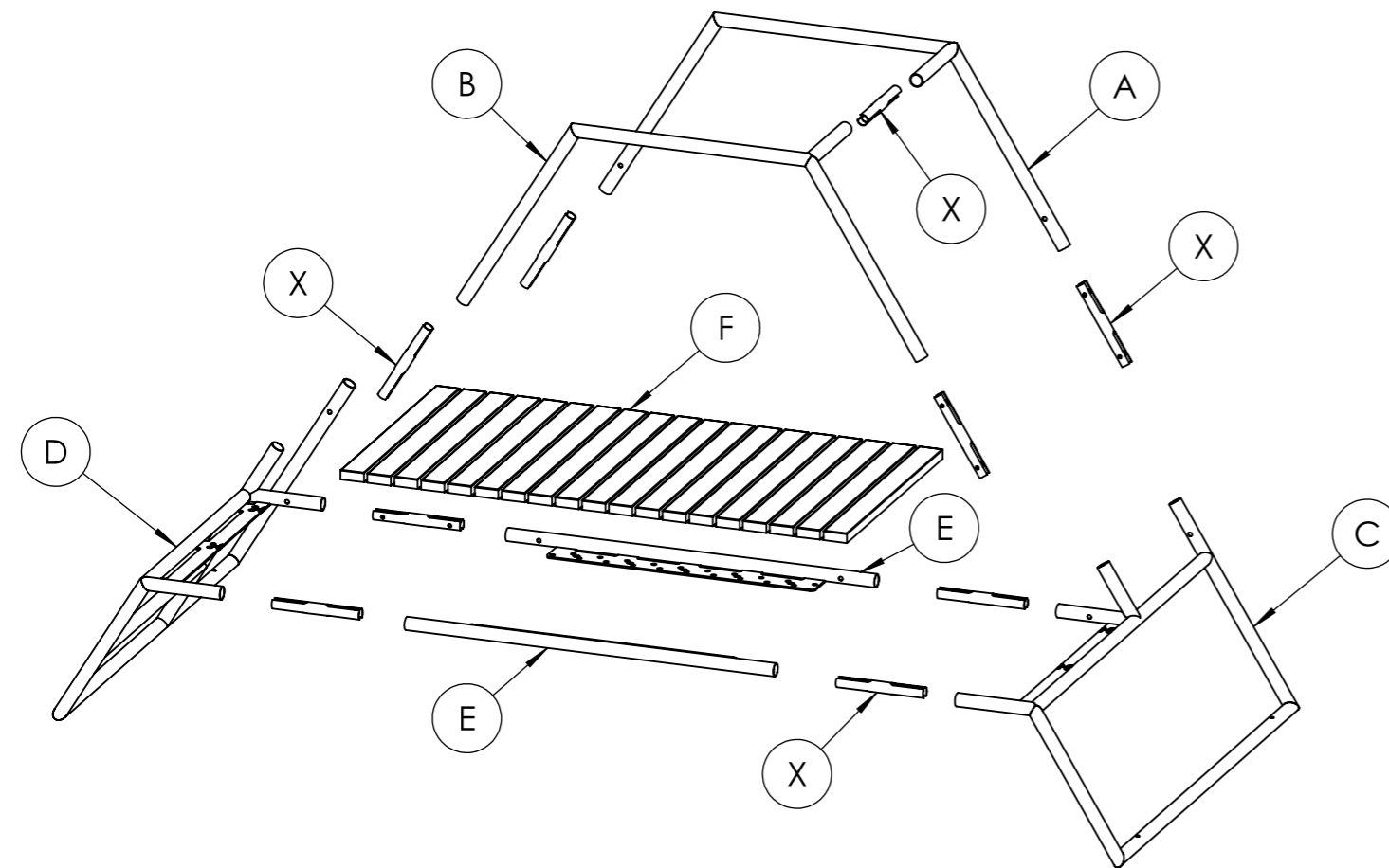
For placement surface mount



Z - 4 pcs

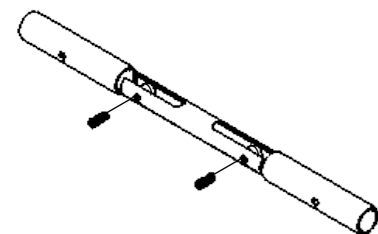
Kebne Outdoor Gym Module 3 Assembly

Ritad av Ulf Hansson
Uppdaterad 2022-04-13

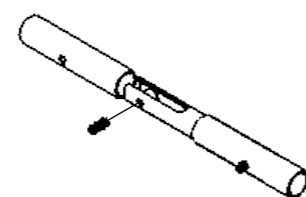


Montering Kebne Modul 5

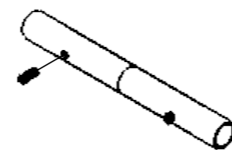
1. Montera ihop de två gavelsidorna. CEED mha kopplingsbeslag X. Se princip för montering.
2. Skruva fast kopplingsbeslag (utan att dra åt dom).
3. Montera ihop toppen A + B innan den monteras på gavlarna.
4. Dra åt alla skruvar ordentligt. Konstruktionen bygger på att de sitter i spänn.
5. Avslutningsvis monteras F sektion med virke.



1. In each meeting, a connection fitting (X) and two stop screws M10x30 are needed.
ATTENTION! The screws must be greased!



2. Screw the connection fitting into the first part without to tighten the screw.



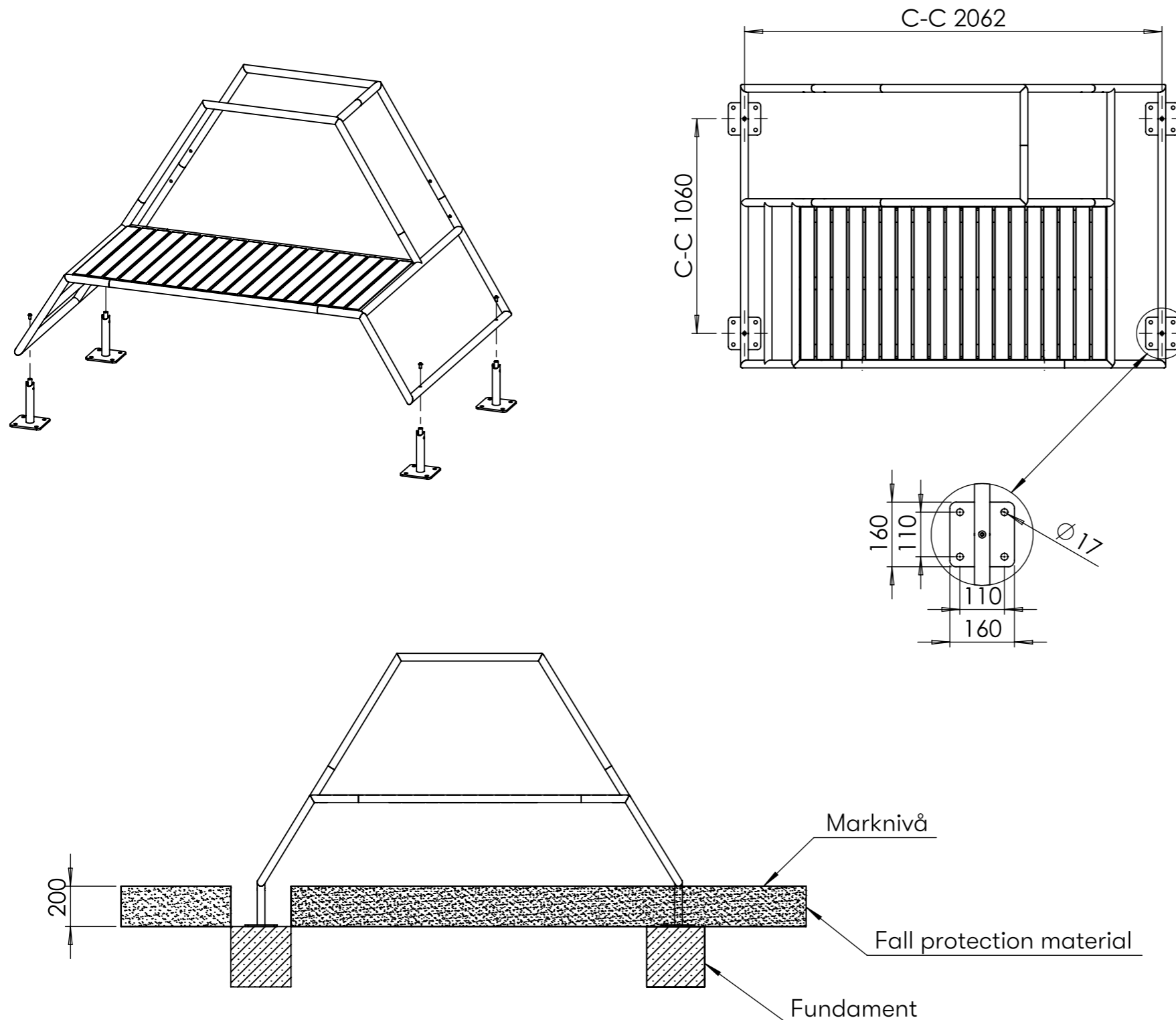
3. Put the parts together and screw in the second screw.



