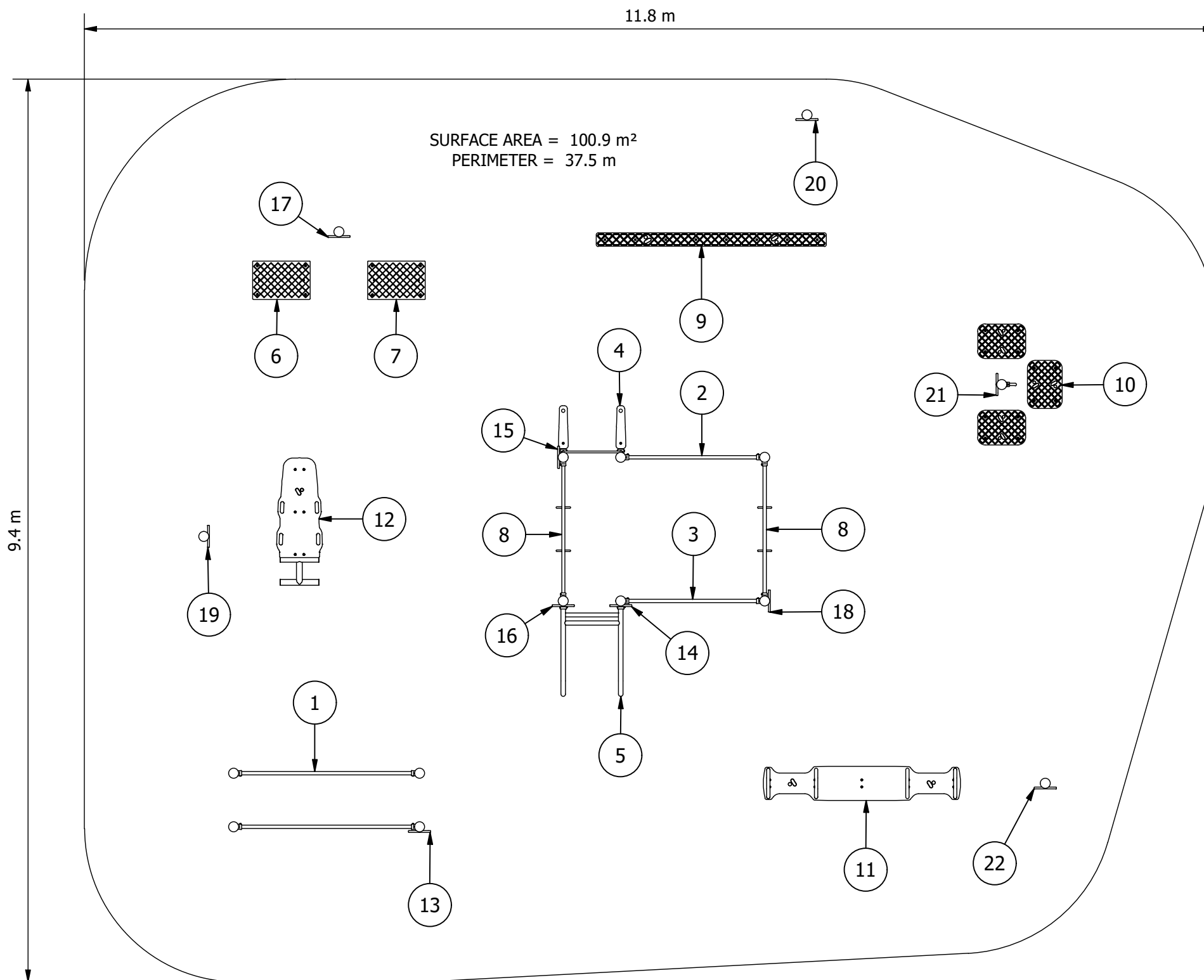


# Fitness Extra 12 Station Fitness Challenge



EQUIPMENT INVENTORY			
ITEM	DESCRIPTION	QTY	FHF (mm)
1	FITX Parallel Bars	1	10
2	FITX Pull Up Bar	1	890
3	FITX Pull Up Bar	1	990
4	FITX Leg Raises	1	240
5	FITX Body Dips	1	225
6	FITX Box Jump 450 high - I/G	1	450
7	FITX Box Jump 600 high - I/G	1	590
8	FITX Roman Rings	2	180
9	FITX Balance Beam - I/G	1	220
10	FITX Step Up Station 150/300/450 high - I/G	1	450
11	FITX Multi Bench - I/G	1	350
12	FITX Sit Up Bench 10 deg - I/G	1	590
13	FITX Parallel Bars - Sign	1	N/A
14	FITX Pull Up Bars - Sign	1	N/A
15	FITX Leg Raises - Sign	1	N/A
16	FITX Body Dip - Sign	1	N/A
17	FITX Box Jumps - Sign	1	N/A
18	FITX Roman Rings - Sign	1	N/A
19	FITX Sit Up Station - Sign	1	N/A
20	FITX Balance Beam - Sign	1	N/A
21	FITX Step Up Station - Sign	1	N/A
22	FITX Multi Bench - Sign	1	N/A

Site Layout is indicative only & subject to change.  
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FITNESS DESIGN COMPLIANT  
WITH AS 16630:2021.



## Design Plan

Design No:

**DFX-0005S-D**

Drawn by: **S.P.**

Date drawn: **12/07/2021**