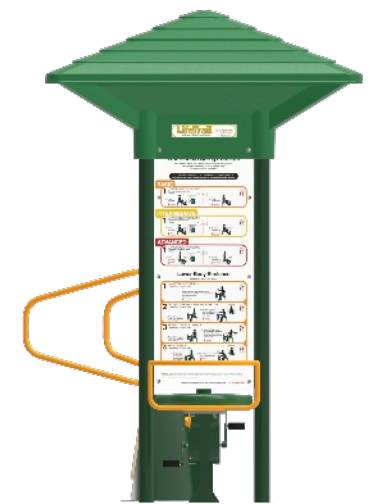




Welcome Sign



PNF Exercises

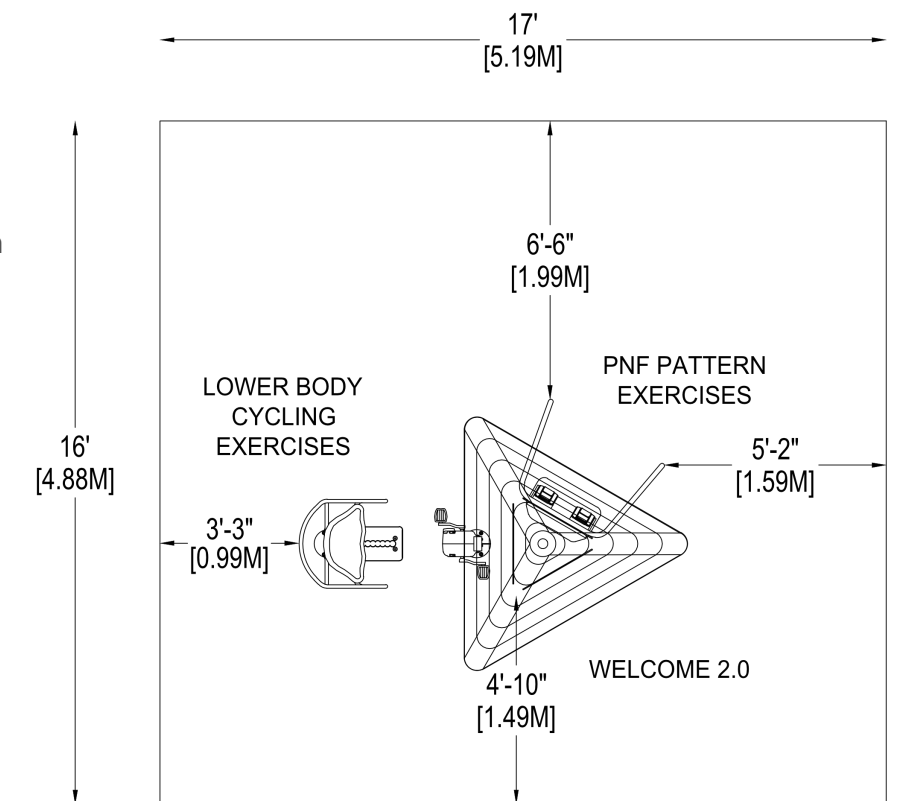


Lower-Body Cycling Exercises

Welcome Sign provides helpful instructions on how to use LifeTrail Advanced Wellness System, and how to maintain proper form.

PNF [Proprioceptive Neuromuscular Facilitation] Exercises builds coordination and flexibility in diagonal patterns through the shoulder and hip joints. Strengthens the rotator cuff muscles and facilitates scapular retraction as well as builds the gluteus medius.

Lower Body Cycling Exercises builds torso, leg and glute strength, while raising muscle temperature by increasing blood flow to the muscles of the torso and lower body.



