

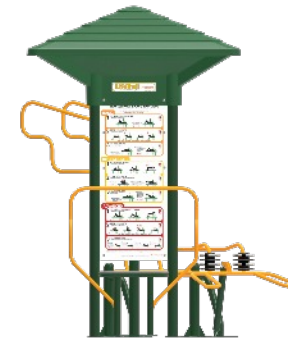


**LifeTrail**  
Advanced Wellness System

**Station 4**

LAWS-4R-SM

Equipment Manufacturer



**Inverted Row & Core Exercises**

Inverted Row & Core Exercises strengthen the neck, rear deltoid, abdominal, and scapular retraction muscles as well as the torso stabilizers, hip abductors, and gluteus medius. The platform features a gray, non-slip surface for added safety.

Weighted Squat Exercises strengthen legs and hip stabilizers.

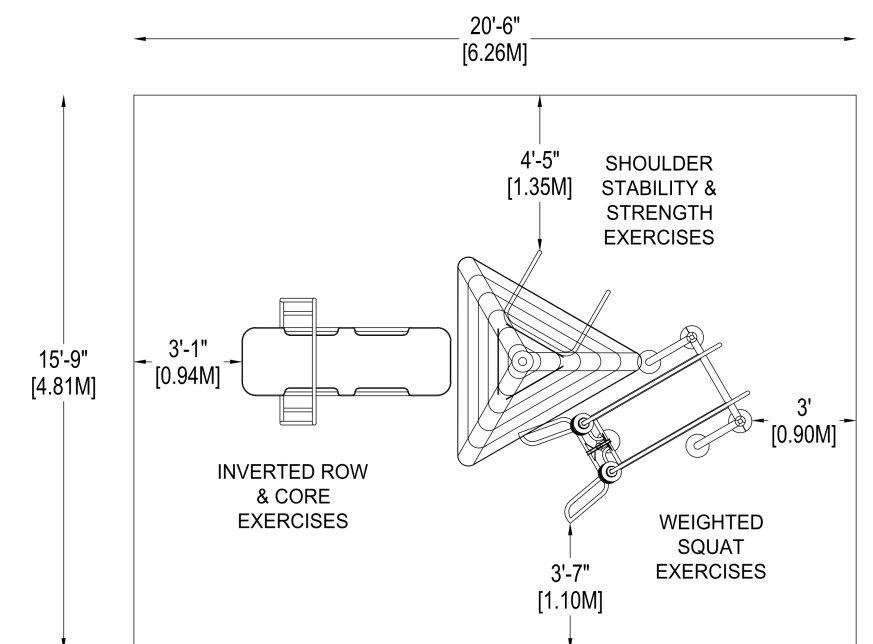
Shoulder Stability & Strength Exercises strengthen the small muscles that stabilize the shoulder joint while increasing arm, shoulder, and middle-back muscle strength.