4. Make sure both parts are level and then tighten the screws. It is important to pull properly, as the principle is based on the connection fittings being tensioned apart.

Kebne Outdoor Gym Module 3 Placement In-ground

Ritad av Ulf Hansson
Ritad datum 2022-04-13



Placement In-ground

Mount the mounting hardware with the included washer + K6S M10 x 30. Tighten the screw fully. The pipe must be flattened somewhat against the mounting hardware.

the mounting hardware has a foot plate with four holes intended for mounting with an M16 bolt.

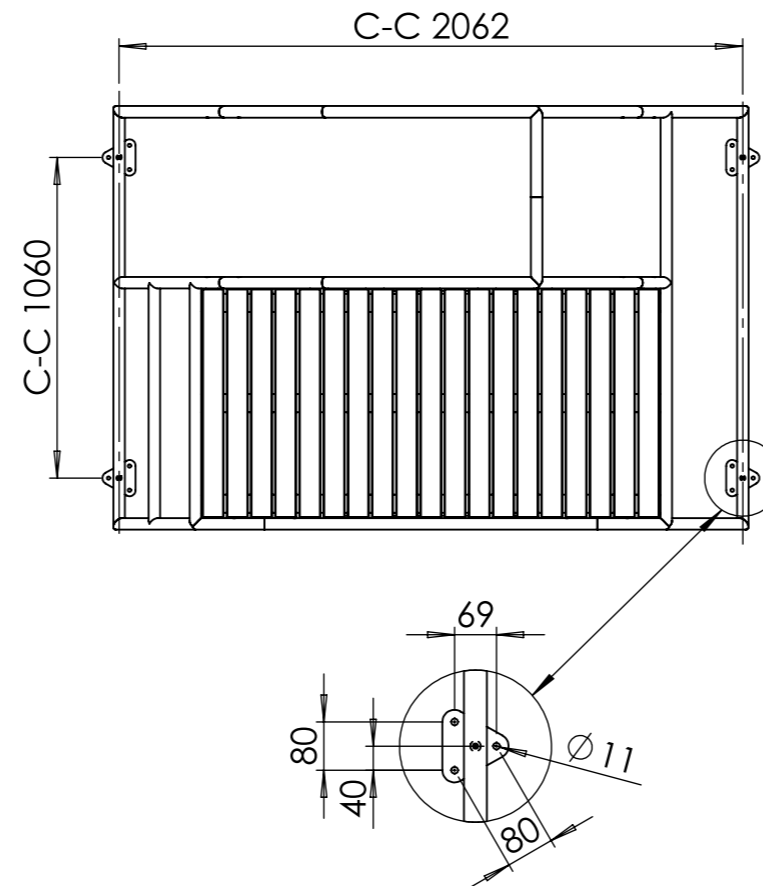
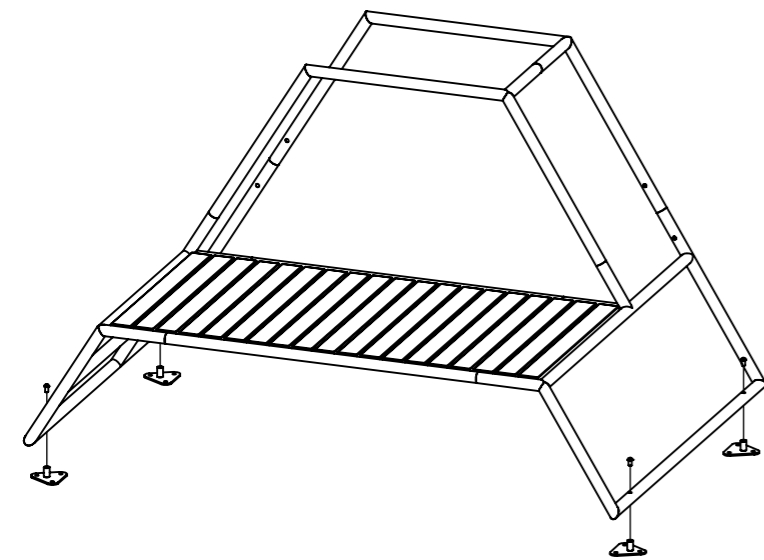
In-ground order

1. Dig to a frost-free depth and prime with a frost-resistant material.
2. Use prefab foundations or cast concrete foundations in place.
3. Drill holes in the foundation and mount with chemical anchors or expanders.
4. Finally, fill with 200 mm of Fall protection material. For example bare, gravel or sand.

Kebne Outdoor Gym Module 3

Placement Surface mount

Ritad av Ulf Hansson
Ritad datum 2022-04-13



Placement Surface mount

Mount the mounting hardware with the included washer + K6S M10 x 30. Tighten the screw fully. The pipe must be flattened somewhat against the mounting hardware.

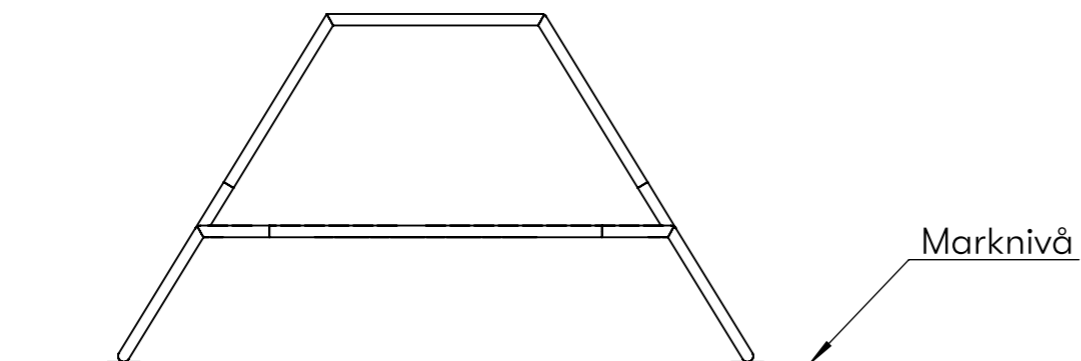
The mounting hardware has a foot plate with three holes intended for mounting with an M10 bolt.

Installation on a wooden substrate

Pre-drill and install with French wood screws.

Mounting against concrete or stone blocks etc.