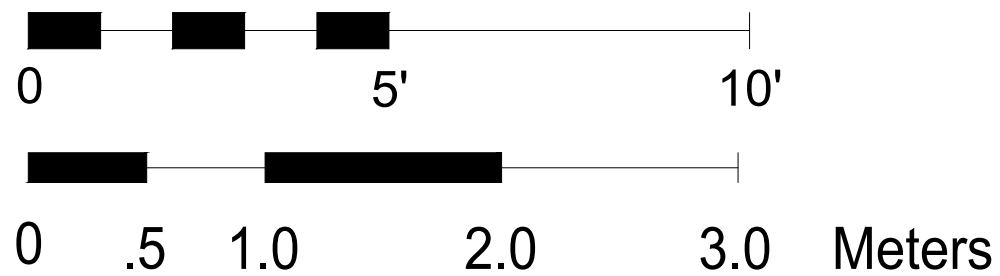
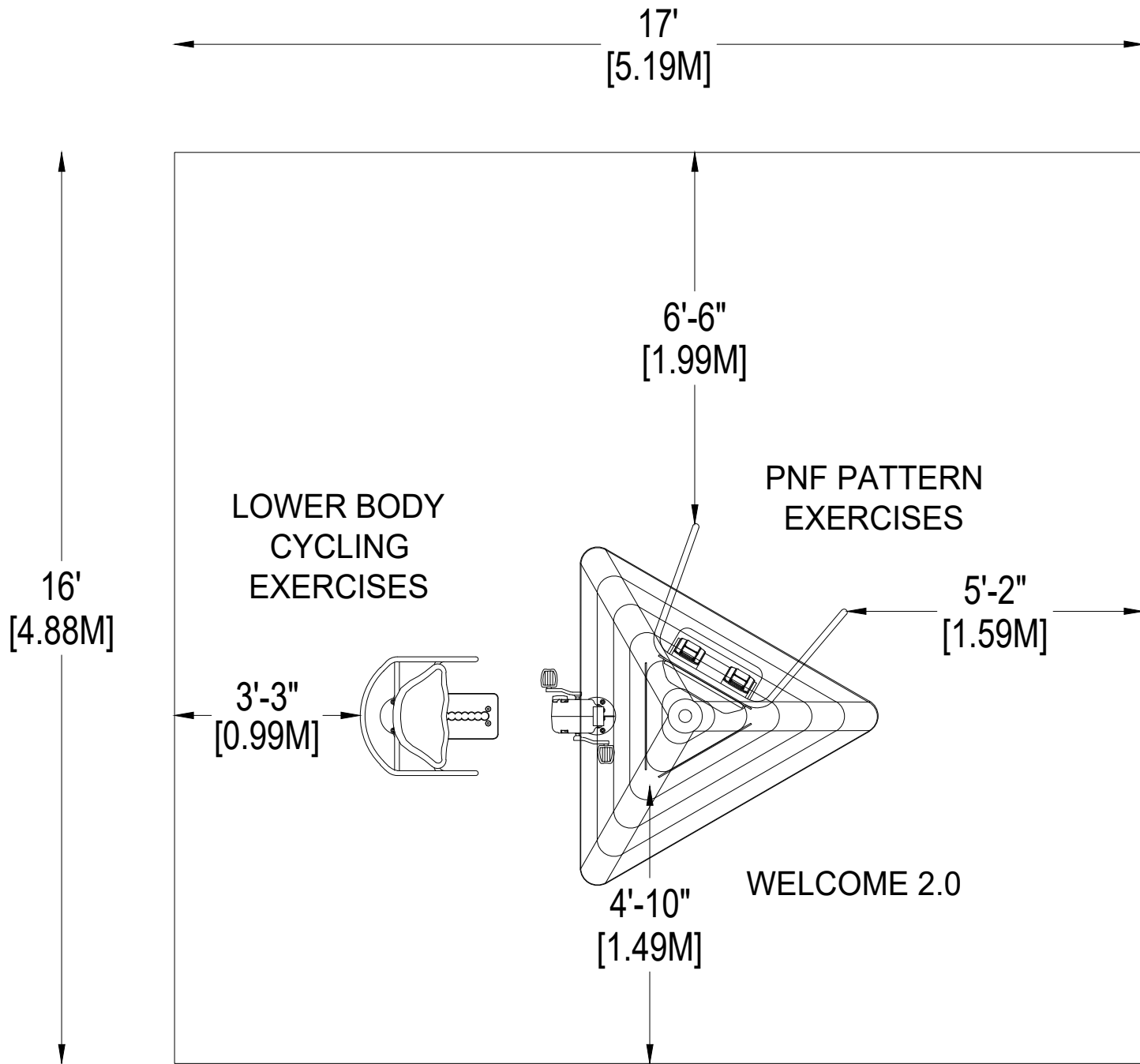
LifeTrail
Advanced Wellness System

