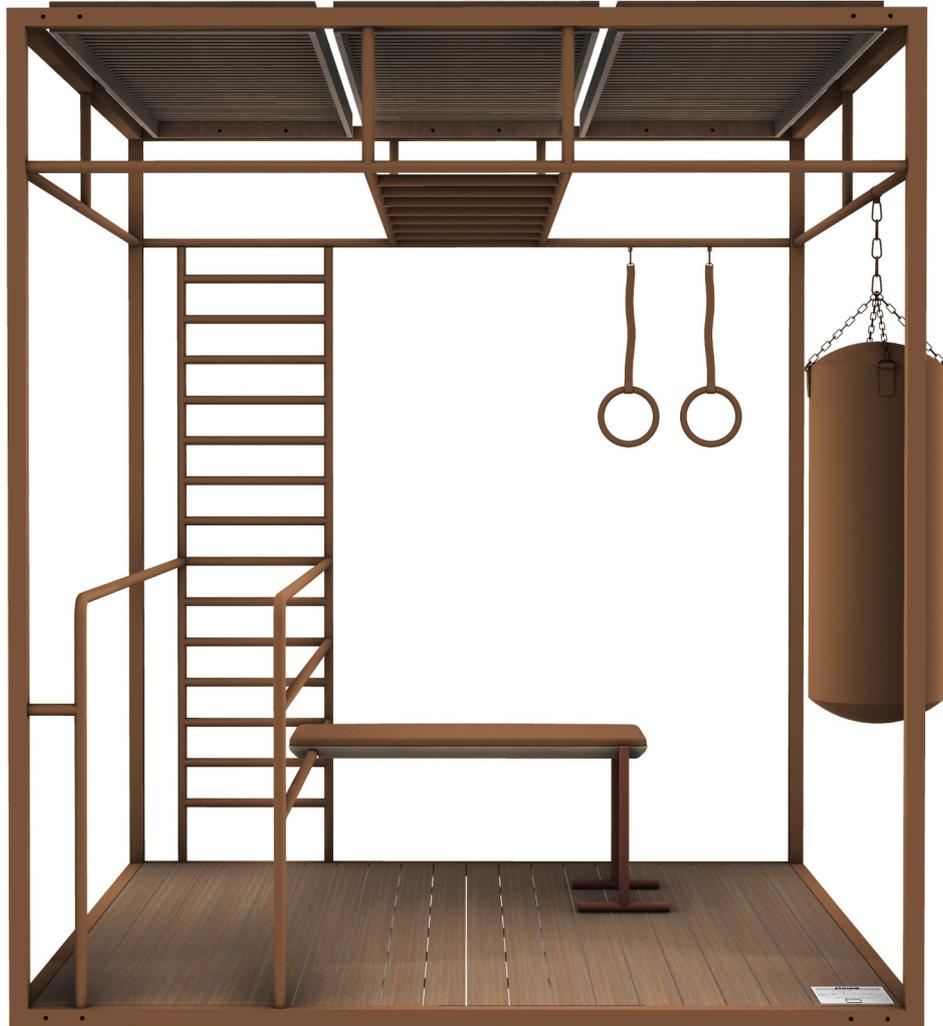


# ETHIMO



## Out-Fit

USER MANUAL REV 01 OF 10/10/2023

## General Information

The user manual was written in the original language of the manufacturer. It is to be considered an integral part of the product package.

Our organization reserves the right to make changes to the products and related documentation at any time and without prior notice.

Our organization is responsible for the product only if the following precautions are observed:

- the product is used in accordance with its specifications;
- the manual has been carefully read in its entirety;
- the installation site meets the requirements outlined in this manual;
- appropriate clothing is worn while using the structure
- all the requirements contained in this document and in the documents accompanying the product are followed;
- the structure is securely fixed to the ground on which it rests.

The product complies with the requirements of the UNI EN 16630:2015 standard

## Safety Instructions

Use the product only for the purposes outlined in the manual and perform only the specified exercises in the manner and under the conditions indicated.

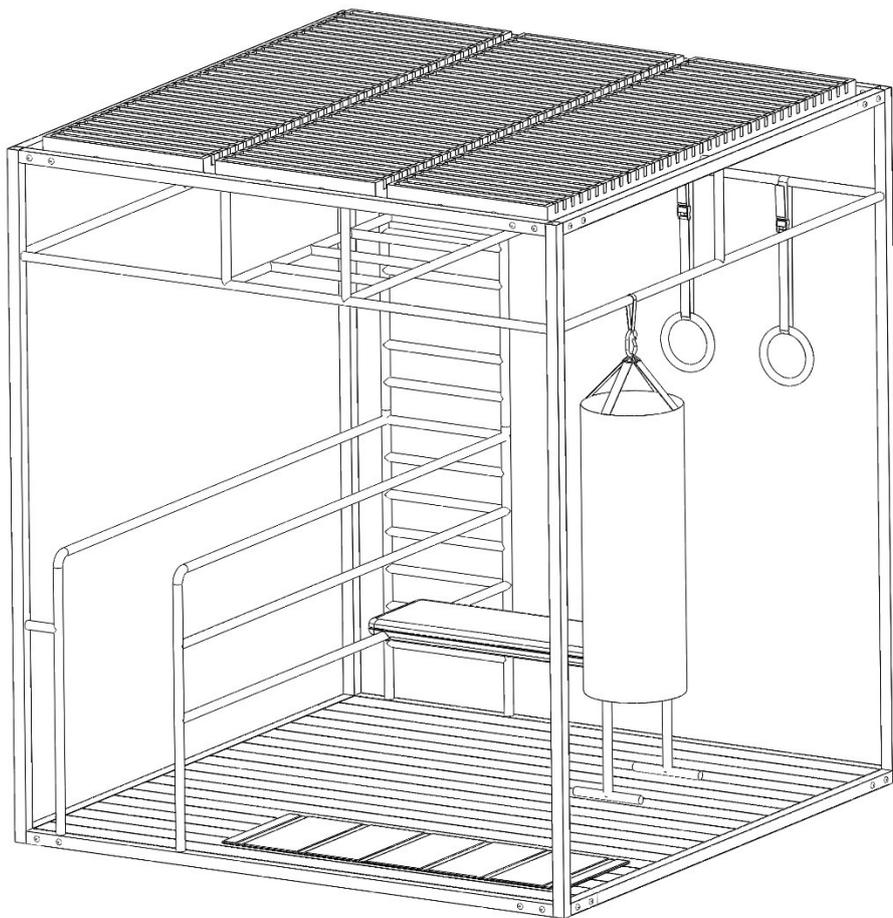
Read all instructions before using the product. These instructions have been compiled to ensure user safety and protect the product from accidental damage.

Our organization will not be held liable for any damage resulting from unauthorized maintenance, improper use, accidents, negligence, modifications, or adaptations made without written authorization from our organization or by the user's failure to comply with the specifications in this manual.

The equipment must be fully assembled, including accessories, before it can be used.

Keep this manual for future reference.

