



# Philosophy

The German based company SAYSU®, located in Bad Vilbel near Frankfurt, is focused on the development, manufacturing and distribution of outdoor fitness equipment.

## **Playful movement**

Our innovative fitness equipment is especially designed to provide improved health through different forms of exercise almost without age-limitation. It creates the opportunity to exercise outdoors on your own or within a group environment.

No membership fees and no trading hours mean you can now exercise whenever you want and at a pace that is controlled by you. Playfully you can improve your cardiovascular system, strengthen and loosen your muscles and enhance your general feeling of well-being.

## **Scientifically Proven**

Apart from these idealistic reasons, we are very aware of the economic aspects that speak in favor of SAYSU® Outdoor Fitness Equipment.

The use of the SAYSU® Outdoor Fitness Equipment lowers medical costs and increases the attractiveness of public parks etc. and thus stimulates tourism.

## **Quality**

We offer you well-proven fitness equipment of best quality, which you can order in powder-coated zinc phosphated or stainless steel. The users of our outdoor fitness equipment enjoy the efficient possibility to improve mobility and endurance and so to keep fit. The wide acceptance of SAYSU® Outdoor Fitness Equipment in all age groups is a sure sign of the success of our concept.

## **Health Promotion**

We are proud to be contributing towards improving the populations health and encouraging people to become more active up to an old age.

SAYSU® facilities can be installed at:

- public parks
- leisure and sports facilities
- clinics, spas
- pedestrian zones, shopping malls
- motorway rest areas
- public swimming pools, beaches
- companies, training centres
- clubs, associations
- housing areas, residential complexes
- retirement homes and residences
- hotels, camping sites

We bring movement  
into your life...



# SP SERIES

design, development, production ... made in Germany

- SP 01 - Twister
- SP 02 - Bike & Stepper
- SP 03 - Station
- SP 04 - Leg Swing
- SP 05 - Arm Rotation
- SP 06 - Leg Press
- SP 07 - Track Tracer
- SP 08 - Roman Chair & Hyperextension
- SP 09 - Double Airwalker
- SP 10 - Airwalker System
- SP 11 - Stretching Tower
- SP 12 - Balance Seat
- SP 13 - Skater
- SP 14 - One Arm Rotation
- SP 15 - Jump Tower

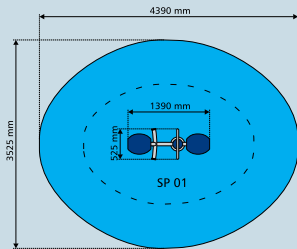
# SP 01 - Twister



## core training

Stand or sit upright on the twister plate and grip tightly onto the bar. Twist your lower body alternating from the right to left. Keep your shoulders straight and still.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1390 mm
<b>width:</b>	525 mm
<b>height:</b>	1490 mm
<b>floor space:</b>	0,73 m <sup>2</sup>
<b>floor space required:</b>	4390 x 3525 mm
<b>volume:</b>	1,09 m <sup>3</sup>
<b>weight:</b>	41 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 168 mm 4,5 mm 60 mm 3,5 mm 35 mm 2 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

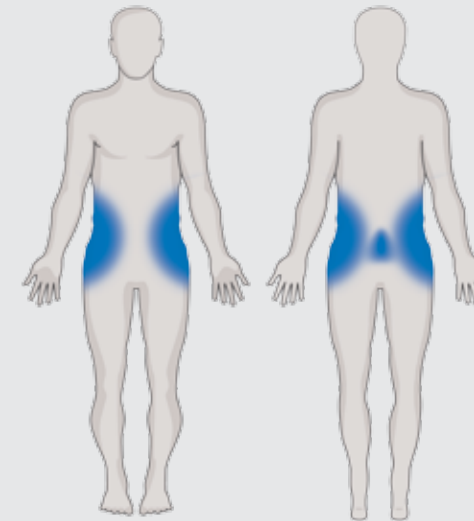
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 1 m, when underground-installation:  
< 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** rotation limit



- ☐ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

## core training

**function:** twist the lower part, while the upper part of the body is kept still

**effect:** enhancement of mobility

**persons:** 2 at the same time

## SP 02 – Bike & Stepper

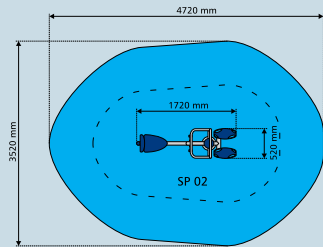


workout of leg and gluteal muscles

**Bike:** Sit down on the seat, place your feet onto the pedals and grip tightly onto the bar. Pedal at a steady pace.

**Stepper:** Stand upright on the foot plates and grip tightly onto the bar. Walk in place.






#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

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<b>length:</b>	1720 mm
<b>width:</b>	520 mm
<b>height:</b>	1695 mm
<b>floor space:</b>	0,89 m²
<b>floor space required:</b>	4720 x 3520 mm
<b>volume:</b>	1,52 m³
<b>weight:</b>	54 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange)
<b>pipe measurements:</b>	diameter: wall thickness: 168 mm 4,5 mm 60 mm 3,5 mm 35 mm 2 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

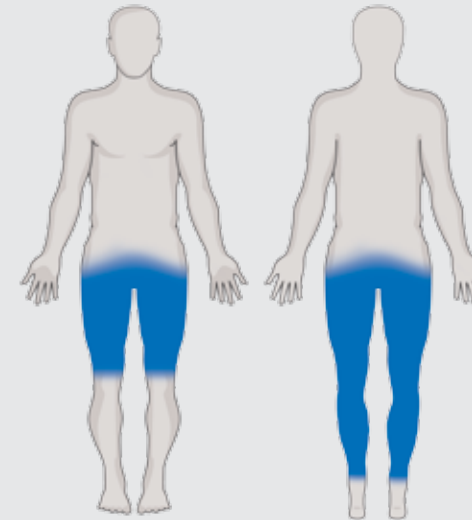
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 1 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



- ☐ strength
- ☒ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

## training of leg and gluteal muscles

**function:** biking without resistance, stair climbing with small resistance

**effect:** improvement of mobility and endurance, coordination training

**persons:** 2 at the same time

## SP 03 – Station

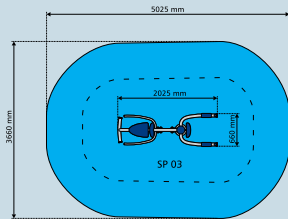


training of chest, back, arm  
and abdominal muscles

**Dorsal draw:** Pull the lever down using slow movements while sitting upright.

**Leg raise:** Prop up your forearms onto the horizontal arm support. Straighten your neck and tense your abdominals. Then raise your knees slowly.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

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<b>length:</b>	2025 mm
<b>width:</b>	660 mm
<b>height:</b>	1990 mm
<b>floor space:</b>	1,34 m²
<b>floor space required:</b>	5025 x 3660 mm
<b>volume:</b>	2,66 m³
<b>weight:</b>	90 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
<b>pipe measurements:</b>	diameter: 168 mm, 60 mm, 35 mm, 27 mm wall thickness: 4,5 mm, 3,5 mm, 2,0 mm, 2,5 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

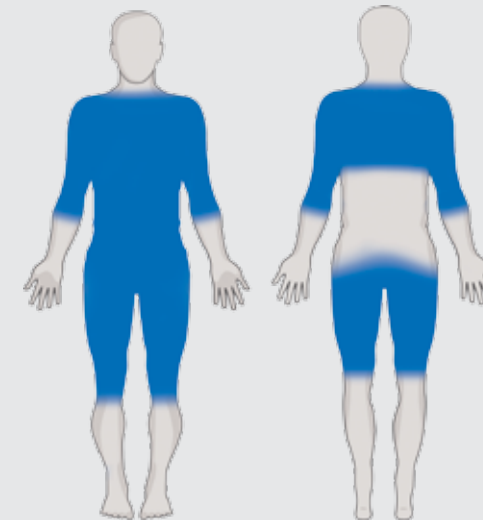
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 1 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☐ mobility
- ☐ relaxation

training of chest, back, arm  
and abdominal muscles

function: leg raise, pull down

effect: develops strength in all important groups of muscles

persons: 2 at the same time

## SP 04 - Leg Swing

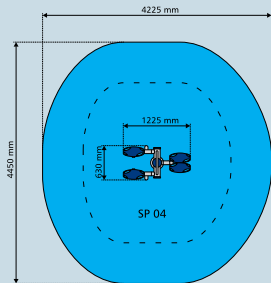


workout of thighs, abdominals, adductor and abductor

**Hip Flex:** Stand on the foot plates and keep your hands tight on the handle bar. Swing with your lower body from left to right while keeping the upper body stable.

**Adductor-Abductor:** Stand on the foot plates and move your legs apart and together while keeping your hands on the handle bars.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

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<b>length:</b>	1225 mm
<b>width:</b>	630 mm
<b>height:</b>	1590 mm
<b>floor space:</b>	0,77 m <sup>2</sup>
<b>floor space required:</b>	4225 x 4450 mm
<b>volume:</b>	1,23 m <sup>3</sup>
<b>weight:</b>	64 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue)  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 168 mm 4,5 mm 114 mm 3 mm 60 mm 3,5 mm 35 mm 2 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

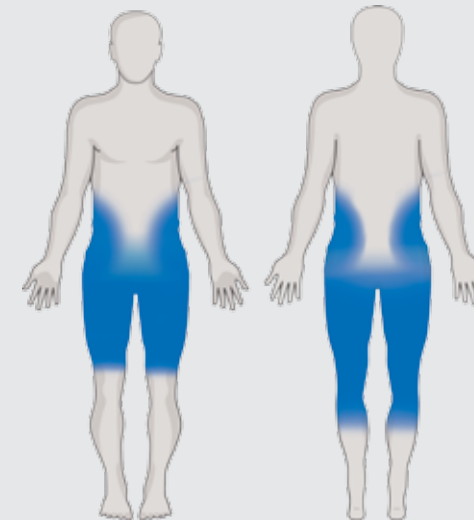
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



- ☒ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

## workout of thighs, abdominals, adductor and abductor

**function:** swinging sideways with the lower part of the body while the upper body is stable, moving apart and closing the legs while standing

**effect:** supports mobility and coordination

**persons:** 2 at the same time



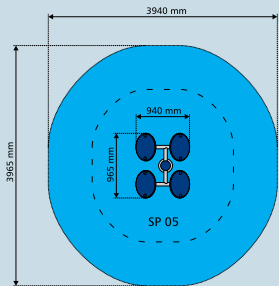
## SP 05 - Arm Rotation



stimulates mobility of shoulder girdle, elbow and hand joints

Place your hands on the knobs of the rotating discs and turn them alternating from the left to right or twisting them towards or apart from each other.

