



**ONE+
ONE
FCS**

GUIDES

FUNCTIONAL STATION 2019

FITNESS

www.olive-fitness.com



Additional Information ONE+

- All screws (M16 x 40 mm) are fixed inside the column.
- When using J-cups fixed next to a wall, a minimum distance must be left between the column and the wall, for the correct use of the Olympic bar avoiding the roze with the wall.

Información adicional ONE+

- Todos los tornillos (M16 x 40 mm) están fijados por dentro de la columna.
- Cuando se utilicen J-cups junto a una pared, se debe dejar una distancia mínima entre la columna y la pared, para el uso correcto de la barra olímpica evitando la rozadura con la pared.
- Para más información consultar el manual de montaje.



ONE+ FUNCTIONAL STATION

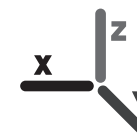
ES20310

DIMENSION: X/278cm Y/248cm Z/251cm

In all ONE+

2 suspension points for
long side.

1 suspension point for
short side



**ONE+ / SQUAT ADD ON
ES20310/ES18200**

DIMENSION: X/343cm Y/248cm Z/261cm



**ONE+ / RACK / SHOULDER RACK SHELF
ES20310 / MU14500 / MU16200**

DIMENSION: X/291cm Y/248cm Z/251cm



NOTE

Max. 4 Shelves

**ONE+ / ONE+ S ADD ON EXTENSION
ES20310 / ES23500**

DIMENSION: X/385cm Y/248cm Z/251cm



**ONE+ / ONE+ L ADD ON EXTENSION
ES20310 / ES22010**

DIMENSION: X/541cm Y/248cm Z/251cm





NOTE

Allows different high monkey bars.
Accepts XL PEG BOARD.
Accepts Boxing Rail.

5 suspension points for long side.

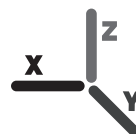
ONE+ XL ADV ES27000

DIMENSION: X/482cm Y/212cm Z/251cm



ONE+ XL ES21810

DIMENSION: X/482cm Y/212cm Z/251cm



ONE+ XL or ADV / SQUAT ADD ON ES21810 or ES27000 / ES18200

DIMENSION: X/544cm Y/212cm Z/261cm



ONE+ XL or ADV / RACK / SHOULDER RACK SHELF ES21810 or ES27000 / MU14500 / MU16200

DIMENSION: X/495cm Y/212cm Z/251cm



NOTE

Max. 4 Shelves

ONE+ XL or ADV / ONE+ S ADD ON EXTENSION ES21810 or ES27000 / ES23500

DIMENSION: X/587cm Y/212cm Z/251cm



**ONE+ XL or ADV / ONE+ L ADD ON EXTENSION
ES21810 or ES27000 / ES22010**

DIMENSION: X/745cm Y/248cm Z/251cm



**ONE+ XL or ADV / ONE+ XL ADD ON EXTENSION
ES21810 or ES27000 / ES23700**

DIMENSION: X/947cm Y/212cm Z/251cm



ONE+ XL COMBINATION A

1 ut. ONE+ XL or ADV / **ES21810 or ES27000**

2 ut. "M" CROSSBEAMS / **ES23301**

1 ut. "XL" CROSSBEAM / **ES18403**

2 ut. ONE+ COLUMN / **ES23200**

DIMENSION: X/482cm Y/396cm Z/251cm



ONE+XL COMBINATION B

2 ut. ONE+ XL or ADV / **ES21810 or ES27000**

8 ut. ONE+ MONKEY BARS / **ES21000**

DIMENSION: X/482cm Y/580cm Z/251cm



NOTE

NO FIXED J-CUPS INCLUDED.
ALLOWS 4 OLYMPIC BAR WORKSTATIONS.

ONE+ CUSTOM 1 ES25100

DIMENSION: X/482cm Y/212cm Z/251cm



NOTE

MONKEY BARS NOT POSSIBLE.
NO FIXED J-CUPS INCLUDED.
ALLOW 2 OLYMPIC BAR WORKSTATIONS.

ONE+ CUSTOM 2 ES25300

DIMENSION: X/482cm Y/212cm Z/251cm



NOTE

ONLY 1 PAIR OF FIXED J-CUPS INCLUDED.
MONKEY BARS NOT POSSIBLE.
ALLOWS 4 OLYMPIC BAR WORKSTATIONS.

ONE+ XL COMBINATION C

- 10 ut. ONE+ COLUMN / ES23200
 - 4 ut. "M" CROSSBEAMS / ES23301
 - 1 ut. "XL" CROSSBEAM / ES18403 or ES27100 (ADV)
 - 4 ut. "S" CROSSBEAM / ES23300
 - 2 ut. "L" CROSSBEAM / ES23302
 - 1 ut. FIXED J-CUPS / ES22700
- DIMENSION: X/482cm Y/403cm Z/251cm



NOTE

ONLY 2 PAIR OF FIXED J-CUPS INCLUDED.
ALLOWS 4 OLYMPIC BAR WORKSTATIONS.

ONE+ XL COMBINATION D

- 2 ut. ONE+ CUSTOM 2 / ES25300
 - 8 ut. ONE+ MONKEY BARS / ES21000
 - 2 ut. FIXED J-CUPS / ES22700
- DIMENSION: X/482cm Y/580cm Z/251cm



NOTE

NO FIXED J-CUPS.
ALLOWS 2 OLYMPIC BAR WORKSTATIONS.
RACK SHELVES NEXT J-CUPS NOT USEFUL TOGETHER

ONE+ CUSTOM 3 ES25500

DIMENSION: X/482cm Y/212cm Z/251cm



NOTE

MONKEY BARS ARE NOT POSSIBLE.
NO FIXED ONE+ J-CUPS INCLUDED.
ALLOW 1 OLYMPIC BAR WORKSTATION.
RACK SHELVES NEXT J-CUPS NOT USEFUL TOGETHER

ONE+ CUSTOM 4 ES25700

DIMENSION: X/482cm Y/212cm Z/251cm



NOTE

MONKEY BARS NOT POSSIBLE.
2 PAIR OF FIXED ONE+ J-CUPS INCLUDED.
ALLOWS 2 OLYMPIC BAR WORKSTATIONS.
RACK SHELVES NEXT J-CUPS NOT USEFUL TOGETHER

ONE+ XL COMBINATION E

10 ut. ONE+ COLUMN / ES23200
8 ut. "M" CROSSBEAMS / ES23301
1 ut. "XL" CROSSBEAM / ES18403 or ES27100
2 ut. "S" CROSSBEAM / ES23300
2 ut. FIXED J-CUPS / ES22700
DIMENSION: X/482cm Y/403cm Z/251cm



NOTE

2 PAIR OF FIXED ONE+ J-CUPS INCLUDED.
ALLOWS 2 OLYMPIC BAR WORKSTATIONS.
RACK SHELVES NEXT J-CUPS NOT USEFUL TOGETHER

ONE+ XL COMBINATION F

2 ut. ONE+ CUSTOM 4 / ES25700
8 ut. ONE+ MONKEY BARS / ES21000
2 ut. FIXED J-CUPS / ES22700
DIMENSION: X/482cm Y/580cm Z/251cm



NOTE

- IF PLACE AND ROTATE COLUMNS NEXT TO THE WALL.
- WORKING AREA INSIDE OF THE RIG.
- USEFULL FOR SMALL ROOMS.