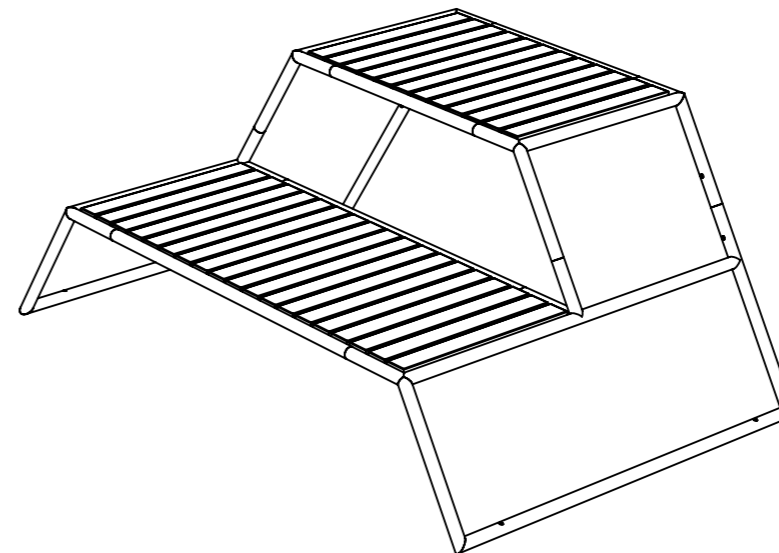
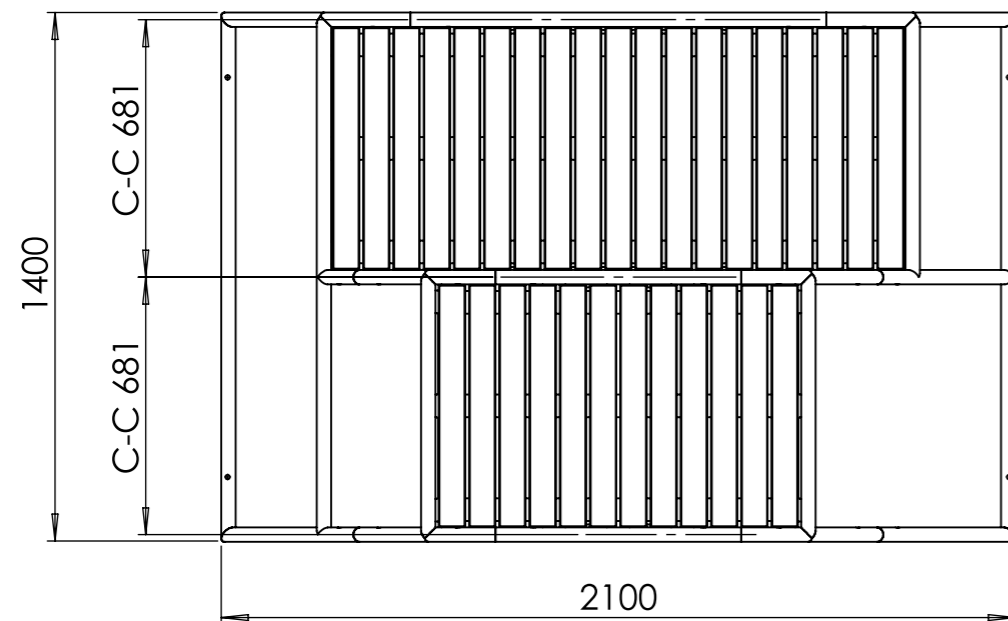
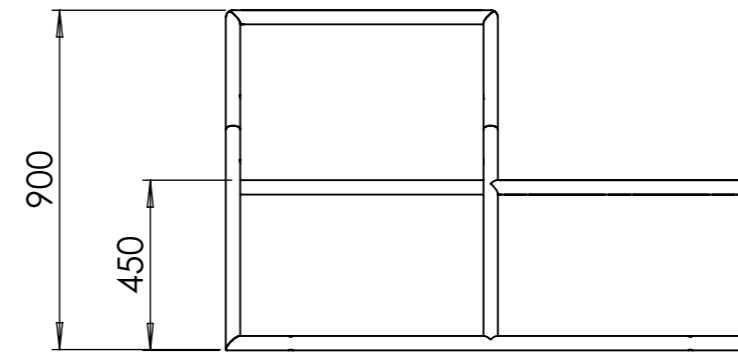
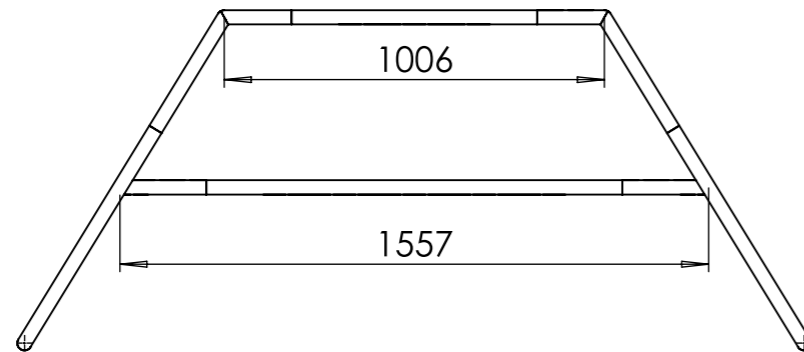
Drill holes in the substrate and mount with chemical anchors or expanders.



Kebne Outdoor Gym Module 4

Dimensional specification

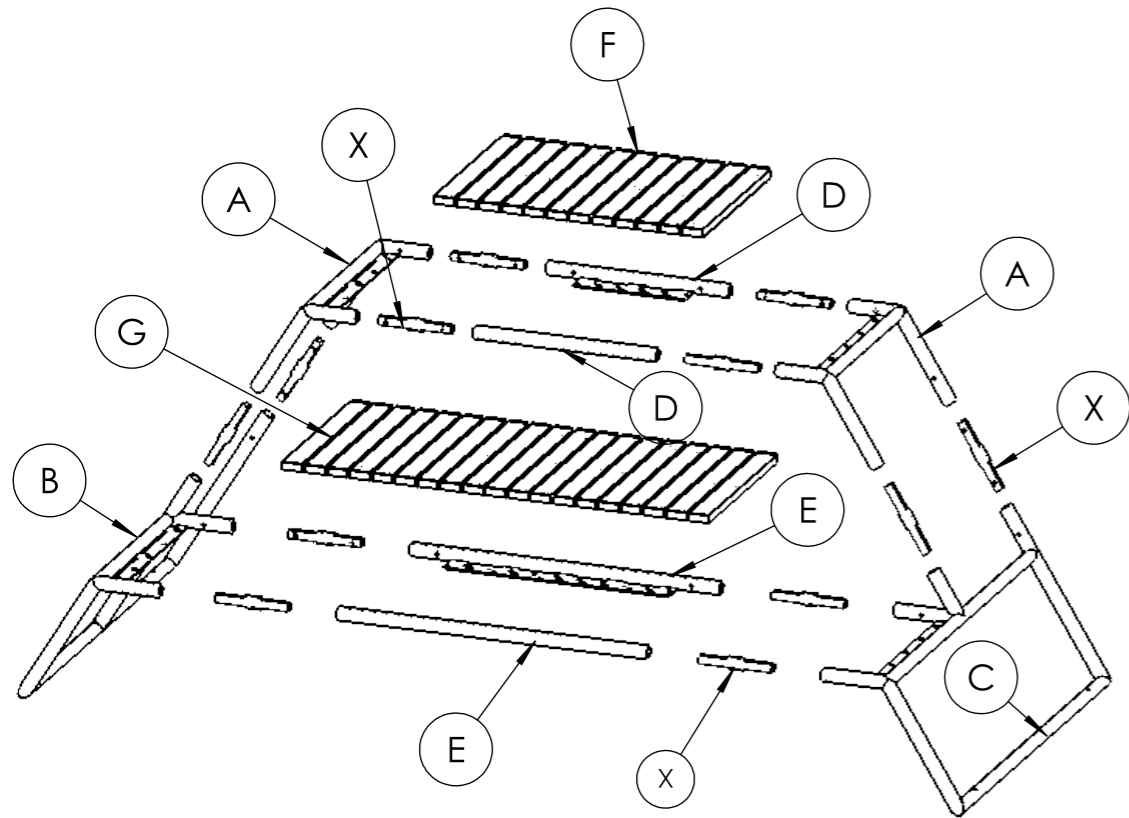
Ritad av Ulf Hansson
Uppdaterad 2022-04-13



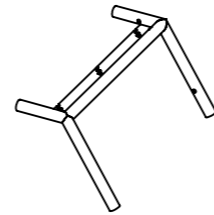
Kebne Outdoor Gym Module 4

Included parts

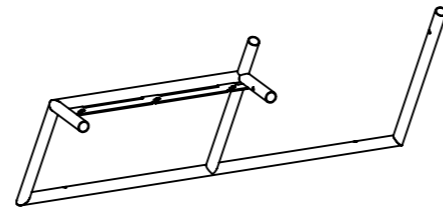
Ritad av Ulf Hansson
 Updaterad 2022-04-13



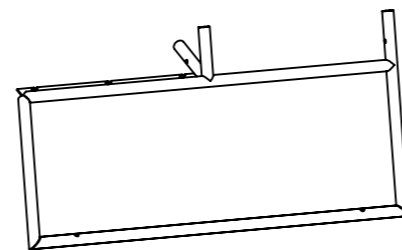
A - 2 pcs



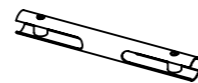
B - 1 pc



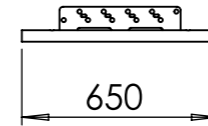
C - 1 pc



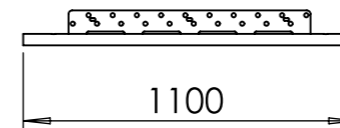
X - 12 pcs



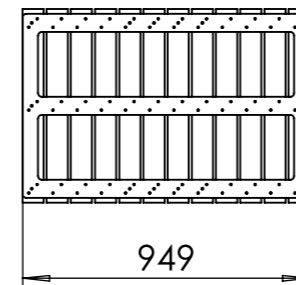
D - 2 pcs



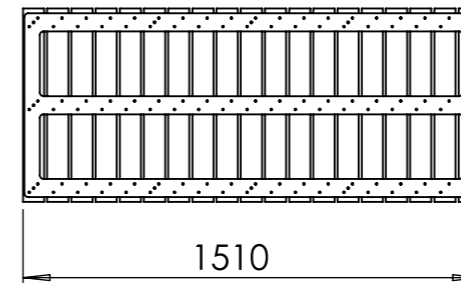
E - 2 pcs



F - 1 pc



G - 1 pc



Ö72-13

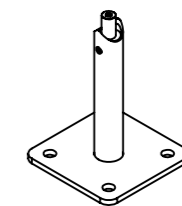
Kebne Outdoor Gym Module 4

Screw specification

- Stop screw M10x30 - 24 pcs
- K6S M10x30 - 4 pcs
- Washers for M10 4 pcs
- M8x10 (for fixing wood) - 26 pcs
- Washers for M8 - 26 pcs