For a hand massage, place your palm flat onto the disc and turn it.



#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

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<b>length:</b>	940 mm
<b>width:</b>	965 mm
<b>height:</b>	1470 mm
<b>floor space:</b>	0,91 m <sup>2</sup>
<b>floor space required:</b>	3940 x 3965 mm
<b>volume:</b>	1,33 m <sup>3</sup>
<b>weight:</b>	43 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
<b>pipe measurements:</b>	diameter: 168 mm 60 mm
	wall thickness: 4,5 mm 3 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

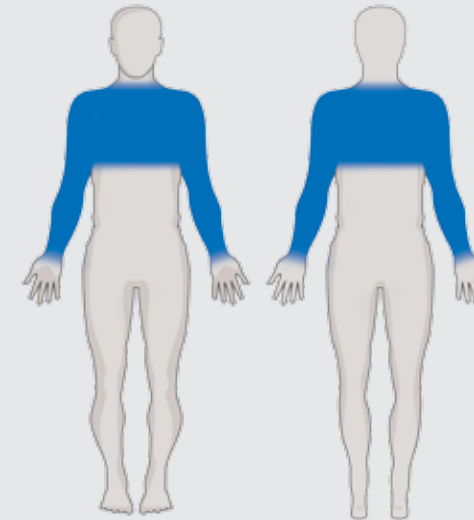
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☒ relaxation

stimulates mobility training of shoulder girdle, elbow and hand joints

function: rotation of the discs with both hands

effects: improvement of mobility and coordination, mobilization of the joints, relaxation

persons: 2 at the same time

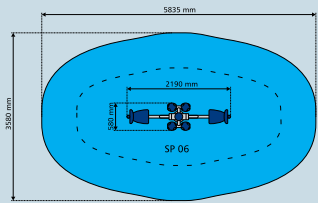


## SP 06 - Leg Press



strengthening of the upper leg muscles

Sit down and press your feet against the foot plates until your legs are almost fully extended. Then bend the legs to a 90° angle.  
Avoid straightening the legs completely.



#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	580 mm
<b>width:</b>	2190 mm
<b>height:</b>	1680 mm
<b>floor space:</b>	1,27 m <sup>2</sup>
<b>floor space required:</b>	3580x 5835 mm
<b>volume:</b>	2,13 m <sup>3</sup>
<b>weight:</b>	81 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
<b>pipe measurements:</b>	diameter: wall thickness: 168 mm 4,5 mm 60 mm 3,5 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

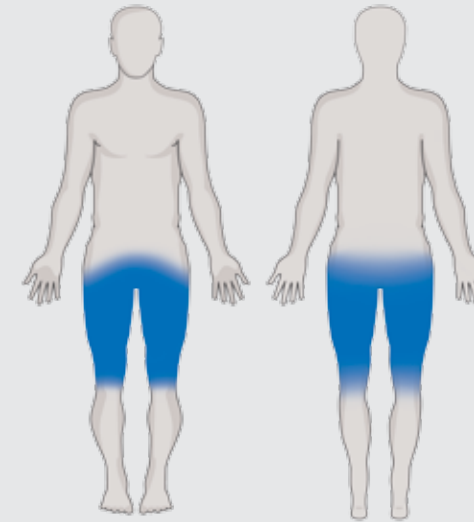
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 1 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☐ mobility
- ☐ relaxation

## strengthening of the upper leg muscles

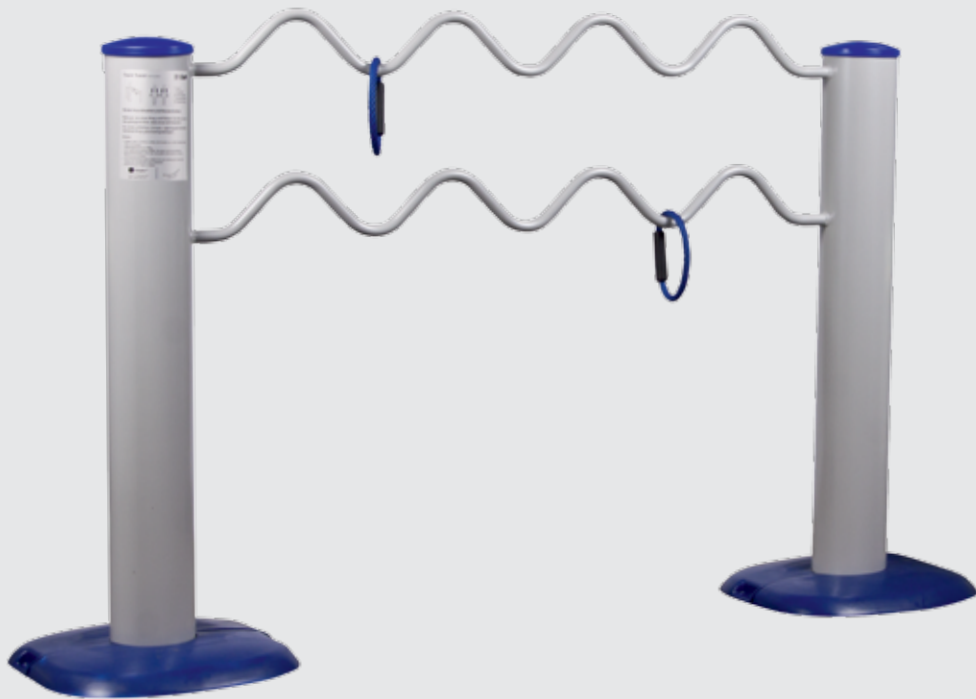
**function:** pushing away the body with the legs while sitting

**effect:** helps to strengthen thighs and gluteus muscles

**persons:** 2 at the same time



# SP 07 – Track Tracer

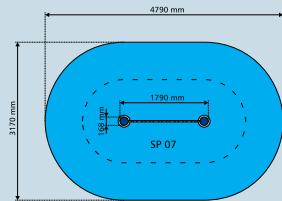


## improvement of coordination and concentration

Stand in front of the Track Tracer and hold on to the hanging ring. Lead it along the bent pipe without touching the metal.

To increase the level of difficulty, you can move both rings at the same time.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1790 mm
<b>width:</b>	168 mm
<b>height:</b>	1290 mm
<b>floor space:</b>	0,30 m²
<b>floor space required:</b>	4790 x 3170 mm
<b>volume:</b>	0,39 m³
<b>weight:</b>	51 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: 168 mm wall thickness: 4,5 mm 27 mm 2,5 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

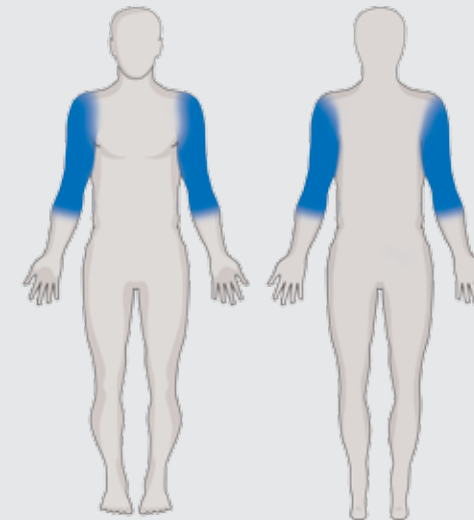
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☐ mobility
- ☒ relaxation

## improvement of coordination and concentration

**function:** leading a ring along a bent pipe without touching the pipe

**effect:** improvement of coordination and concentration

**persons:** 2 at the same time

## SP 08 – Roman Chair & Hyperextension

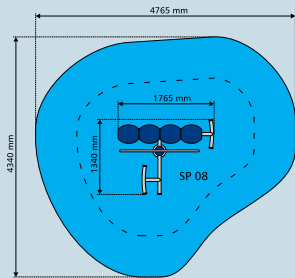


workout of **abdominal**, gluteus and hip muscles

**Roman Chair:** Sit down on the seat, place your feet under the foot bar and cross your arms over your chest. Then lie backwards and come up again.

**Hyperextension:** Stand with your heels touching the lower bar and lean your hip against the upper bar. Cross your arms over your chest. Then lean down and come up again.






#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1765 mm
<b>width:</b>	1340 mm
<b>height:</b>	965 mm
<b>floor space:</b>	2,37 m <sup>2</sup>
<b>floor space required:</b>	4765 x 4340 mm
<b>volume:</b>	2,28 m <sup>3</sup>
<b>weight:</b>	46 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue)  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 168 mm 4,5 mm 60 mm 3,5 mm 35 mm 2,0 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

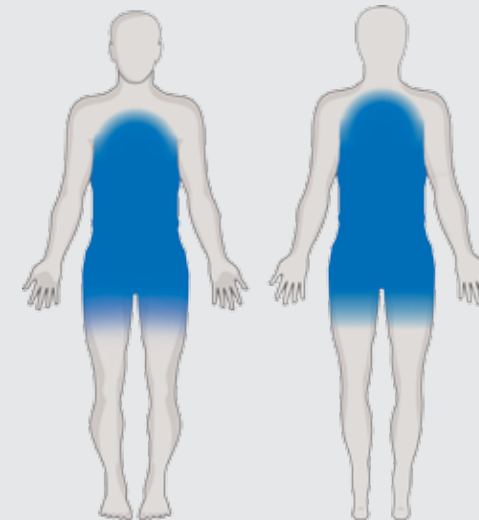
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

## training of abdominal, gluteus and hip muscles

**function:** curl and roll up the upper body

**effect:** strengthening of the supporting muscles

**persons:** 2 at the same time

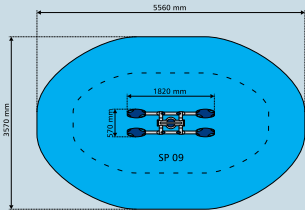
## SP 09 - Double Airwalker



improvement of coordination,  
endurance and mobility

Stand on the foot plates and maintain a firm grip on the handles.  
Start walking!