NOTE 1*

ONLY 3 SHELVES POSSIBLE

ROTATED A

2 ut. "M" CROSSBEAMS / **ES23301**
 2 ut. "XL" CROSSBEAM / **ES18403** or **ES27100**
 4 ut. ONE+ COLUMN / **ES23200**
 DIMENSION: X/482cm Y/212cm Z/251cm



NOTE 1*

ONLY 3 SHELVES POSSIBLE

ROTATED B

4 ut. "M" CROSSBEAMS / **ES23301**
 3 ut. "XL" CROSSBEAM / **ES18403** or **ES27100**
 6 ut. ONE+ COLUMN / **ES23200**
 DIMENSION: X/482cm Y/396cm Z/251cm

NOTE 2*

RACK SHELVES NOT POSSIBLE



NOTE 1*

ONLY 3 SHELVES POSSIBLE

ROTATED C

6 ut. ONE+ COLUMN / **ES23200**
 4 ut. "M" CROSSBEAMS / **ES23301**
 3 ut. "XL" CROSSBEAM / **ES18403** or **ES27100**
 8 ut. ONE+ MONKEY BARS / **ES21000**
 DIMENSION: X/482cm Y/396cm Z/251cm



NOTE 1*

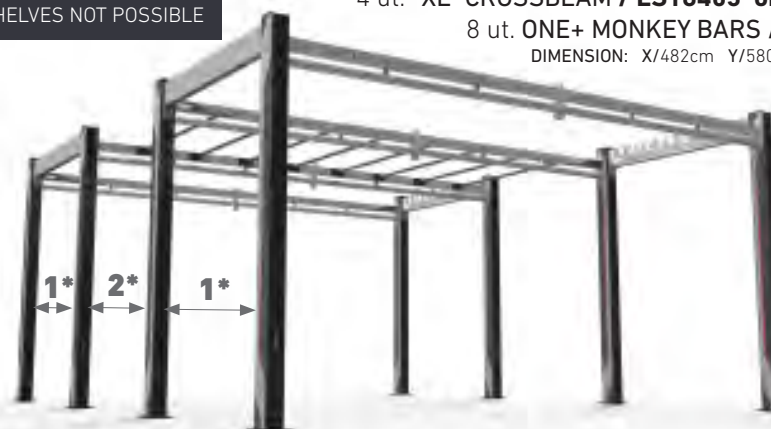
ONLY 3 SHELVES POSSIBLE

ROTATED D

8 ut. ONE+ COLUMN / **ES23200**
 4 ut. "M" CROSSBEAMS / **ES23301**
 4 ut. "XL" CROSSBEAM / **ES18403** or **ES27100**
 8 ut. ONE+ MONKEY BARS / **ES21000**
 DIMENSION: X/482cm Y/580cm Z/251cm

NOTE 2*

RACK SHELVES NOT POSSIBLE



NOTE

- IF PLACE AND ROTATE COLUMNS NEXT TO THE WALL.
- WORKING AREA INSIDE OF THE RIG.
- USEFULL FOR SMALL ROOMS.
- RACK SHELVES NEXT J-CUPS NOT USEFUL TOGETHER

NOTE 1*

ONLY 3 SHELVES POSSIBLE

ROTATED E

6 ut. "M" CROSSBEAMS / **ES23301**
 2 ut. "S" CROSSBEAM / **ES23300**
 8 ut. ONE+ COLUMN / **ES23200**
 2 ut. FIXED J-CUPS / **ES22700**

DIMENSION: X/482cm Y/212cm Z/251cm



NOTE 1*

ONLY 3 SHELVES POSSIBLE

ROTATED F

4 ut. "M" CROSSBEAMS / **ES23301**
 1 ut. "XL" CROSSBEAM / **ES18403**
 1 ut. "S" CROSSBEAM / **ES23300**
 6 ut. ONE+ COLUMN / **ES23200**
 1 ut. FIXED J-CUPS / **ES22700**

DIMENSION: X/482cm Y/212cm Z/251cm



NOTE 1*

ONLY 3 SHELVES POSSIBLE

NOTE 2*

RACK SHELVES NOT POSSIBLE

ROTATED G

10 ut. ONE+ COLUMN / **ES23200**
 8 ut. "M" CROSSBEAMS / **ES23301**
 1 ut. "XL" CROSSBEAM / **ES18403** or **ES27100**
 2 ut. "S" CROSSBEAM / **ES23300**
 2 ut. FIXED J-CUPS / **ES22700**

DIMENSION: X/482cm Y/396cm Z/251cm



NOTE 1*

ONLY 3 SHELVES POSSIBLE

NOTE 2*

RACK SHELVES NOT POSSIBLE

ROTATED H

8 ut. ONE+ MONKEY BARS / **ES21000**
 8 ut. "M" CROSSBEAMS / **ES23301**
 2 ut. "XL" CROSSBEAM / **ES18403** or **ES27100**
 2 ut. "S" CROSSBEAM / **ES23300**
 12 ut. ONE+ COLUMN / **ES23200**
 2 ut. FIXED J-CUPS / **ES22700**

DIMENSION: X/482cm Y/580cm Z/251cm

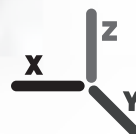


NOTE

1 suspension
point for side

ONE+ SMALL ES24100

DIMENSION: X/212cm Y/145cm Z/251cm



ONE+ SMALL / "S" ADD ON EXTENSION ES24100 / ES23500

DIMENSION: X/212cm Y/247cm Z/251cm



ONE+ SMALL / RACK / SHOULDER RACK SHELF ES24100 / MU14500 / MU16200

DIMENSION: X/212cm Y/168cm Z/251cm



NOTE

Max. 4 Shelves

ONE+ RACK ES21910

DIMENSION: X/212cm Y/132cm Z/261cm



ONE+ RACK COMBINATION A

2 ut. ONE+ RACK / **ES21910**
1 ut. "M" CROSSBEAM / **ES23301**
1 ut. FLYING BAR / **ES19602**
DIMENSION: X/592cm Y/132cm Z/261cm



ONE+ RACK COMBINATION B

2 ut. ONE+ RACK / **ES21910**
1 ut. "M" CROSSBEAM / **ES23301**
1 ut. PLATES BOSUS SHELF / **MU16300**
1 ut. SHOULDER BAG SHELF / **MU16200**
1 ut. SMALL FLAT SHELF / **MU15400**
DIMENSION: X/592cm Y/132cm Z/261cm