Ö72-17M

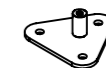
For placement In-ground



Y - 4 pcs

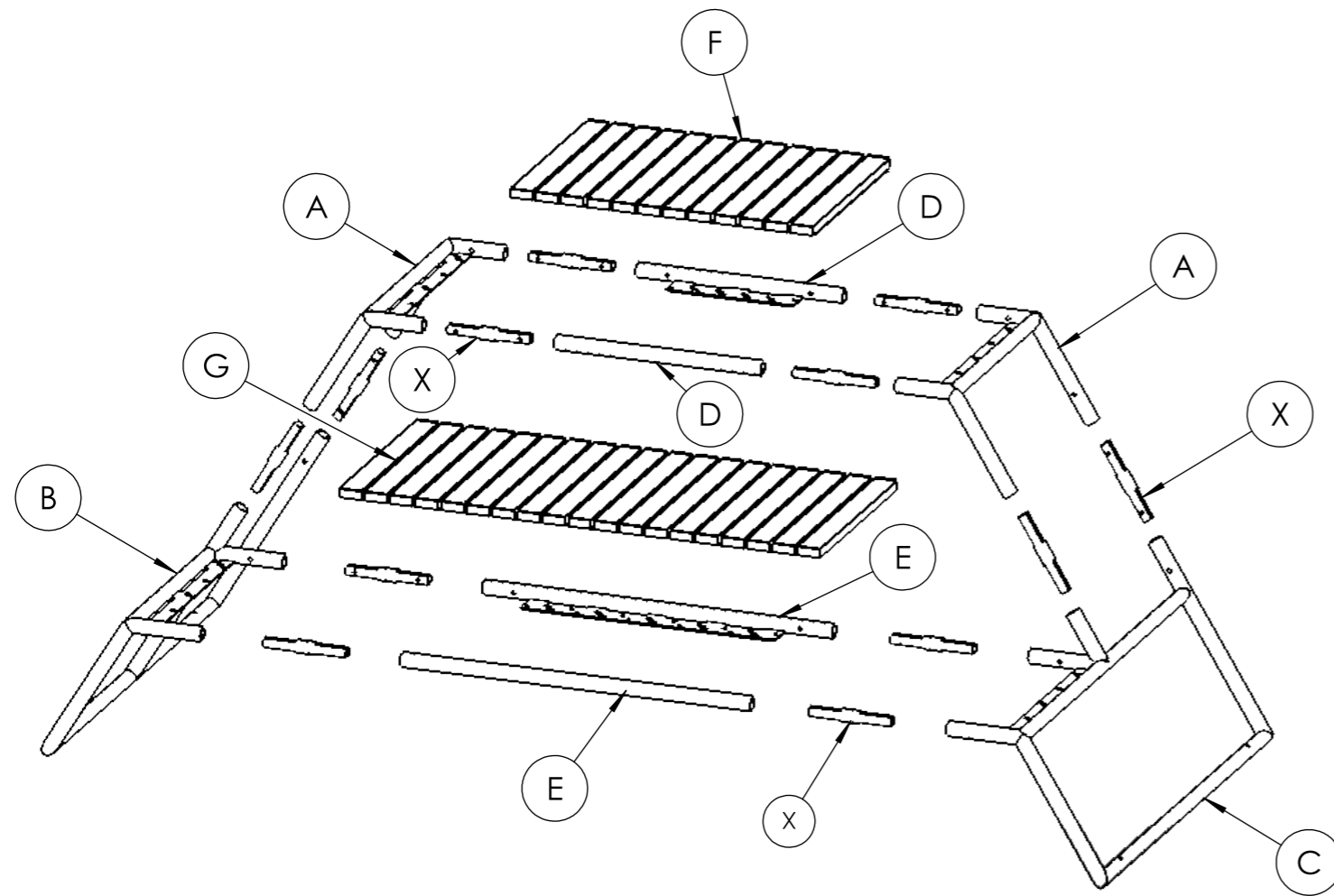
Ö72-17N

For placement surface mount



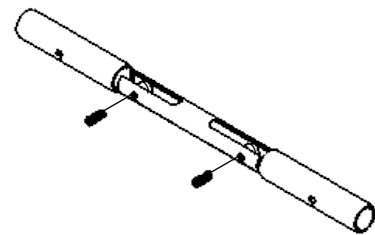
Z - 4 pcs

Kebne Outdoor Gym Module 4 Assembly

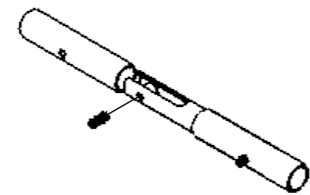


Assembly Kebne Module 4

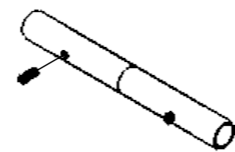
1. Assemble the gables AB + AC with connection fitting X. See principle for assembly.
2. Screw the connection fitting (without tightening them) in all openings on D + E.
3. Bring the gables together with DD+ EE at the same time.
4. Tighten all screws according to the principle below.
5. Place the timber modules F + G and screw in place with M8X10 + washer (total 26 screws)



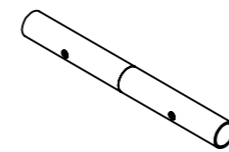
1. In each meeting, a connection fitting (X) and two stop screws M10x30 are needed.
ATTENTION! The screws must be greased!



2. Screw the connection fitting into the first part without to tighten the screw.



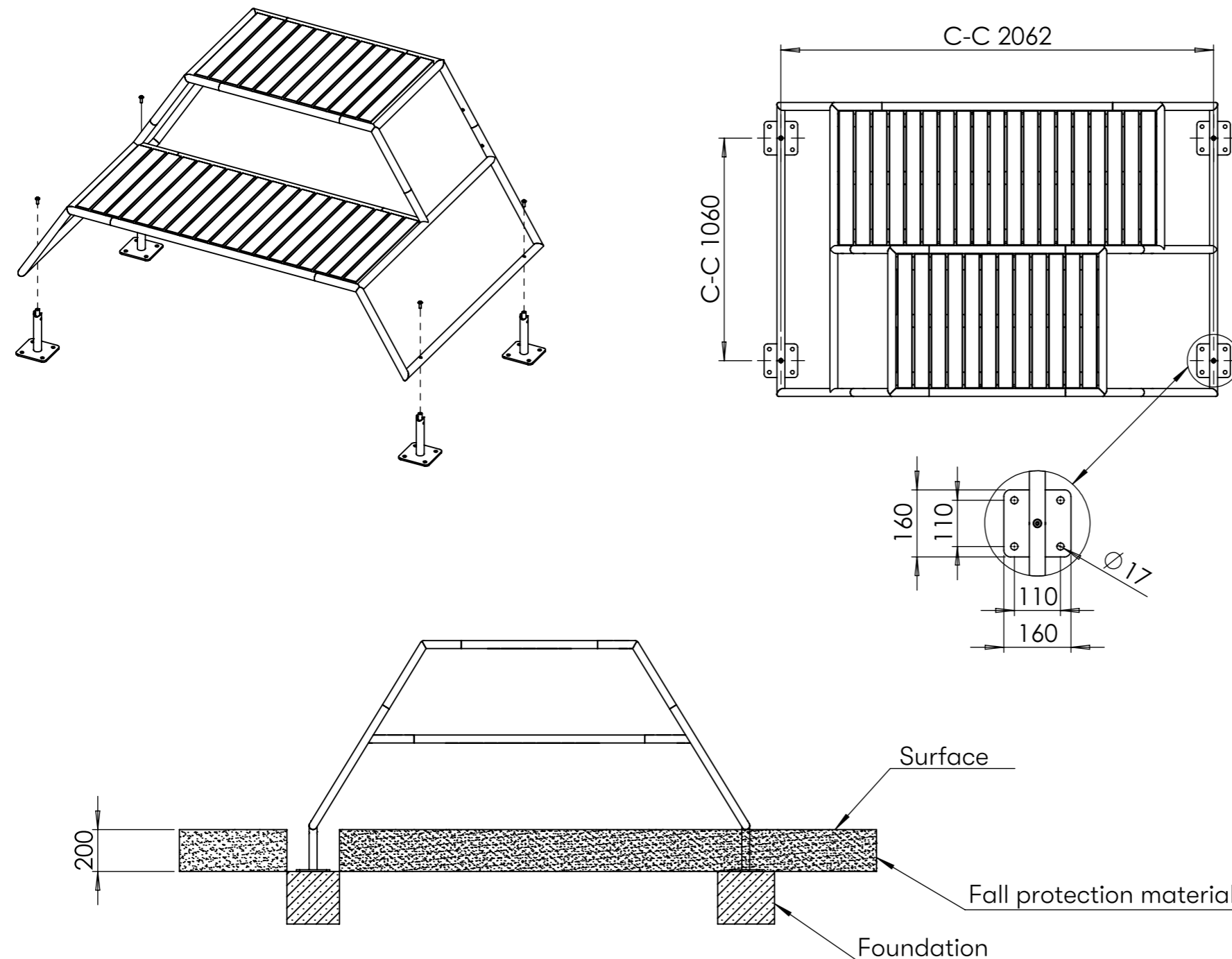
3. Put the parts together and screw in the second screw.



