



MOUV'ROC LION  
Ref. 08 300A

## ► Presentation

Mouv'roc® is an amenities solution designed to enable as many people as possible to exercise free of charge. It can accommodate up to 11 people simultaneously, whether they are occasional or experienced, young or older fitness enthusiasts. Mouv'roc® is also suitable for persons of reduced mobility. It's really an urban fitness hub that encourages intergenerational interaction. The apparatus available on Mouv'roc® is fixed and the user can exercise in complete safety with all or part of his body weight. Pictograms along with QR codes inform the user about the appropriate exercises for each piece of apparatus. Mouv'roc® is compact and perfectly suited to the constraints of dense urban spaces.

## ► Description

Mouv'roc® Lion comprises a central box to which the apparatus and roof are secured. It can accommodate 9 pieces of apparatus that can be used for up to 90 different exercises. Its broad roof, supported on posts, makes it suitable for exercise in all weathers.

### COMPOSITION OF THE CENTRAL BOX :

- 4 galvanised steel<sup>2</sup> beams 1055 x 2150 mm with a square cross section of 60 x 60 mm 3 mm thick
- 16 galvanised steel doublers 3 mm thick to which the apparatus can be secured
- Cladding comprising 16 HPL panels<sup>1</sup> 13 mm thick.

### ROOF COMPOSITION :

- 5 painted, galvanised steel crossbars 5 mm thick
- 7 peripheral covers in painted galvanised steel<sup>3</sup> 3 mm thick
- 8 HPL panels 13 mm thick, which cover the crossbars. Weather proofing is guaranteed by polyurethane Compriband seals.

The whole is supported on two painted, galvanised steel posts. Each post is composed of a central core, 22 spacers, a secure base frame 6 mm thick, 2 side plates 3 mm thick and 4 cladding plates 1.5 mm thick.

Two painted, galvanised steel benches are attached to each post. The bench trim is composed of a City tube with a cross section of 50 x 40 mm, rods with a diameter of 8 mm, 2 flat bars 6 mm thick at the extremities and 2 braces 5 mm thick.

### COMPOSITION OF THE APPARATUS :

The apparatus is attached to the central box. The pieces of apparatus are fixed. Their ergonomics have been designed to provide an optimal exercise position for any user from 1.40 m in height and as of 12 years of age.

Apparatus available on this Mouv'roc® : Roman chair, cleats, sit-up bench, horizontal bench, vertical bars, roller, wall bars, crossfit ladder and TRX rings.

The 9 pieces of apparatus are made of untreated galvanised steel. The steel tubes of the apparatus have a diameter between 27 and 50 mm. The grips on the Roman chair and the wall bars are covered with soft black rubber for enhanced user comfort. The horizontal and sit-up benches are in HDPE (High-density Polyethylene).

Near each piece of apparatus is a Dibond aluminium panel showing the appropriate exercises, 3 mm thick.

Mouv'roc® complies with the european NF EN 16630 : 2015 standard specifying the general safety, inspection, maintenance and test methods requirements regarding physical training modules.



The mark of responsible forestry

## INSTALLATION :

Comes non-assembled. Assembly time : 10 hours based on a 4-man team and with a Manitou crane type lifting device.

Weight : 2 720 kg.

Total area of the concrete slab : 54,30 sqm | Area HIC ≤ 1,48 m : 28,15 sqm.

Area of the confort floor ≤ 1 m : 22,85 sqm | Perimeter : 29,85 lm.



## Materials

### > 1 | HPL

HPL is a compact outdoor facing material made by stacking sheets of paper impregnated with reinforced thermo resins, compacted at high pressure (10 MPa) at a temperature of 160°C. An acrylic film provides extra protection from ultraviolet light.



#### PROPERTIES :

- Impact-resistant
- Weatherproof
- Dimensional stability
- Resistant to ultraviolet light

### > 2 | GALVANISED STEEL

These items are treated by hot galvanisation.



#### PROPERTIES :

- Protection against corrosion
- Resistant to impact and friction
- Hard wearing

### > 3 | PAINTED GALVANISED STEEL

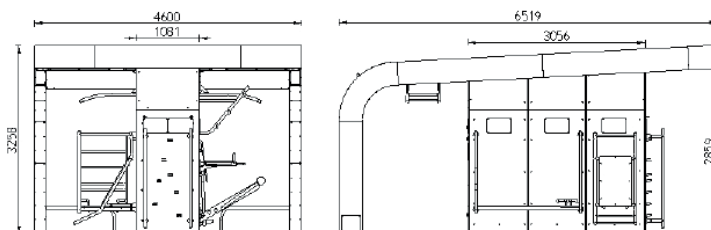
These items are galvanised and then treated according to our Powder Blast process (after cleaning and shot blasting, the items are coated with an epoxy powder primer and a second coat of kiln-fired polyester powder).



#### PROPERTIES :

- Protection against corrosion

## Dimensions



## Colours

Colours shown :

Steel : Pure orange Ral 2004

HPL panels : Birch grey

Colours of the metallic elements to select from RAL charts (satin).

Colours of the HPL panels to select from FUNDERMAX charts.