## Identification of the Manufacturer and the Product (Marking)



## Product Description

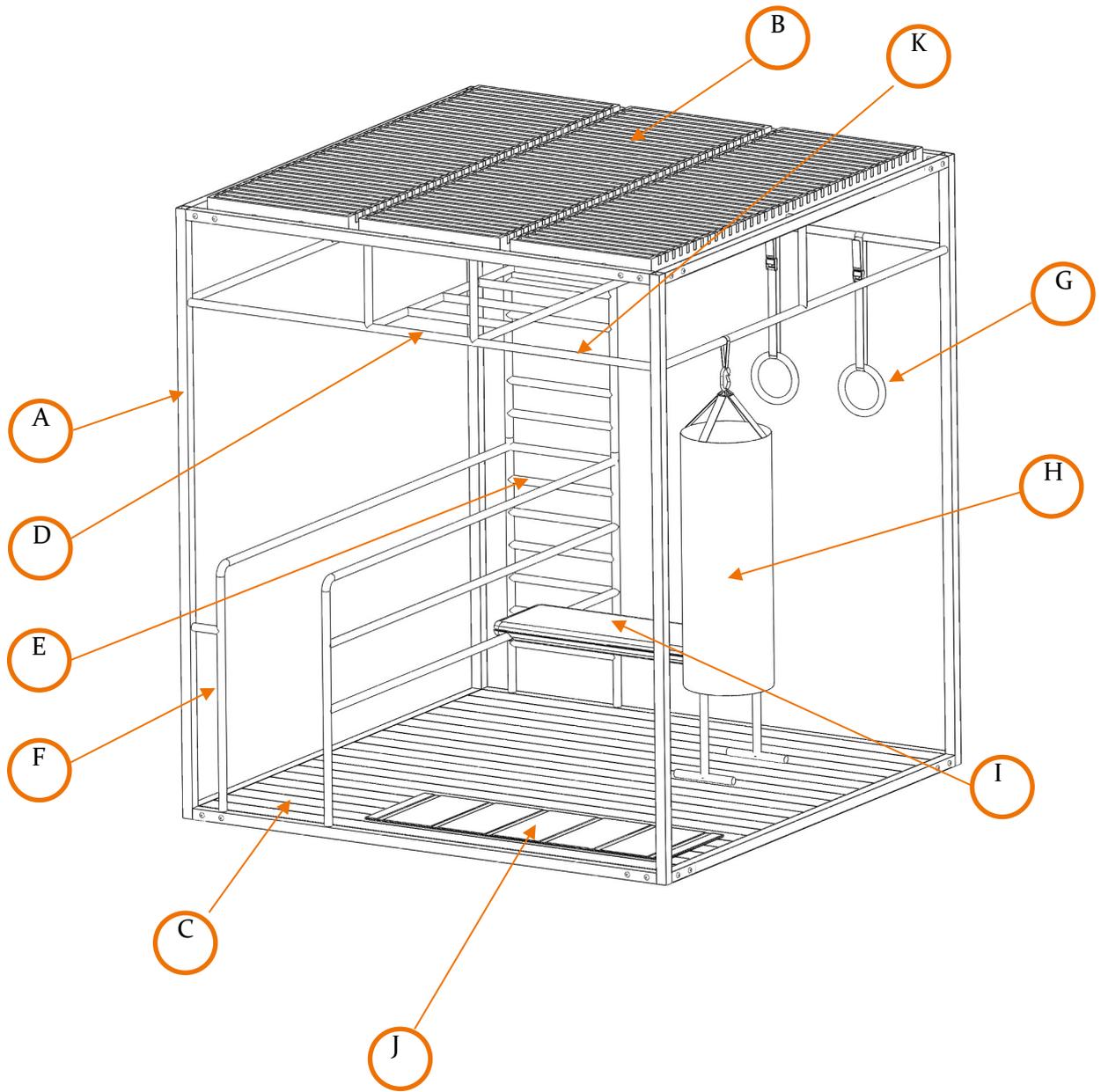
Out-Fit was born from the idea of combining sport and wellness with design. Our outdoor gym is extremely functional thanks to a well-thought-out design that makes it easy and straightforward to use.

We are confident that it will provide you with a rewarding and fulfilling workout experience.

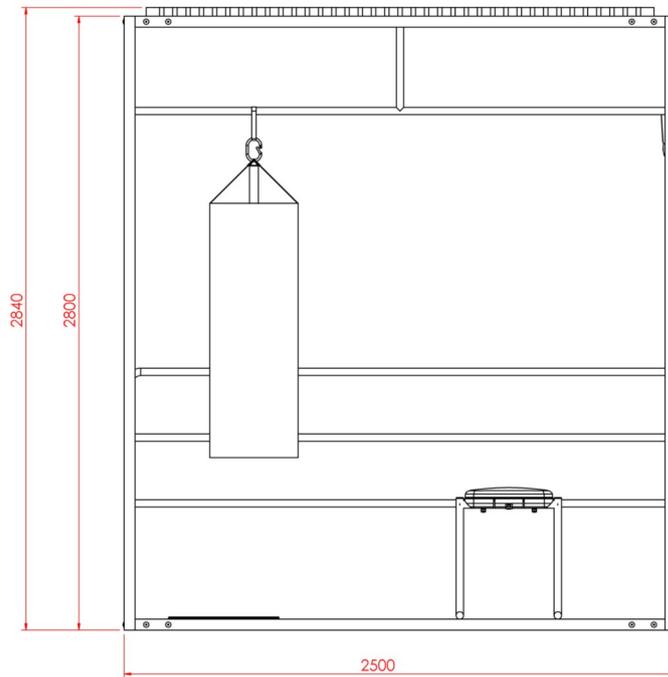
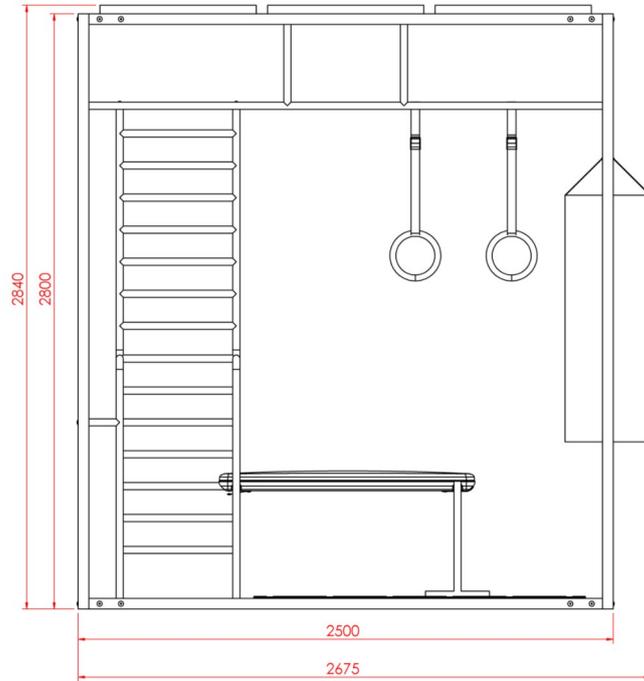
It provides an opportunity to improve your strength, endurance, and mobility, allowing you to fully enjoy the benefits of outdoor training. By following the provided instructions and making the most of every single workout session, you will get closer and closer to achieving your health and wellness goals.

The structure is composed as follows:

- A. FRAME: load-bearing structure of the equipment
- B. ROOF: made of teak, provides shade and cover
- C. FLOORING: made of teak
- D. MONKEY BARS: for training pectorals, shoulders, upper and middle abdominals, and forearms
- E. WALL BARS: serves as a support for stretching exercises
- F. PARALLEL BARS: for training triceps, pectorals, anterior deltoid, rhomboid, trapezius ,and abdominals
- G. RINGS: for training the entire upper body
- H. PUNCHING BAG: for training shoulders, arms, back, and legs
- I. BENCH: for training triceps and abdominals
- J. MAT: for training abdominals
- K. PULL-UP BAR: for training lats and arms



# Technical Specifications



Product Weight	431 Kg
Maximum User Weight	100 Kg
Dimensions	267.5 x 250 x 284 cm
Maximum Fall Height	100 cm

<b>Guarantees</b>	
Stainless Steel Structure	3 years
Teak Components	3 years
Bench	2 years
Punching Bag	2 years
Rings	2 years
Mat	2 years
Spare Parts Warranty	3 years

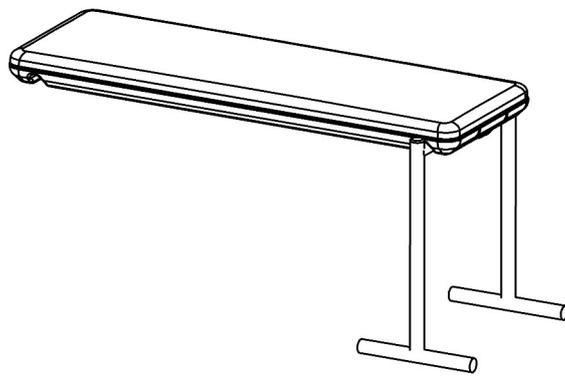
## Accessories

AN ACCESSORY IS DEFINED AS ANYTHING THAT IS NOT A STRUCTURAL COMPONENT OF THE GYM AND ANYTHING THAT CAN BE REMOVED WITHOUT COMPROMISING ITS INTEGRITY.

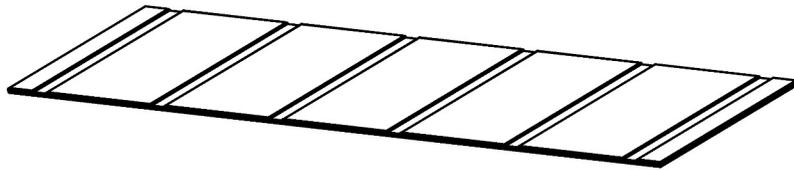
ALSO CONSIDER THE ASSEMBLY OR DISASSEMBLY KEYS IF LEFT WITH THE CUSTOMER.

Do not use accessories that are not recommended by the manufacturer.