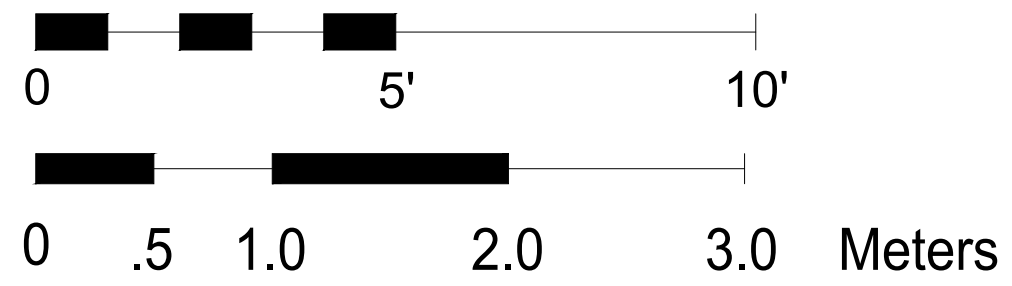
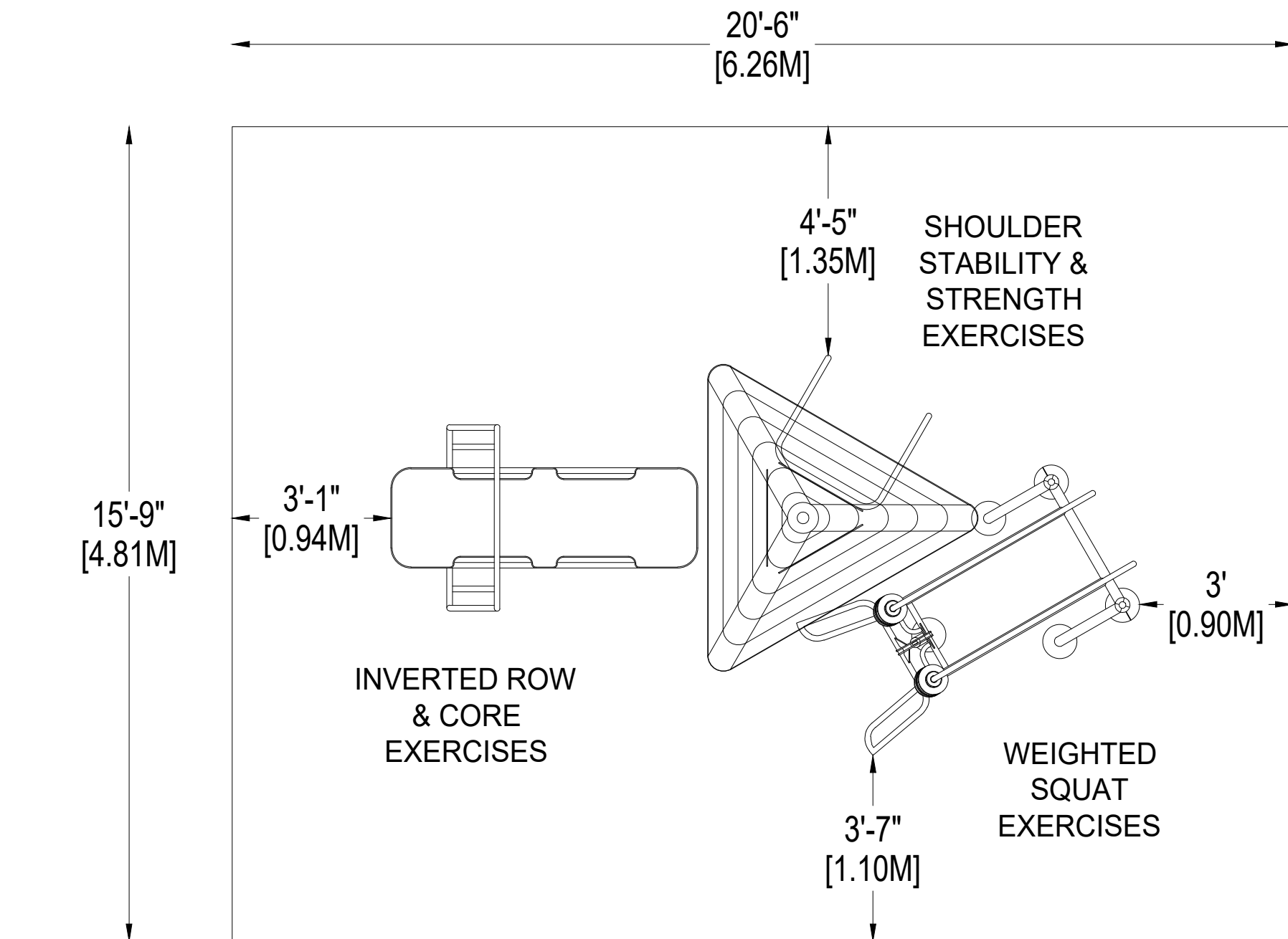


**Weighted Squat Exercises**



**Shoulder Stability & Strength Exercises**





\*PLAYGROUND SUPERVISION REQUIRED

**PLAYWORLD®**

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

EQUIPMENT SIZE:  
**14'8" x 7'11" x 9'2"**  
4,47M x 2,41M x 2,79M

USE ZONE:  
**20'6" x 15'9"**  
6,26M x 4,81M

AREA: **324 SqFt.**  
30,1 SqM.

PERIMETER: **72'8"**  
22,15M

FALL HEIGHT:  
-

USER CAPACITY: **3**

AGE GROUP: **50+**

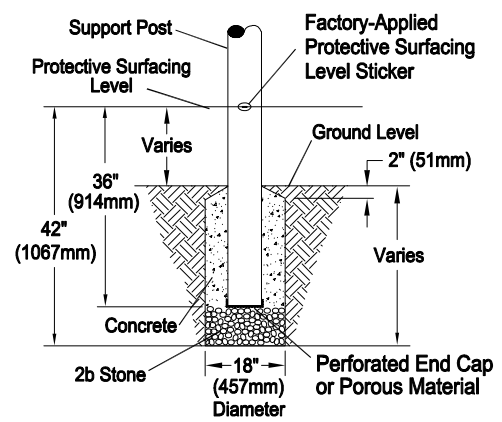
PROJECT NO: <b>LAWS-4R-SM</b>	SCALE: <b>3/8"=1'-0"</b>
DRAWN BY: <b>M. MERTZ</b>	Paper Size <b>B</b>
DATE: <b>25-JUL-19</b>	