4. Make sure both parts are level and then tighten the screws. It is important to pull properly, as the principle is based on the connection fittings being tensioned apart.

Kebne Outdoor Gym Module 4 Placement In-ground

Ritad av Ulf Hansson
Ritad datum 2022-04-13



Placement In-ground

Mount the mounting hardware with the included washer + K6S M10 x 30. Tighten the screw fully. The pipe must be flattened somewhat against the mounting hardware.

the mounting hardware has a foot plate with four holes intended for mounting with an M16 bolt.

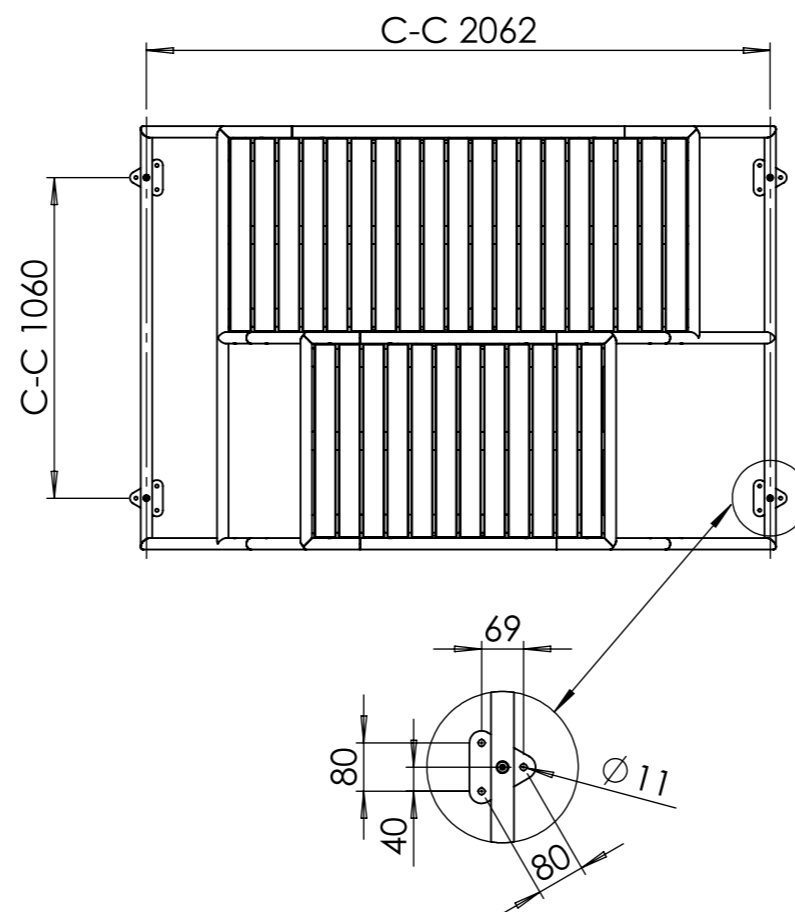
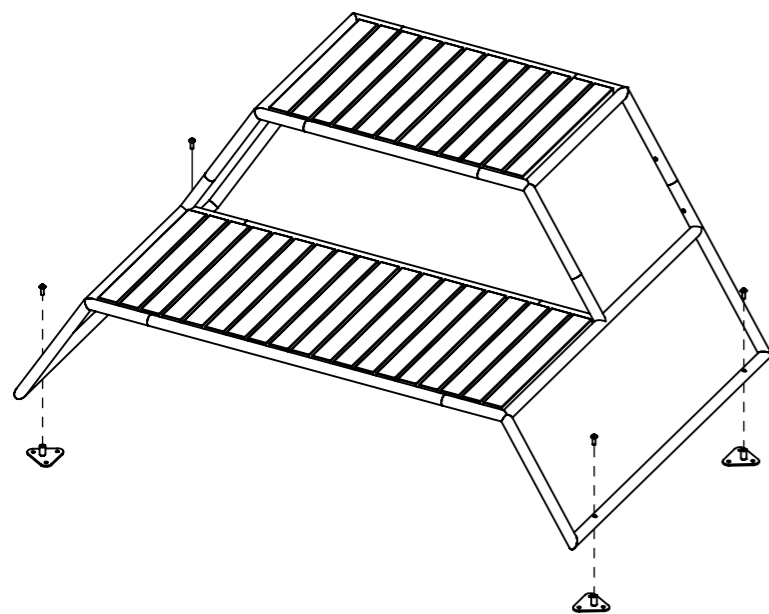
In-ground order

1. Dig to a frost-free depth and prime with a frost-resistant material.
2. Use prefab foundations or cast concrete foundations in place.
3. Drill holes in the foundation and mount with chemical anchors or expanders.
4. Finally, fill with 200 mm of Fall protection material. For example bare, gravel or sand.

Kebne Outdoor Gym Module 4

Placement Surface mount

Ritad av Ulf Hansson
Ritad datum 2022-04-13



Placement Surface mount

Mount the mounting hardware with the included washer + K6S M10 x 30. Tighten the screw fully. The pipe must be flattened somewhat against the mounting hardware.

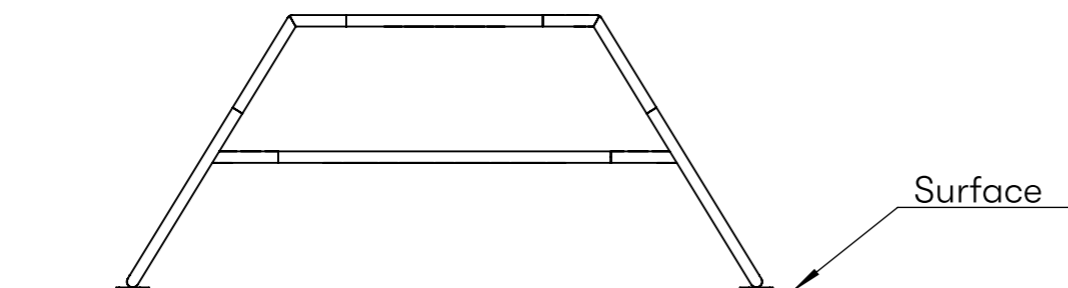
The mounting hardware has a foot plate with three holes intended for mounting with an M10 bolt.

Installation on a wooden substrate

Pre-drill and install with French wood screws.

Mounting against concrete or stone blocks etc.

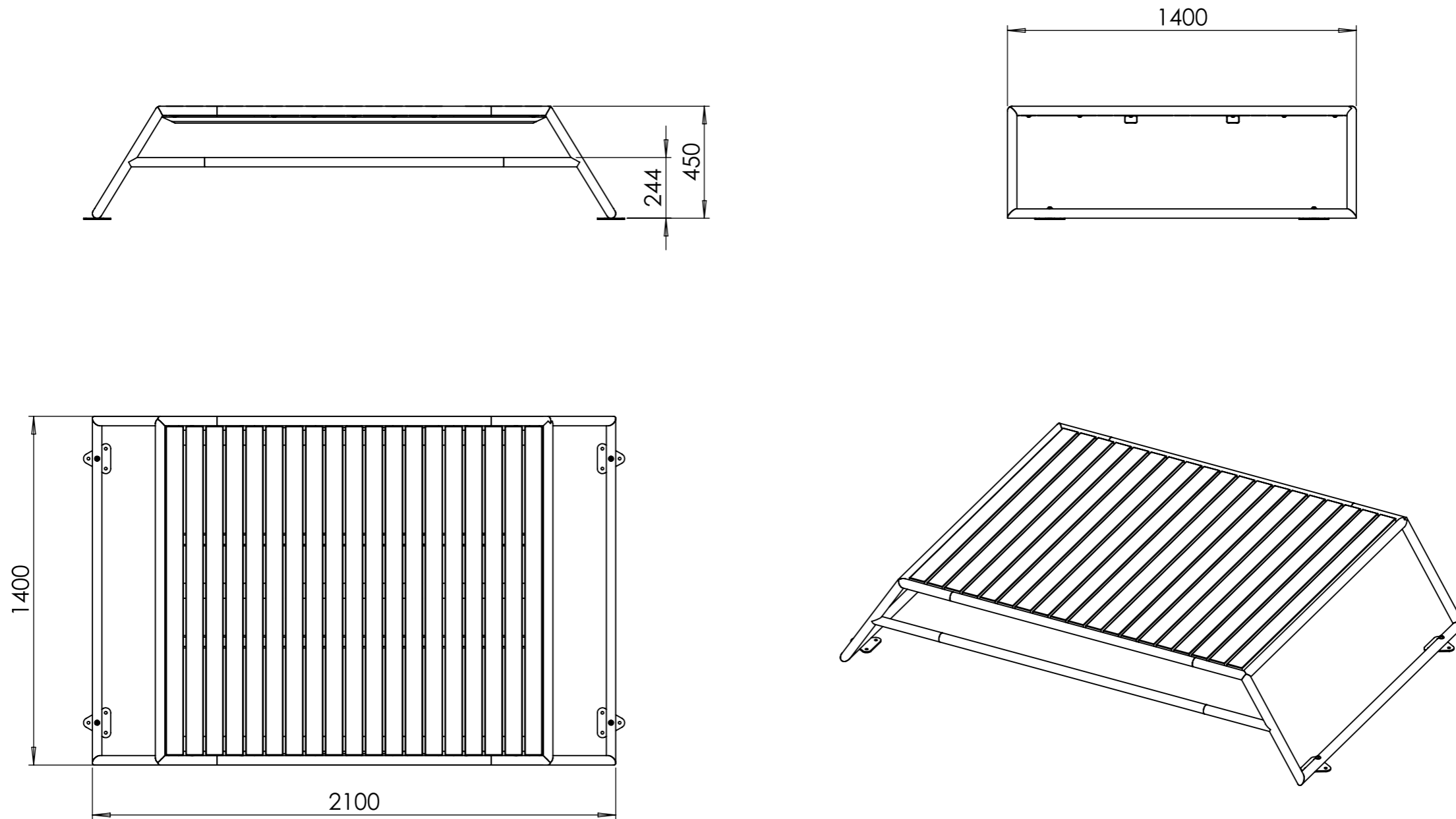
Drill holes in the substrate and mount with chemical anchors or expanders.



