

INSTALLATION GUIDE IRON FULL BODY FITNESS

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IN-GROUND INSTALLATION

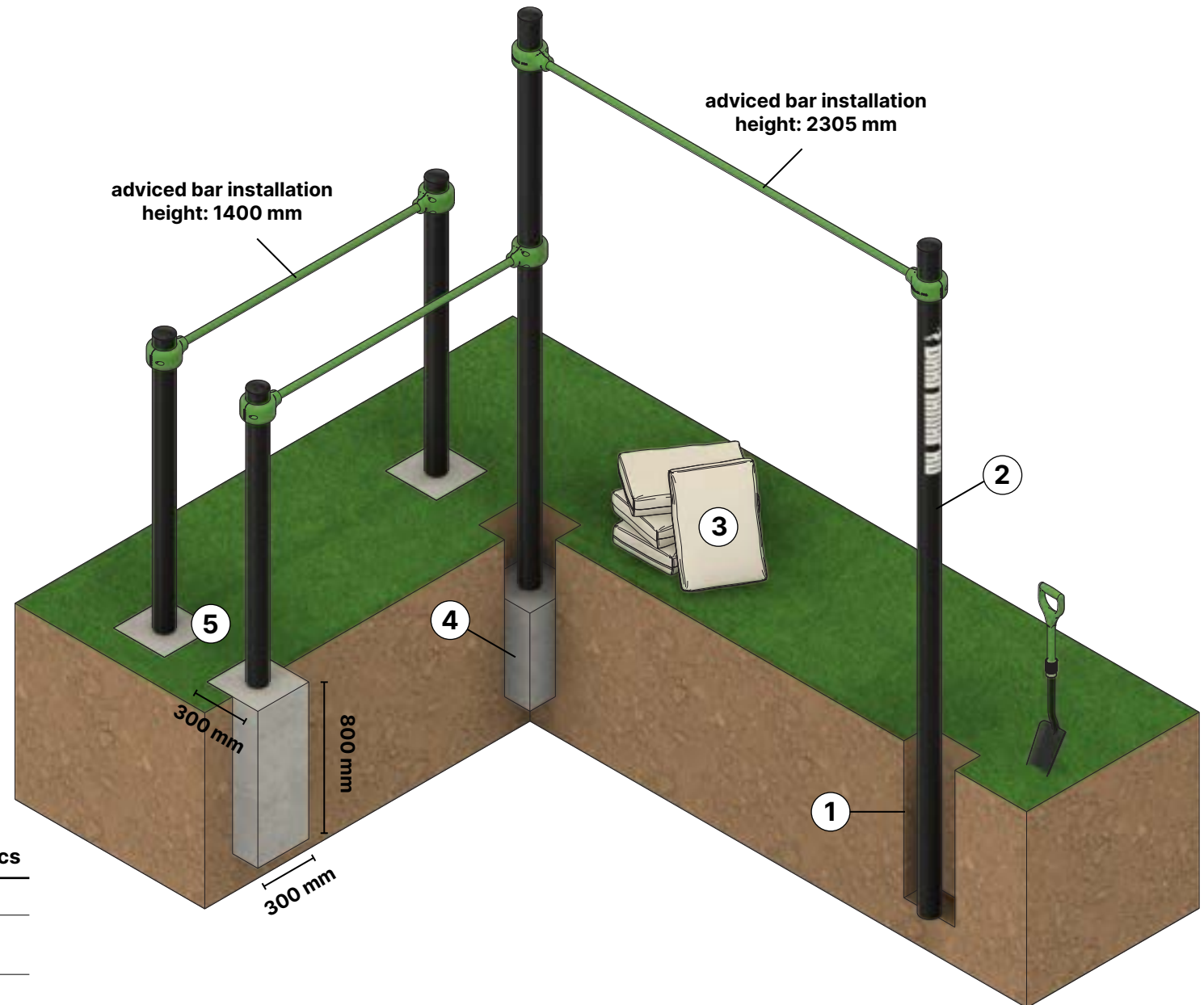
STEP 1: Dig square holes according to the technical sheet (300 × 300 × 800 mm).

STEP 2: Position the posts in the center of the holes and secure vertically.

STEP 3: Prepare fast-setting concrete according to the manufacturer's instructions. (4 bags of 25 kg per post).

STEP 4: Pour concrete into the hole, compact thoroughly, check alignment

STEP 5: allow the concrete to cure fully (7 days) before use.