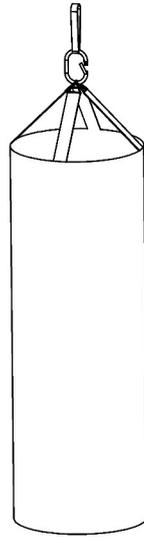
BENCH:



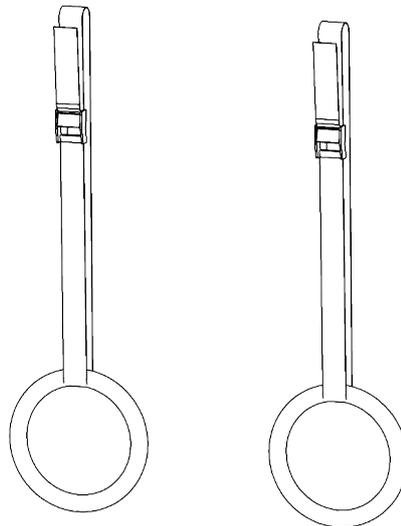
MAT:



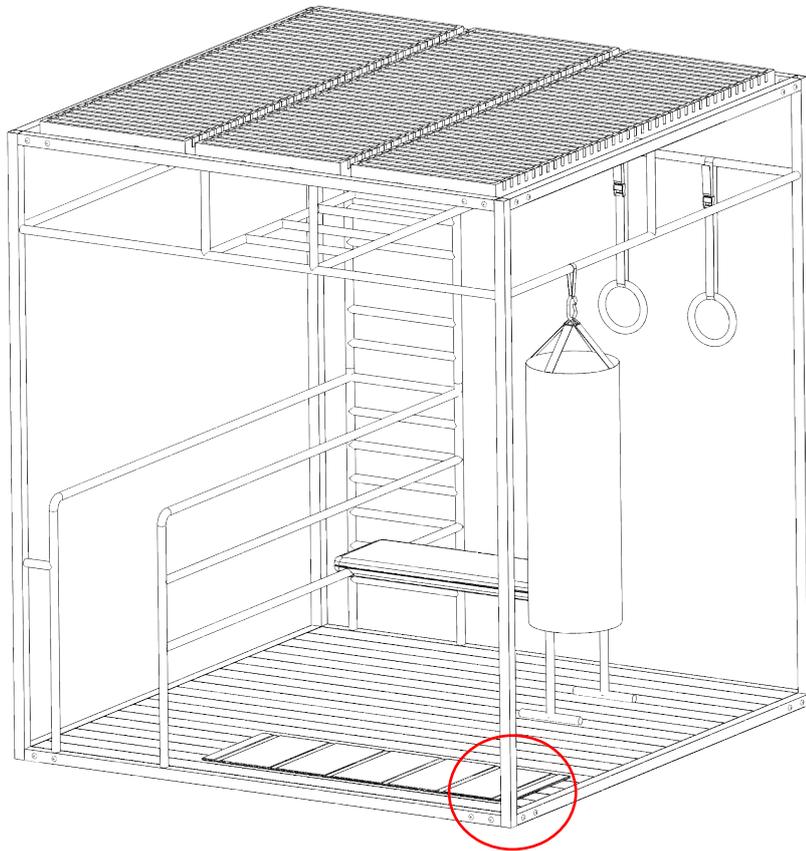
PUNCHING BAG:



RINGS:



## Safety Devices



The equipment has no sharp edges.

The product does not contain any electrical/electronic components.

The instructions for use are posted at the time of installation on the designated metal plate located in the corner on the ground as indicated in the diagram.



### WARNING

The intended use of the equipment is not that of a children's toy. It is, therefore, essential to ensure it not be used as such and to restrict access. Do not use the product if there are pets in the area.

The label with the primary safety warnings must be applied to the equipment. If the label is missing or damaged, take the equipment out of service.

## Routine Maintenance

Keep the product clean and dust-free at all times, in compliance with the most common standards of health and hygiene.

Clean the external parts weekly with a damp sponge. For the equipment, use only water and neutral soap to remove sweat and moisture. Do not use solvents or chemicals products. To dry the equipment and its upholstered parts, use a microfiber cloth.

Do not use abrasive products.

Users are responsible for cleaning the equipment used during training after each use.

Check the tightness of the supporting structure's screws monthly.

Periodically perform maintenance on the teak components (floor and roof), using the specific cleaning and maintenance products supplied by Ethimo.



### WARNING

The equipment's safety level is maintained only if periodic checks on the state of wear and tear of all the parts are performed.

In the event of defective, broken, dangerous, or hazardous parts that could pose a risk to the user, take the product out of service until it is fixed and contact technical support.

Do not attempt to perform any maintenance operations on the product other than those outlined in this manual.

## Assembly Instructions

The Out-Fit gym is entirely assembled by our specialized and authorized personnel in the designated location where the equipment is to be used. For details, see the "Istruzioni\_Outfit\_Rev\_02" document.

## Materials and Packaging

The materials comply with REACH regulations concerning hazardous substances.

The various components that come out of the manufacturing process are packaged according to strict safety rules that prevent operators from potential accidents during handling and lifting.

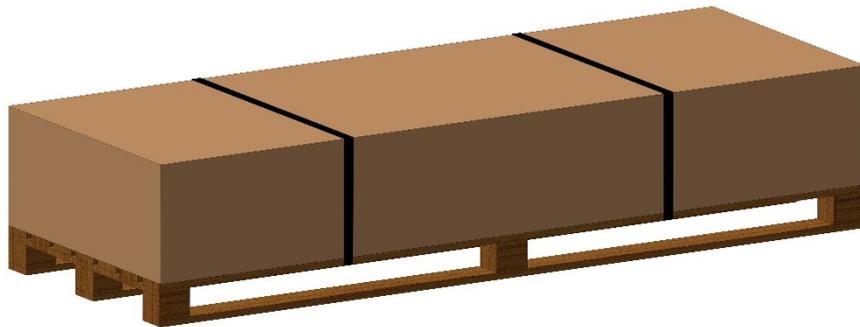
Packaging of the individual components:

### Package 1

Components: 007M23G00F roof panels (3 pieces)

Dimensions: 240 x 85 x 52 cm

Weight: 66 KG



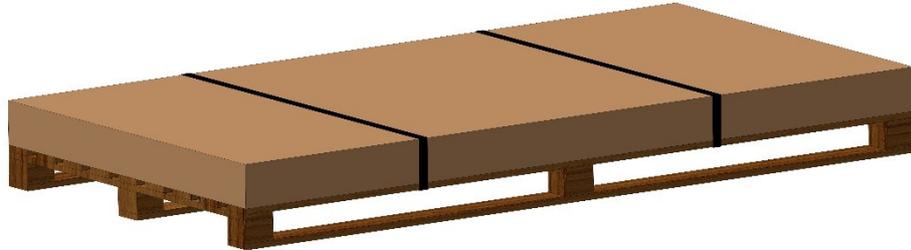
To handle package 1, the use of a forklift or pallet truck is required. If these means are not available, the box can be handled manually by two operators.

### Package 2

Components: 008M23G00F floor deck (2 pcs)

Dimensions: 248 x 128 x 27 cm

Weight: 105 KG



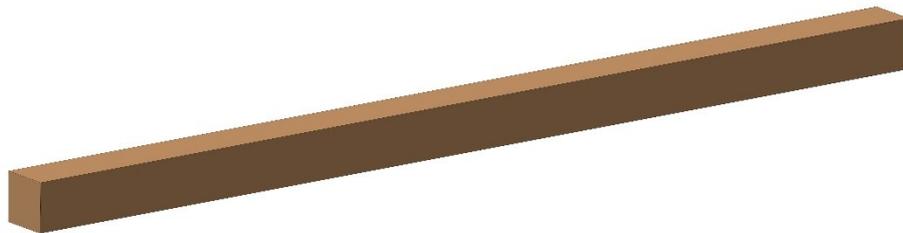
To handle package 2, the use of a forklift or pallet truck is required. If these means are not available, the box can be opened and the individual components can be handled by two operators.

### Package 3

Components: 081M23S78F tubular components A (2 pcs)

Dimensions: 249 x 18 x 17 cm

Weight: 16,5 KG



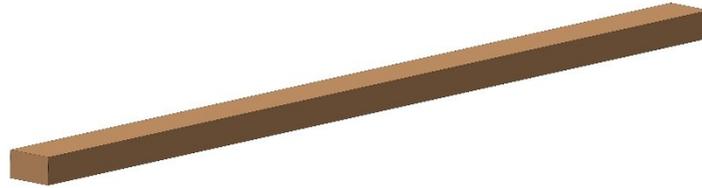
A single operator is sufficient to handle package 3.

