



FreshairFitness

The outdoor gym specialists



freshairfitness.co.uk



The UK's leading outdoor gym specialists

With the largest range of outdoor fitness equipment in the UK and ranges designed specifically for children, older people, disabled persons and those with special educational needs, we offer fully inclusive outdoor fitness equipment.

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Pioneers of outdoor gyms

Fresh Air Fitness are the pioneers of outdoor gyms in the UK, first introduced in 2007.

We boast the largest product range in the UK. Every product has to earn its keep! Designed by our product development team, all equipment is made to the highest safety and quality standards, competitively priced and provides genuine physical benefits.

We have seen the benefits our gyms offer; improving fitness, reducing crime/anti-social behaviour and strengthening communities. No gimmicks, just safe, compliant equipment that is fun to use for fitter, healthier and happier communities.

1500+
Experienced
Outdoor gym installations throughout

100%
Specialists
Dedicated to design & development of outdoor gyms

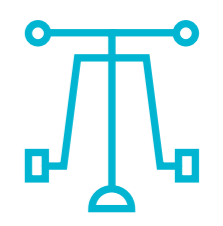
25 YEAR
Long warranties
With up to 25 years guarantee



Safe and secure
All our products exceed safety standards EN1176 & EN16630



Great value
Excellent quality and value for money



Great variety
We have the largest range of equipment





The benefits

For many people those first initial steps to becoming more physically active can be the hardest. Fresh Air Fitness can create the gateway to a healthier lifestyle for people of all ages. Being free, convenient and accessible to all, it removes many of the barriers that might otherwise prevent people from taking those first steps.



A fitter community

Free to use and accessible for all



Fit into any surface

Quick and simple installation



State-of-the-art

Assembled using the latest production techniques

What is an outdoor gym?

A gym in the fresh air! Similar to indoor gyms found in leisure centres, outdoor gyms provide users with a selection of equipment they can use to exercise.

Just like an indoor gym we have different equipment to cater to everyone's exercise needs:

CARDIO	P10
STRENGTH	P16
FLEXIBILITY & BALANCE	P20
CHILDRENS	P26

The difference? Everyone can use them!

- **No costly membership fees!** Entire communities can use the equipment for free
- **There is no need for an instructor,** equipment is safe and simple to use
- **Exercising in the fresh air** Stimulates emotional wellbeing and delivers essential oxygen and Vitamin D to the body
- **Users can incorporate the equipment into their regular workout** e.g. park run
- **Suitable for all abilities** from the complete beginner to advanced users
- **Safe and easy to use,** resistance is provided by the user's own body weight.

Purpose built to be safe for everyone

Our range has been developed to be permanently installed outdoors. Placed in one area or along a track as a trim trail, our gyms make exercise free and fun for all. They can be used by one person, in pairs or with groups.

- **Specific children and disability ranges available** – Inclusive and safe for all ages & abilities
- **We conduct external quality control checks, testing our equipment to 300,000 user cycles** – Quality assured
- **All equipment conforms to safety standards EN1176 & EN16630** – Safe.



Each public installation includes a facility sign, providing full safety instructions

Fresh Air Fitness The outdoor gym specialists



DOUBLE CROSS COUNTRY SKIER

Why choose us?

Here at Fresh Air Fitness we are passionate about improving the health and fitness of the UK safely. We work tirelessly to ensure that every installation meets the needs of both the customer and the end user. We'll be there every step of the way. From initial enquiry, through design to installation, we ensure that you are informed, advised and that your gym meets your needs.

World class quality and standards

- **High quality** Akzo Nobel Interpon powder coating system.
- Tested to **300,000 user cycles** with **400kg** loading.
- **High quality** stainless steel **tamper proof fixings**.
- Japanese steel bearings.
- **Internal limiters** for smooth movement, no **bump stops or crush points**.
- Metal foot-plates with **impact attenuating bumpers** on leading edges.
- The **modular fixing system** means the equipment can be moved or replaced easily.
- **Strong steel tube construction**, coated with solvent free zinc rich primer and thermoplastic powder coating.
- **Internal 'resister' bearings** for increased exercise value.
- **Attractive colours** that blend in well to the environment.