Station 1

LAWS-1R-SM

Equipment Manufacturer





*PLAYGROUND SUPERVISION REQUIRED



PLAYWORLD SYSTEMS, INC.
 1000 Buffalo Road
 Lewisburg, PA
 17837-9795 USA

EQUIPMENT SIZE:
9'1" x 6'4" x 9'2"
 2,77M 1,93M x 2,79M

USE ZONE:
17'0" x 16'0"
 5,19M x 4,88M

AREA: **273 SqFt.** PERIMETER: **66'1"**
 25,36 SqM. 20,14M

FALL HEIGHT:
2'1"
 0,63M

USER CAPACITY: **2** AGE GROUP: **50+**

PROJECT NO:
LAWS-1R-SM

SCALE:
3/8"=1'-0"

DRAWN BY:
M. MERTZ

Paper Size

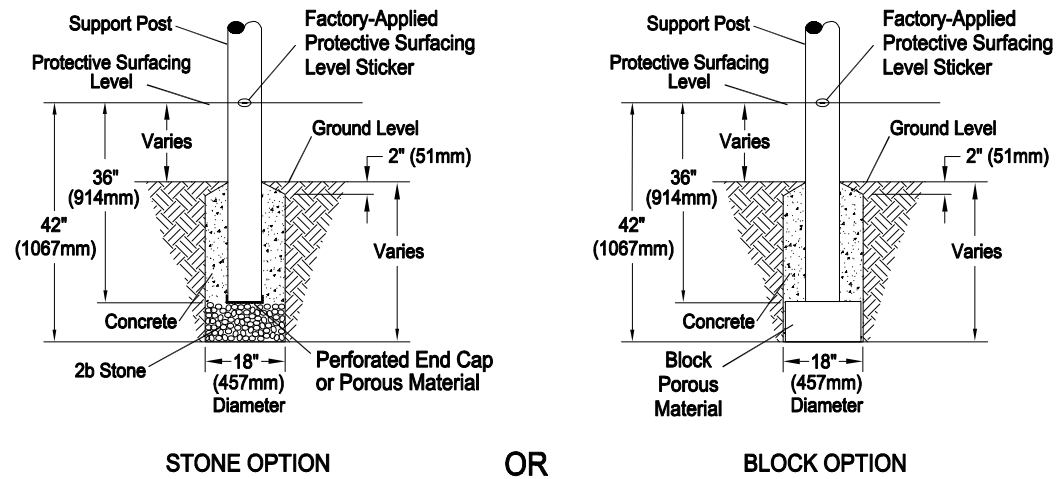
DATE:
25-JUL-19

B

LIFETRAIL STATION #1 W/ ROOF (SURF. MT.)
 CATALOG PRE-DESIGN

DETAIL 1

Support Post, Spiral Slide and Post Footing Detail



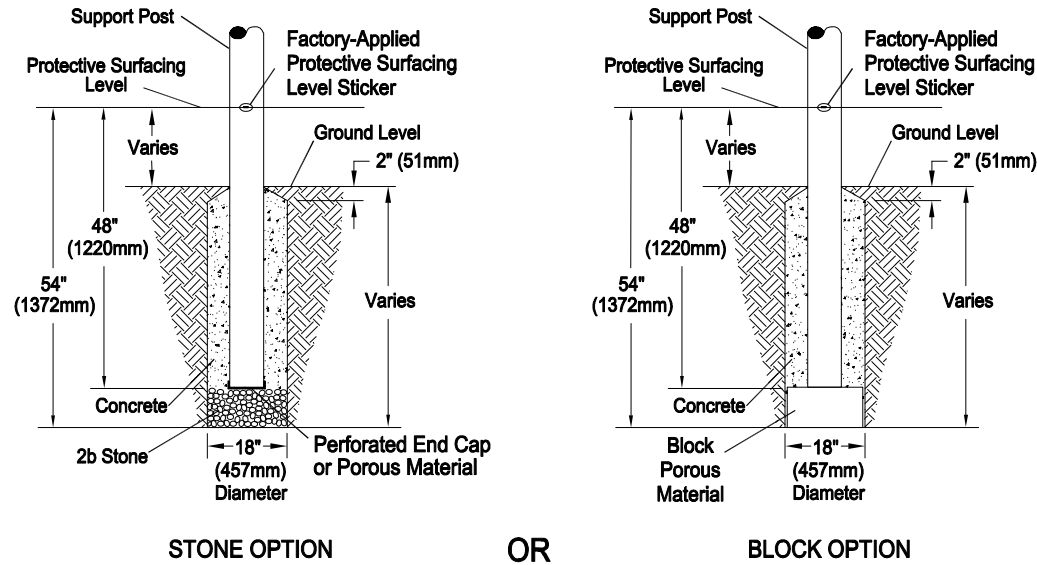
STONE OPTION

OR

BLOCK OPTION

DETAIL 2

GroundZero, Cantilever and "T" Post Footing Detail



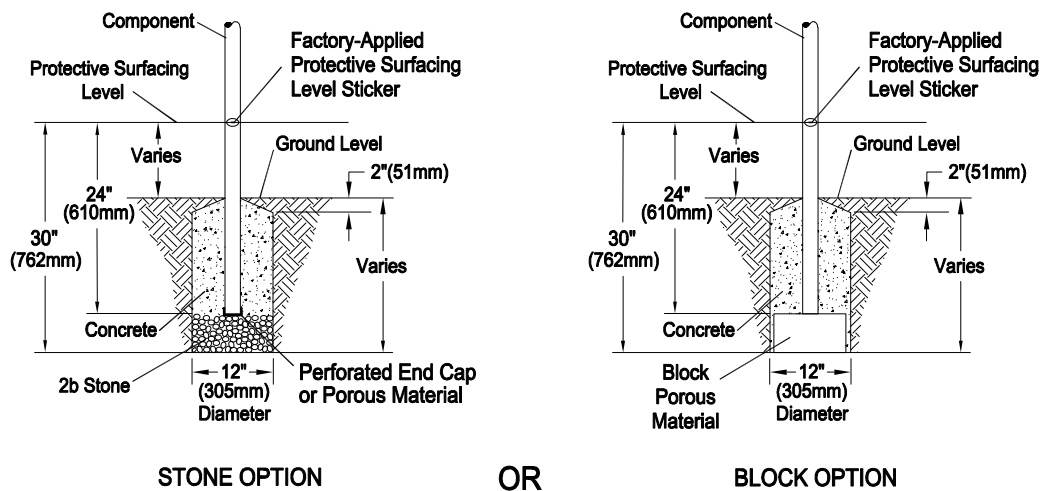
STONE OPTION

OR

BLOCK OPTION

DETAIL 3

Component Footing Detail



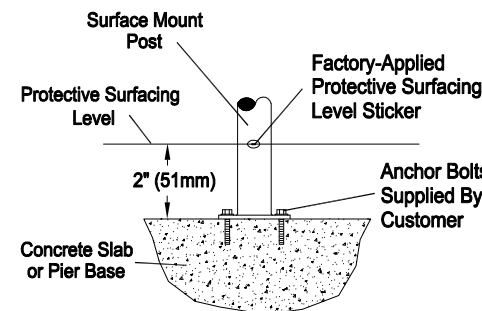
STONE OPTION

OR

BLOCK OPTION

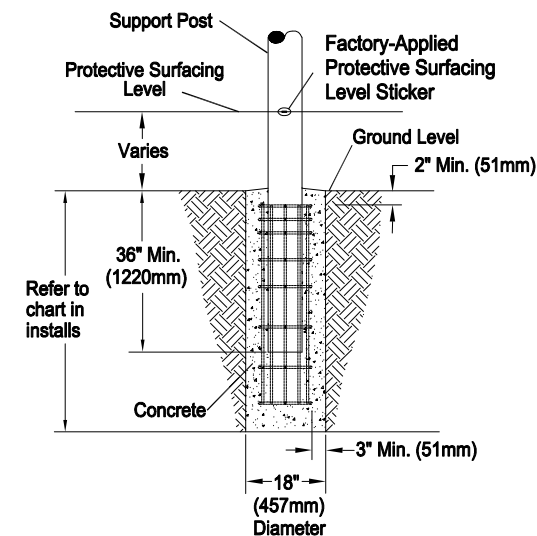
DETAIL 4

Surface Mount Detail



DETAIL 5

Shade Post Footing Detail



- SITE NOTES:**
- 1) The site plan provided must be checked against the actual site area to ensure that placement of your structure meets required clearances.
 - 2) The dimensions labeled are for location of footing holes, not exact placement of equipment. Assemble, plumb, and level equipment before pouring concrete.