Package 4

Components: 082M23S78F tubular components B (2 pcs)

Dimensions: 249 x 13 x 10 cm

Weight: 16 KG



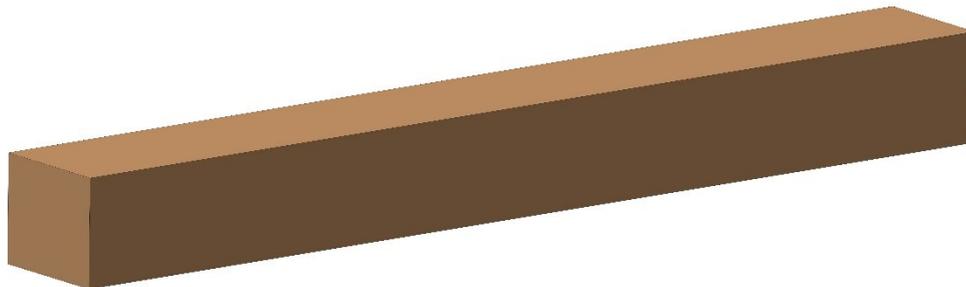
A single operator is sufficient to handle package 4.

Package 5

Components: 097M23S78F (tubular component C 1 piece, tubular component D 1 piece)

Dimensions: 283 x 33 x 28 cm

Weight: 28 KG



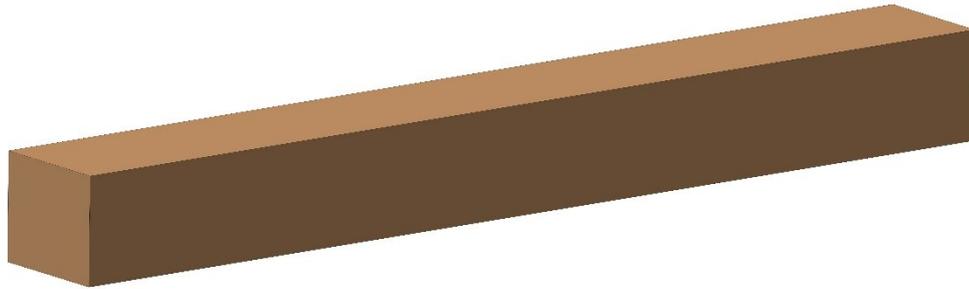
Two operators are sufficient to handle package 5.

Package 6

Components: 084M23S78F tubular component D (1 piece)

Dimensions: 283 x 33 x 28 cm

Weight: 28 KG



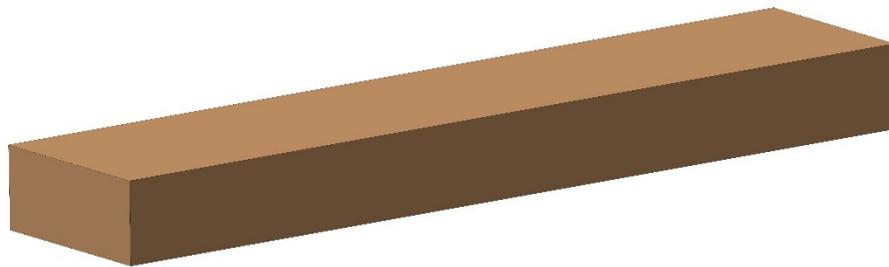
Two operators are sufficient to handle package 6.

Package 7

Components: 098M23S78F (shoulder E, 1 piece, shoulder F 1 piece)

Dimensions: 247 x 50 x 20 cm

Weight: 36 KG



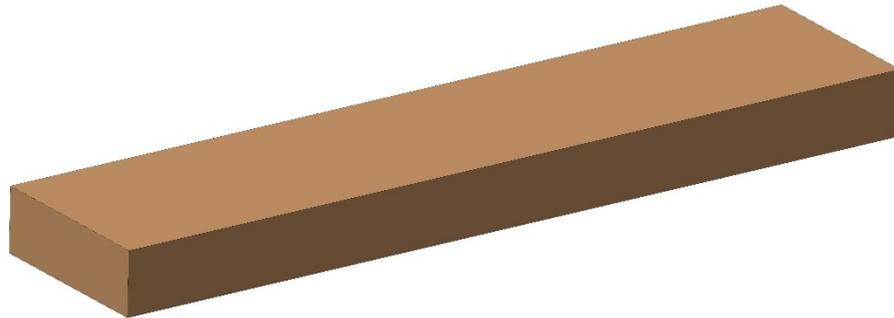
Two operators are sufficient to handle package 7.

Package 8

Components: 087M23S78F shoulder G (1 piece)

Dimensions: 247 x 45 x 14 cm

Weight: 31.5 KG



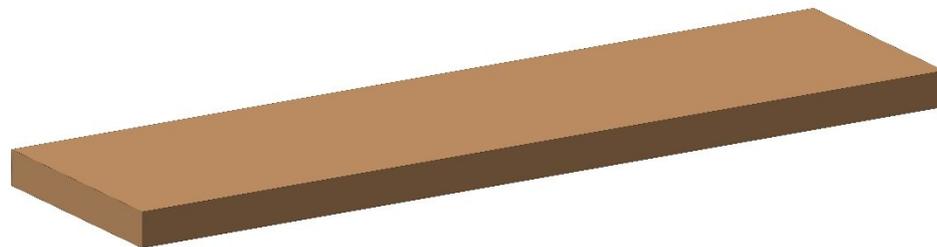
Two operators are sufficient to handle package 8.

Package 9

Components: 099M23S78F (wall bars I 1 piece, wall bars L 1 piece)

Dimensions: 247 x 65 x 10 cm

Weight: 37 KG



Two operators are sufficient to handle package 9.

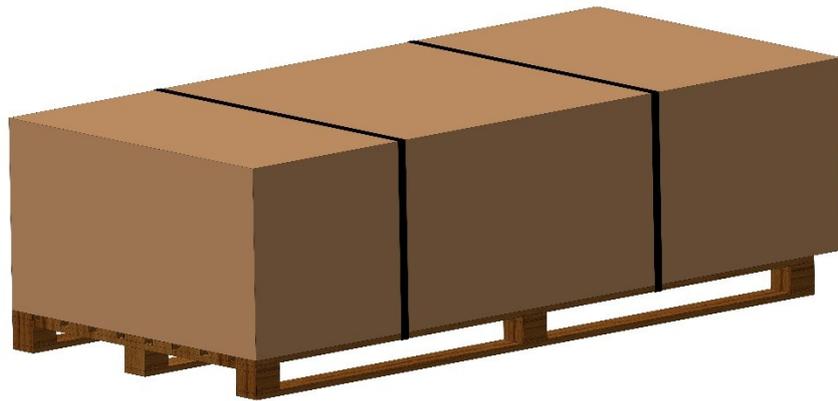
Package 10

Components: 103M23S78F (parallel Bars H, bench stand, hardware kit, floor supports

005C23EN20008 bench, rings, mat, extra strap, band)

Dimensions: 256 x 75 x 137 cm

Weight: 110 KG



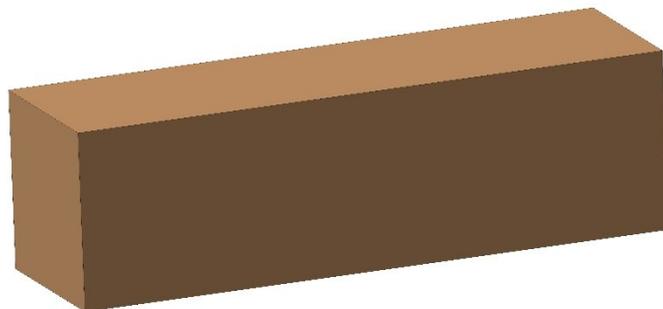
To handle package 10, the use of a forklift or pallet truck is required. If these means are not available, the box can be opened and the individual components can be handled by two operators.

Package 11

Components: 015A23EN20008

Dimensions: 128 x 42 x 42 cm

Weight: 50.5 KG



Two operators are sufficient to handle package 11.

**Please note:** all components must be adequately protected with bubble wrap and foam inside their respective boxes.

Once the equipment has been installed, the materials used for packaging must be disposed of according to the instructions provided in the following document which is included with the product.