Sectors we work with

- **Councils** – Parks / Recreation areas / Community areas / Trim trails
- **Education** – Schools / Colleges / Universities / SEN School
- **Health** – Hospitals / Mental Health Trusts
- **Housing Associations** – Urban Regeneration / active ageing
- **Care Homes**
- **Hotels / Cruise ships / Spas**
- **Holiday parks / Military bases / Prisons**
- **Motorway services**
- **Business parks / Commercial centres**

Warranty



Main Structural parts come with a 25 year warranty. We also provide 5 years warranty on paintwork, 2 years on bearings and 1 year on accessories.

Awards and accreditations



Standards we comply with



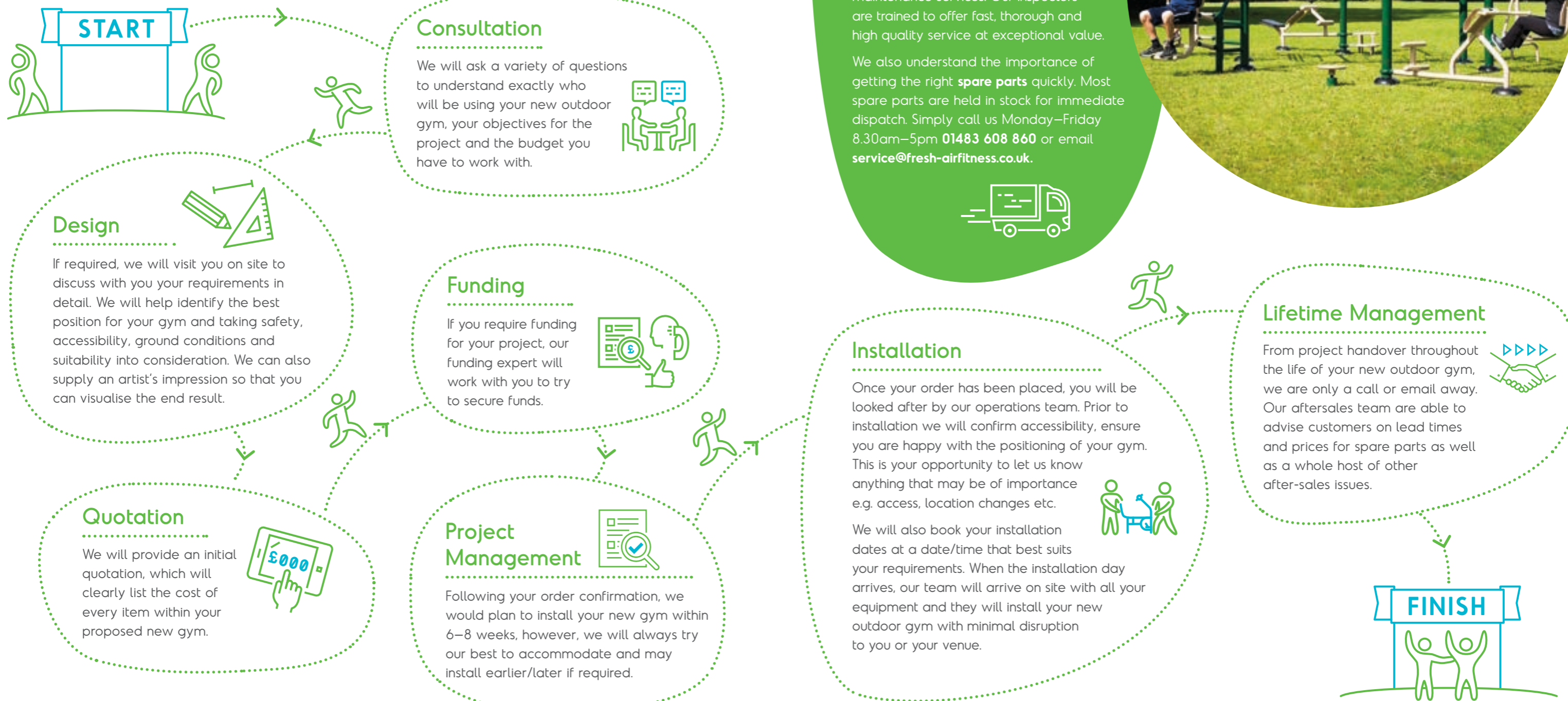
RECREATION AREA



NEW! BIG RIG

How we work

With more than 1500 installations to date across the UK, we can be trusted to deliver. We always aim to beat expectations with an efficient, friendly service and, of course, exceptional equipment. We'll be with you every step of the way.



START

Consultation

We will ask a variety of questions to understand exactly who will be using your new outdoor gym, your objectives for the project and the budget you have to work with.

Design

If required, we will visit you on site to discuss with you your requirements in detail. We will help identify the best position for your gym and taking safety, accessibility, ground conditions and suitability into consideration. We can also supply an artist's impression so that you can visualise the end result.

Funding

If you require funding for your project, our funding expert will work with you to try to secure funds.

Quotation

We will provide an initial quotation, which will clearly list the cost of every item within your proposed new gym.

Project Management

Following your order confirmation, we would plan to install your new gym within 6–8 weeks, however, we will always try our best to accommodate and may install earlier/later if required.

Good to know

Regular inspections and planned maintenance will extend the life of your outdoor gym and surfacing as well as reduce the likelihood of accidents occurring. We supply **maintenance packs** with all installations, providing step by step guides on how to maintain your gym.