 - 3) There must be a minimum distance of 6' (1830mm) between any obstacle, sidewalk, etc., and your structure.
 - 4) Slides must have a use zone that extends out from the lower exit section of the slide a distance that is at least 6' (1830mm) or equal to the vertical distance from the highest point of the sliding surface to the top of the protective surfacing, whichever is greater. The slide use zone should not extend greater than 8' (2438mm) from the end of the lower exit section.
 - 5) The complete area, including the space under and around the equipment, must be covered with an impact attenuating material. See the 1997 publication, "Handbook for Public Playground Safety", published by the U.S. Consumer Product Safety Commission, for guidelines and recommendations on the type and depth of surfacing material. For a copy of the "Handbook for Public Playground Safety", write to: U.S. Consumer Product Safety Commission, Office of Information and Public Affairs, Washington, D.C. 20207

- INSTALLATION NOTES:**
- 1) Paved surfaces, such as asphalt and concrete, are not acceptable for use under your structure.
 - 2) It is the consumer's responsibility to check with local utilities prior to excavating footings for any underground utility lines that may exist within the installation area.
 - 3) It is the consumer's responsibility to check local soil conditions and drainage within the site area. Inquire with local contractors for appropriate recommendations.
 - 4) If the structure is to be installed across uneven terrain, maintain the support post mark for protective surfacing level at the lowest grade. Adjust other footings accordingly.
 - 5) The base of footings must be below frost lines.
 - 6) Do not encase the bottom of support posts in concrete. Place all posts directly on packed stone.
 - 7) Assemble the entire structure before pouring concrete unless specifically instructed to do so in the individual component installation instructions.
 - 8) Read completely the installation instructions provided with your structure prior to beginning construction.

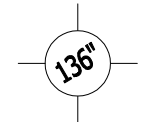
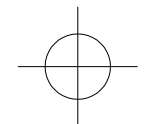
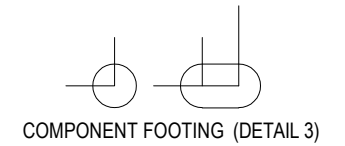
***PLAYGROUND SUPERVISION REQUIRED**



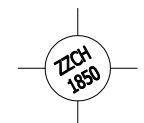
PLAYWORLD SYSTEMS, INC.

1000 Buffalo Road
Lewisburg, PA
17837-9795 USA

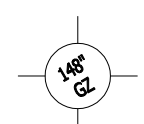
FOOTING LEGEND



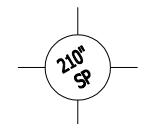
(136" INDICATES POST LENGTH)



(ZZCH1850 INDICATES PART NUMBER)



(148" INDICATES POST LENGTH)



(210" INDICATES POST LENGTH)