## INDICATION FOR SEPARATE WASTE COLLECTION

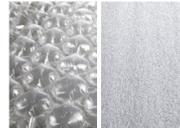
Always check the indications of your municipality

## INDICAZIONI PER LA RACCOLTA DIFFERENZIATA

Verificare sempre le indicazioni del tuo comune



PLASTIC - high density polyethylene: plastic protections...  
PLASTICA - polietilene ad alta densità: protezioni in plastica...



PLASTIC - low density polyethylene: plastic protections ...  
PLASTICA - polietilene a bassa densità: protezioni in plastica...



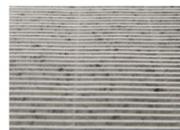
PLASTIC - polypropylene: scotch tape, multi banding ...  
PLASTICA - polipropilene: nastro adesivo, regge...



POLYSTYRENE - shaped protections or sheets ...  
check the indications of your municipality  
POLISTIROLO - protezioni sagomate o lastre...  
verifica le indicazioni del tuo comune



PAPER - wavy cardboard: boxes and protections ...  
CARTA - cartone ondulato: scatole e protezioni...



WOOD - fir, mdf, osb ...: pallets, crates and protective cages ...  
LEGNO - abete, mdf, osb...: pallet, casse e gabbie di protezione...



# ETHIMO

## Usage Environment

To ensure that activities with the equipment are easy and risk-free for users, the environment and the methods in which the physical athletic activities are to be practiced must meet certain requirements.

Before choosing where to install the product, check that the location meets the following criteria:

- ideal ambient temperature between +10°C and +25°C;
- adequate air circulation and lighting to ensure that exercises are performed in pleasant and relaxing conditions;
- flat, stable, vibration-free installation surface, with a load-bearing capacity that can support the weight of the equipment plus the weight of the user;
- do not install on a raised floor;
- avoid installing the equipment in or near damp environments (e.g. swimming pools, saunas, docks,...).

In case of prolonged non-use of the equipment, it is recommended that it:

- remain in a clean and dry environment, away from liquids;
- be covered with a cloth to protect it from dust;
- not be exposed to sudden changes in temperature and humidity that could wear on some of the parts and cause them to malfunction.

During use, third parties must maintain a suitably safe distance, preferably outside the structure itself.

During use, users must be aware of the surrounding environment. Check for obstacles, slippery surfaces, or any objects that could pose a danger. Also pay attention to the weather conditions and avoid using the gym in heavy rain, in the presence of ice, or during any other adverse weather conditions that could compromise safety.

## Instructions and Precautions for Use

This workout space has been specifically designed to provide a versatile and functional environment where you can perform a wide range of exercises to improve your physical fitness and overall well-being.

Our gym is a perfect option for those who like to work out outdoors, want an alternative to traditional gyms, or simply want to enjoy fitness while surrounded by nature. Its concept is based on the use of structural elements such as pull-up bars, adjustable benches, and other simple but effective equipment, designed to offer a variety of functional training options.

Use of the equipment is permitted to young men and women and adults with an overall height greater than 1,400mm.

Before starting any workout program within the outdoor gym, it is highly recommended that you consult with a fitness professional or qualified physician. This is especially important if you have a pre-existing health condition or are new to working out. An expert will be able to provide personalized advice and specific guidance to tailor the exercises to your individual needs.

If you feel unwell during your workout, stop exercising immediately and consult a doctor.

Before starting any workout session in the outdoor gym, make sure to do a suitable warmup. Warming up will help prepare your body for physical activity, reducing the risk of muscle or joint injury. Perform dynamic stretching exercises and light movements to raise your body temperature and stimulate blood flow.

Those using the equipment must be suitably dressed; avoid loose clothing and tie long hair in a ponytail. The most suitable clothing is that used for gymnastics, sports, fitness, or similar activities. Do not wear 5-toed shoes, spiked shoes, cleats, or high heels. Do not enter the equipment area barefoot.

While working out, wear suitable clothing and shoes. Do not wear clothing that prevents perspiration.

Do not wear jewellery or pendants so as to avoid any possible or potential dangers to the user.

Always use towels on flat surfaces, so as to protect current and future users from hygienic-sanitary risks.

Each user is responsible for cleaning the workout stations they used.

Always use equipment and workout stations in accordance with the instructions provided in this manual. Avoid situations and behaviours for which the product was

not designed. Avoid modifications or improper use that could compromise your safety and prevent the correct performance of exercises.

Perform only the exercises specified for this type of product, in accordance with the indicated methods and conditions. Any other use is to be considered improper and therefore dangerous.

Use of the equipment by two people at the same time is forbidden. Make sure that there are no other people in the exercise or workout space.

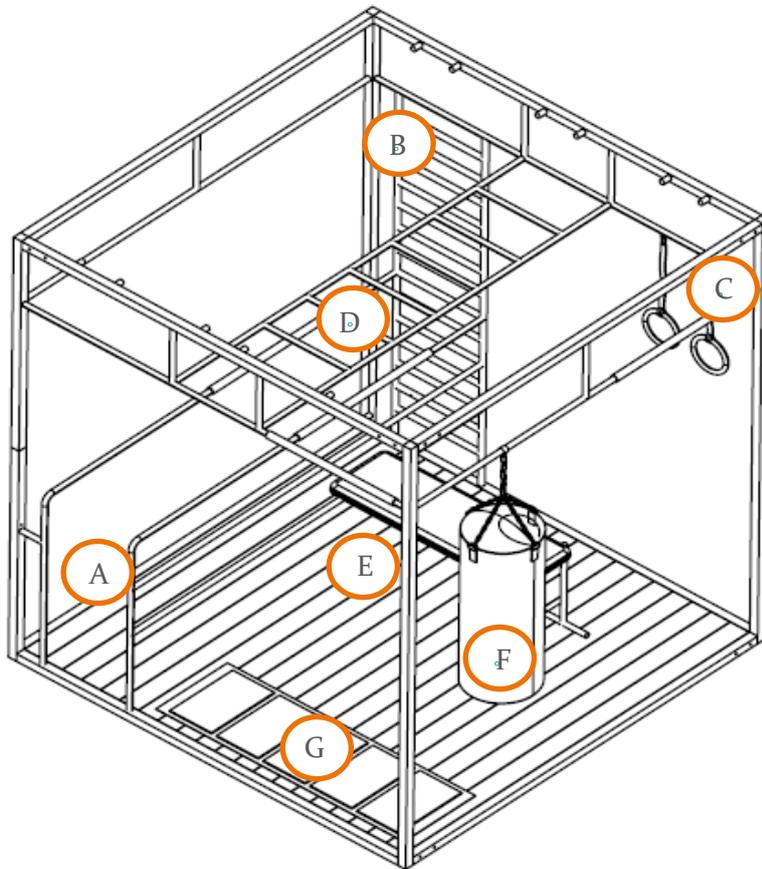
## Workout Stations

In this context, a "workout station" refers to a specific designated point where users can perform exercises correctly and safely. This area is carefully designed to provide a functional and optimized environment, allowing users to perform exercises effectively, comfortably, and in a focused manner.

The workout station is characterized by a combination of structural and functional elements that harmoniously integrate into the surrounding context, creating an ideal workout experience.

Please remember that the key to a safe, effective, and rewarding workout lies in attention to detail and the correct use of workout stations.

The workout stations in our outdoor gym have been strategically positioned to allow for a wide range of movement and workouts that are suitable for all age groups and all fitness levels. This stimulating environment will allow you to harness the strength of your body through endurance, flexibility, balance, and agility exercises.



