



## Fitness Trail Datasheets

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### Recommended Compliant Grass Tiles For Fitness Trails

The following table can be used as a guideline for the number of Compliant Grass Tiles (SS500) that are required to cover the area surrounding each type of fitness trail station.

Listings on the following pages assume installation is into existing Well Maintained Grass / Lawn with a 'Free Height of Fall' of 1.5m.

Equipment with a 'Free Height of Fall' of less than 1.0m does not require an impact absorbing surface.

Compliant Grow Through Tiles - 'Mats' are tested to offer an increased Free Fall Height of 3.0m when laid onto existing Well Maintained Grass / Lawn

Alternative surfaces 'Free Heights of Fall' are:

Concrete, Stone & Macadam  $\leq$  1.0m, Topsoil  $\leq$  1.2m, Sand, Gravel, Bark & Woodchip  $\leq$  2.0m - 3.0m

\* indicates tiles are not installed directly beneath equipment.

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Product Range	Product Code	Product Description	BSEN16630 'Free Height of Fall' in metres	No. of Mats Required for Wear Pads	BSEN16630 areas in metres using Mats	No. of Mats required to meet BSEN16630
PT Trail	FT902	Rope Climb	2.50	4	4.5m x 6m	18
Fitness Trail	FT903	Arm Stretch	0.00	4	N/A	
Gym Trail	FT904	Bench Sit Ups	0.38	3	N/A	
Fitness Trail	FT906	Chin Ups	1.30	3	N/A	
Fitness Trail	FT907	Stride Jumps	0.80	10	N/A	
PT Trail	FT908	Beam Lift	0.00	4	N/A	
Fitness Trail	FT909	2.6m Horizontal Ladder	1.55	2	4.5m x 7m	21
Fitness Trail	FT911	Over & Under Hurdles	1.12	30	N/A	
Fitness Trail	FT912	Parallel Bars	1.10	2	N/A	
Fitness Trail	FT913	Gate Climb	1.80	4	4.5m x 7m	21
Fitness Trail	FT914	Log Stack - Standard	1.15	4	N/A	
PT Trail	FT917	Log Stack - Steep	1.15	4	N/A	
PT Trail	FT918	Net Climb	1.87	4	4m x 7.5m	20
Fitness Trail	FT919	Run & Leap	0.95	3	N/A	
Gym Trail	FT920	Balance Beams	0.45	2	N/A	
Gym Trail	FT921	Burma Bridge	0.45	2	N/A	
PT Trail	FT922	Net Ladder Climb	1.80	4	6m x 7.5m	30
Gym Trail	FT923	Stepping Stones - 12 Units	0.35	2	N/A	
Gym Trail	FT924	2.1m Multi Exercise Bench	0.60	2	N/A	
Gym Trail	FT925	Inclined Multi Exercise Bench	0.50	6	N/A	
Fitness Trail	FT926	Overhead Rings	1.70	2	4m x 7.5m	20
Gym Trail	FT928	Wobble Board	0.35	2	N/A	
Gym Trail	FT929	2 Bay Platform Sit Ups	0.23	2	N/A	
Fitness Trail	FT936	1.8m Traverse Wall	0.50	2	N/A	
Gym Trail	FT937	Traverse Weaver	0.70	2	N/A	
PT Trail	FT938	Agility Frame - Standard	2.10	4	6m x 8m	28*
PT Trail	FT939	Agility Frame - Low	1.46	4	N/A	
Gym Trail	FT940	Step Up Logs	0.50	4	N/A	

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Gym Trail	FT941	Leap Frog - 8 Units	1.20	8	N/A	
Gym Trail	FT942	Bunny Hops	0.40	10	N/A	
Gym Trail	FT943	Single Sit Up Bench	0.35	2	N/A	
Gym Trail	FT944	Log Vault	1.30	4	N/A	
Gym Trail	FT945	3.6m Traverse Wall	0.50	2	N/A	
Gym Trail	FT946	Twin Crossover	0.69	2	N/A	
Gym Trail	FT947	Hamstring Stretch Posts	0.00	2	N/A	
PT Trail	FT950	Scramble Net	0.00	5	N/A	
PT Trail	FT951	Rope Crawl	1.50	4	N/A	
PT Trail	FT952	Tube Crawl	1.10	3	N/A	
PT Trail	FT953	2m Climbing Wall	2.00	4	4m x 6m	16
PT Trail	FT954	3m Climbing Wall	3.00	4	6m x 7m	28
PT Trail	FT955	Rope Assault	1.80	4	6m x 8m	32
PT Trail	FT956	Tyre Run	0.00	6	N/A	
PT Trail	FT957	Heaves & Lying Heaves	1.30	4	N/A	
PT Trail	FT958	Clean & Jerk	0.00	4	N/A	
PT Trail	FT962	Low Wall	1.00	4	N/A	
Gym Trail	FT963	Body Raise / Reverse Pull Ups	1.42	4	N/A	
Gym Trail	FT964	Leg Stretch / Bar Push Ups	0.50	4	N/A	
Gym Trail	FT966	Jumping Stretch	0.00	1	N/A	
Gym Trail	FT967	Step Up Sleepers	0.20	4	N/A	

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