Alternatively we offer **Maintenance Contracts**, that provide a full range of professional inspection and maintenance services. Our inspectors are trained to offer fast, thorough and high quality service at exceptional value.

We also understand the importance of getting the right **spare parts** quickly. Most spare parts are held in stock for immediate dispatch. Simply call us Monday–Friday 8.30am–5pm **01483 608 860** or email service@fresh-airfitness.co.uk.

Lifetime Management

From project handover throughout the life of your new outdoor gym, we are only a call or email away. Our aftersales team are able to advise customers on lead times and prices for spare parts as well as a whole host of other after-sales issues.

FINISH



AIR SKIER



By swinging both legs together from side to side the Air Skier strengthens and develops the lower abdomen hips and thighs, improves balance and co-ordination through "core" activation. Excellent warm-up and work-out for all, but also can provide gentle exercise for fitness beginners. Very popular and good fun.

1190 x 826 x 1381mm

AIR WALKER



This universally popular apparatus provides excellent cardiovascular exercise while developing the leg muscles. Allows a full range of movement in the hip joint improving flexibility and strength, without any impact or stress to joints and back. Suitable for all ages and especially for those for whom jogging and power walking are not suitable.

1285 x 630 x 1158mm

DOUBLE AIR WALKER



Our hugely popular Double Air Walker is suitable for all abilities, beginners to advanced. It's easy to use and a huge amount of fun. One or two people can use the equipment at a time. Users can set their own pace, choosing a wide walk, stretching legs and developing flexibility in the hip joints or a shorter faster pace to build cardio strength.

2285 x 630 x 1158mm

ARM AND PEDAL BIKE



A cycling and upper arm exercise rolled into one. Improves balance and co-ordination while providing a full body workout.

1312 x 480 x 1408

DISABLED ARM & PEDAL BIKE



The Disabled Arm & Pedal Bike is suitable for wheelchair users. The clever design enables the user to position their chair in front of the frame and use the equipment whilst seated. A simple yet effective low impact exercise. The pedals develop strength and tone in the arms and legs while improving co-ordination, cardiovascular strength and core stability.