<b>Workout Station Name</b>	<b>Name of Exercise</b>
A	Parallel Bars
B	Wall Bars
C	Rings
D	Monkey Bars
E	Horizontal Bench
F	Punching Bag
G	Mat

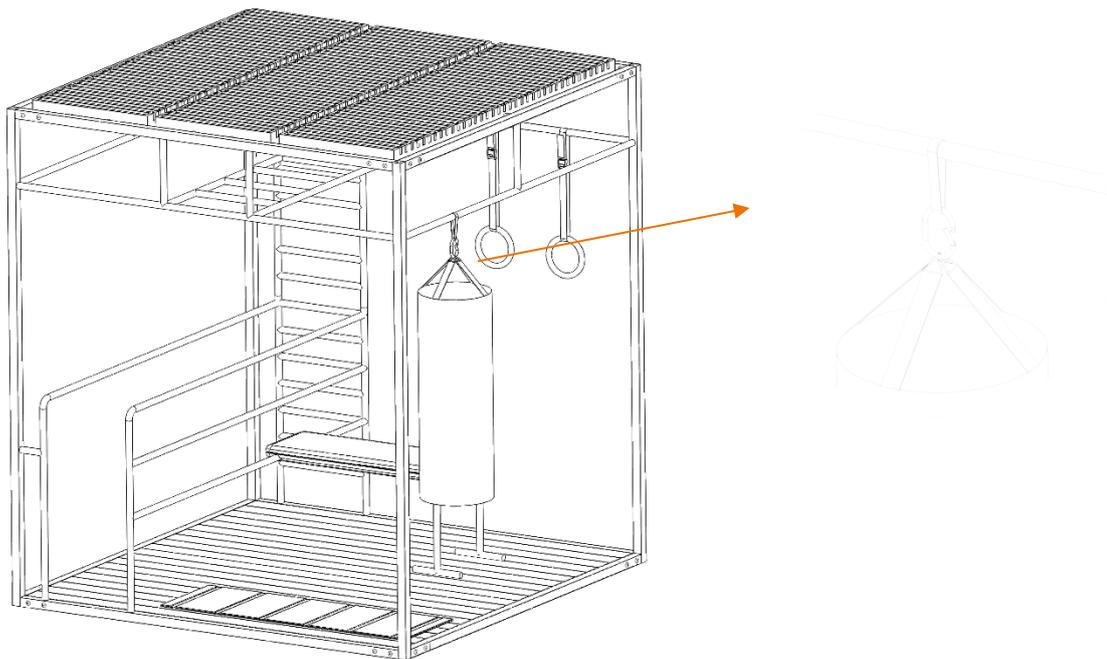
In the "Movements and Exercises" chapter, we will explore the different workout stations and provide you with detailed instructions on how to use each area correctly.

## Lifting and Positioning Moving Parts / Attaching and Unhooking / Storing Mobile Accessories

The structure has 3 movable elements:

- Punching Bag
- Rings
- Horizontal Bench

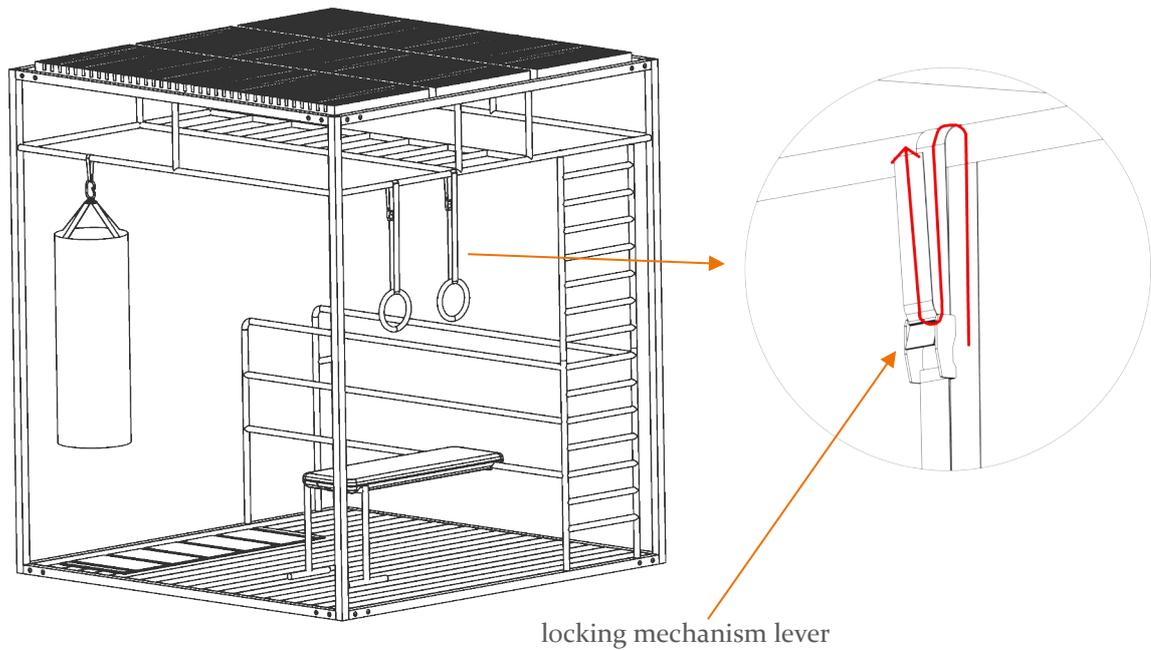
The punching bag must be attached to the horizontal bar as shown in the figure, using the specific clamp and carabiner included:



The punching bag is specially made for outdoor use and can be left attached to the structure.

If not used for extended periods, it is recommended to store the punching bag in a covered and dry place.

The rings can be attached to the horizontal bar as shown in the figure:

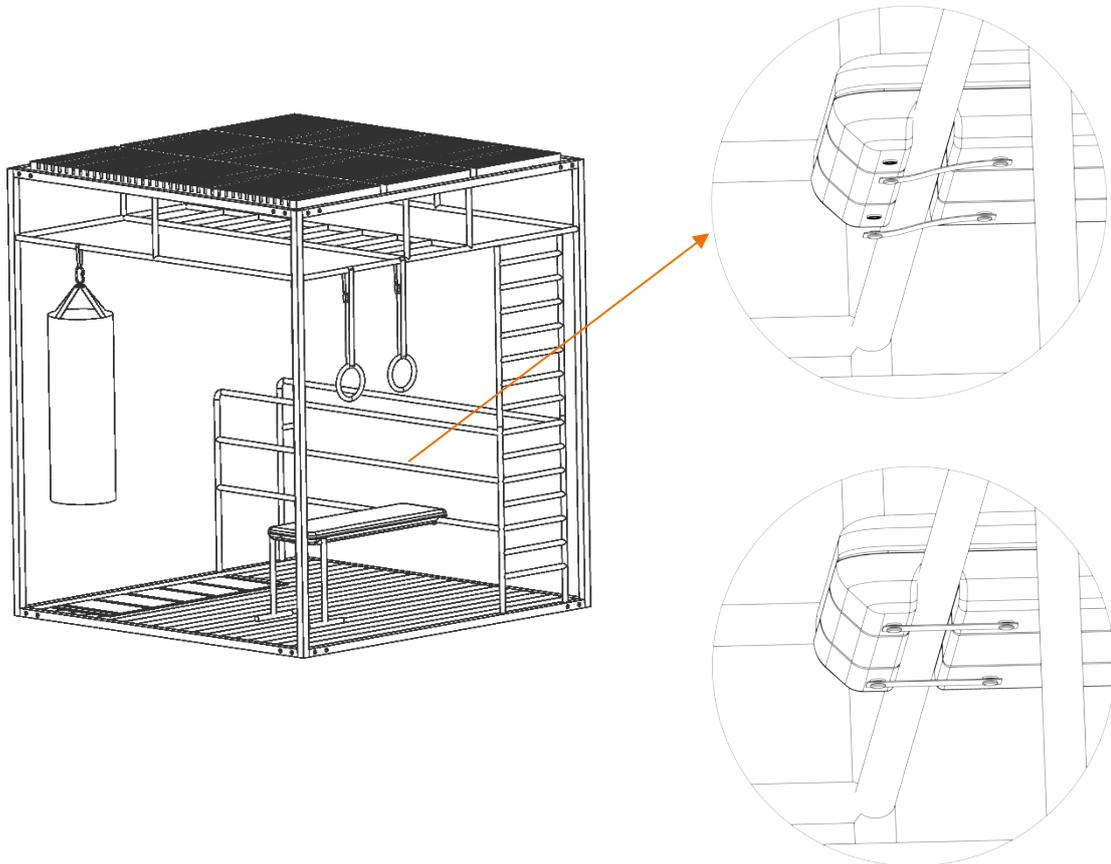


To attach the rings, simply slide the band over the bar and then pass it through the locking mechanism. To adjust the height of the rings, press the lever on the mechanism and slide the band until it reaches the desired position.

The rings are specially made for outdoor use, and can be left attached to the structure.

If not used for extended periods, it is recommended to store the rings in a covered and dry place.

To use the horizontal bench, place it on the lowest bar of the parallel bars by fitting the groove under the bench onto the bar itself.  
Then secure the leather safety straps with the appropriate snaps.



*PLEASE NOTE:* Before using the rings or the monkey bars, it is necessary to remove the bench and place it outside the gym structure in order to ensure the proper amount of space for performing the exercises.