#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1820 mm
<b>width:</b>	570 mm
<b>height:</b>	1580 mm
<b>floor space:</b>	1,04 m <sup>2</sup>
<b>floor space required:</b>	5560 x 3570 mm
<b>volume:</b>	1,64 m <sup>3</sup>
<b>weight:</b>	84 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue)  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 168 mm 4,5 mm 114 mm 3 mm 60 mm 3,5 mm 27 mm 2,5 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

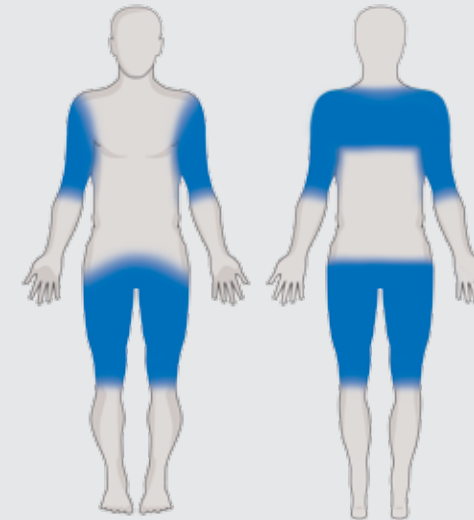
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



- ☐ strength
- ☒ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

improvement of coordination,  
endurance and mobility

function: moving back and forward of legs and arms

effect: improvement of endurance, balance and coordination skills

persons: 2 at the same time, interactive



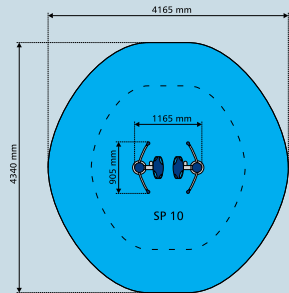
# SP 10 - Airwalker



improvement of **mobility** in the lower **back** and **endurance**

Stand on the foot plates and maintain a firm grip on the handles.  
Start walking!

\*You can extend this unit with as many modules as you desire,  
see SP 10 Airwalker System with extension module SP10.01.



#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1165 mm
<b>width:</b>	905 mm
<b>height:</b>	1400 mm
<b>floor space:</b>	1,05 m <sup>2</sup>
<b>floor space required:</b>	4165 x 4340 mm
<b>volume:</b>	1,48 m <sup>3</sup>
<b>weight:</b>	68 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue)  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 168 mm 4,5 mm 60 mm 3,5 mm 27 mm 2,5 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

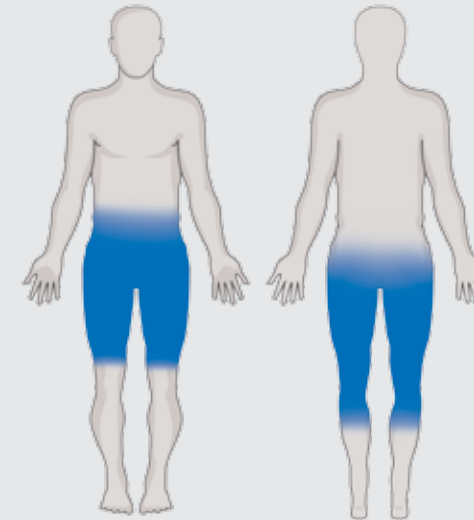
**user age:** children under 14 years only  
under surveillance of parents






**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



	strength
	endurance
	coordination
	mobility
	relaxation

improvement of **mobility** in the lower **back**  
and **endurance**

function: moving legs back and forward

effect: improvement of endurance and mobility

persons: 1

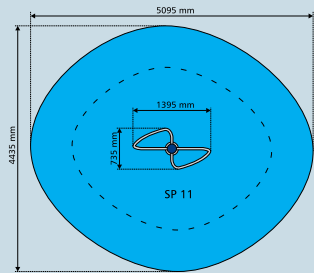


# SP 11 - Stretching Tree



variety of stretching exercises

With the Stretching Tree, many very effective stretching exercises are possible, as well as gymnastic and strengthening exercises.



#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1395 mm
<b>width:</b>	735 mm
<b>height:</b>	1905 mm
<b>floor space:</b>	1,03 m <sup>2</sup>
<b>floor space required:</b>	5095 x 4435 mm
<b>volume:</b>	1,95 m <sup>3</sup>
<b>weight:</b>	47 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: 168 mm 42 mm wall thickness: 4,5 mm 2,5 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

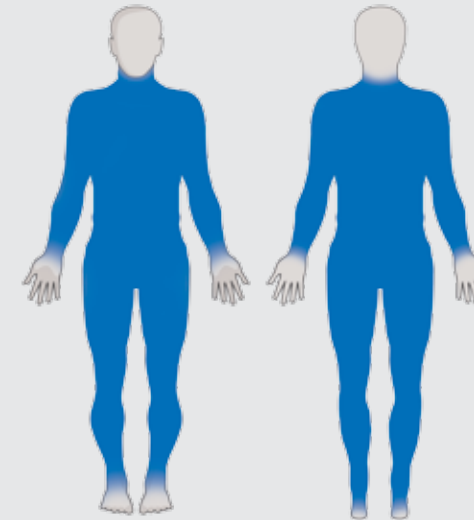
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,85 m

**drop height:** < 2 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☐ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☒ relaxation

## variety of stretching exercises

**function:** many stretching exercises can be carried out from a safe standing position

**effect:** improvement of flexibility, relaxation

**persons:** 2 at the same time



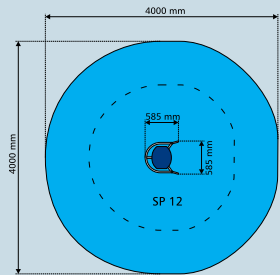
# SP 12 - Balance Seat



core training

Sit down on the seat and hold on tightly to the handles.  
Swing in all directions.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	585 mm
<b>width:</b>	585 mm
<b>height:</b>	980 mm
<b>floor space:</b>	0,34 m <sup>2</sup>
<b>floor space required:</b>	4000 x 4000 mm
<b>volume:</b>	0,34 m <sup>3</sup>
<b>weight:</b>	23 kg
<b>plastic parts:</b>	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 114 mm 3 mm 35 mm 2 mm 27 mm 2,5 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

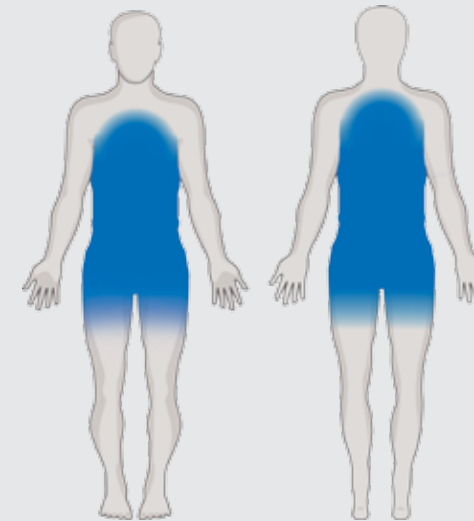
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

### core training

**function:** swing the seat with the feet on the ground

**effect:** improvement of coordination and mobility

**persons:** 1

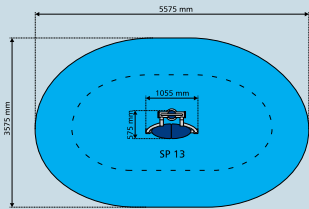
# SP 13 - Skater



workout of abdominals and legs

Stand on the board and bend your knees.  
Swing sideways and keep the balance.  
Hold on tight to the handle.







#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1055 mm
<b>width:</b>	575 mm
<b>height:</b>	1595 mm
<b>floor space:</b>	0,61 m²
<b>floor space required:</b>	5575 x 3575 mm
<b>volume:</b>	0,97 m³
<b>weight:</b>	57 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 168 mm 4,5 mm 114 mm 4,5 60 mm 3,5 mm 35 mm 2 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

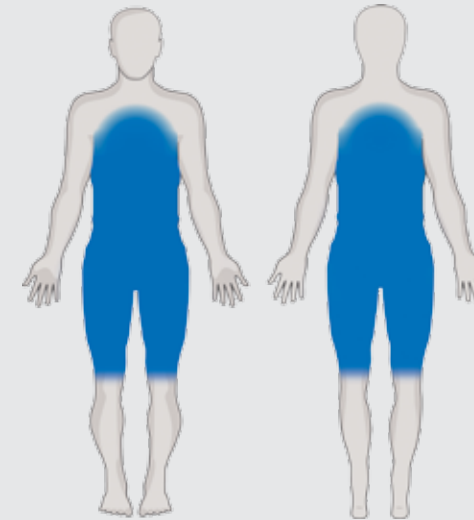
**user age:** children under 14 years only  
under surveillance of parents






**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



	strength
	endurance
	coordination
	mobility
	relaxation

## workout of abdominals and legs

function: swinging to the left and right

effect: supports coordination and mobility

persons: 1

## SP 14 - One Arm Rotation

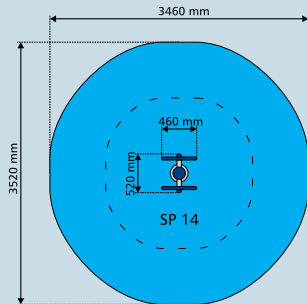


stimulates mobility of shoulder girdle, elbow and hand joints

Place your hands on the knobs on the rotating discs and turn them alternating from the left left to right.

For a hand massage, place your palm flat on the disc and turn it.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	520 mm
<b>width:</b>	460 mm
<b>height:</b>	2000 mm
<b>floor space:</b>	0,24 m <sup>2</sup>
<b>floor space required:</b>	3520 x 3460 mm
<b>volume:</b>	0,48 m <sup>3</sup>
<b>weight:</b>	40 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
<b>pipe measurements:</b>	diameter: 168 mm 60 mm wall thickness: 4,5 mm 3 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

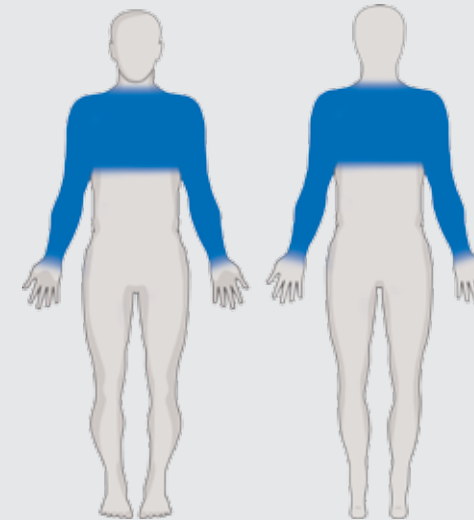
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☒ relaxation

stimulates **mobility** training of **shoulder girdle, elbow and hand joints**

function: rotation of the discs with the hands

effect: improvement of mobility and coordination, mobilization of the joints, relaxation

persons: 2 at the same time

# SP 15 - Jump Tower

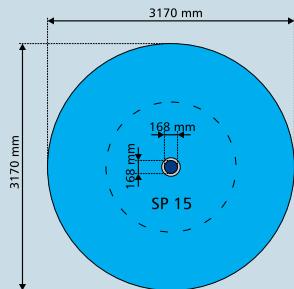


improvement of **jump ability**

Jump up on the Jump Tower and see how high you can go. The scale shows your jumping height.