**LIFETRAIL STATION #4 W/ ROOF (SURF. MT.)**

CATALOG PRE-DESIGN

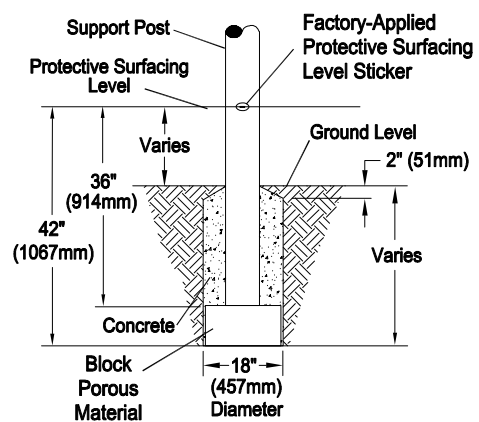
DETAIL 1

Support Post, Spiral Slide and  
Post Footing Detail



STONE OPTION

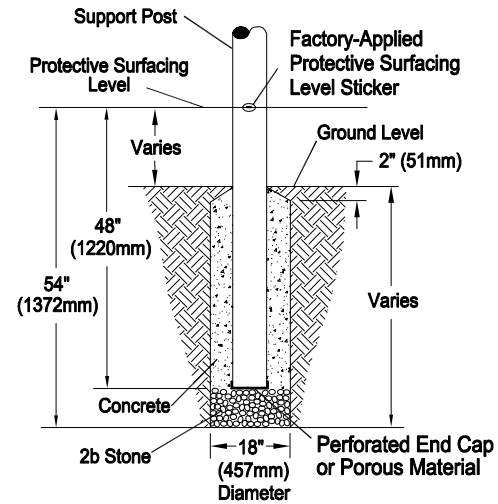
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BLOCK OPTION

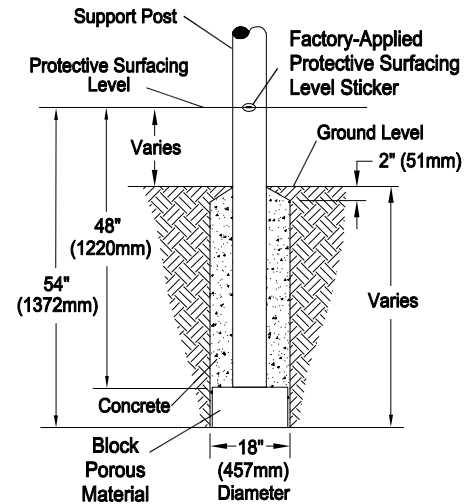
DETAIL 2

GroundZero, Cantilever and "T"  
Post Footing Detail



STONE OPTION

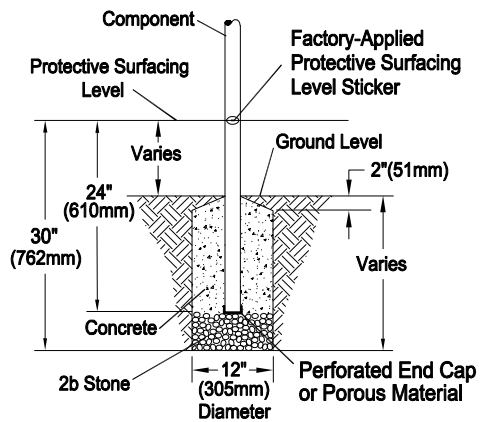
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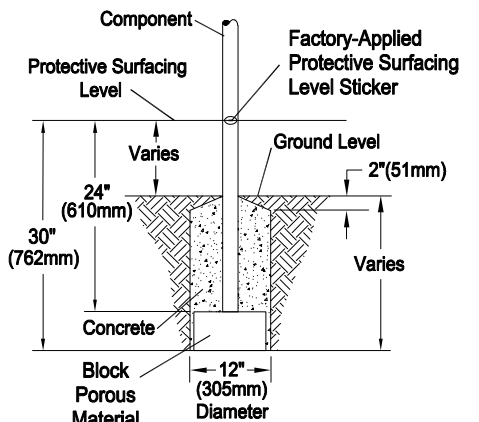
DETAIL 3

