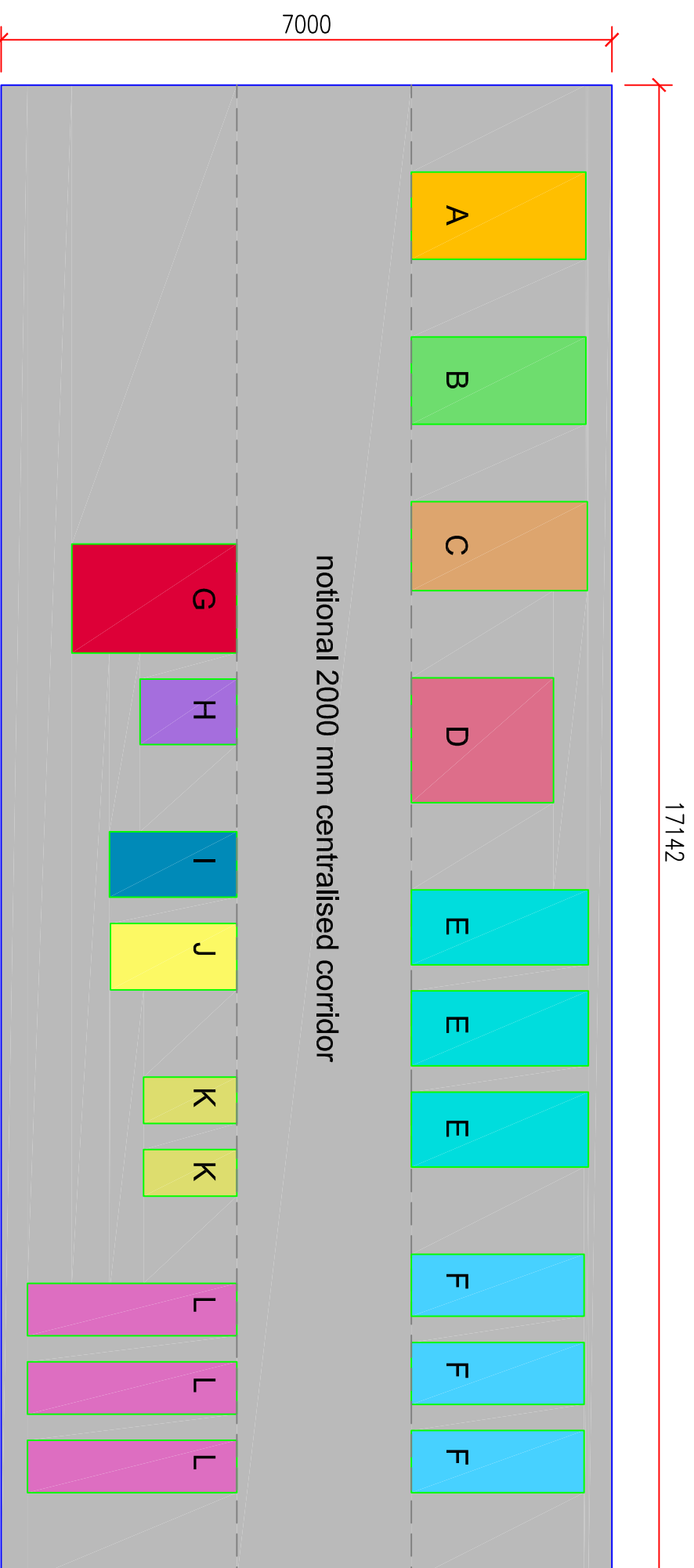


TECHNICAL NOTES

1. This document provides guidance in relation to the requirements for a Fitness Suite.
2. This document should be read in conjunction with the Technical Guidance Documents (TDGs) as published by the Department of Education & Skills.
3. Control heating to room using 2-port valve and lockable digital type electronic room thermostat.
4. Machines to be lined up along a 2000 mm centralised corridor.
5. Minimum distance of 300 mm between the machines and the two long walls.
6. Minimum distance of 1000 mm between the machines and the two end walls.
7. Distance between the various groups of machines to be approximately 1000 mm.
8. A 20 Amp MCB should be provided for each treadmill.

FURNITURE & EQUIPMENT SCHEDULES

FIXED FURNITURE	Quantity	Code
None		
LOOSE FURNITURE	Quantity	Code
None		
EQUIPMENT	Quantity	Code
A Seated leg curl, 2000 x 1000 mm footprint	01	100B
B Seated leg extension, 2000 x 1000 mm footprint	01	100A
C Butterfly and chest, 2020 x 1020 mm footprint	01	101
D Shoulder press, 1630 x 1430 mm footprint	01	102
E Treadmill, 2030 x 860 mm footprint	03	125
F Elliptical Trainer, 1981 x 711 mm footprint	03	122
G Lateral Row, 1890 x 1250 mm footprint	01	106
H Biceps and Triceps, 1110 x 750 mm footprint	01	104
I Inner and outer thigh, 1460 x 750 mm footprint	01	105
J Semi-recumbent cycle, 1447 x 762 mm footprint	01	121
K Upright bicycle ergometer, 1067 x 533 mm footprint	02	120
L Linear rower ergometer, 2400 x 600 mm footprint	03	123



DRAWING::

GENERALISED LAYOUT OF FITNESS SUITE (120 m²)

DRG NO: **RT-038** ISSUE NO: **01** SCALE: **NTS** DATE: **Nov 2011**

GENERAL NOTES:

1. This drawing is for information and reference only, designers are responsible for co-ordination issues and compliance with Building Regulations.
2. Do not scale the drawing. Use figured dimensions only. All dimensions given are in millimetres.
3. All room dimensions are "internal dimensions".
4. Area = net internal area of the room.
5. Any discrepancies between this document and other documents shall be reported to the Department.

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THE DEPARTMENT OF EDUCATION
AND SKILLS

Planning and Building Unit