Alternatively you can stand in front of the Jump Tower and stretch one arm as high as possible.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	168 mm
<b>width:</b>	168 mm
<b>height:</b>	3000 mm
<b>floor space:</b>	0,03 m <sup>2</sup>
<b>floor space required:</b>	3170 x 3170 mm
<b>volume:</b>	0,08 m <sup>3</sup>
<b>weight:</b>	54 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: 168 mm      wall thickness: 4,5 mm
<b>metal parts:</b>	steel, zinc phosphated, powder coated RAL 9006 (white aluminium)

**certificates:** TÜV and GS according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“

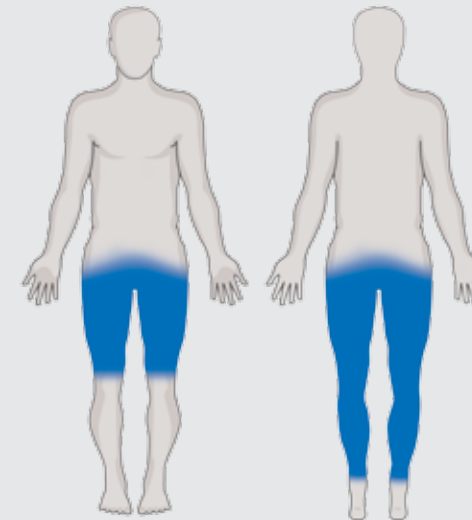
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☒ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

## improvement of jump ability

function: stretching and jumping

effect: improvement of jumping power, stretching

persons: 1

# SE SERIES

design, development, production ... made in Germany



- SE 01 - Twister
- SE 02 - Twister & Stepper
- SE 03 - Bike & Trapezius
- SE 04 - Jump Tower
- SE 05 - Arm Rotation
- SE 06 - Balance Seat
- SE 07 - Track Tracer
- SE 08 - Roman Chair & Hyperextension
- SE 09 - Double Airwalker
- SE 10 - Airwalker System
- SE 11 - One Arm Rotation

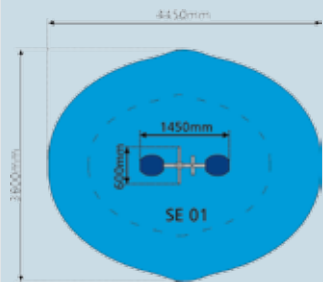
# SE 01 - Twister



## core training

Stand or sit upright on the twister plate and grip tightly onto the bar. Twist your lower body alternating from the right to left. Keep your shoulders straight and still.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1450 mm
<b>width:</b>	600 mm
<b>height:</b>	1600 mm
<b>floor space:</b>	0,87 m²
<b>floor space required:</b>	4450 x 3600 mm
<b>volume:</b>	1,39 m³
<b>weight:</b>	28 kg
<b>plastic parts:</b>	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 114 mm 3 mm 48 mm 2,6 mm 34 mm 3 mm
<b>metal parts:</b>	stainless steel

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

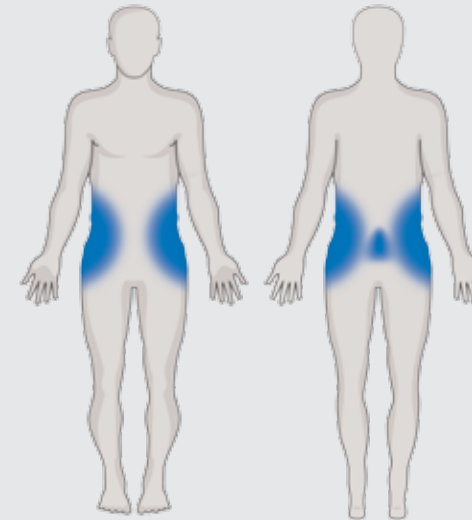
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 1 m, when underground-installation:  
< 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** rotation limit



- ☐ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

## core training

**function:** twist the lower part, while the upper part of the body is kept still

**effect:** enhancement of mobility

**persons:** 2 at the same time

## SE 02 - Twister & Stepper

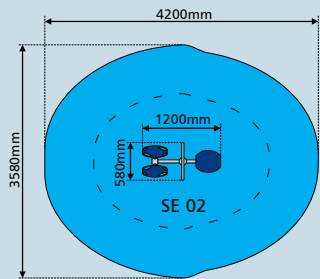


training of abdominal,  
hip and leg muscles

**Twister:** Stand on the twister plate and grip tightly onto the bar. Twist your lower body alternating from the right to left. Keep your shoulders straight and still.

**Stepper:** Stand upright on the foot plates and grip tightly onto the bar. Walk in place.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1200 mm
<b>width:</b>	580 mm
<b>height:</b>	1850 mm
<b>floor space:</b>	0,70 m <sup>2</sup>
<b>floor space required:</b>	3580 x 4200 mm
<b>volume:</b>	1,29 m <sup>3</sup>
<b>weight:</b>	32 kg
<b>plastic parts:</b>	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 114 mm 3 mm 60 mm 4 mm 48 mm 2,6 mm 34 mm 3 mm
<b>metal parts:</b>	stainless steel

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

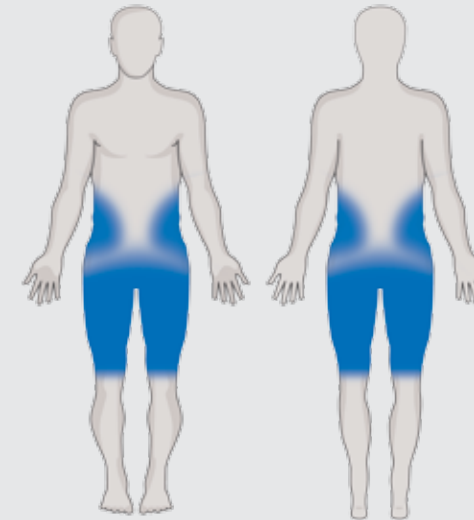
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system,  
rotation limit



- ☐ strength
- ☒ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

## training of abdominal, hip and leg muscles

**function:** while keeping the upper body still, the lower part of the body is twisted, stair climbing with small resistance

**effect:** improvement of mobility and endurance, coordination training

**persons:** 2 at the same time

## SE 03 - Bike & Trapezius

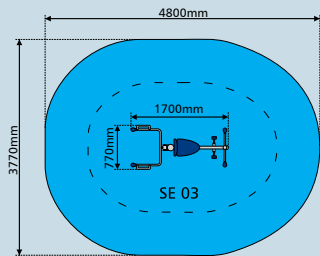


training of **leg** and  
**neck** muscles

**Bike:** Sit down on the seat, place your feet onto the pedals and grip tightly onto the bar. Pedal at a steady pace and at the same time turn the bar around its axis.

**Trapezius:** Stand between the bars and grip them tightly. Move the bars up and down by moving your shoulders.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1700 mm												
<b>width:</b>	770 mm												
<b>height:</b>	1250 mm												
<b>floor space:</b>	1.31 m <sup>2</sup>												
<b>floor space required:</b>	4800 x 3770 mm												
<b>volume:</b>	1,64 m <sup>3</sup>												
<b>weight:</b>	38 kg												
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)												
<b>pipe measurements:</b>	<table> <tr> <th>diameter:</th><th>wall thickness:</th></tr> <tr> <td>114 mm</td><td>3 mm</td></tr> <tr> <td>60 mm</td><td>4 mm</td></tr> <tr> <td>48 mm</td><td>2,6 mm</td></tr> <tr> <td>34 mm</td><td>3 mm</td></tr> <tr> <td>27 mm</td><td>2,6 mm</td></tr> </table>	diameter:	wall thickness:	114 mm	3 mm	60 mm	4 mm	48 mm	2,6 mm	34 mm	3 mm	27 mm	2,6 mm
diameter:	wall thickness:												
114 mm	3 mm												
60 mm	4 mm												
48 mm	2,6 mm												
34 mm	3 mm												
27 mm	2,6 mm												
<b>metal parts:</b>	stainless steel												

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

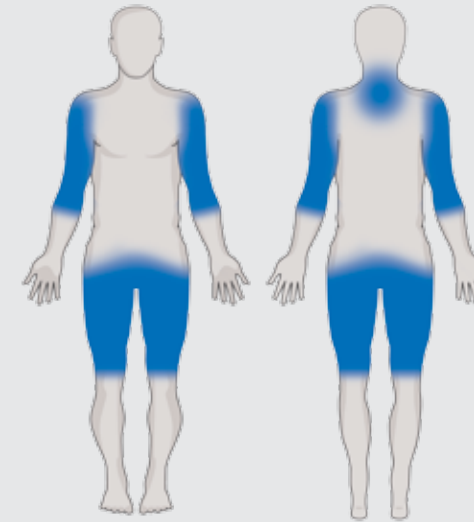
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 1 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



- ☐ strength
- ☒ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

### training of leg and neck muscles

**function:** biking with small resistance, lifting of a light weight

**effect:** improvement of endurance, mobility, trains shoulders and neck

**persons:** 2 at the same time

# SE 04 - Jump Tower

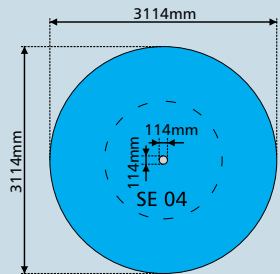


## improvement of jump ability

Jump up on the Jump Tower and see how high you can go. The scale shows your jumping height.