Kebne Outdoor Gym Module 5

Dimensional specification

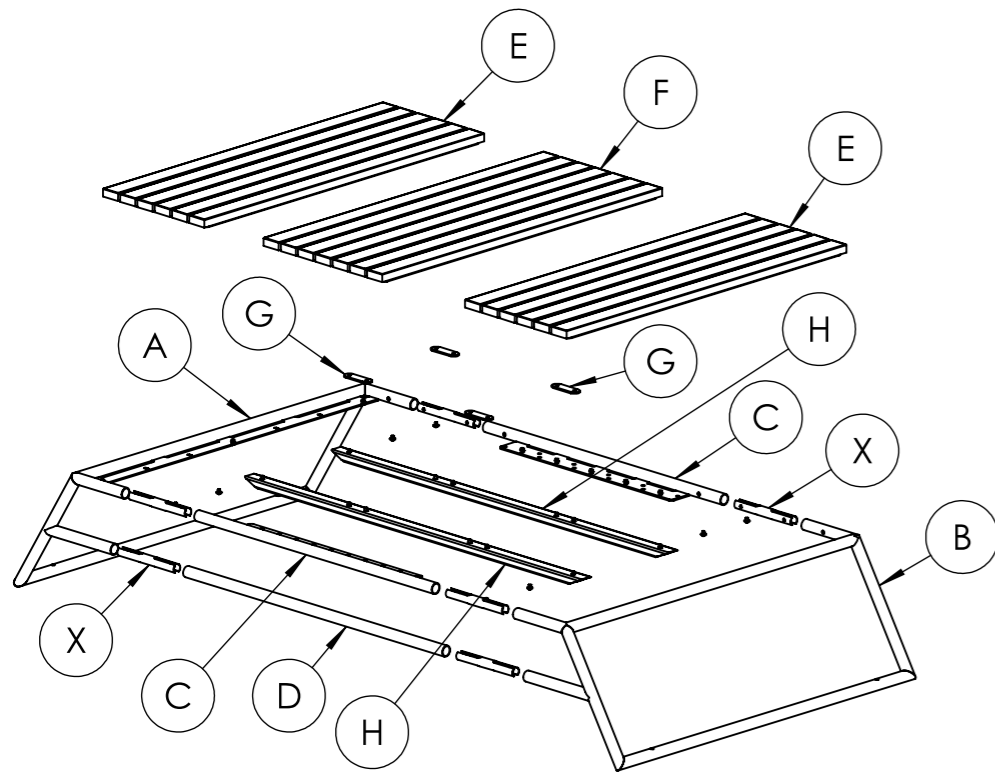
Ritad av Ulf Hansson
Uppdaterad 2022-04-13



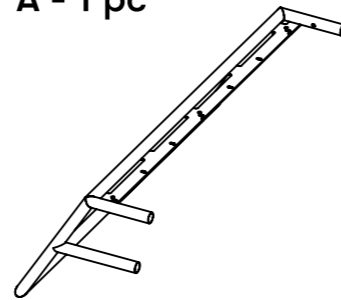
Kebne Outdoor Gym Module 5

Included parts

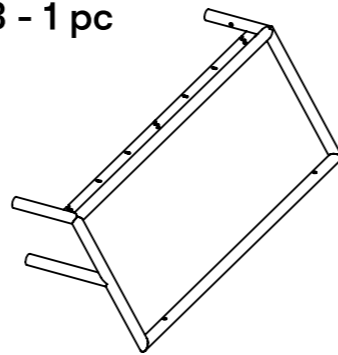
Ritad av Ulf Hansson
Uppdaterad 2022-04-13



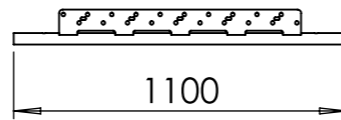
A - 1 pc



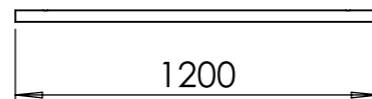
B - 1 pc



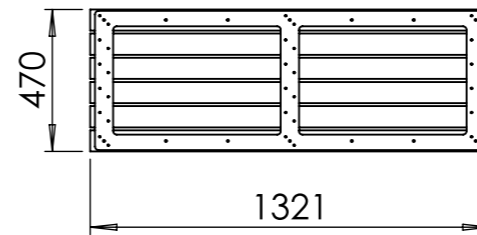
C - 2 pcs



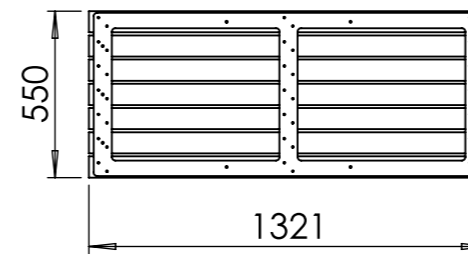
D - 1 pc



E - 2 pcs



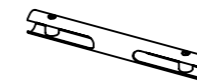
F - 1 pc



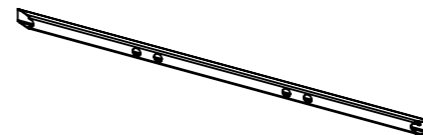
G - 4 pcs



X - 6 pcs



H - 2 pcs



Ö72-14

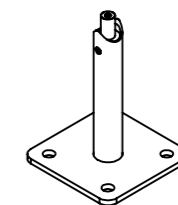
Kebne Outdoor Gym Module 5

Screw specification

Stop screw M10x30 - 12 pcs
K6S M10x30 - 4 pcs
Washers for M10 4 pcs
M8x10 (for fixing wood) - 30 pcs
Washers for M8 - 18 pcs

Ö72-17M

For placement In-ground



Y - 4 pcs

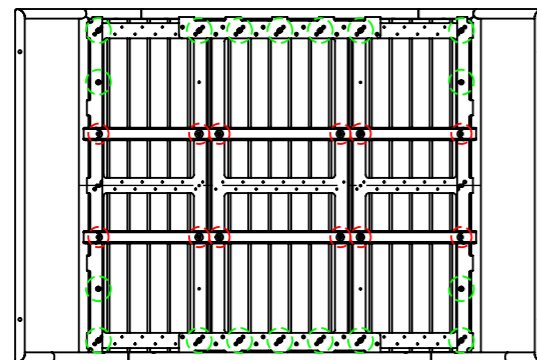
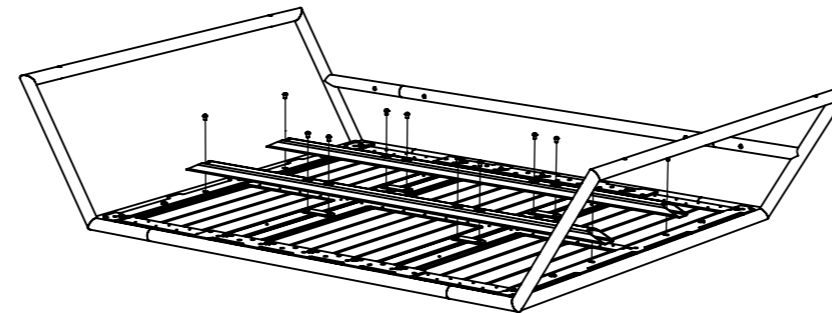
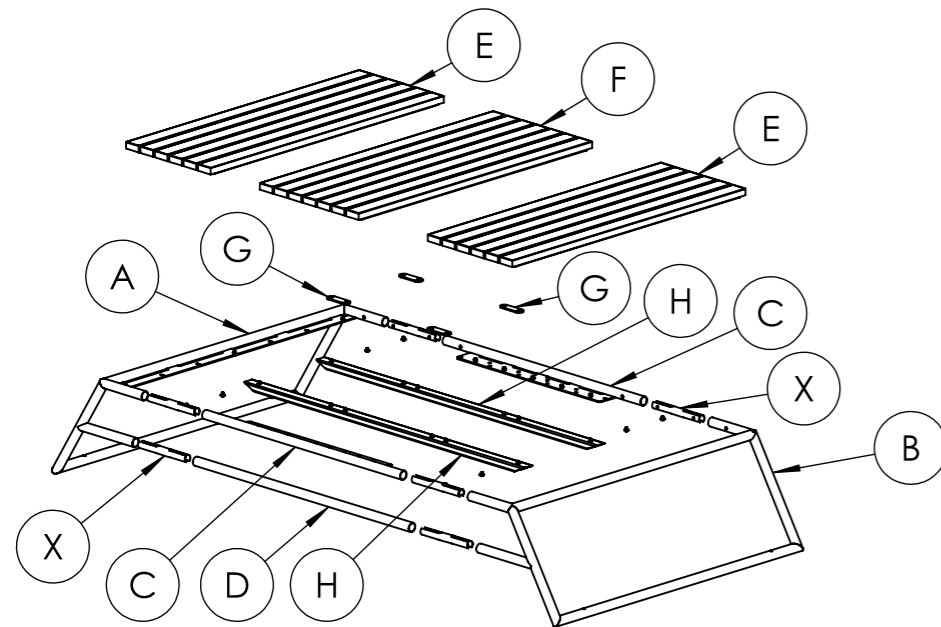
Ö72-17N



