

Introduction

ASTM F3101-21a is a comprehensive safety standard developed by the American Society for Testing and Materials (ASTM) organization that covers: proper design, manufacturing, installation, maintenance and other practices for outdoor fitness equipment that is to be used for unsupervised outdoor public settings. The specification is written for equipment that is intended to be used by adults or meet the minimum age requirement of 13 years of age. The specification requires adult-sized anthropometrics to be used when designing outdoor exercise equipment.

This document explains how TriActive USA complies with this standard and incorporates these guidelines into their manufacturing process. The section numbers used in this document are directly correlate to the ASTM F3101-15 specification numbers.

The full ASTM F3101-15 specifications document can be purchased for review through the ASTM website at: <http://www.astm.org/Standards/F3101.htm>

6. Materials and Construction

6.1 General requirements. All TriActive USA products are manufactured and constructed of materials that demonstrate durability.

6.1.1 All TriActive USA products are powder coated, e-coated, or a combination of two or more coatings.

6.2.1 Corrosion-resistant fasteners are used on all products.

6.2.2 All fasteners are properly torqued and sealed using Loctite brand thread locker to prevent unintentional loosening or removal without tools making the equipment tamper proof.

7. Design and Performance Requirements

7.3 TriActive USA equipment is always intended to be anchored to the ground and is not intended to be moved.

7.4 Support

7.4.1 TriActive USA equipment supports itself and users up to 330 lbs.

7.5 Edges, Corners, and Tube ends.

7.5.2 There are no sharp points on TriActive USA equipment.

7.5.3 All corners that are accessible are radiused or chamfered.

7.9.1 TriActive USA maintenance schedule includes any materials that are subject to impact attenuation.

7.9.2 All bearing surfaces are load and environmental materials.

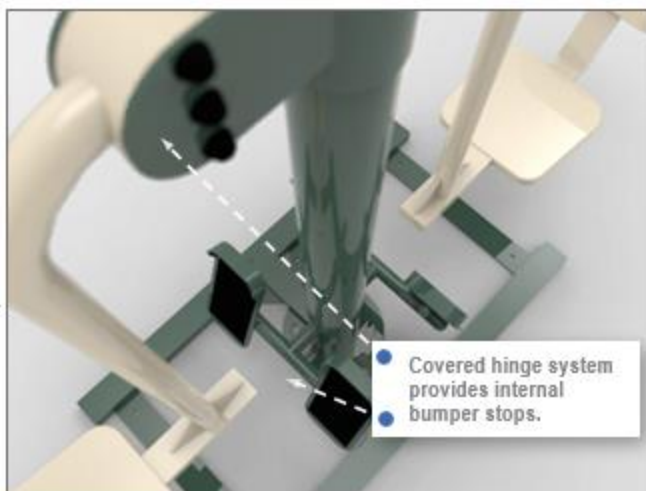
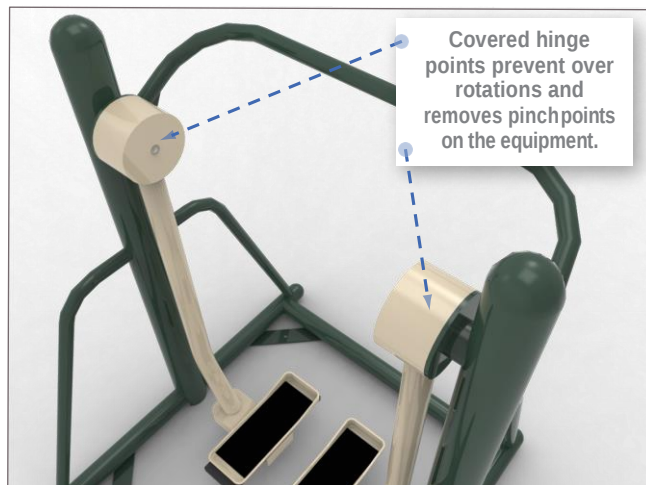
7.11.1 TriActive USA equipment handgrips and foot grips do not create entrapment or protrusion hazards.