Alternatively you can stand in front of the Jump Tower and stretch one arm as high as possible.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	114 mm
<b>width:</b>	114 mm
<b>height:</b>	3000 mm
<b>floor space:</b>	0,01 m <sup>2</sup>
<b>floor space required:</b>	3114 x 3114 mm
<b>volume:</b>	0,04 m <sup>3</sup>
<b>weight:</b>	26 kg
<b>plastic parts:</b>	none
<b>pipe measurements:</b>	diameter: 114 mm      wall thickness: 3 mm
<b>metal parts:</b>	stainless steel

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

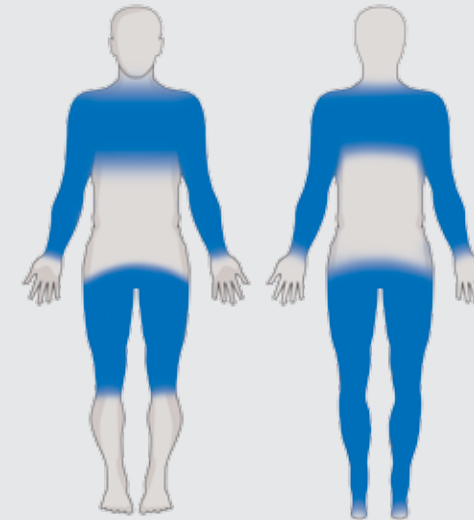
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☒ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

## improvement of jump ability

function: stretching and jumping

effect: improvement of jumping power, stretching

persons: 1

## SE 05 - Arm Rotation

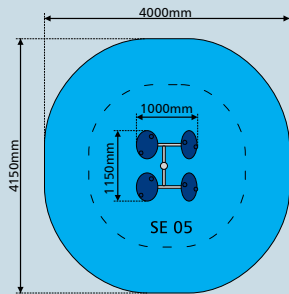


stimulates mobility of shoulder girdle,  
elbow and hand joints

Place your hands on the knobs of the rotating discs and turn them alternating from the left to right or twisting them towards each other.

For a hand massage, place your palm flat on the disc and turn it.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1150 mm
<b>width:</b>	1000 mm
<b>height:</b>	1600 mm
<b>floor space:</b>	1,15 m <sup>2</sup>
<b>floor space required:</b>	4115 x 4000 mm
<b>volume:</b>	1,84 m <sup>3</sup>
<b>weight:</b>	26 kg
<b>plastic parts:</b>	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: 114 mm      wall thickness: 3 mm 42 mm      2 mm
<b>metal parts:</b>	stainless steel

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

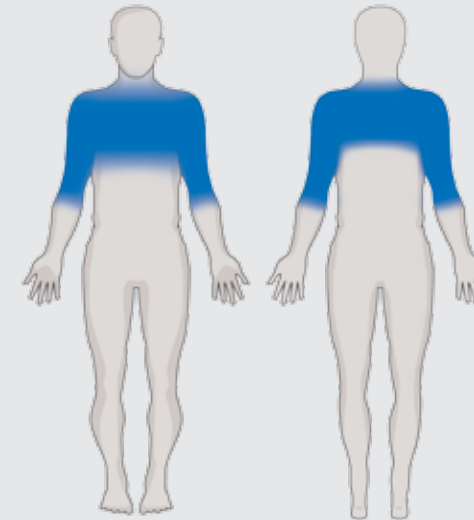
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☒ relaxation

## mobility training of shoulder girdle, elbow and hand joints

**function:** rotation of the discs with the hands

**effect:** improvement of mobility and coordination, mobilization of the joints, relaxation

**persons:** 2 at the same time

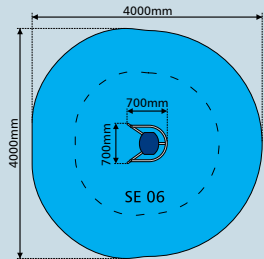
## SE 06 - Balance Seat



core training

Sit down on the seat and hold on tightly to the handles.  
Swing in all directions.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	700 mm
<b>width:</b>	700 mm
<b>height:</b>	900 mm
<b>floor space:</b>	0,49 m <sup>2</sup>
<b>floor space required:</b>	4000 x 4000 mm
<b>volume:</b>	0,44 m <sup>3</sup>
<b>weight:</b>	20 kg
<b>plastic parts:</b>	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 114 mm 3 mm 34 mm 3 mm 27 mm 2,6 mm
<b>metal parts:</b>	stainless steel

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

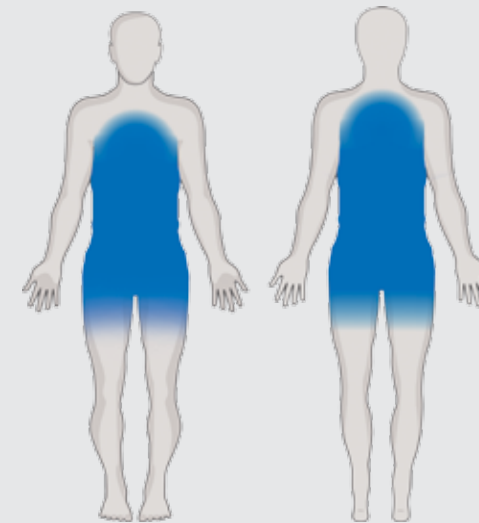
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

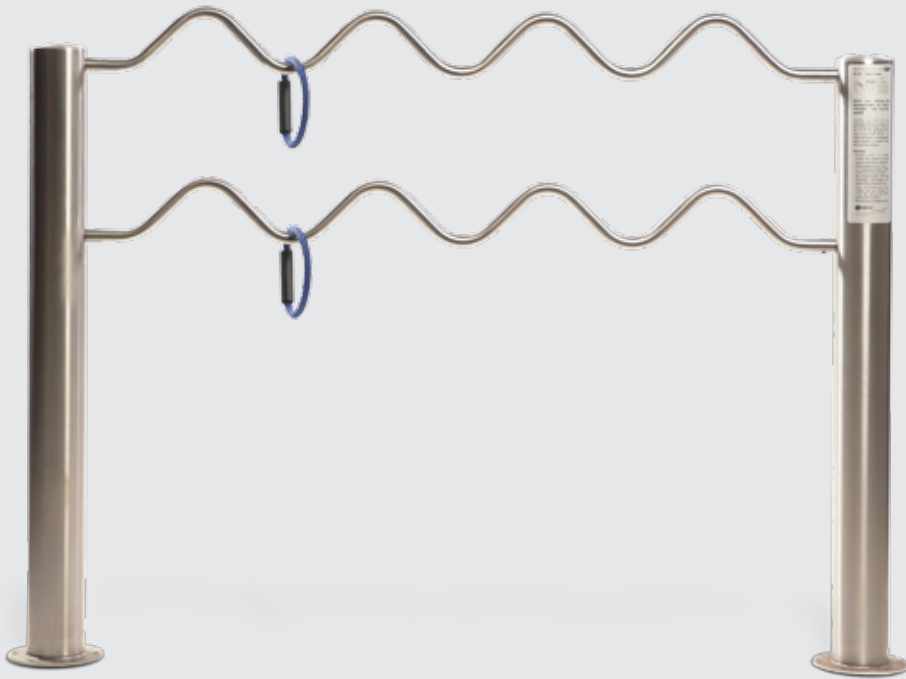
## core training

**function:** swing the seat with the feet on the ground

**effect:** improvement of coordinatin and mobility

**persons:** 1

# SE 07 -Track Tracer

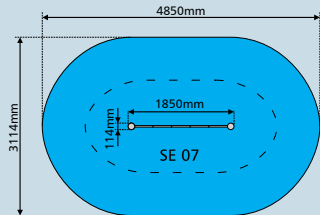


improvement of **coordination** and **concentration**

Stand in front of the Track Tracer and hold on to the hanging ring. Lead it along the bent pipe without touching the metal.

To increase the level of difficulty, you can move both rings at the same time.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1850 mm	
<b>width:</b>	114 mm	
<b>height:</b>	1350 mm	
<b>floor space:</b>	0,21 m <sup>2</sup>	
<b>floor space required:</b>	4850 x 3114 mm	
<b>volume:</b>	0,28 m <sup>3</sup>	
<b>weight:</b>	27 kg	
<b>plastic parts:</b>	Griffe! keine vorhanden	
<b>pipe measurements:</b>	diameter:	wall thickness:
	114 mm	3 mm
	27 mm	2,6 mm
<b>metal parts:</b>	stainless steel	

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

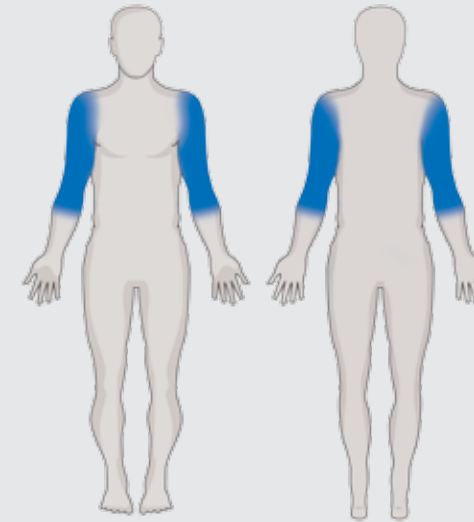
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☐ mobility
- ☒ relaxation

## improvement of coordination and concentration

function: leading a ring along a bent pipe without touching the pipe

effect: improvement of coordination and concentration

persons: 2 at the same time

# SE 08 -Roman Chair & Hyperextension

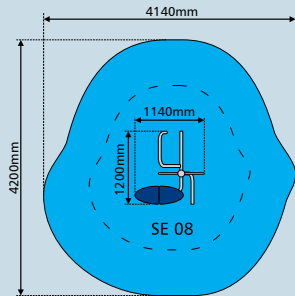


workout of abdominal, gluteus and hip muscles

**Roman Chair:** Sit down on the seat, place your feet under the foot bar and cross your arms over your chest. Then lie backwards and come up again.

