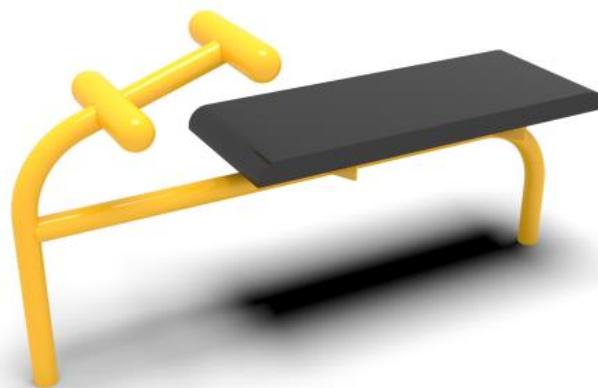




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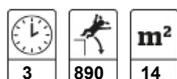
Product Information

- » sport fitness » outdoor gym and fitness equipment » hags fitness equipment » hags single sit up
- » cast in place yellow



HAGS Single Sit Up

8062459



CC Yellow – Cast In Place

 3410 x 4600

Strengthens abdominal muscles and provides core stability, which helps support and protect internal organs and aids in breathing. It also helps the development of upper body muscles such as shoulders and biceps, as well as aiding the flexibility and agility of joints. It can be used for a wide variety of sit-ups and abdominal crunch exercises, as well as seated leg raise exercises. The Sit Up is great value and very low maintenance.

Icon Guide



Age Range



No. of Users



Assembly time



Free height of fall EN1176



Impact area EN1176



Accessible

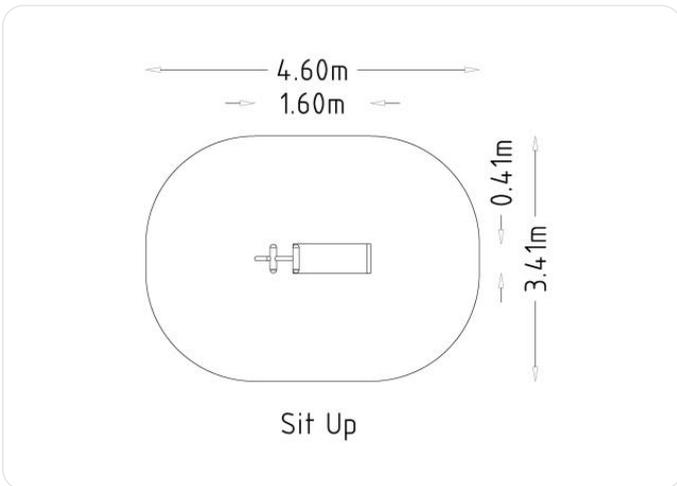
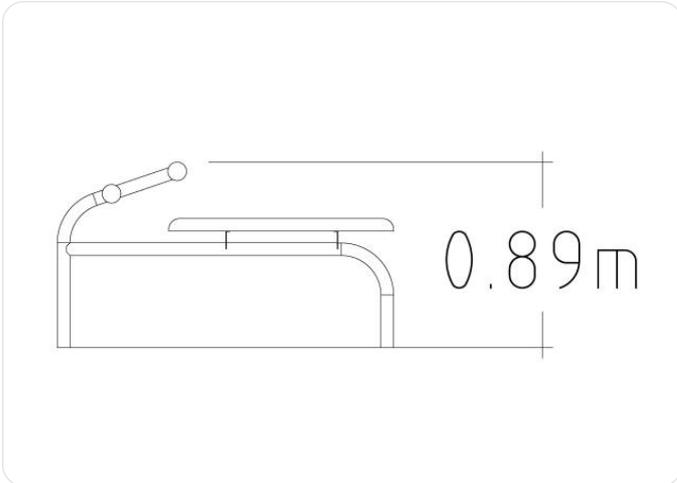


Space needed



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Technical Information



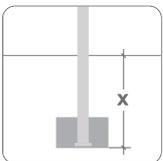
Product Specifications

Length (mm):	1600 mm
Width (mm):	410 mm
Height (mm):	890 mm
Net Weight:	40 kg
Safety Area Width (mm):	3410 mm
Safety Area Length (mm):	4600 mm
Safety Area :	14 m ²
Fall Height (mm):	890 mm
Assembly Time:	3 hours

Product Materials

Material	kg	%
Powder coating polyester	0,8	1,9
Powder Coating primer	0,8	1,9
Stainless steel	0,2	0,6
Untreated Steel	38,3	95,7
	40 kg	100%

Anchoring



CC Cast In Place

Technical Information

- [Download product installation guide](#)
- [Download inspection and maintenance guide](#)



HAGS®

Materials

Our most common materials



Structural Steel is the ultimate recyclable choice. Our steel, which can be 100% reclaimed at the end of life, is built to last for generations, continuously rejoining the supply chain. Its durability, enhanced by our protective coatings, ensures a long lifespan, reducing ownership costs.



Nordic Pine Wood is responsibly sourced from certified Scandinavian forests. Our wood products, using this 'slow grown' Pine are known for their durability, with extended warranties. This aligns with sustainability practices, and HAGS' mission for environmental responsibility through carbon absorption and recyclability.



High Pressure Laminate (HPL) incorporates recycled materials into our play equipment and furniture products, offering fire and slip resistance, texture, and choice of colour. With up to 34% SCS-Certified recycled content, our HPL exceeds wear and impact resistance standards, ensuring exceptional lifetime value.



FSC Certified Hardwood in various furniture products, signify a dedication to sustainability and quality. Renowned for durability and attractiveness, our hardwoods show excellent natural resistance to decay and insects, making them ideal for outdoor furniture.



Steel Core Rope offers exceptional durability, UV stability, and a soft touch for users. Our customers will benefit from our in-depth expertise in ropes, connectors, and end fittings, ensuring they receive knowledgeable guidance tailored to their playground needs.



Recycled Plastic, EcoGrip used by HAGS, comprises 89% recycled polyethylene with a 2mm thick layer on one side. Some furniture pieces feature recycled polyethylene slats. Plastic components can be reclaimed at the end of life, being sorted by type, for optimal future recycling.



Aluminium which is present in some HAGS products, utilises EN AW6060 T6 quality in extruded profiles, often treated with anodizing. Its high recycled content and ability to be reclaimed at the end of life, reduces environmental impact.



Rubber, synthetic (EPDM or SBR) or natural, excels at absorbing vibrations for impact dampers. HAGS uses reclaimed car tires for swing seats, ensuring an eco-friendly second life and safety by selecting tires made post-January 2010, complying with REACH requirements.



Fasteners are the collective name for all types of bolts, nuts and rivets etc. available from HAGS. Our fasteners have an important function to fulfil, so we place great emphasis on having the right type and high-quality fasteners.