NOTE

Max. 3 Shelves

ONE+ ISLAND RACK ES23900

DIMENSION: X/212cm Y/148cm Z/261cm



ONE+ ISLAND RACK COMBINATION A

2 ut. ONE+ ISLAND RACK / ES23900

1 ut. "M" CROSSBEAM / ES23301

1 ut. FLYING BAR / ES19602

DIMENSION: X/592cm Y/148cm Z/261cm



ONE+ ISLAND RACK COMBINATION B

2 ut. ONE+ ISLAND RACK / ES23900

1 ut. "M" CROSSBEAM / ES23301

1 ut. PLATES BOSUS SHELF / MU16300

2 ut. SMALL FLAT SHELF / MU15400

DIMENSION: X/592cm Y/148cm Z/261cm



NOTE

Max. 3 Shelves



ONE+ "S" WALL MOUNT
ES24300
DIMENSION: X/120cm Y/74cm Z/251cm

S



ONE+ "S" WALL MOUNT ADD ON
ES24500
DIMENSION: X/105cm Y/74cm Z/251cm



COMBINATION A
ES24300 / ES20810/ ES24900
DIMENSION: X/566cm Y/74cm Z/251cm



ONE+ "M" WALL MOUNT
ES24700
DIMENSION: X/198cm Y/74cm Z/251cm

M



ONE+ "M" WALL MOUNT ADD ON
ES24900
DIMENSION: X/183cm Y/74cm Z/251cm



COMBINATION B
ES24700 / ES24500 / ES24900
DIMENSION: X/486cm Y/74cm Z/251cm



ONE+ "L" WALL MOUNT
ES20710
DIMENSION: X/278cm Y/74cm Z/251cm

L



ONE+ "L" WALL MOUNT ADD ON
ES20810
DIMENSION: X/263cm Y/74cm Z/251cm



COMBINATION C
ES20710 / ES24500 / ES20810
DIMENSION: X/646cm Y/74cm Z/251cm



SHELF FIXING OPTIONS ONE +

Option 1

- If you set the shelves on the side of the ONE+ column, you can fix 4 shelves optimum.
- You can fix 5 shelves if they are for balls.



Option 2

If you set the shelves on the back of the ONE+ column, you can fix 4 shelves optimum.



Option 3

If you set the shelves in the front of the ONE+ columns, you can fix 3 shelves optimum.



OPCIONES DE FIJACIÓN DE ESTANTES ONE +

Opción 1

- Si los estantes van al lado de la columna, permite fijar 4 estantes.
- Permite fijar 5 si son todos de balones.

Opción 2

Si los estantes van detrás de la columna, permite fijar 4 estantes.

Opción 3

Si los estantes van delante de la columna, permite fijar 3 estantes.



ONE+ STORAGE 1

- 1 ut. ONE+ "M" WALL MOUNT / **ES24700**
- 1 ut. SHOULDER BAGS SHELF / **MU16200**
- 1 ut. RACK STORAGE / **MU14500**
- DIMENSION: X/198cm Y/92cm Z/251cm



ONE+ STORAGE 2

- 1 ut. ONE+ "M" WALL MOUNT / **ES24700**
- 1 ut. PLATES BOSUS SHELF / **MU16300**
- 1 ut. SMALL FLAT SHELF / **MU15400**
- 1 ut. BIG FLAT SHELF / **MU15700**
- 1 ut. BALLS SHELF / **MU15800**
- DIMENSION: X/198cm Y/92cm Z/251cm



ONE+ STORAGE COMBINATION A

- 1 ut. ONE+ "M" WALL MOUNT / **ES24700**
- 1 ut. ONE+ "M" WALL MOUNT ADD ON / **ES24900**
- 1 ut. SHOULDER BAGS SHELF / **MU16200**
- 1 ut. PLATES BOSUS SHELF / **MU16300**
- 1 ut. SMALL FLAT SHELF / **MU15400**
- 1 ut. BIG FLAT SHELF / **MU15700**
- 1 ut. RACK STORAGE / **MU14500**
- 1 ut. BALLS SHELF / **MU15800**
- DIMENSION: X/381cm Y/92cm Z/251cm



ONE+ STORAGE COMBINATION B

- 1 ut. ONE+ "M" WALL MOUNT / **ES24700**
- 2 ut. ONE+ "M" WALL MOUNT ADD ON / **ES24900**
- 1 ut. SHOULDER BAGS SHELF / **MU16200**
- 1 ut. PLATES BOSUS SHELF / **MU16300**
- 1 ut. SMALL FLAT SHELF / **MU15400**
- 1 ut. BIG FLAT SHELF / **MU15700**
- 1 ut. RACK STORAGE / **MU14500**
- 1 ut. BALLS SHELF / **MU15800**
- DIMENSION: X/564cm Y/92cm Z/251cm

ONE+ MIX A

- 1 ut. ONE+ XL / ONE+ XL ADV / **ES21810 or ES27000**
- 1 ut. ONE+ "M" WALL MOUNT ADD ON / **ES24900**
- 2 ut. WALL ATTACHMENT ARM / **ES16000**
- 1 ut. RACK STORAGE / **MU14500**
- 1 ut. SHOULDER BAGS SHELF / **MU16200**
- 1 ut. PLATES BOSUS SHELF / **MU16300**
- 1 ut. VERSATILE SHELF / **MU15400**

DIMENSION: X/402cm Y/522cm Z/251cm

NOTE

Max. 3 Shelves

NOTE

Max. 4 Shelves



ONE+ MIX B

- 1 ut. ONE+ XL / ONE+ XL ADV / **ES21810 or ES27000**
- 1 ut. ONE+ RACK / **ES21910**
- 1 ut. "M" CROSSBEAM / **ES23301**
- 2 ut. WALL ATTACHMENT ARM / **ES16000**
- 1 ut. RACK STORAGE / **MU14500**
- 1 ut. SHOULDER BAGS SHELF / **MU16200**
- 1 ut. PLATES BOSUS SHELF / **MU16300**
- 2 ut. SMALL FLAT SHELF / **MU15400**

DIMENSION: X/592cm Y/522cm Z/261cm

NOTE

Max. 4 Shelves

NOTE

Max. 3 Shelves



COLOR OPTIONS

STANDARD COLOUR



COLUMN

■ BLACK /
RGB 0,0,0

CROSSBEAM

■ RAL 9006 / SILVER
RGB 161,161,160

VINYL

■ RAL 3000 /
RGB 167,41,32

■ RAL 9006 /
RGB 161,161,160



COLUMN

■ RAL 7016 / DARK GREY
RGB 56,62,66

CROSSBEAM

■ RAL 9006 / SILVER
RGB 161,161,160

VINYL

■ RAL 3000 /
RGB 167,41,32

■ RAL 9006 /
RGB 161,161,160



COLUMN

□ RAL 9016 / WHITE
RGB 241,240,234

CROSSBEAM

■ RAL 7016 / DARK GREY
RGB 56,62,66

VINYL

■ RAL 3000 /
RGB 167,41,32

■ RAL 7016 /
RGB 56,62,66



COLUMN

■ RAL 9006 / SILVER
RGB 161,161,160

CROSSBEAM

■ RAL 7016 / DARK GREY
RGB 56,62,66

VINYL

■ RAL 3000 /
RGB 167,41,32

■ RAL 7016 /
RGB 56,62,66

NOTE

NOTE THAT CHANGING THE COLOR OF THE COMPONENTS ALSO AFFECTS THE ADHESIVES.