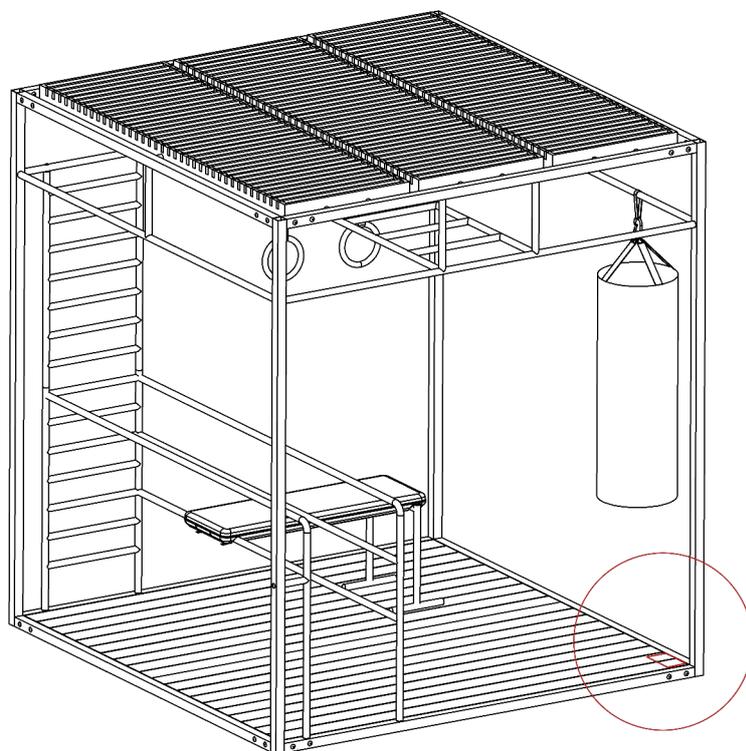
## Movements and Exercises

Scrupulously following the instructions provided and positioning yourself correctly will allow you to maximize the benefits of your exercises so that you can achieve your fitness goals safely and optimally. Make sure to always follow the provided instructions and take every aspect of your workout sessions seriously, because your health and well-being are our top priority.

We know that taking health and wellness seriously is fundamental, which is why we encourage you to put the right amount of effort and focus into every movement you perform within our gym. With the right technique and an awareness of your limits, you can achieve your fitness goals gradually and sustainably.

When working out, it is essential to listen to your body and respect your limits. If you experience intense pain, excessive fatigue, or any other signs of discomfort, stop exercising immediately and consult a fitness professional or doctor. A workout should be challenging, but not to the point of jeopardizing your health.

*PLEASE NOTE:*for proper use of the equipment, refer to the instructions provided in the QR Code displayed on the structure:



# ETHIMO

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- Utilizzare l'attrezzatura da palestra con consapevolezza e fermarsi quando si sente stanchezza o dolore
- Utilizzare le attrezzature da palestra seguendo le istruzioni
- Consultare il medico prima di iniziare l'attività fisica
- Ogni strumento è garantito per gestire carichi del peso fino a un massimo di 130 Kg
- L'uso dell'attrezzatura da palestra è riservato a giovani e adulti e comunque a persone aventi un'altezza maggiore di 140 cm
- Si declina ogni responsabilità per danni e /o incidenti che dovessero verificarsi per un uso scorretto dell'attrezzatura
- Normativa di riferimento UNI EN 16630:2015

*Per un corretto utilizzo di tutte le attrezzature si prega di consultare  
le Istruzioni e il QR Code*



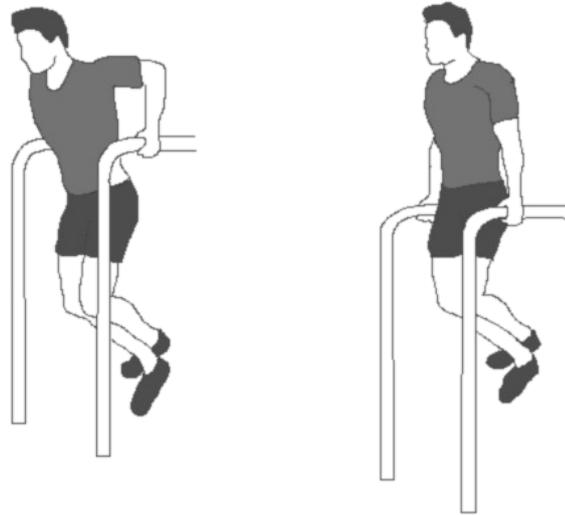
## Parallel Bars

Exercise involving the triceps, pectorals, anterior deltoids, rhomboids, trapezius, and abdominals.

Maximum user weight 130 Kg

### How to perform the exercise:

1. Position yourself in the centre of the bars, grasp the horizontal bars with both hands and extend your arms fully until your body is suspended and balanced.
2. Keep your shoulders away from your ears, engage your abdominal muscles, and bring your legs together.
3. Begin to lower yourself by bending your arms and bringing your chest slightly forward until your shoulders are at elbow height.
4. Return to the starting position, always keeping your shoulders away from your ears.



### Mistakes to avoid:

- widening your elbows during the exercise;
- hunching your shoulders;
- lowering yourself below elbow height.

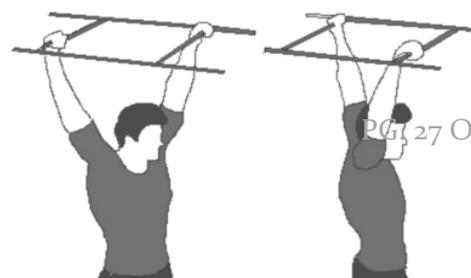
## Monkey Bars

Exercise involving pectorals, shoulders, upper and middle abdominals, and forearms.

Maximum user weight 130 Kg

Before performing the exercise, it is necessary to remove the bench.

### How to perform the exercise:





1. Hang on to the first bar and move forward by grabbing one bar after the other.
2. Try to swing your body slightly while keeping your arms straight at all times.

Mistakes to avoid:

- excessively rotating your torso.

## Wall Bars

Exercise involving the abdominal muscles.

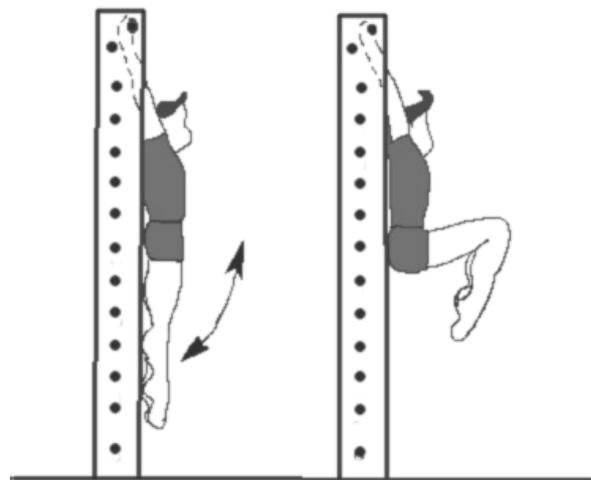
Maximum user weight 130 Kg

How to perform the exercise:

1. Hang from the top rung so that you remain suspended.
2. Raise both your knees at the same time to navel height and lower them back down.

Mistakes to avoid:

- arching your back



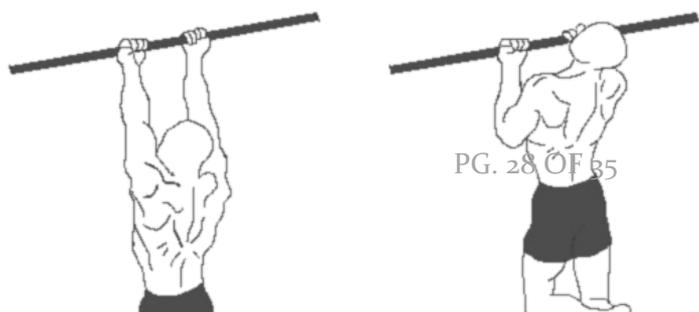
## Chin-Ups

Exercise involving the back muscles.

Maximum user weight 130 Kg

How to perform the exercise:

1. Hang from the bar.
2. Place your hands just before the beginning of the curve with palms





facing inward and bring your legs together, engaging your glutes and abdomen to maintain stability.

3. Start the exercise with slow, coordinated movements, lowering and closing your shoulder blades by bending your arms and lifting your chest towards the bar.

