

SM12-01 SMART Upright Twist

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# OWNER'S MANUAL





## Cautions

- The product should be installed by licensed construction contractor according to the manual provided by DesignPark.
- The product is for the user of 14 and over. The kids under 14 year old are not allowed to use this equipment without the parents' guidance and supervision.
- The product is not for medical use but for exercise.
- Do not use the product when it is waterlogged.

## Table of Contents

Section	Description	Page
1	Product description -----	3
1.1	Features -----	3
1.2	Exercise effects -----	3
1.3	How to use -----	3
1.4	Instructions -----	3
1.5	Parts -----	4
2	Installation -----	5
2.1	Tool & components -----	5
2.2	Installation on existing foundation -----	6
2.3	Installation on independent foundation -----	7

# 1 Product description

## 1.1 Features

- Simple and modern design
- Considerate design considering the use of various age of adult including senior and the disabled
- Scientific design adopting the average of adults' body size and trajectory analysis
- Safe design adopting the curve and the curved surface with excluding all the corner edges
- Durable design which can protect against dust and moisture in addition to the use of durable materials and method such as stainless steel, PVC, zinc coating, and powder coating etc.

## 1.2 Exercise effects

- Promoting digestion, respiration, excretion by stimulating internal organs and abdominals
- Helping on blood circulation

## 1.3 How to use

- Hold the handles and place feet on the footholds. Twist the lower body to the left and right.

## 1.4 Instructions

- Instructions will be attached on product for easy understanding of user.



## 1.5 Parts

Name, material, finish type of each parts are as below and product image is subject to change for the quality improvement without prior notice.

No.	Description	Material	Production type / Finish
1	Post cap	Polyethylene	Injection molding
2	Instructions	Aluminum	Silk-screen printing
3	Handle Grip	PVC	Injection molding
4	Main pipe	Steel	Zinc plating & powder coating
5	Foot rest	Aluminum	Powder coating
6&B	Bolt Cap	Aluminum	Powder coating
7	Base cover	Aluminum	Powder coating
A	Bolt	Stainless steel	-

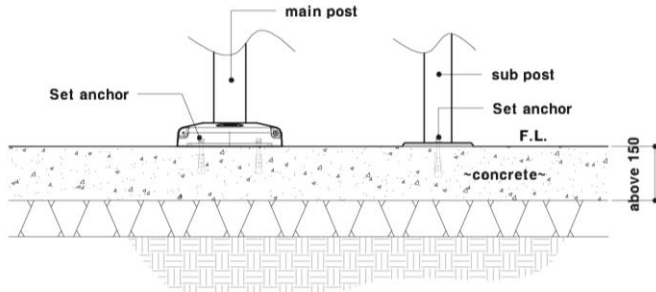
☞ Pipe material can be chosen between Steel and Stainless steel by option. In case of using stainless steel, it shall be powder coated only without zinc coating.



## 2 Installation

### 2.1 Tools & components ; Tools & components for installation are as follow .

a. In case of installation on existing foundation

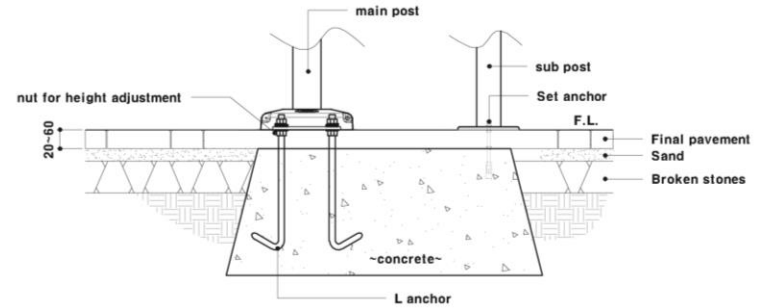


No.	Description	Qty
1	Ratchet wrenches(27 x 32)	1
2	Grinder	1
3	Hammer drill	1
4	5 mm Hexagon wrenches	1
5	Spirit level	1
6	Cutter	1
7	Hammer	1
8	25 mm Punch	1
9	Set anchor(A)(3/4inch x 150mm)	4
10	Set anchor(B)(1/2inch x 150mm)	2



(Set anchor)

b. In case of installation on independent foundation



No.	Description	Qty
1	Ratchet wrenches(27 x 32)	1
2	Grinder	1
3	Hammer drill	1
4	5 mm Hexagon wrenches	1
5	Spirit level	1
6	Cutter	1
7	Hammer	1
8	25 mm Punch	1
9	L-anchor structure	1
10	Set anchor(B)(1/2inch x 150mm)	2



(L anchor structure)



(Independent foundation using L anchor structure)