**Hyperextension:** Stand with your heels touching the lower bar and lean your hip against the upper bar. Cross your arms over your chest. Then lean down and come up again.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1200 mm
<b>width:</b>	1140 mm
<b>height:</b>	950 mm
<b>floor space:</b>	1,37 m <sup>2</sup>
<b>floor space required:</b>	4200 x 4140 mm
<b>volume:</b>	1,30 m <sup>3</sup>
<b>weight:</b>	23 kg
<b>plastic parts:</b>	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 114 mm 3 mm 48 mm 2,6 mm 34 mm 3 mm
<b>metal parts:</b>	stainless steel

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

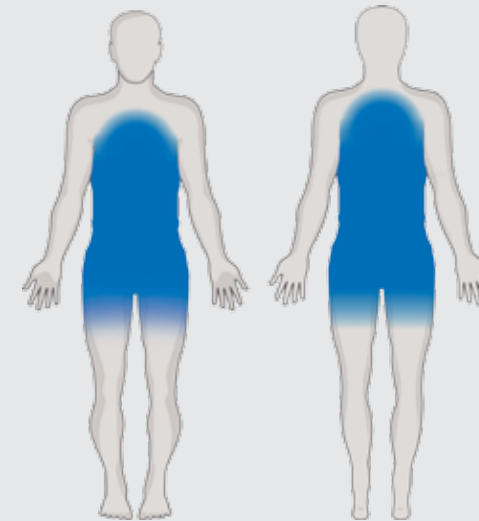
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

## workout of abdominal, gluteus and hip muscles

function: curling and rearing of the upper body

effect: strengthening of the core muscles

persons: 2 at the same time

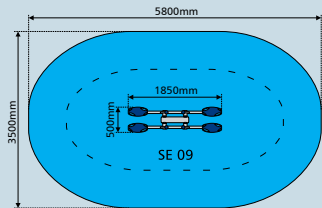
## SE 09 - Double Airwalker



improvement of coordination,  
endurance and mobility

Stand on the foot plates and maintain a firm grip on the handles.  
Start walking!





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1850 mm
<b>width:</b>	500 mm
<b>height:</b>	1600 mm
<b>floor space:</b>	0,93 m <sup>2</sup>
<b>floor space required:</b>	5800 x 3500 mm
<b>volume:</b>	1,48 m <sup>3</sup>
<b>weight:</b>	50 kg
<b>plastic parts:</b>	AW564, AR764 (injection molding) Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or RAL 2008 (bright red orange)
<b>pipe measurements:</b>	diameter: wall thickness: 114 mm 3 mm 60 mm 4 mm 48 mm 2,6 mm 27 mm 2,6 mm
<b>metal parts:</b>	stainless steel

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

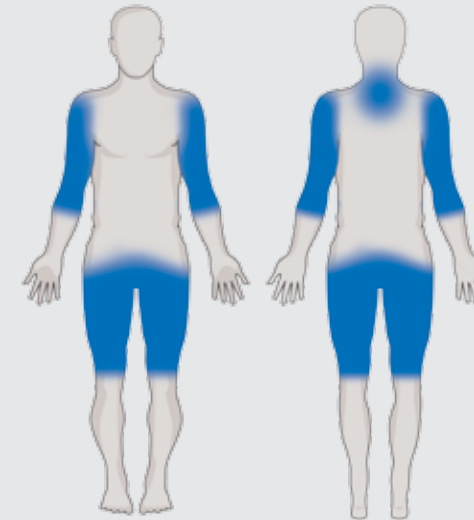
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



- ☐ strength
- ☒ endurance
- ☒ coordination
- ☒ mobility
- ☐ relaxation

## improvement of coordination, endurance and mobility

function: alternating back and forth movement of legs and arms

effect: improvement of endurance, coordination and balance skills

persons: 2 at the same time, interactive

# SE 10 - Airwalker System

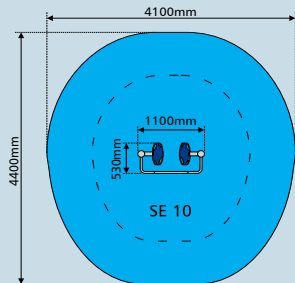


improvement of **mobility** in the lower **back** and **endurance**

Stand on the foot plates and maintain a firm grip on the handles.  
Start walking!

\*You can extend this unit with as many modules as you desire,  
see SE 10 Airwalker System with extension module SE10.01.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	1100 mm
<b>width:</b>	530 mm
<b>height:</b>	1400 mm
<b>floor space:</b>	0,58 m <sup>2</sup>
<b>floor space required:</b>	4100 x 4400 mm
<b>volume:</b>	0,82 m <sup>3</sup>
<b>weight:</b>	40 kg (plus 30kg for each added unit)
<b>plastic parts:</b>	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange) 
<b>pipe measurements:</b>	diameter: wall thickness: 114 mm 3 mm 60 mm 4 mm 48 mm 2,6 mm 34 mm 3 mm
<b>metal parts:</b>	stainless steel

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

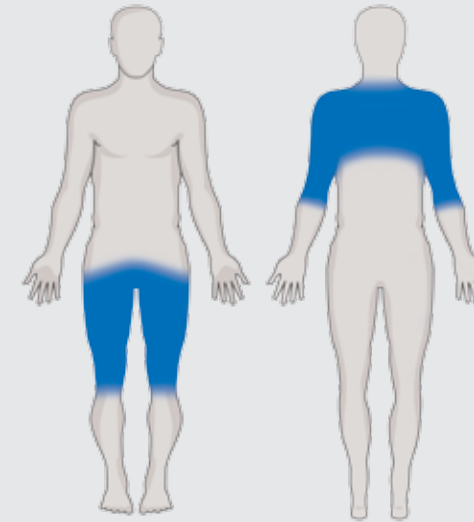
**user age:** children under 14 years only  
under surveillance of parents






**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** stopper with damping system



	strength
	endurance
	coordination
	mobility
	relaxation

## improvement of mobility in the lower back and endurance

**function:** alternating back and forth movement of legs while keeping the upper body stable

**effect:** improvement of endurance and mobility

**persons:** 1

# SE 11 - One Arm Rotation

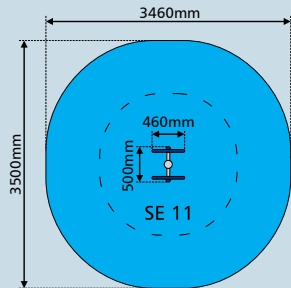


stimulates mobility of shoulder girdle, elbow and hand joints

Place your hands on the knobs of the rotating discs and turn them alternating from the left to right.

For a hand massage, place your palm flat on the disc and turn it.





#### Installation:

The device is delivered completely assembled and is screwed on top of the poured-in place foundation anchor (within the scope of supply). The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. Cover the ground anchor with filling material or with plastic covers (accessories).

For your draft we can supply 2D and 3D files.

Picture of the product may differ from original – subject to technical modification.



<b>length:</b>	500 mm
<b>width:</b>	460 mm
<b>height:</b>	2000 mm
<b>floor space:</b>	0,23 m <sup>2</sup>
<b>floor space required:</b>	3500 x 3460 mm
<b>volume:</b>	0,46 m <sup>3</sup>
<b>weight:</b>	21 kg
<b>plastic parts:</b>	Petilen YY S 0464 (blow moulding) RAL 5002 (ultramarine blue) or  RAL 2008 (bright red orange)
<b>pipe measurements:</b>	diameter: 114 mm      wall thickness: 3 mm 34 mm      3 mm
<b>metal parts:</b>	stainless steel

**certificates:** TÜV and GS certified according to PPP 55012:2010 (based on parts of DIN EN 1176, 1177, 957)

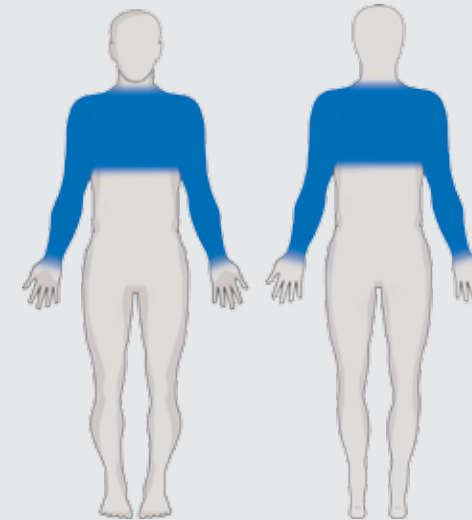
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☒ mobility
- ☒ relaxation

stimulates **mobility** training of **shoulder girdle, elbow and hand joints**

function: rotation of the discs with the hands

effect: improvement of mobility and coordination, mobilization of the joints, relaxation


persons: 2 at the same time

# ST SERIES



design, development, production ... made in Germany





ST 01 - Crunch Bench  
ST 02 - Push-up Bars  
ST 03 - Pull-up Bars  
ST 04 - Back Bench  
ST 05 - Balance Board  
ST 06 - Stretching Bars

# ST 01 - Crunch Bench



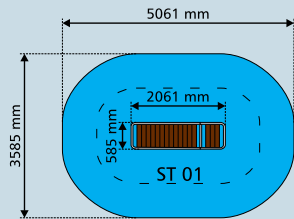
strengthens the abdominals

Lie on your back with your feet or your lower legs on the foot-rest. Bent your knees to a 90° angle and cross your arms over your chest.

Contract your abdominal muscles, lift your shoulders and bring them towards your knees. Bring them back down again.

To change the level of difficulty, you may vary the position of your feet.





#### Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

**length:** 2061 mm  
**width:** 585 mm  
**height:** 836 mm

**floor space:** 1,21 m<sup>2</sup>

**floor space required:** 5061 x 3585 mm

**volume:** 1,01 m<sup>3</sup>

**weight:** 37 kg

**wooden parts:** Douglas fir (oil finish),  
125 x 28mm, FSC-certified

**pipe measurements:** diameter: 42,4 mm      wall thickness: 2 mm

**metal parts:** stainless steel

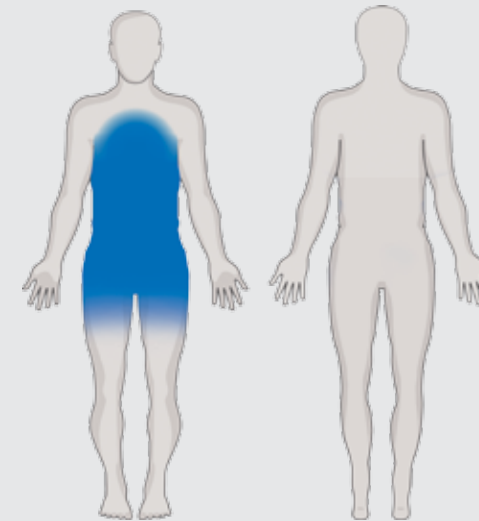
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