For placement surface mount



Z - 4 pcs

Kebne Outdoor Gym Module 5 Assembly

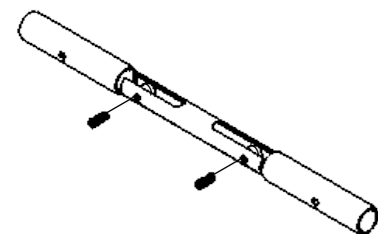


-  = Position 1, M8 x 10 + washer
-  = Position 2, only M8 x 10, no washer

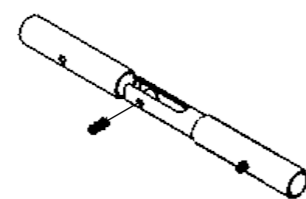
Assembly Kebne Module 5

1. Assemble the ends A and B with the CCD with help of connection fitting X. See principle for assembly.
2. Tighten all screws securely. The construction is based on the fact that they are in tension.
3. Place the EEF wooden modules and screw in place with M8 x 10 + washer (position 1).
4. Fit the foot reinforcement tubes H to the middle of the seats with M8 x 10 (position 2). Joint washer G placed between the timber modules and the pipe in 4 positions in the middle.

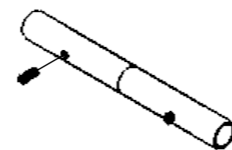
ATTENTION! Do not use a washer in position 2.



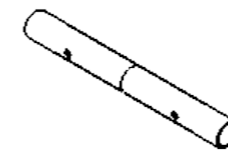
1. In each meeting, a connection fitting (X) and two stop screws M10x30 are needed.
ATTENTION! The screws must be greased!



2. Screw the connection fitting into the first part without to tighten the screw.



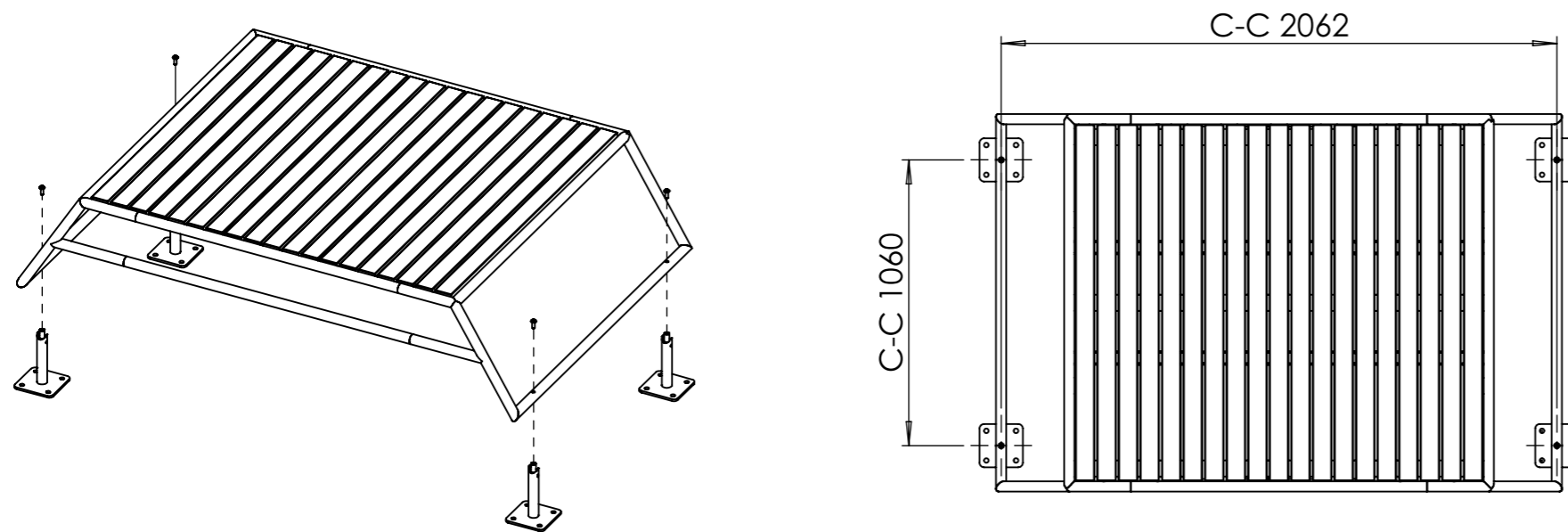
3. Put the parts together and screw in the second screw.



4. Make sure both parts are level and then tighten the screws. It is important to pull properly, as the principle is based on the connection fittings being tensioned apart.

Kebne Outdoor Gym Module 5 Placement In-ground

Ritad av Ulf Hansson
Ritad datum 2022-04-13



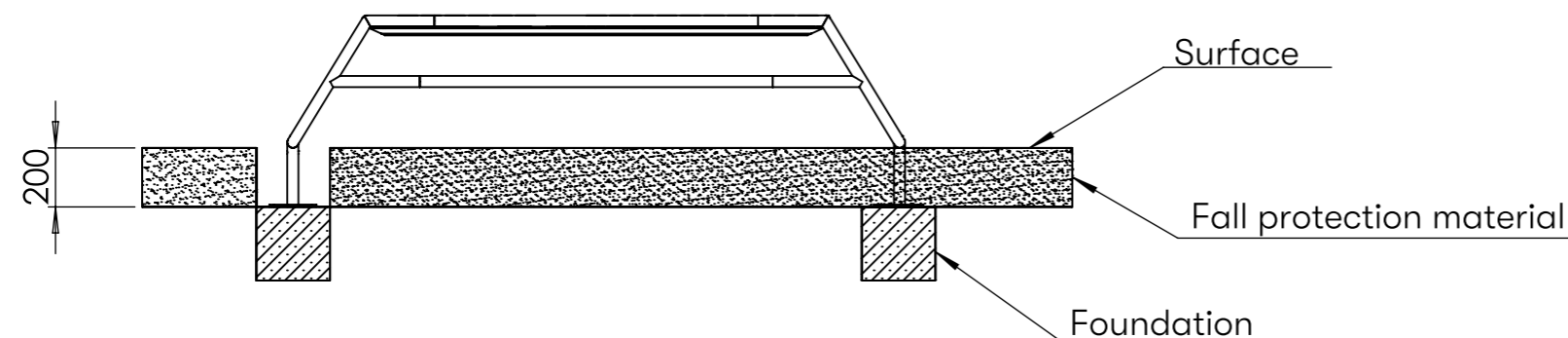
Placement In-ground

Mount the mounting hardware with the included washer + K6S M10 x 30. Tighten the screw fully. The pipe must be flattened somewhat against the mounting hardware.

the mounting hardware has a foot plate with four holes intended for mounting with an M16 bolt.