7.11.3 Hand and foot grips that are applied to TriActive USA equipment reduce slippage.

7.11.5 Footplates are constructed of materials that reduce slippage.

9. Equipment Layout

9.1 Clearance Space—the area beneath and adjacent to outdoor fitness equipment which is designed for unrestricted circulation around the equipment, and whose surface predicts where a user would land if falling off, or exiting the equipment.



9.1 Training Envelope—the maximum space in which the user and machine components traverse when the machine is operated in accordance with the instructions.



The example above shows the training envelope in grey and the clearance space in green. The clearance spaces can overlap with neighboring clearance space but cannot overlap with the training envelope. TriActive USA provides custom layout drawings and 3D renders upon request to show the proper placement of the customers workout equipment within their area.

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10. Installation

10.1 TriActive USA provides clear and concise instructions and procedures for installation, operation and maintenance of each product offered.

13. Signage and Labeling

13.1.1 TriActive USA instruction decals are placed on each piece of equipment prior to shipping. They include all specified warnings, and company contact information.

13.3 Placement of TriActive USA instructional and safety decals are strategically placed so:

13.3.1 Decals are readily visible to users.

13.3.2 Decals alert viewers to potential hazards, allowing users time to take appropriate action.

13.4.1 TriActive USA decals communicate age appropriateness and warn to keep children that are under the age of 13 outside of the equipment training envelope area.

14. Documentation

14.1 Requires that TriActive USA provides an owner manual for outdoor exercise equipment that comes with assembly, installation, maintenance, operation instructions, and warnings.



Example of warning decals (not to scale).

Surfacing

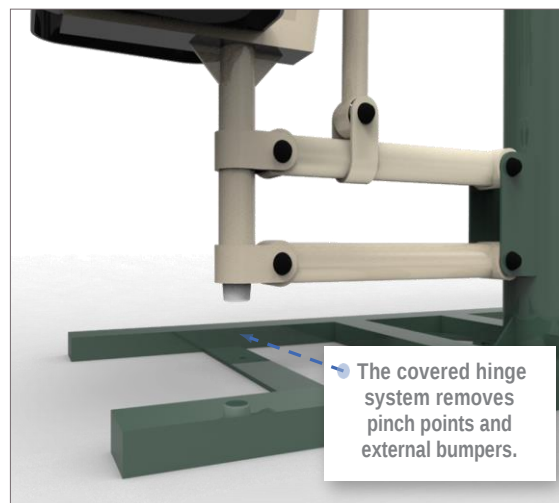
TriActive USA does not supply surfacing but our equipment is usually installed on several types of chosen surfaces, contact TriActive USA for more surfacing details. ASTM F3101-21a addresses protective ground surfacing in two sections: 10.2.2 The owner/operator shall install protective surfacing in accordance with specification F1292 (Impact Attenuation of Surfacing Materials Within the Use Zone of Playground Equipment). Reference:

ASTM F1292-22.

11.2.1 The owner/operator shall maintain the protective surfacing within the clearance space of the outdoor fitness equipment in accordance with Specifications ASTM F1292 and ASTM F1951 (Standard Specification for Determination of Accessibility of Surface Systems Under and Around Playground Equipment). Where applicable.

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3.1.18 Defines fall height as a vertical distance between a designated



use surface and the protective surfacing beneath it. The standard does not further address fall heights and protective surfacing. ASTM F3101-21a, para 7.16.1 Equipment support posts with no designated use surfaces have no fall height requirement.

7.16.2 States: Equipment where the user assumes a vertical standing position on the ground or sitting position with feet on the ground during the equipment's intended use has no fall height requirement.

ELLIPTICAL CROSS TRAINER

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults & responsible children.



The Elliptical Trainer develops strength in your legs and hips and improves cardiovascular endurance without impact on your knees and ankles.

1. Hold the handles in front of you and place your feet on the pedals.
2. Slowly begin to move the pedals and handles to familiarize yourself with the movement.
3. After reaching a comfortable pace and stride, increase your pace.
4. Continue for several minutes to elevate your heart rate while keeping your breathing steady.
5. For increased difficulty, squat lower while in motion, or reverse directions.

MAX WEIGHT 330 LBS



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