COLUMN

■ RAL 5005 / BLUE
RGB 0,83,135

CROSSBEAM

■ RAL 7016 / DARK GREY
RGB 56,62,66

VINYL

■ LIGHT GREY /
RGB 220,220,220
■ RAL 7016 /
RGB 56,62,66



COLUMN

■ RAL 4008 / PURPLE
RGB 132,76,130

CROSSBEAM

■ RAL 7016 / DARK GREY
RGB 56,62,66

VINYL

■ LIGHT GREY /
RGB 220,220,220
■ RAL 7016 /
RGB 56,62,66



COLUMN

■ RAL 2004 / ORANGE
RGB 226,83,3

CROSSBEAM

■ RAL 7016 / DARK GREY
RGB 56,62,66

VINYL

■ LIGHT GREY /
RGB 220,220,220
■ RAL 7016 /
RGB 56,62,66



COLUMN

■ RAL 3000 / RED
RGB 167,41,32

CROSSBEAM

■ RAL 7016 / DARK GREY
RGB 56,62,66

VINYL

■ LIGHT GREY /
RGB 220,220,220
■ RAL 7016 /
RGB 56,62,66

NOTE

ACCESSORIES ARE SILVER. MONKEY BAR & PULL UP BARS ARE TEXTURED BLACK FOR OPTIMAL GRIP



Additional Information ONE

- All screws (M16 x 110/120 mm) pass through the column.
- The height of the crossbeams depends in the user preferences.
- When using J-cups next to a wall, a minimum distance must be left between the column and the wall, for proper use of the Olympic bar avoiding rubbing with the wall.
- For more information consult the assembly manual.

Información adicional ONE

- Todos los tornillos (M16 x 110/120 mm) són pasantes a la columna.
- La altura de los travesaños puede variar dependiendo del uso que el cliente desee.
- Cuando se utilicen J-cups junto a una pared, debe dejarse una distancia mínima entre la columna y la pared, para el uso correcto de la barra olímpica evitando la rozadura con la pared.
- Para más información consultar el manual de montaje.

ONE FUNCTIONAL STATION

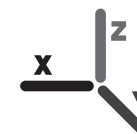
ES20110

DIMENSION: X/271 cm Y/242cm Z/261cm



NOTE

- In all one:
- 2 suspension points for long side.
 - 1 suspension point for short side



**ONE / SQUAT ADD ON
ES20110/ES18200**
DIMENSION: X/334cm Y/242cm Z/261cm



**ONE / RACK
ES20110 / MU14500**
DIMENSION: X/286cm Y/242cm Z/261cm



**ONE / ONE "S" ADD ON EXTENSION
ES20110 / ES25900**
DIMENSION: X/369cm Y/242cm Z/261cm



**ONE / ONE "L" ADD ON EXTENSION
ES20110 / ES26000**
DIMENSION: X/527cm Y/242cm Z/261cm





ONE "S" WALL MOUNT ES26100

DIMENSION: X/113cm Y/64cm Z/261cm

S



ONE "S" WALL MOUNT ADD ON ES26200

DIMENSION: X/101cm Y/64cm Z/261cm

COMBINATION A ES26100 / ES26400/ ES26200

DIMENSION: X/474cm Y/64cm Z/261cm



ONE "M" WALL MOUNT ES20510

DIMENSION: X/191cm Y/64cm Z/261cm

M



ONE "M" WALL MOUNT ADD ON ES20610

DIMENSION: X/180cm Y/64cm Z/261cm

NOTE

"M" CROSSBEAM
(ES23301) CAN'T BE
INSTALLED MIXED
WITH OTHERS ("S"
AND "L")

COMBINATION B ES20510 / ES20610 / ES20610

DIMENSION: X/551cm Y/64cm Z/261cm



ONE "L" WALL MOUNT ES26300

DIMENSION: X/271cm Y/64cm Z/261cm

L



ONE "L" WALL MOUNT ADD ON ES26400

DIMENSION: X/260cm Y/64cm Z/261cm

COMBINATION C ES26300 / ES26200 / ES26400

DIMENSION: X/632cm Y/64cm Z/261cm





ONE STORAGE 1

- 1 ut. ONE "M" WALL MOUNT / ES20510
- 1 ut. SHOULDER BAGS SHELF / MU16200
- 1 ut. RACK STORAGE / MU14500
- DIMENSION: X/191cm Y/80cm Z/261cm



ONE STORAGE 2

- 1 ut. ONE "M" WALL MOUNT / ES20510
- 1 ut. PLATES BOSUS SHELF / MU16300
- 1 ut. SMALL FLAT SHELF / MU15400
- 1 ut. BIG FLAT SHELF / MU15700
- 1 ut. BALLS SHELF / MU15800
- DIMENSION: X/191cm Y/80cm Z/261cm



FOR FITNESS BALL STORAGE:

- 2ud. PUNCHING BAG ARM / ES16400
- 2ud. MONKEY BAR / ES15600

ONE STORAGE COMBINATION A

- 1 ut. ONE "M" WALL MOUNT / ES20510
- 1 ut. ONE "M" WALL MOUNT ADD ON / ES20610
- 1 ut. SHOULDER BAGS SHELF / MU16200
- 1 ut. RACK STORAGE / MU14500
- 1 ut. PLATES BOSUS SHELF / MU16300
- 1 ut. SMALL FLAT SHELF / MU15400
- 1 ut. BIG FLAT SHELF / MU15700
- 1 ut. BALLS SHELF / MU15800
- DIMENSION: X/371cm Y/80cm Z/261cm



ONE STORAGE COMBINATION B

- 1 ut. ONE "M" WALL MOUNT / ES20510
- 2 ut. ONE "M" WALL MOUNT ADD ON / ES20610
- 1 ut. SHOULDER BAGS SHELF / MU16200
- 1 ut. RACK STORAGE / MU15500
- 1 ut. PLATES BOSUS SHELF / MU16300
- 1 ut. SMALL FLAT SHELF / MU15400
- 1 ut. BIG FLAT SHELF / MU15700
- 1 ut. BALLS SHELF / MU15800
- DIMENSION: X/551cm Y/80cm Z/261cm





Functional Crosstraining Stations

Additional Information FCS

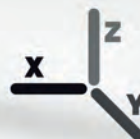
- All screws (M16 x 110/120 mm) pass through the column.
- The height of the crossbeams depends in the user preferences.
- When using J cups next to a wall, a minimum distance must be left between the column and the wall, for proper use of the Olympic bar avoiding rubbing with the wall.
- Whenever you want to use J-cups you must put a short (Extension A) and a long (Extension B) module.
- The different FCS models (Basic, Plus and Custom) can not be mixed between them, if necessary consult the technical department to avoid possible combination errors.
- For more information consult the assembly manual.