FOOTING DETAIL

SCALE:
NOT TO SCALE

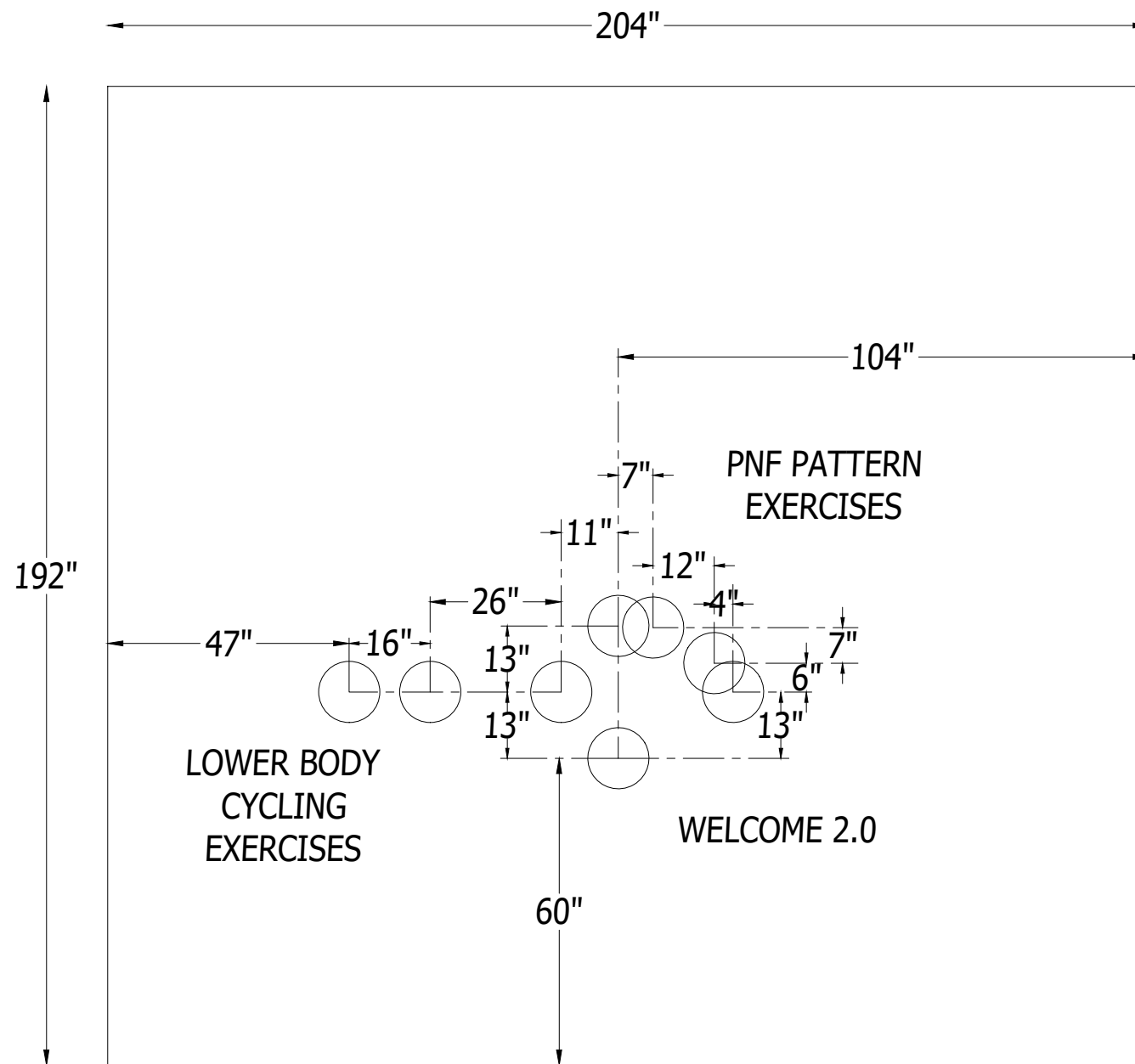
DRAWN BY:
PW CAD

Paper Size

DATE:
18-NOV-20

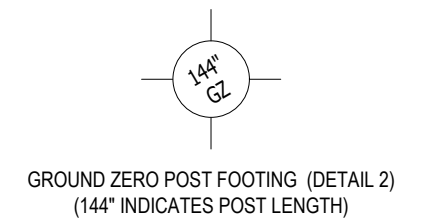
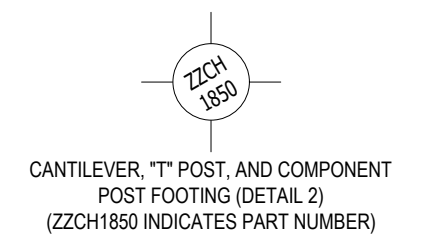
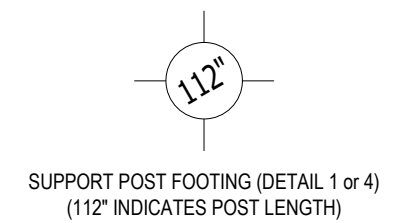
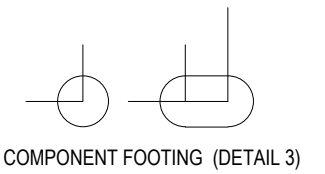
B

POST FOOTING DETAILS
PLAYMAKERS / CHALLENGERS



PLAYWORLD SYSTEMS, INC.
 1000 Buffalo Road
 Lewisburg, PA
 17837-9795 USA

FOOTING LEGEND



PROJECT NO:
LAWS-1R-SM

SCALE:
3/8"=1'-0"

DRAWN BY:
M. MERTZ

Paper Size

DATE:
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LIFETRAIL STATION #1 W/ ROOF (SURF. MT.)
 CATALOG PRE-DESIGN