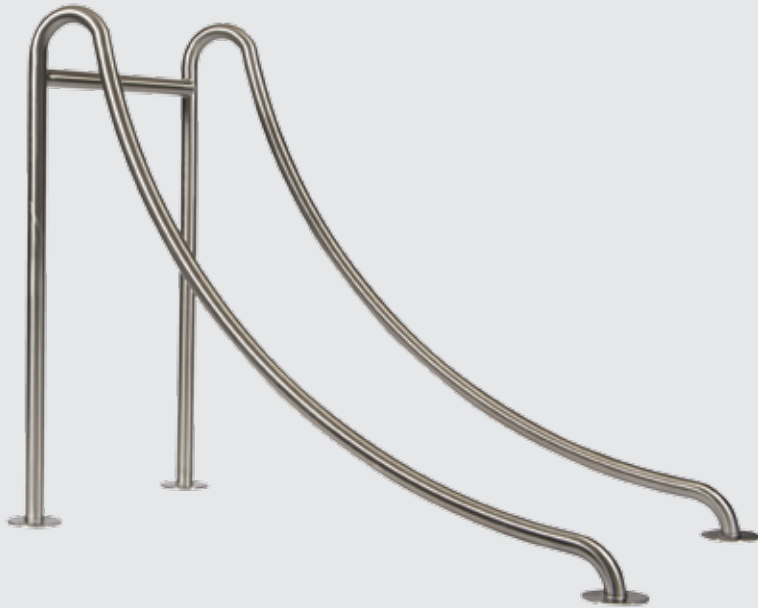
## strengthens the abdominals

**function:** curling of the upper body

**effect:** strengthening of the core muscles

**persons:** 1 at the same time

## ST 02 - Push-up Bars

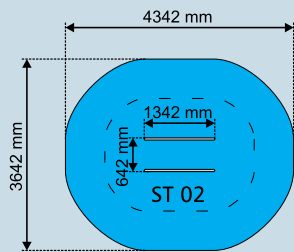


strengthens the **upper arm** and **chest muscles**

Stand in front of the unit. Place your hands on the bars with your arms slightly bent. Build up body tension. Lower your body towards your hands and come back up again.

Try to put your hands on different heights or to lift one leg.





#### Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

**length:** 1342 mm  
**width:** 642 mm  
**height:** 1106 mm

**floor space:** 0,86 m<sup>2</sup>

**floor space required:** 4342 x 3642 mm

**volume:** 0,95 m<sup>3</sup>

**weight:** 13 kg

**pipe measurements:** diameter: 42,4 mm      wall thickness: 2 mm

**metal parts:** stainless steel

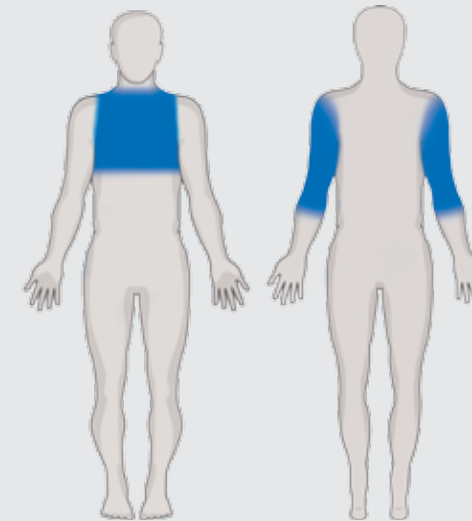
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** <1,0 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☐ mobility
- ☐ relaxation

## strengthens the upper arm and chest muscles

**function:** push-up of body

**effect:** strengthening of upper body muscles

**persons:** 1 at the same time

## ST 03 - Pull-up Bars

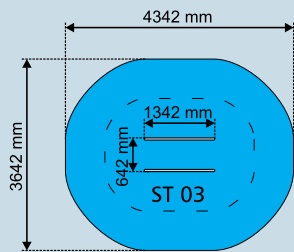


strengthens the **upper arm, chest and back muscles**

Grab the bars from underneath with your arms slightly bent. Build up body tension. Pull yourself towards the bars. Keep the position for a moment and then slowly move back into the starting position.

Try to hold on to the bars in different heights. The lower you grab, the stronger the load.





#### Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

**length:** 1342 mm  
**width:** 642 mm  
**height:** 1621 mm

**floor space:** 0,86 m<sup>2</sup>

**floor space required:** 4342 x 3642 mm

**volume:** 1,40 m<sup>3</sup>

**weight:** 21 kg

**pipe measurements:** diameter: 42,4 mm      wall thickness: 2 mm

**metal parts:** stainless steel

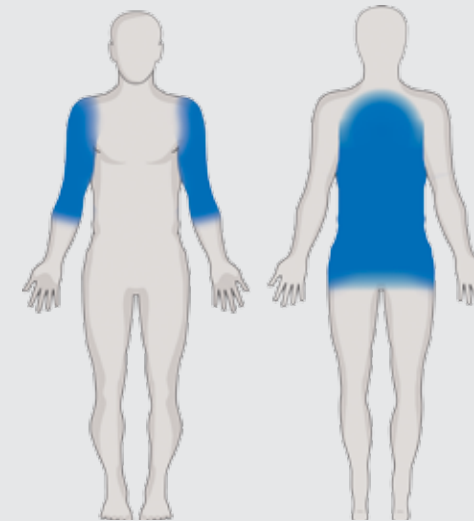
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 1,5 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☐ mobility
- ☐ relaxation

strengthens the upper arm, chest and back muscles

function: pull-up of the body

effect: strengthening of arm, chest and back muscles

persons: 1 at the same time

## ST 04 - Back Bench

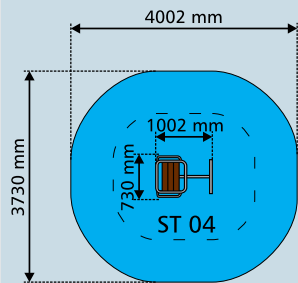


strengthens the rear **thigh** and **back muscles**

Place yourself on the bench facing the ground. Fix your legs by pressing them against the bar. Cross your arms over your chest. Lift your upper body until it is parallel to the ground and back again.

Try to detach one leg from the bar to intensify this exercise.





#### Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

**length:** 1005 mm  
**width:** 730 mm  
**height:** 1105 mm

**floor space:** 0,73 m<sup>2</sup>

**floor space required:** 4002 x 3730 mm

**volume:** 0,81 m<sup>3</sup>

**weight:** 30 kg

**wooden parts:** Douglas fir (oil finish),  
125 x 28mm, FSC-certified

**pipe measurements:** diameter: 42,4 mm wall thickness: 2 mm

**metal parts:** stainless steel

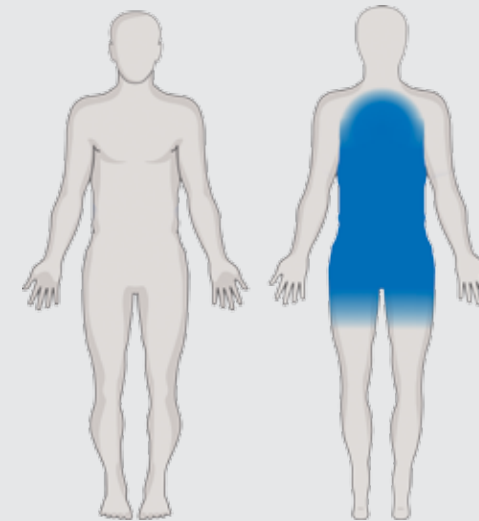
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 1 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☒ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☐ relaxation

strengthens the rear thigh and  
back muscles

**function:** raising the upper body

**effect:** strengthening of the back muscles

**persons:** 1 at the same time

# ST 05 - Balance Board

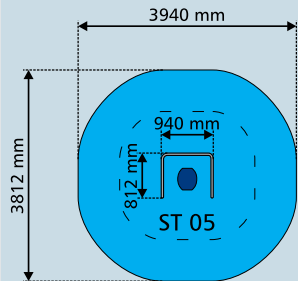


stimulates the **sense of balance**

Stand in the middle of the balance board with your knees slightly bent.  
Get out of balance by small movements, then try to regain your balance.

Close your eyes to intensify this exercise.







**length:** 940 mm  
**width:** 812 mm  
**height:** 1471 mm

**floor space:** 0,76 m<sup>2</sup>

**floor space required:** 3940 x 3812 mm

**volume:** 1,12 m<sup>3</sup>

**weight:** 22 kg

**plastic parts:** Petilen YY S 0464 (blow moulding)  
 RAL 5002 (ultramarine blue) or   
 RAL 2008 (bright red orange) 

**pipe measurements:** diameter: 42,4 mm wall thickness: 2 mm

**metal parts:** stainless steel

#### Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

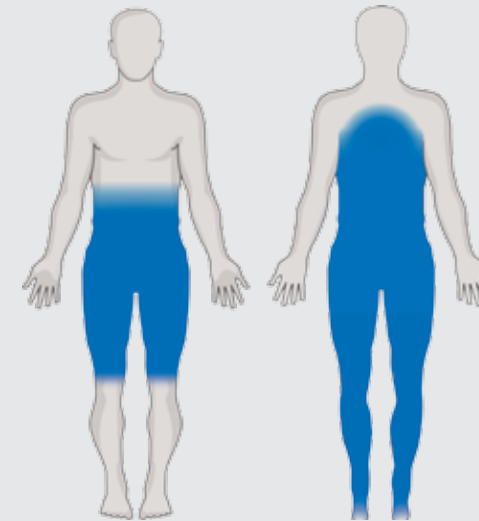
**user age:** children under 14 years only  
 under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 1,50 m

**drop height:** < 0,6 m (possible underground see  
 DIN 79000:2012-05 Tab. 2 or  
 installation instructions)

**safety system:** stopper with damping system



- ☐ strength
- ☐ endurance
- ☒ coordination
- ☐ mobility
- ☐ relaxation

stimulates the sense of balance

**function:** keeping the balance on unsteady ground

**effect:** supports coordination and sense of balance

**persons:** 1 at the same time

# ST 06 - Stretching Bars



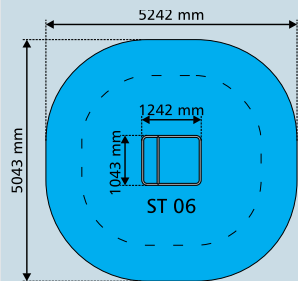
supports **stretching** of the **muscles**

Stretch your muscles to prevent shortening and to relax.

On the top rails you can stretch your whole body to relieve your spine.

Vary the duration of the stretching exercises.





#### Installation:

The device is delivered completely assembled to be set in the poured-in place concrete. The Installation Guide can be found on [www.saysu.de](http://www.saysu.de) or upon request. For your draft we can supply 2D and 3D files. Picture of the product may differ from original – subject to technical modification.