Información adicional FCS

- Todos los tornillos (M16 x 110/120 mm) pasan a través de la columna.
- La altura de los travesaños puede variar dependiendo del uso que el cliente desee.
- Cuando se utilicen J-cups junto a una pared, debe dejarse una distancia mínima entre la columna y la pared, para el uso correcto de la barra olímpica evitando la rozadura con la pared.
- Los diferentes modelos FCS (Basic, Plus y Custom) no se pueden mezclar entre ellos, si es necesario consultar al departamento técnico para evitar posibles errores de montaje.
- Para más información consultar el manual de montaje.

FCS BASIC 1 ES18701

DIMENSION: X/131cm Y/209cm Z/261cm



FCS BASIC ADD ON EXTENSION A ES18801

DIMENSION: X/120cm Y/209cm Z/261cm



FCS BASIC ADD ON EXTENSION B ES18802

DIMENSION: X/180cm Y/191cm Z/261cm



FCS BASIC 2 ES18702

DIMENSION: X/311cm Y/209cm Z/261cm



FCS BASIC 3 ES18703

DIMENSION: X/431cm Y/209cm Z/261cm



FCS BASIC 4 ES18704

DIMENSION: X/611cm Y/209cm Z/261cm



FCS BASIC 5 ES18705

DIMENSION: X/731cm Y/209cm Z/261cm



FCS WALL MOUNT BASIC 1 ES18901

DIMENSION: X/131cm Y/189cm Z/261cm



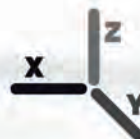
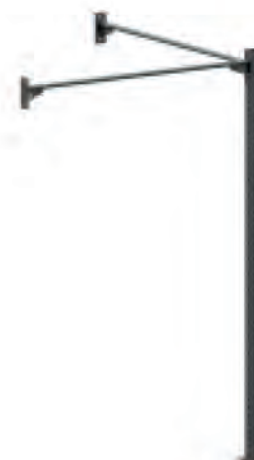
FCS WALL MOUNT BASIC EXTENSION A ES19001

DIMENSION: X/120cm Y/189cm Z/261cm



FCS WALL MOUNT BASIC EXTENSION B ES19002

DIMENSION: X/180cm Y/189cm Z/261cm



FCS WALL MOUNT BASIC 2 ES18902

DIMENSION: X/311cm Y/189cm Z/261cm



FCS WALL MOUNT BASIC 4 ES18904

DIMENSION: X/611cm Y/189cm Z/261cm



FCS WALL MOUNT BASIC 3 ES18903

DIMENSION: X/431cm Y/189cm Z/261cm



FCS WALL MOUNT BASIC 5 ES18905

DIMENSION: X/731cm Y/189cm Z/261cm



FCS PLUS 1 ES19101

DIMENSION: X/131cm Y/238cm Z/261cm



FCS PLUS ADD ON EXTENSION A

ES19201

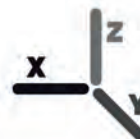
DIMENSION: X/120cm Y/238cm Z/261cm



FCS PLUS ADD ON EXTENSION B

ES19202

DIMENSION: X/180cm Y/238cm Z/261cm



FCS PLUS 2 ES19102

DIMENSION: X/311cm Y/238cm Z/261cm



FCS PLUS 3 ES19103

DIMENSION: X/431cm Y/238cm Z/261cm



FCS PLUS 4 ES19104

DIMENSION: X/611cm Y/238cm Z/261cm



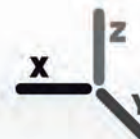
FCS PLUS 5 ES19105

DIMENSION: X/731cm Y/238cm Z/261cm



FCS WALL MOUNT PLUS 1 ES19301

DIMENSION: X/131cm Y/203cm Z/261cm



FCS WALL MOUNT PLUS EXTENSION A ES19501

DIMENSION: X/120cm Y/203cm Z/261cm



FCS WALL MOUNT PLUS EXTENSION B ES19502

DIMENSION: X/180cm Y/203cm Z/261cm



FCS WALL MOUNT PLUS 2 ES19302

DIMENSION: X/311cm Y/203cm Z/261cm



FCS WALL MOUNT PLUS 3 ES19303

DIMENSION: X/431cm Y/203cm Z/261cm



FCS WALL MOUNT PLUS 4 ES19304

DIMENSION: X/611cm Y/203cm Z/261cm



FCS WALL MOUNT PLUS 5 ES19305

DIMENSION: X/731cm Y/203cm Z/261cm



FCS CUSTOM 1 ES19601

DIMENSION: X/311cm Y/238cm Z/361cm



FCS CUSTOM 1 ADD ON EXTENSION A

ES19701

DIMENSION: X/180cm Y/238cm Z/261cm



FCS CUSTOM 1 ADD ON EXTENSION B

ES19702

DIMENSION: X/120cm Y/238cm Z/361cm



FCS CUSTOM 2 ES19602

DIMENSION: X/311cm Y/244cm Z/451cm



FCS CUSTOM 2 ADD ON EXTENSION A

ES19801

DIMENSION: X/120cm Y/244cm Z/451cm



FCS CUSTOM 2 ADD ON EXTENSION B

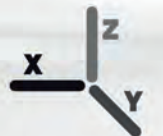
ES19802

DIMENSION: X/180cm Y/244cm Z/361cm



FCS CUSTOM 3 ES26500

DIMENSION: X/431cm Y/244cm Z/451cm



FCS HALF RACK



HALF RACK
ES26600

DIMENSION: X/131cm Y/113cm Z/261cm



HALF RACK COMBINATION A

- 2 ut. FCS HALF RACK / **ES26600**
 - 1 ut. STRENGTHENED BAR / **ES18702**
 - 1 ut. PLATES BOSUS SHELF / **MU16300**
 - 1 ut. SMALL FLAT SHELF / **MU15400**
 - 1 ut. BIG FLAT SHELF / **MU15700**
 - 1 ut. BALLS SHELF / **MU15800**
- DIMENSION: X/430cm Y/165cm Z/261cm



HALF RACK COMBINATION B

- 2 ut. FCS HALF RACK / **ES26600**
 - 1 ut. 80X80 CROSSBEAM / **ES16102**
 - 1 ut. FRONT FLYING BAR / **ES16902**
- DIMENSION: X/430cm Y/113cm Z/261cm

FCS POWER RACK



FCS POWER RACK
ES19901

DIMENSION: X/131 cm Y/131cm Z/261cm



FCS CUSTOM 1 DOUBLE POWER RACK
ES20000

DIMENSION: X/479cm Y/157cm Z/261cm



FCS CUSTOM 2 DOUBLE POWER RACK

2ud. FCS POWER RACK / **ES19901**
3ud. PLATE STORAGE ATT / **ES17200**
3ud. 80X80 CROSSBEAM / **ES16102**
1ud. FLYING BAR / **ES16902**
DIMENSION: X/479cm Y/157cm Z/261cm