In-ground order

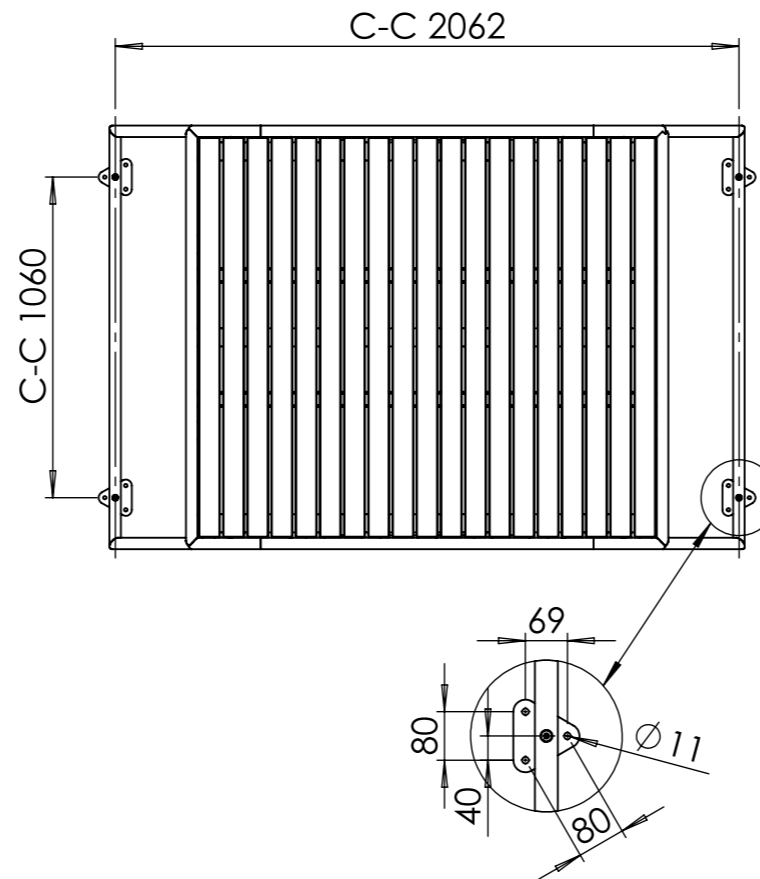
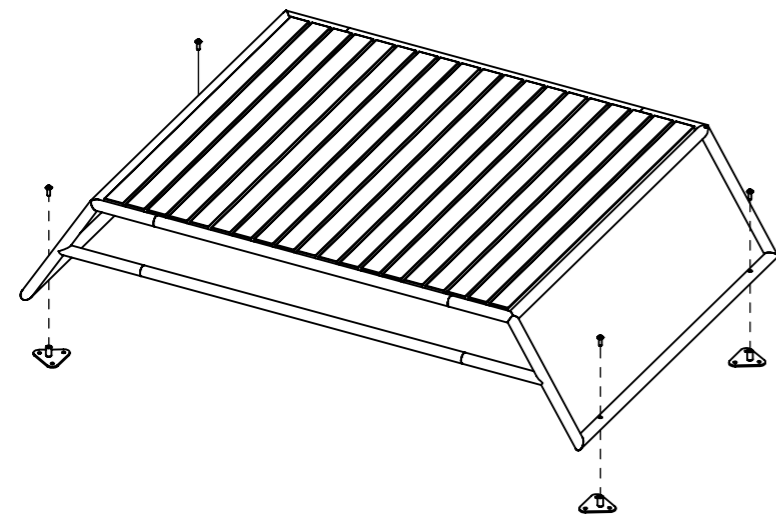
1. Dig to a frost-free depth and prime with a frost-resistant material.
2. Use prefab foundations or cast concrete foundations in place.
3. Drill holes in the foundation and mount with chemical anchors or expanders.
4. Finally, fill with 200 mm of Fall protection material. For example bare, gravel or sand.



Kebne Outdoor Gym Module 5

Placement Surface mount

Ritad av Ulf Hansson
Ritad datum 2022-04-13



Placement Surface mount

Mount the mounting hardware with the included washer + K6S M10 x 30. Tighten the screw fully. The pipe must be flattened somewhat against the mounting hardware.

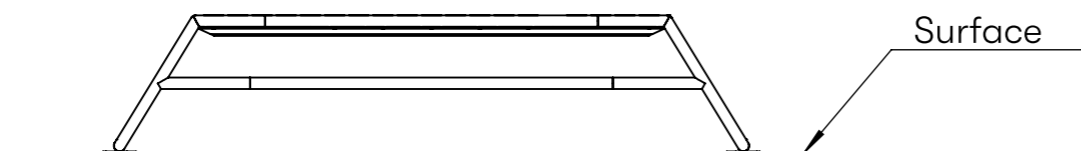
The mounting hardware has a foot plate with three holes intended for mounting with an M10 bolt.

Installation on a wooden substrate

Pre-drill and install with French wood screws.

Mounting against concrete or stone blocks etc.

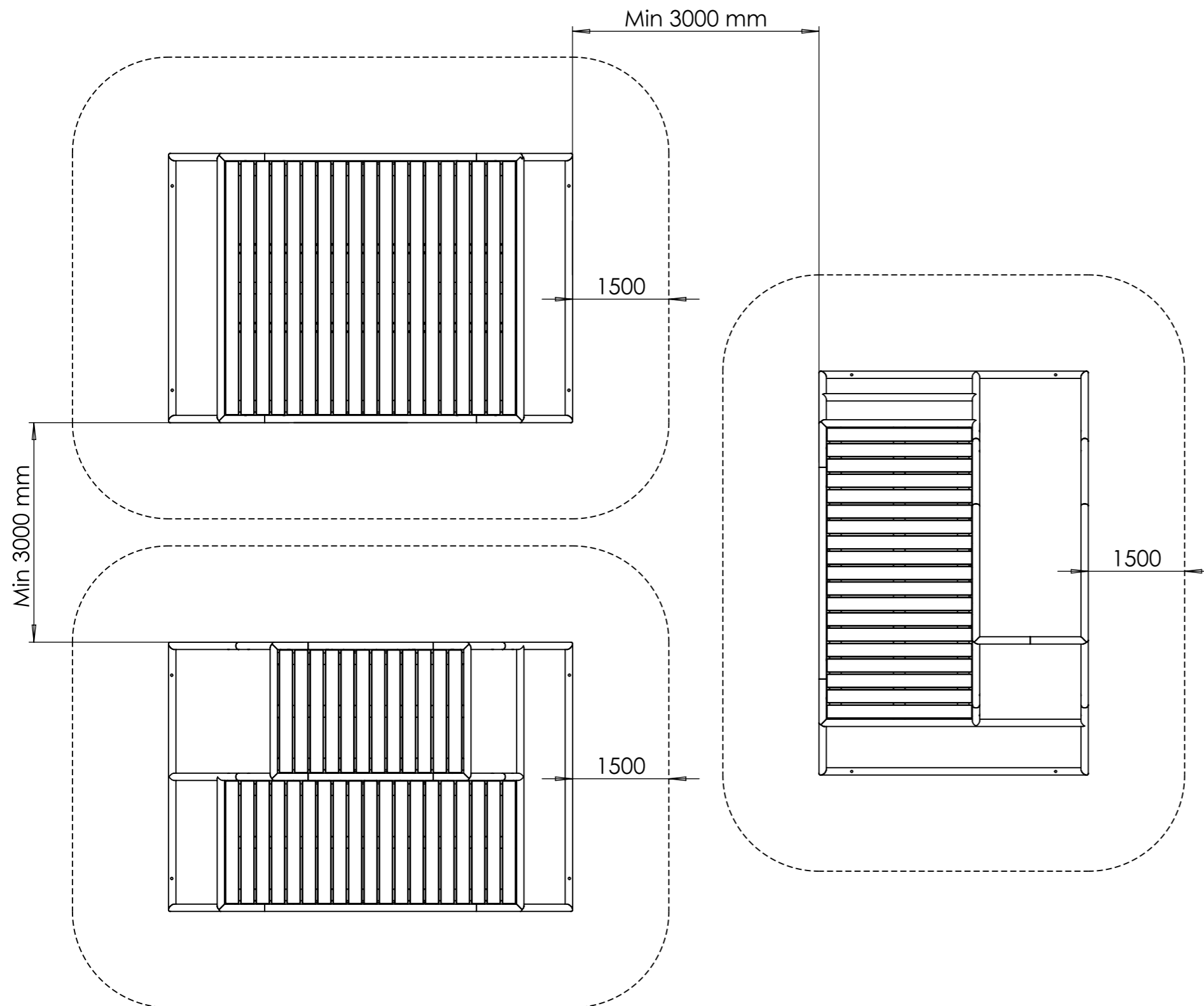
Drill holes in the substrate and mount with chemical anchors or expanders.



Kebne Outdoor Gym

Furnishings, Safety distance, Fall protection

Ritad av Ulf Hansson
Uppdaterad 2022-04-13



Furnishings

It is important to think about safety distances and fall protection when modules of Kebne outdoor gym are assembled and furnished next to each other or other products.

Safety distance

Nola recommends a safety distance of 1500 mm from the outer edge of each unit. Note that the recommended distance between two units will then be 3000 mm.

Fall protection

Nola further recommends that fall protection be installed in accordance with Swedish standard SS-EN 16630:2015 "Permanently installed fitness equipment for outdoor use - Safety requirements and testing methods".

Examples of fall protection can be 200 mm of sand, gravel or bark. Even a substrate made of rubber granules or grass can act as a fall protection.