Component Footing Detail



STONE OPTION

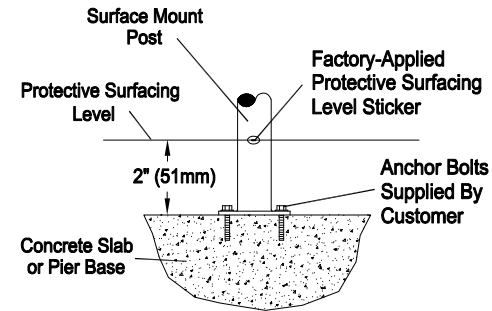
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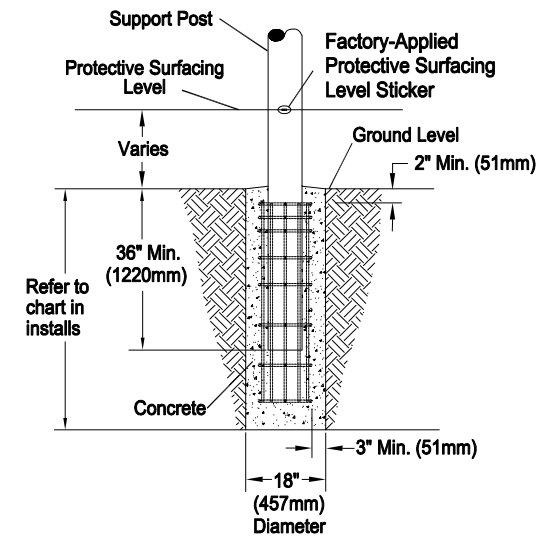
DETAIL 4

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:**

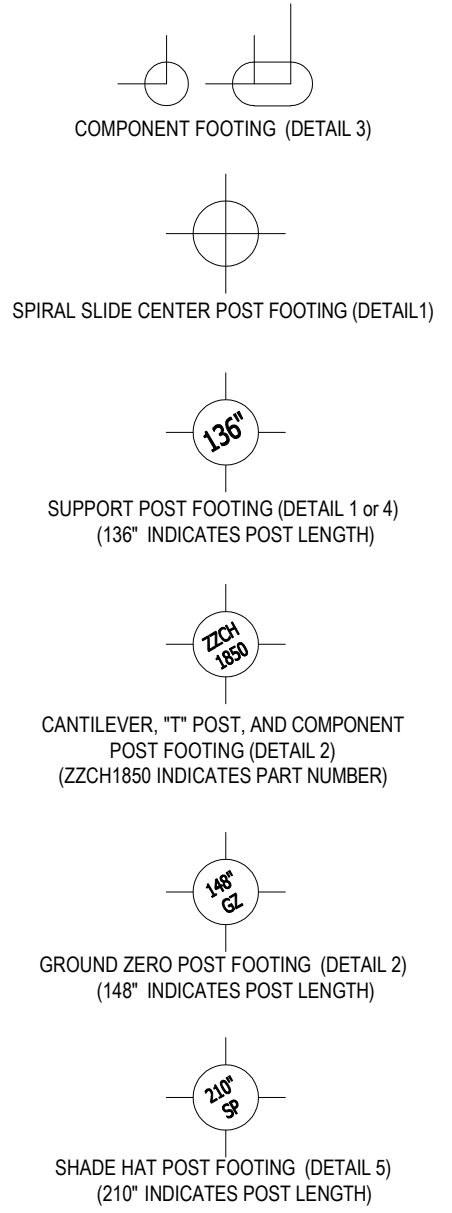
- 1) Paved surfaces, such as asphalt and concrete, are not acceptable for use under your structure.
- 2) It is the consumer's responsibility to check with local utilities prior to excavating footings for any underground utility lines that may exist within the installation area.
- 3) It is the consumer's 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**