ACCESSORIES



F.C.S WING LADDER 1080MM

REF: ES22201



F.C.S WING LADDER 1680MM

REF: ES22202



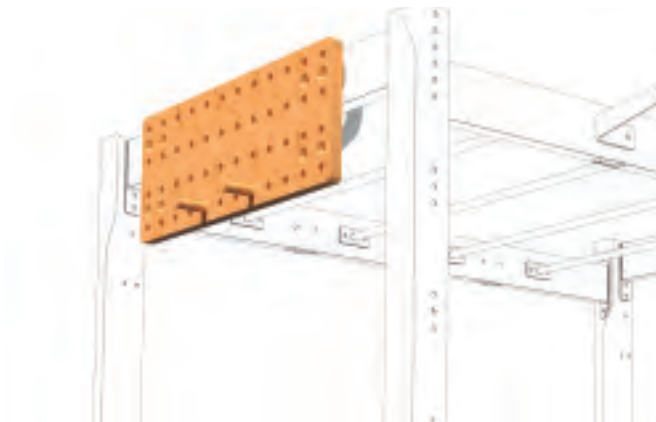
ONE+ WING LADDER

REF: ES22400



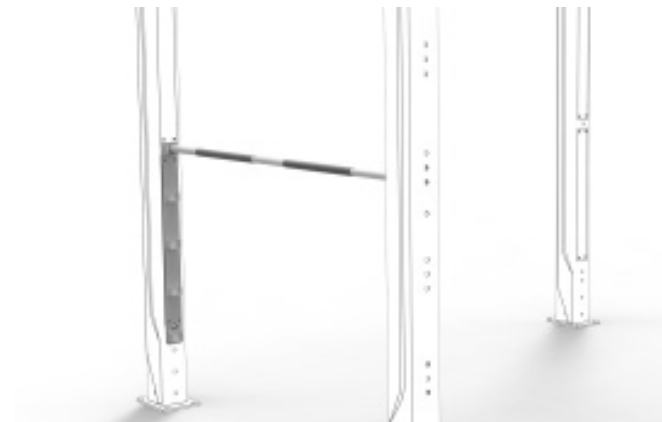
XL ADV PEG BOARD

REF: ES26700



PEG BOARD

REF: ES22800



VARIABLE HIGH BAR

REF: ES22900



FUNCTIONAL BOARD WALL

REF: ES16600



J-CUPS

REF: ES16200



FIXED ONE+ J-CUPS

REF: ES22700



PUNCHING BAG ARM
REF: ES16400



DIP ATTACHMENT
REF: ES16500



FIXED DIP ATTACHMENT
REF: ES22600



VERSATILE PULL UP BAR
REF: ES18001 / ES18002



SHACKLE FOR CROSSBEAM
REF: ES16800



LATERAL EXTENSION FOR RINGS
REF: ES15900



CORE TRAINER
REF: ES15200



CORE TRAINER BAR
REF: ES15300



CORE TRAINER SUPPORT
REF: ES15400



RING ATTACHMENT FOR ELASTIC TUBES

REF: ES17700



RESIST TUBE STORAGE ATTACHMENT

REF: ES17900



CLIMBING ROPE 5M

REF: ST21200



INFINITE ROPE TRAINING STATION

REF: ES17800



SUPERBANDS TRAINING STATION

REF: ES18100



PLATE STORAGE ATTACHMENT

REF: ES17200



BATTLE ROPE ATTACHMENT

REF: ES17400



ONE + XL ADV RAIL

REF: ES26800



SUPERBAND ATTACHMENT

REF: ES17500



OLYMPIC BAR HOLDER
REF: ES17100



PARALLEL BARS
REF: ES22500



SAFETY BARS
REF: ES16300



SAFETY STRAP
REF: ES17600



O-SKY
REF: EN44300



ADJUSTABLE BENCH
REF: PL29100



NINJA GRIPS (SPHERA, CONE, CYLINDER)
REF: ES26901 / ES26902 / ES26903



AB STRAPS
REF: EN50700



WOOD RINGS
REF: EN50600



BOXING BAG
REF: FI07201



RING ANCHOR STRAP
REF: EL13900



SAFETY CARABINER
REF: EN45600

STORAGE

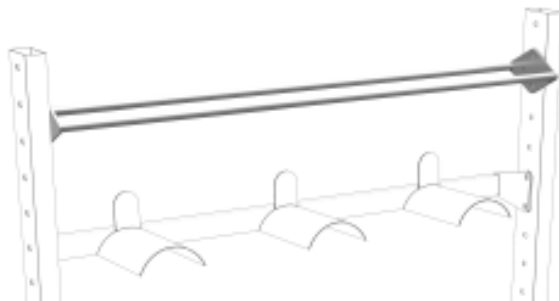
TYPES OF STORAGE / TIPOS DE STORAGE

Only Storage

- With the foot MU16400 can be made a storage cabinet of 2 meters high modular and with the possibility of adding extensions.
- Usually you can fix 4 shelves, although depending on the trays chosen can be more or less
- Fix the shelves to the column with screws (M16 x 90mm) supplied with the foot.

Solo mueble

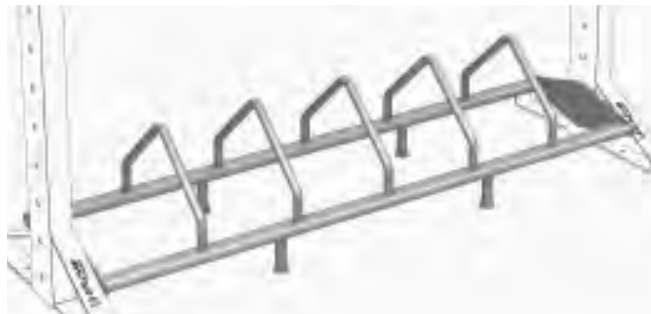
- Con el pie MU16400 se puede hacer un mueble de almacenamiento de 2 metros de altura modular y con la posibilidad de añadir extensiones.
- Por lo general se puede fijar 4 estantes, aunque dependiendo de las bandejas elegidas puede ser más o menos.
- Fijar los estantes a los pies con tornillos (M16 x 90mm) suministrados con el pie



O'LIVE MULTIPLE RACK BALLS SHELF

REF: MU15800

STORES: FUNCTIONAL BALL, MEDICINE BALL, FITNESS BALL



O'LIVE MULTIPLE RACK PLATES / BOSUS SHELF

REF: MU16300

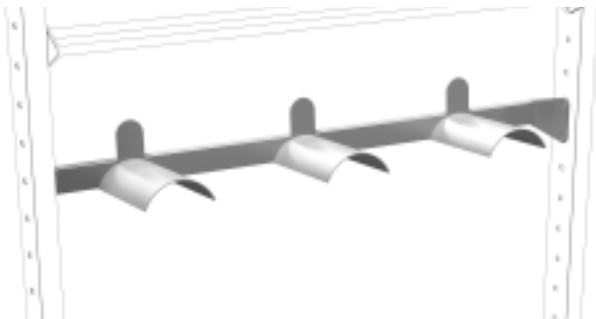
STORES: BOSUS, OLYMPIC BUMPER PLATES



O'LIVE MULTIPLE RACK BIG FLAT SHELF

REF: MU15700

STORES: PRO STYLE DUMBBELLS, HEXAGONAL DUMBBELLS, AB MATS, ETC...



