



Fitness Tree Installation

Tools required:

1. Spade / digging shovel
2. Tape measure
3. Bucket
4. Postcrete x3/4 bags
5. Steps
6. Spirit level

Parts identification:

1. Class 4 timber pole
2. Zinc coated steel attachment branch
3. Locating pin
4. Black Plastic cap for top of pole

Please note these instructions are meant as guidelines and your requirements may vary depending on the ground structure. Erecting your Fitness Tree is easier with 2 people. On average it takes 1-2 hours to complete.

Step 1 - Decide where you want to put the Fitness Tree. When laying on grass use the spade to cut out a 300-350mm square in the location of the post (shown in picture). Remove the grass and place it to the side. You can re use the grass later to finish off the install.

Step 2 - Dig the hole 1 meter in depth making sure the width of the hole is consistent all the way down. Place a brick or stones in the base of the hole as it provides a firm bed for the bottom of the pole to sit on.

Step 3 - Place the bottom end of the pole (marked bottom) in the hole. Centre the post in the hole making sure it is in the correct position for use. The pole is marked by the black tape 'FRONT' and 'BACK' and will have one of the galvanized metal strips facing in the forward/frontal direction.

Step 4 - Ensure that when you place the pole in the hole it is just deep enough to cover up the 'black tape' as this marks the 1 meter line that needs to be in ground contact.

Step 5 - You are ready to postcrete so follow the instructions given on the side of the postcrete bags. Using a spirit level make sure the post remains straight as you add the postcrete to the water in the hole.

Step 6 - Add earth over postcrete and finish by replacing the grass to bring it back in line with ground level. Do not attempt to use the Fitness Tree or lean against it with any great force for at least 48 hours.

Step 7 - After 48 hours has elapsed slide on the attachment branch over the top of the pole and secure into position with silver pin provided. Add the plastic black cap to the top of the pole and your ready to go!

Pictures for Further Guidance

The pictures give a good idea of the hole diameter. If hole is made much wider than the recommendation you will need to use more postcrete.

The hole for the pole needs to be 300-350mm wide and 1 meter deep. Put the grass top to one side so it can be replaced when finished.



The postcrete should finish approximately 3 inches from the ground surface.

Replace grass top. We strongly recommend leaving the pole to stand a full 48 hours before adding the attachments and accessories and training on the Fitness Tree.



- **NOTE:** It is imperative to set the post to a depth of 1 meter. It is easy to imagine the difference in the strength of a post that is set 1 meter compared to one that is set less. Over time it will not provide the strength and resistance for lateral movement and excessive use.
- Do not change/cut down the length of the wood as it has been treated at the base for rot and insect infestation.