**length:** 1242 mm  
**width:** 1043 mm  
**height:** 2222 mm

**floor space:** 1,30 m<sup>2</sup>

**floor space required:** 5242 x 5043 mm

**volume:** 2,88 m<sup>3</sup>

**weight:** 32 kg

**pipe measurements:** diameter: 42,4 mm wall thickness: 2 mm

**metal parts:** stainless steel

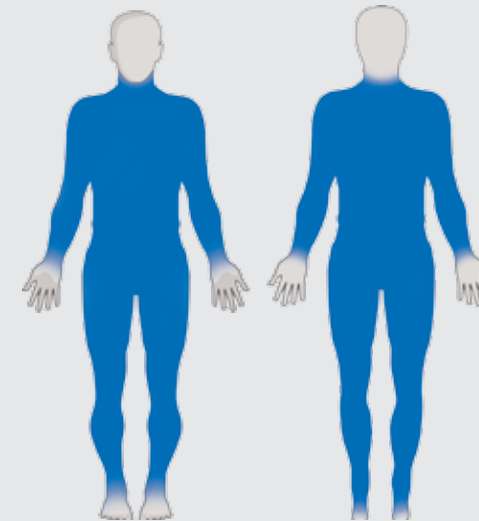
**user age:** children under 14 years only  
under surveillance of parents

**maximum user weight:** 130 kg

**safe distance:** 2 m

**drop height:** < 2,5 m (possible underground see  
DIN 79000:2012-05 Tab. 2 or  
installation instructions)

**safety system:** none required



- ☐ strength
- ☐ endurance
- ☐ coordination
- ☒ mobility
- ☒ relaxation

supports stretching of the muscles

**function:** many stretching exercises can be carried out from a safe standing position

**effect:** improvement of flexibility, relaxation

**persons:** 2 at the same time

# Damping system for gentle movements

- rubber suspension elements from Rosta® are positioned in the middle of the joints of the fitness units for damping of movement
- the suspension increases gradually, starting from the zero position
- there is a damped stop at 30° to both directions
- the elements work without noise and are maintenance-free

## Easy handling

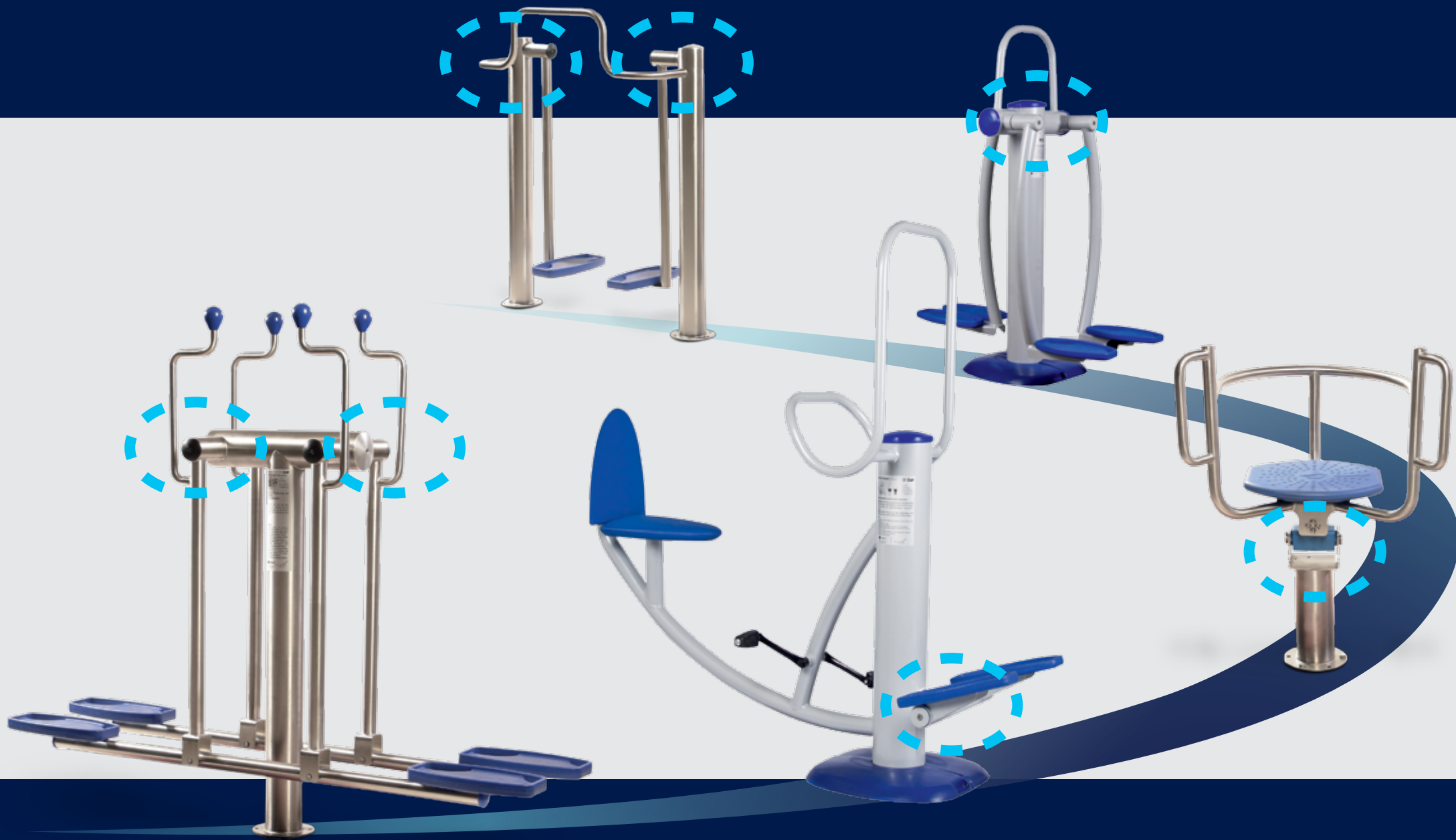
- no uncontrolled swinging parts of the units
- safe mounting through the damping system which prevents swinging off when mounting

## Rosta®-elements

- high quality and durability, long life cycle
- sustainable production: elastomeric elements on a natural rubber base
- applications in the industry: propulsion systems, tensioning technology, oscillating conveyor technology, wind-turbine-generators









Product Service

## ZERTIFIKAT

Nr. AL 12 08 75383 002

**Zertifikatsinhaber:** **SAYSU GmbH**  
**Outdoor Fitness Geräte**  
Weitzesweg 16A  
61118 Bad Vilbel  
DEUTSCHLAND

**Prüfzeichen:**

**Produkt:** **Fitnessgeräte**  
**für den öffentlichen Bereich**

Das Produkt entspricht hinsichtlich der Gewährleistung von Sicherheit und Gesundheit den Anforderungen des deutschen Produktsicherheitsgesetzes § 20 bis 22 ProdSG. Es kann mit den oben abgebildeten Prüfzeichen gekennzeichnet werden. Eine Veränderung der Darstellung der Prüfzeichen ist nicht erlaubt. Die Übertragung eines Zertifikates durch den Zertifikatsinhaber an Dritte ist unzulässig. Das Zertifikat ist gültig bis zum angegebenen Zeitpunkt, sofern es nicht früher gekündigt wird. Umseitige Hinweise sind zu beachten.

**Prüfbericht Nr.:** 713011521**Gültig bis:** 2017-08-27**Datum,** 2012-09-04

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( Jens Biesenack )



Product Service

## ZERTIFIKAT

Nr. Z1A 11 06 75383 001

**Zertifikatsinhaber:** **SAYSU GmbH**  
**Outdoor Fitness Geräte**  
Weitzesweg 16A  
61118 Bad Vilbel  
DEUTSCHLAND

**Prüfzeichen:**

**Produkt:** **Fitneßgeräte**  
**für den öffentlichen Bereich**

Das Produkt entspricht hinsichtlich der Gewährleistung von Sicherheit und Gesundheit den Anforderungen des deutschen Geräte- und Produktsicherheitsgesetzes § 7 Abs. 1 Satz 2 GPSG. Es kann mit den oben abgebildeten Prüfzeichen gekennzeichnet werden. Eine Veränderung der Darstellung der Prüfzeichen ist nicht erlaubt. Die Übertragung eines Zertifikates durch den Zertifikatsinhaber an Dritte ist unzulässig. Das Zertifikat ist gültig bis zum angegebenen Zeitpunkt, sofern es nicht früher gekündigt wird. Umseitige Hinweise sind zu beachten.

**Prüfbericht Nr.:** 71389578**Gültig bis:** 2016-06-14**Datum,** 2011-06-15

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( Jens Biesenack )







Outdoor Fitness Equipment in Wittlich

# Technology and Quality

## Material

- high strength steel pipes up to 4,5mm wall thickness or high quality stainless steel (V2A)
- up to 10 years guarantee against corrosion
- welded pipe connections
- environmental friendly zinc phosphated, primed and lacquered steel ,or brushed and polished stainless steel
- impact-proof and unbreakable plastic parts
- weather resistant Douglas fir wood (durability class 3-4)

## Elements

- comfortable seats and armrests
- maintenance-free ball bearings and ROSTA®-Elements
- safe stopper system
- 2 years guarantee on the ball bearings

## Installation

- equipment is being delivered fully assembled
- SP and SE units are removable if required
- easy installation of base plate
- solid foundation fixture
- foundation covering with filling material possible
- plastic foundation covering optional

## Certification

- equipment of the SE-series: TÜV and GS certified according to EK2/ 31-10:2010 (based on parts of DIN EN 1176, 1177, 957), registered industrial design, certification holder: Saysu GmbH
- equipment of the SP-series: TÜV and GS certified according to „DIN 79000:2012-05 Permanently installed outdoor fitness equipment“, registered industrial design\*, certification holder: Saysu GmbH
- equipment of the ST-series: registered industrial design\*, certification holder: Saysu GmbH

\*at the time of printing: registration in preparation



The feedback of decision makers and users tell about the outstanding quality and simple use of our fitness units, which is yet beneficial for ones health. This proves that our ongoing development complies with the clients ' desires.

The fact that SAYSU® exports into 32 countries all over the world shows the wide acceptance and popularity of our high quality products.

The SAYSU® Team is happy to assist you in your projects and answer all the questions that may arise.



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Executive Director

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