## 2.2 Installation on existing foundation



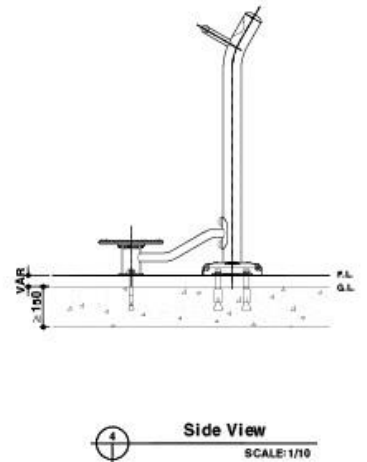
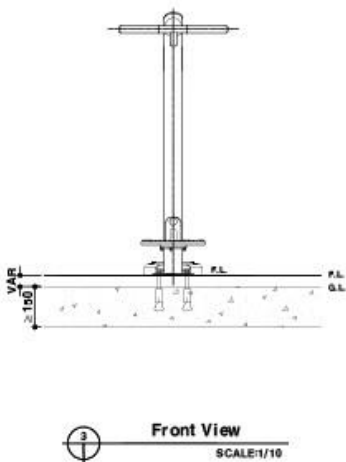
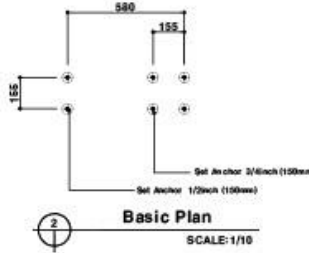
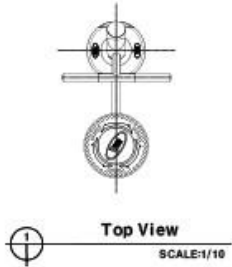
The product should be installed by licensed construction contractor according to the manual provided by DeignPark.

### Main post

- Mark on the concrete where the equipment will be installed with reference to the drawing. Make a hole on the marked point with a hammer drill.
- Make a hole in 8~9cm deep with a hammer drill on the marked point.
- Drive a set anchor(A) into ground using a 25mm punch and a hammer (do 4-5 times) to bury the clips of the set anchor completely.
- Put in a nut and adjust the position according to the thickness of ground finish.
- Check the horizontality using a spirit level.
- Put in a flat washer and install an equipment. Check the horizontality as well as the verticality of the equipment.
- Put in a flat washer, a spring washer and a nut and then tighten nut using 27 x 32 mm Ratchet wrenches.
- Cover the flange with a base cover and assemble using a 5 mm hexagon bolt with a 5mm hexagon.

### Sub post

- Mark on the concrete where the equipment will be installed.
- Make a hole on the marked point with a hammer drill.
- Hammer set anchor(B) into the hole.
- Insert aluminum socket, flat washer, spring washer and nut in order and then finish with aluminum cap.



## 2.2 Installation on independent foundation



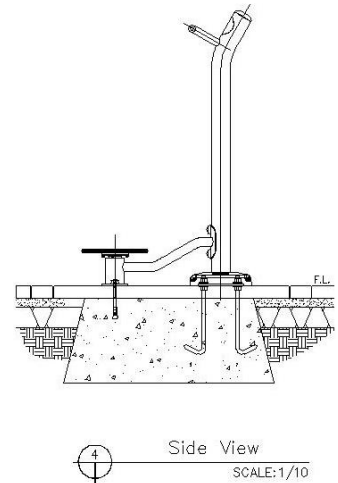
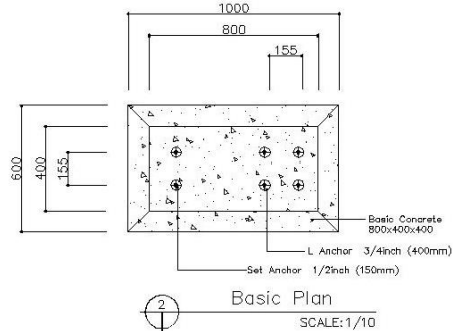
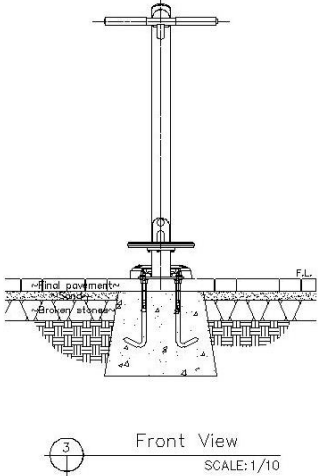
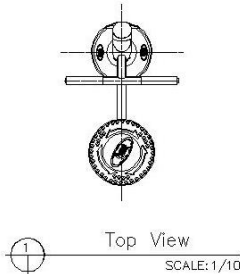
The product should be installed by licensed construction contractor according to the manual provided by DeignPark.

### Main post

- Make an independent foundation using L anchor. The upper part of L anchor should be exposed by 15 cm.
- Mark on the ground where the equipment will be installed with reference to the basic plan in the drawing.
- Dig the ground with a shovel or an excavator considering the dimensions of the independent foundation made and the thickness of ground finish. Make the flat and harden in the hole.
- Put the independent foundation in the hole and completely fill the soil around the foundation using a shovel or an excavator and harden.
- Put in a nut and adjust the position according to the thickness of ground finish.
- Put in a flat washer and install an equipment. Check the horizontality as well as the verticality of the equipment.
- Put in a flat washer, a spring washer and a nut and then tighten nut using 27 x 32 mm Ratchet wrenches.
- Cover the flange with a base cover and assemble using a 5 mm hexagon bolt with a 5mm hexagon wrenches.

### Sub post

- Mark on the concrete where the equipment will be installed.
- Make a hole on the marked point with a hammer drill.
- Hammer set anchor(B) into the hole.
- Insert aluminum socket, flat washer, spring washer and nut in order and then finish with aluminum cap.





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