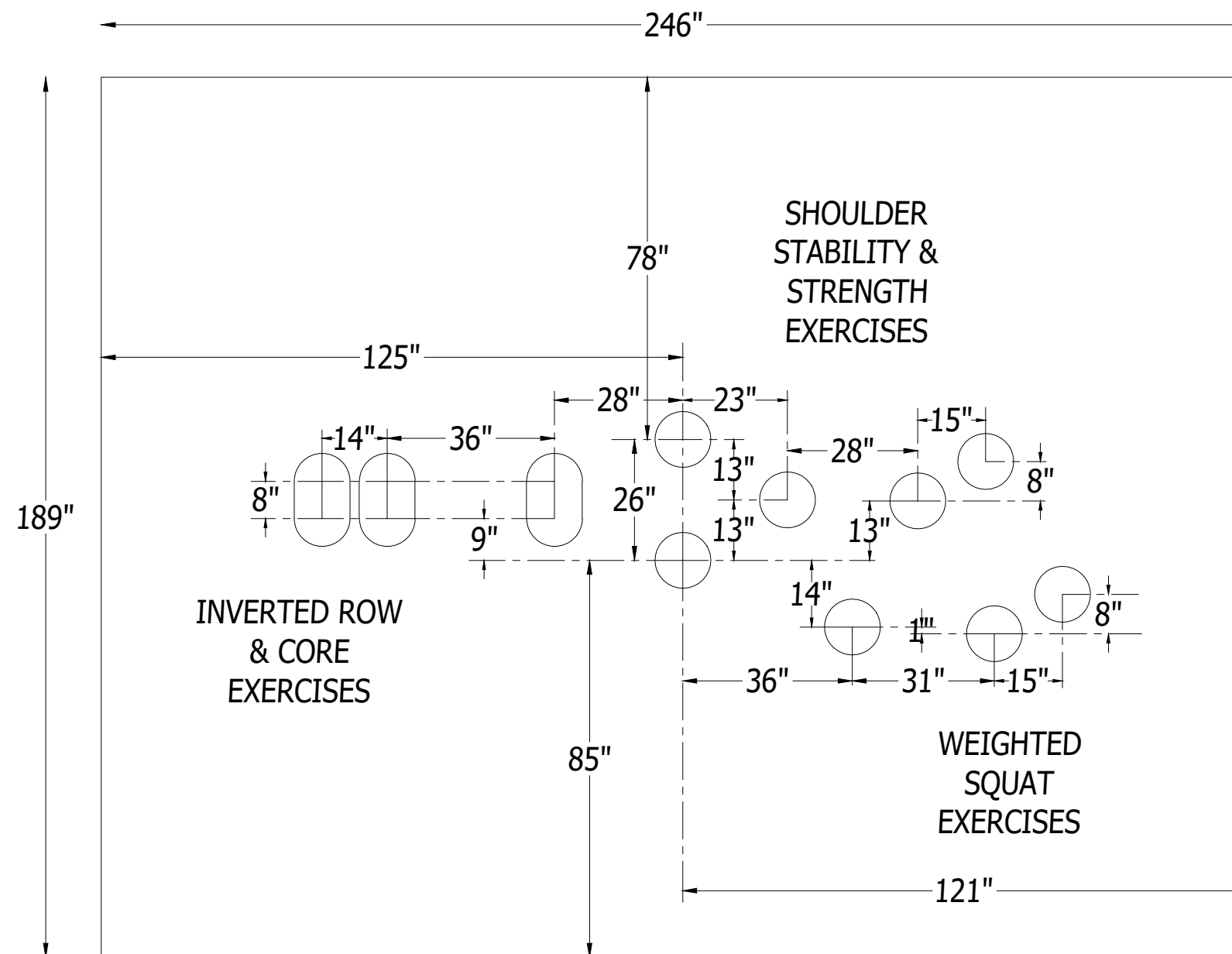
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1000 Buffalo Road  
Lewisburg, PA  
17837-9795 USA

FOOTING LEGEND



FOOTING DETAIL	SCALE: NOT TO SCALE
DRAWN BY: PW CAD	Paper Size <b>B</b>
DATE: 18-NOV-20	

POST FOOTING DETAILS  
PLAYMAKERS / CHALLENGERS

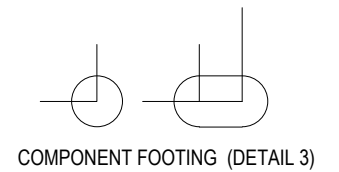


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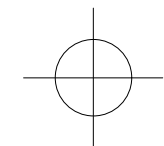


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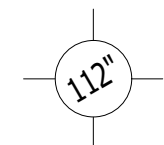
#### FOOTING LEGEND



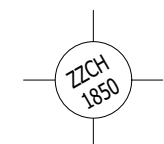
COMPONENT FOOTING (DETAIL 3)



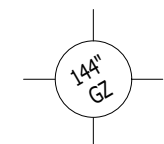
SPIRAL SLIDE CENTER POST FOOTING (DETAIL 1)



SUPPORT POST FOOTING (DETAIL 1 or 4)  
(112" INDICATES POST LENGTH)



CANTILEVER, "T" POST, AND COMPONENT  
POST FOOTING (DETAIL 2)  
(ZZCH1850 INDICATES PART NUMBER)



GROUND ZERO POST FOOTING (DETAIL 2)  
(144" INDICATES POST LENGTH)

PROJECT NO:  
**LAWS-4R-SM**

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

DRAWN BY:  
**M. MERTZ**

Paper Size

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**B**

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CATALOG PRE-DESIGN