Mistakes to avoid:

- lifting your shoulders during the upward pull;
- moving your feet and knees to facilitate the ascent

## Rings

Maximum user weight 130 Kg

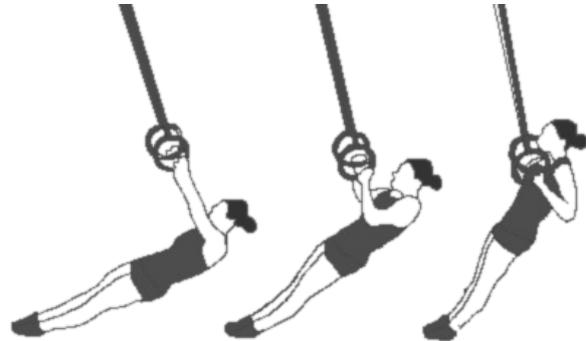
Before performing the exercise, it is necessary to remove the bench.

### **Exercise 1: Ring Rows**

Exercise involving lats, biceps, and posterior deltoids.

How to perform the exercise:

1. Adjust the height of the rings so that they are at hip level.
2. Grasp the rings and lean your body back to form a 45° angle with the ground.
3. Extend your arms and then pull your hands close to your armpits while keeping your elbows at your sides.
4. When the rings touch your chest, slowly extend your arms again while keeping your elbows at your sides.



Mistakes to avoid:

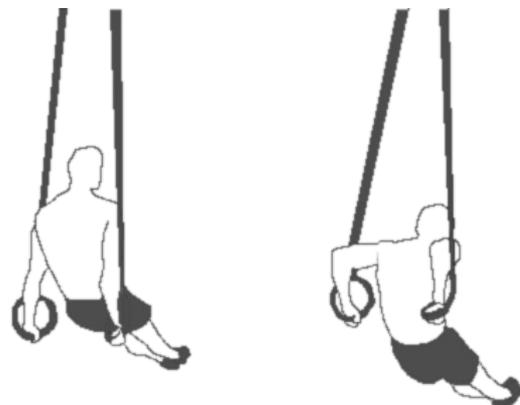
- widening your elbows during the upward pull
- arching your back

**Exercise 2: Assisted Ring Dips**

Exercise involving triceps and shoulders.

How to perform the exercise:

1. Adjust the height of the rings so that they are about 60 cm from the ground.
2. Grasp the rings with outstretched arms and step your feet away.
3. Lower yourself by bending your elbows backwards and then come back up.



Mistakes to avoid:

- widening your elbows during the descent
- arching your back

## Punching Bag

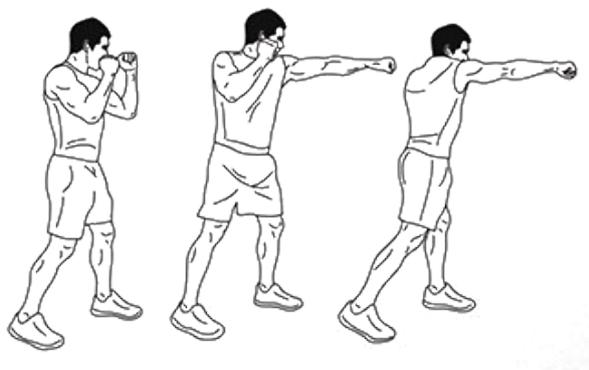
Exercise involving the whole body.

There are 4 possible strikes that can be performed:

- The jab is a straight punch thrown with the weak hand;
- the cross is a straight punch thrown with the dominant hand;
- the hook is a lateral punch;
- the uppercut is an upward punch.

### How to perform the exercise:

1. Perform a 6-minute warmup, alternating between 1 minute of jumping rope and 30 seconds of running in place with high knees.
2. Wear gloves or bandages around your hands
3. Perform a series of 15 rounds, each lasting 2 minutes, separated by a one-minute rest.
4. In each round, perform a series of jabs, a hook, and conclude with a cross while moving around the punching bag.



### Mistakes to avoid:

- keeping your fists soft, with your thumb inside your hand
- remaining static in front of the punching bag

## Horizontal Bench

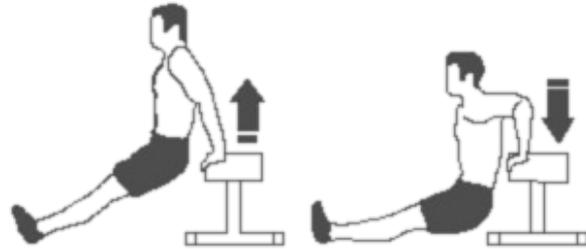
Maximum user weight 130 Kg

### **Exercise 1: Bench Dips**

Exercise involving triceps and shoulders.

#### How to perform the exercise:

1. Extend your arms and place your hands on the bench.
2. Step your feet away until your straight legs form a 45° angle with the ground.
3. Bend your arms while keeping your elbows at your sides and extend them to come back up.



#### Mistakes to avoid:

- widening your elbows during the descent and ascent
- arching your back

### **Exercise 2: Push-Ups**

Exercise involving the shoulders, pectorals, and triceps.

Maximum user weight 130 Kg

#### How to perform the exercise:

1. With your arms extended, place your hands on the bench so that your body forms a 45° angle with the ground.
2. Keeping your back straight and your elbows by your sides, lower yourself until your chest touches the bench and then go back up.



#### Mistakes to avoid:

- widening your elbows during the descent and ascent
- arching your back

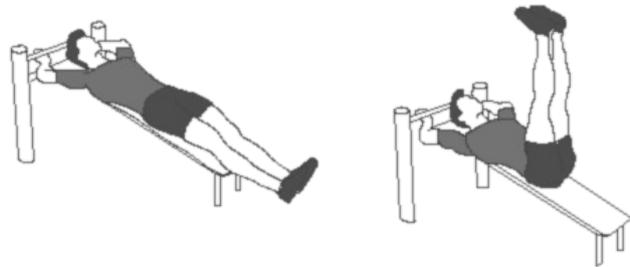
### Exercise 3: Leg Lifts

Exercise involving the abdominal muscles.

Maximum user weight 130 Kg

How to perform the exercise:

1. Lie on the bench with your legs extended and grasp the bar above your head with your hands.
2. Flex your hips upwards while keeping your legs extended and pressed together.
3. Return to the starting position.



Mistakes to avoid:

- moving your back
- moving your shoulders

### Crunch on the Ground

Exercise involving the abdominal muscles.

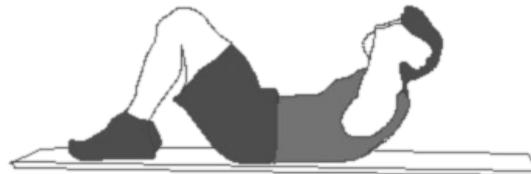
How to perform the exercise:

1. Lie on your back on the mat.
2. Bend your legs to form a 45° angle between your thighs and pelvis.
3. Contract your abdominal muscles until you feel your back come off the ground.



Mistakes to avoid:

- rotating your body
- contracting the muscles of your back and neck



## Technical Support and Emergency Contacts

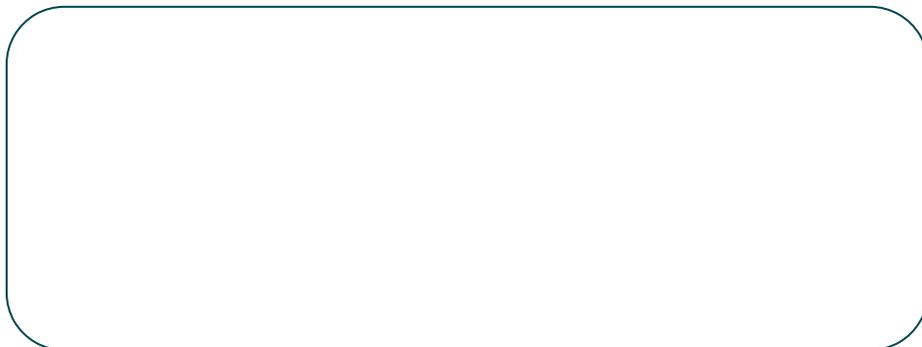
The technical support service includes:

- telephone consultations;
- definition of assistance covered by the warranty and paid interventions;
- on-site assistance;
- delivery of original spare parts.

When contacting the customer support service, it is necessary to always provide the following information:

- equipment model;
- date of purchase;
- serial number and date of manufacture;
- product code;
- description of the problem encountered;
- address of installation;

If necessary, please contact:



You can consult our website at: [www.ethimo.it](http://www.ethimo.it) or send an e-mail to [assistenza.tecnica@ethimo.it](mailto:assistenza.tecnica@ethimo.it) . Spare parts are supplied by the manufacturer.



### WARNING

Work not performed by authorized personnel will void the product warranty.