O'LIVE MULTIPLE RACK SHOULDER BAGS SHELF

REF: MU16200

STORES: ONLY SHOULDER BAGS



O'LIVE MULTIPLE RACK SMALL FLAT SHELF

REF: MU15400

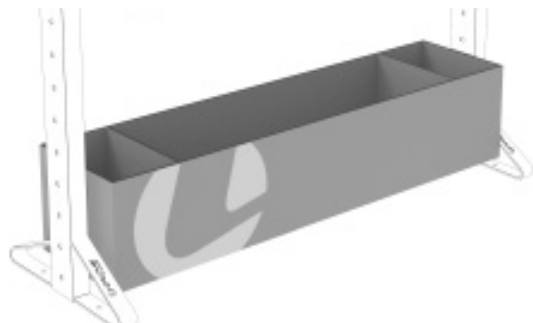
STORES: KETTLEBELLS, SLAM BALL, STUDIO DUMBBELLS



O'LIVE MULTIPLE RACK FUNCTIONAL BAGS SHELF

REF: MU16100

STORES: ONLY FUNCTIONAL BAGS



O'LIVE MULTIPLE RACK BOX SHELF

REF: MU15500

STORES: POWER DISKS BARS, CLAMPS OR OTHER



O'LIVE MULTIPLE RACK VERSATILE SHELF

REF: MU15900

STORES: MATS, SUPERBANDS, RESIST TUBES, JUMP ROPES, ANKLE WEIGHTS



O'LIVE MULTIPLE RACK POWER DISK SHELF

REF: MU16000

STORES: 30MM POWER DISK PLATES



O'LIVE MULTIPLE RACK COLUMN

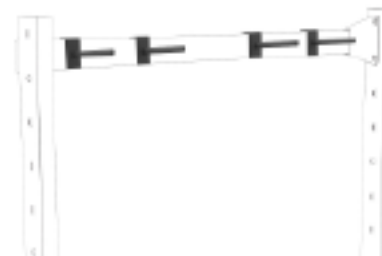
REF: MU16400



O'LIVE RACK FOR FCS, ONE & ONE+

REF: MU14500

SET OF 3 SHELVES COMMONLY USED (MU16100 FUNCTIONAL BAGS SHELF, MU15400 SMALL FLAT SHELF AND MU15800 BALLS SHELF)



O'LIVE MULTIPLE RACK VERSATILE SHELF SUPPORT

REF: MU15600



ONE+ COLUMN STORAGE CONVERTER

REF: ES21100

INCLUDED IN ONE+ S, ONE+, ONE+ XL, CUSTOM1, CUSTOM2, CUSTOM3 AND CUSTOM4

NOTE
NEEDED IF SHELVES
ARE ADDED REAR THE
ONE+ COLUMN

FCS COMPONENTS



COLUMN FOR F.C.S.
REF: ES18600



MONKEY BAR
REF: ES15600 (1680MM)



STRENGTHENED BAR FOR F.C.S.
REF: ES15701 (1080MM) / ES15702 (1680MM)



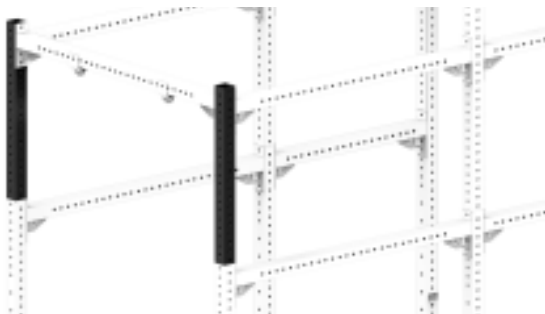
FLYING BAR CROSSBEAM
REF: ES15801 (1080MM) / ES15802 (1680MM)



80 X 80 MM CROSSBEAM
REF: ES16101 (1080MM) / ES16102 (1680MM)



LARGE FRONT FLYING BAR
REF: ES16901(1080MM) / ES16902(1680MM, ONE & ONE+)



HEIGHT EXTENSION KIT 1000MM

REF: ES16701

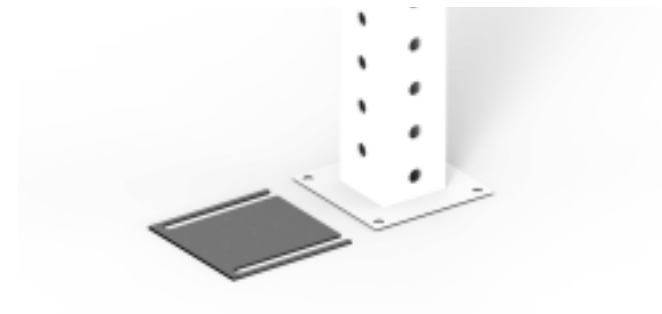
UPTO 3,6 METERS USE OF RINGS



HEIGHT EXTENSION KIT 1900MM

REF: ES16702

UPTO 4'5 METERS USE OF CLIMBING ROPE



LEVELING PLATES

REF: ES17001 (2MM) / ES17002 (6MM)



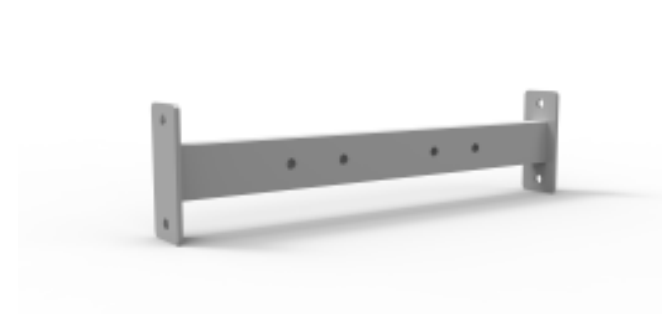
BASE PLATES FOR F.C.S.