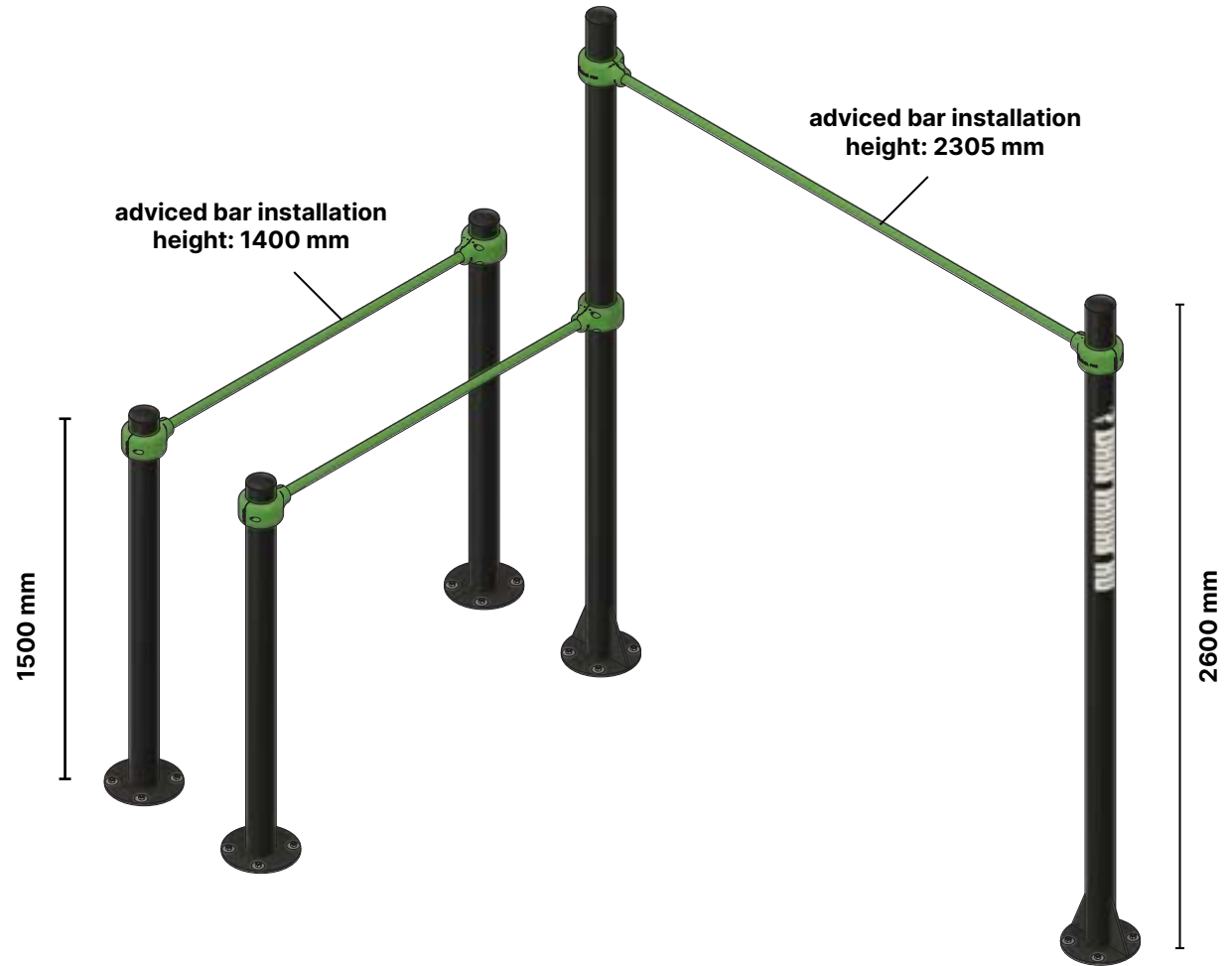
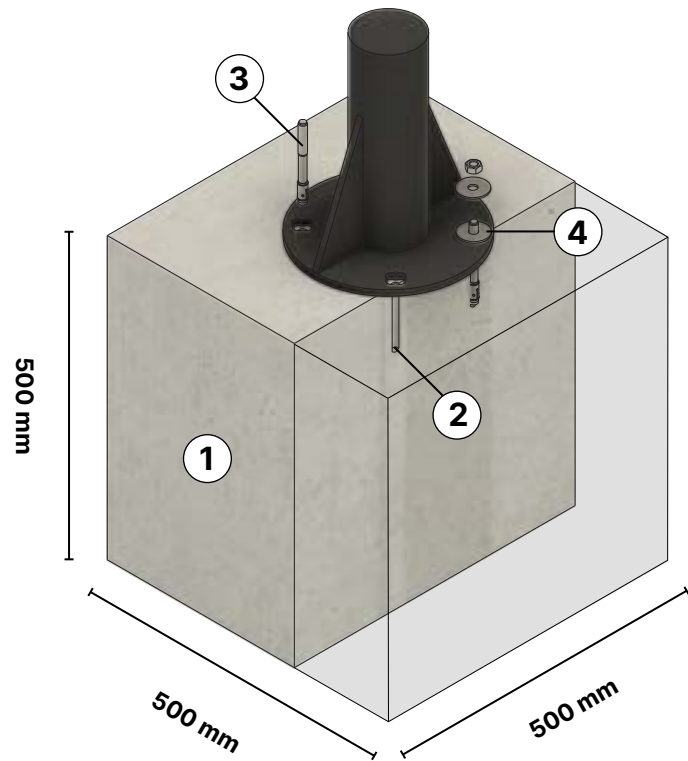


CONCRETE BLOCK
300 X 300 X 800 mm (LxWxH)

Feature	Recommended Specs
Concrete Strength	C30/37
Class Exposure	XC4, XF1, XA1 (if required)
Workability Class	S3 or S4

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CONCRETE BLOCK 500 X 500 X 500 mm (LxWxH)

Feature	Recommended Specification
Concrete Strength	C30/37
Class Exposure	XC4, XF1, XA1 (if required)
Workability Class	S3 or S4
Anchor Requirements	Min. C20/25, preferably C30/37
Curing Time	Allow concrete to fully cure (min. 28 days) before installing anchors

SURFACE MOUNT INSTALLATION

STEP 1: Dig holes according to the technical sheet and pour concrete. Let it harden 28 days minimum.

If there is already a concrete floor with a minimum thickness of 120 mm, no additional concrete blocks (500 × 500 × 500 mm) are required and step 1 can be skipped.

STEP 2: Drill 4 holes using an impact drill, 90 mm deep with a Ø12 mm concrete drill bit.

STEP 3: Punch 4 wedge anchors (110 mm x Ø12 mm) into the holes.

STEP 4: Place body rings on each anchor, add M12 locknuts, and tighten.

TECHNICAL SHEET IRON FULL BODY FITNESS

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