REF: ES17300



WALL ATTACHMENT ARM (520MM)

REF: ES23400



ATTACHMENT ARM (800MM)

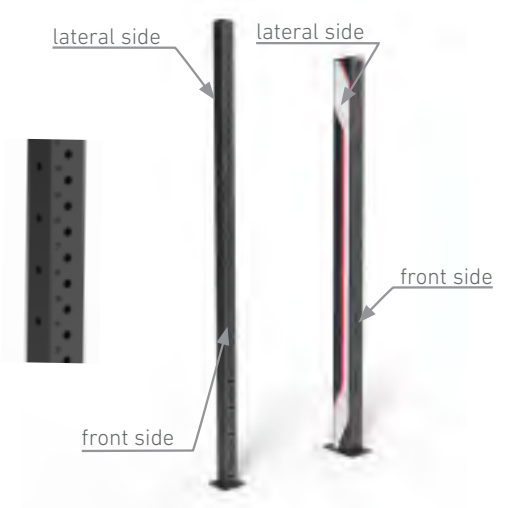
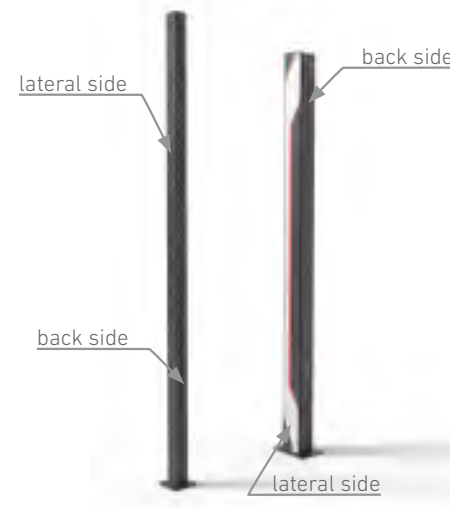
REF: ES23100

				 Functional Core Training Systems
	RING ATTACHMENT FOR ELASTIC TUBES REF: ES17700	✓	✓	✓
	BATTLE ROPE ATTACHMENT REF: ES17400	✓	✓	✓
	SUPERBAND ATTACHMENT REF: ES17500	✗	✗	✓ ONLY POWER RACK
	CORE TRAINER REF: ES15200	✓	✓	✓
	CORE TRAINER BAR REF: ES15300	✓	✓	✓
	CORE TRAINER SUPPORT REF: ES15400	✓	✓	✓
	OLYMPIC BAR HOLDER REF: ES17100	✓	✓	✓
	PLATE STORAGE ATTACHMENT REF: ES17200	✓	✓	✓
	RESIST TUBE STORAGE ATTACHMENT REF: ES17900	✓	✓	✓

				 Functional Core Training Systems
	PARALLEL BARS REF: ES22500	FRONT SIDE COLUMN ✓	FRONT SIDE COLUMN ✓	FRONT SIDE COLUMN ✓
		LATERAL SIDE COLUMN ✓	LATERAL SIDE COLUMN ✗	LATERAL SIDE COLUMN ✗
	PEG BOARD REF: ES22800	✓	✓	SHORT SIDE ✗ LARGE SIDE ES16102 ✓
	VARIABLE HIGH BAR REF: ES22900	✓	✓	✓
		ONLY SHORT SIDE	ONLY SHORT SIDE	ONLY LARGE SIDE
	F.C.S WING LADDER 1080MM REF: ES22201	✗	✗	SHORT SIDE ✓ LARGE SIDE ✗
	F.C.S WING LADDER 1680MM REF: ES22202	✗	✓	SHORT SIDE ✗ LARGE SIDE ✓
	SQUAT ADD ON REF: ES18200	SHORT SIDE ✓	SHORT SIDE ✓	SHORT SIDE ✗
		LARGE SIDE ES16102 ✗	LARGE SIDE ES16102 ✗	LARGE SIDE ✓
	RACK STORAGE REF: MU14500	SHORT SIDE ✓	SHORT SIDE ✓	SHORT SIDE ✗
		LARGE SIDE ES16102 ✗	LARGE SIDE ES16102 ✗	LARGE SIDE ✓
	J-CUPS REF: ES16200	✗	✓	✓
	FIXED ONE+ J-CUPS REF: ES22700	✓	✗	✗
		FRONT SIDE COLUMN		

		ONE+	ONE	FCS Functional Cross-training Systems
	SAFETY BARS REF: ES16300	×	×	✓
		IF ES18200 ✓	IF ES18200 ✓	
	SAFETY STRAP SYSTEM REF: ES17600	×	×	✓ ONLY POWER RACK
	DIP ATTACHMENT REF: ES16500	×	✓	✓
	FIXED DIP ATTACHMENT REF: ES22600	✓	✓	✓
	FUNCTIONAL WALL BOARD REF: ES16600	✓	✓	✓
	LATERAL EXTENSION FOR RINGS REF: ES15900	✓	✓	✓
	INFINITE ROPE TRAINING STATION REF: ES17800	FRONT SIDE COLUMN ✓	FRONT SIDE COLUMN ✓	FRONT SIDE COLUMN ✓
		LATERAL SIDE COLUMN ×	LATERAL SIDE COLUMN ×	LATERAL SIDE COLUMN ×
	SUPERBANDS TRAINING STATION REF: ES18100	FRONT SIDE COLUMN ✓	FRONT SIDE COLUMN ✓	FRONT SIDE COLUMN ✓
		LATERAL SIDE COLUMN ×	LATERAL SIDE COLUMN ×	LATERAL SIDE COLUMN ×
	PUNCHING BAG ARM REF: ES16400	✓	✓	✓

				 Functional Cross-training Systems
	VERSATILE PULL UP BAR REF: ES18001	✗	✓	✗
	VERSATILE PULL UP BAR REF: ES18002	✓	✗	✗
	ONE+ WING LADDER REF: ES22400	✓ ONLY SHORT & LATERAL SIDE "M"	✗	✗
	SHACKLE FOR CROSSBEAM REF: ES16800	✗	✗	✓
	ONE+ XL ADV RAIL REF: ES26800	✗	✗	✗
		ONLY ONE+ XL ADV ✓		
	XL ADV PEG BOARD REF: ES22201	✗	✗	✗
		ONLY ONE+ XL ADV ✓		



FITNESS FUNCTIONAL TOWER

SPECIFICATIONS

- DIMENSIONS: 108 X 43 X 55 CM (HEIGHT)



ACCESORIES:

	FRONT	LATERAL	REAR
 PULL UP BAR EN41000.01	✗	✓	✗
 PUNCHING BAG ARM REF: ES16400	✓	✓	✓
 FUNCTIONAL WALL BOARD REF: ES16600	✓	✓	✓
 FIXED DIP ATTACHMENT REF: ES22600	✓	✓	✓
 MARPO X8 ROPE TRAINER MARPO AUXILIAR PULLEY EN53000 EN53100	✗	✓	✗
 INFINITE ROPE TRAINING STATION REF: ES17800	✓	✗	✗
 RING ATTACHMENT FOR ELASTIC TUBES REF: ES17700	✓	✓	✓
 RESIST TUBE STORAGE ATTACHMENT REF: ES17900	✓	✓	✓
 SUPERBANDS TRAINING STATION REF: ES18100	✓	✗	✓
 CORE TRAINER REF: ES15200	✓	✓	✓
 CORE TRAINER BAR REF: ES15300	✓	✓	✓
 BATTLE ROPE ATTACHMENT REF: ES17400	✓	✓	✓
 PLATE STORAGE ATTACHMENT REF: ES17200	✓	✓	✓