898 x 486 x 1306mm

DOUBLE CROSS COUNTRY SKIER



The Double Cross Country Skier has been especially designed to provide a full body workout. Just like a cross country skiing, users stand on the foot plates, moving legs forwards and back while using their arms to drive the handles forwards and back. Users can work individually or in pairs for some synchronised skiing!

1965 x 620 x 1562mm

DOUBLE CROSS COUNTRY SKIER





ELLIPTICAL CROSS TRAINER



Suitable for all abilities, our Elliptical Cross Trainer gets the whole body moving, providing an excellent cardiovascular workout. Easy-to-use, it is designed so that users can set their own pace and choose between forward or reverse motion to work different muscles.

1464 x 637 x 1541mm



ELLIPTICAL CROSS TRAINER

DOUBLE ROWER



Much like a rowing boat, the Double Rower has been especially designed to provide a total body workout. Sitting in the chair, clasping the handles, users pull back with the arms, extending the body before using the core, legs and arms to pull the body back to a starting position.

2738 x 962 x 1154mm



DOUBLE ROWER

Cardio



SELF WEIGHTED ROWER



TWIST & STEP

SELF WEIGHTED ROWER



Much like a rowing boat, the Self Weighted Rower has been especially designed to provide a total body workout. Sitting in the chair, clasping the handles, users pull back with the arms, extending the body before using the core, legs and arms to pull the body back to a starting position. Improving flexibility, core strength and cardio fitness. Suitable for all abilities, users simply set their own pace.

1397 x 962 x 1098mm

TWIST & STEP



Our Twist & Step provides two pieces of equipment in one and has been specially designed for adults to improve flexibility, core strength and cardio fitness. The twist element encourages hip twisting exercises, improving flexibility and core strength, whilst the stepper element provides a cardiovascular workout while strengthening the leg muscles and buttocks.

1842 x 647 x 1636mm

TABLE TENNIS TABLE



Suitable for children, teenagers and adults, our Table Tennis Table provides a huge number of physical benefits. Improving hand-eye coordination, physical agility, stimulating mental alertness and concentration. Playing burns energy, provides an excellent cardio workout and is fantastic for social interaction.

2740 x 1832 x 913mm

Strength

CHIN UP BARS



This double height Chin Up Bar offers a functional training frame for a variety of exercises. Users can perform overhand pull-ups, underhand pull-ups, chin-ups and hanging leg raises. A strenuous workout for strengthening and building muscles in arms, back and shoulders.

2965 x 168 x 2303mm

PARALLEL GYM BARS



Our Parallel Gym Bars provide users with a range of functional/ Callisthenic training possibilities. Build upper body strength with push-ups, pull-ups, dips and v sits for beginners. For the advanced gymnasts elevated lifts, handstands, walking along the top of the bar will provide a more challenging workout.

2490 x 941 x 1450mm

SIT UP BENCH



Specially designed to provide safe, yet intense core workout, our Sit Up Bench is suitable for all abilities from beginners upwards. Perfect for back extensions, crunches or twists, the benches allow users to work the length of their abdominal muscles and back. The frame can also be used for triceps dips, incline and decline press-ups to further build upper body strength.

1645 x 690 x 670mm

DOUBLE SIT UP BENCHES



Specially designed to provide safe, yet intense core workout, our Double Sit Up Benches are suitable for all abilities from beginners upwards. Perfect for back extensions, crunches or twists, the benches allow users to work the length of their abdominal muscles. The frame can also be used for triceps dips, incline and decline press-ups to further build upper body strength.

1645 x 1590 x 682mm



CHIN UP BARS

Strength

BIG RIG

After years of development, we are proud to announce that the Big Rig has finally arrived. Developed for functional training, the rig offers multiple body weight training opportunities.

But there's more! The unique workout stations positioned around the edge of the rig, provides everyone with the opportunity to build strength, stretch and tone even if they are completely new to fitness.

Set within an area of 42m² and suitable for 15+ users at once, it's the perfect solution for communities, sports teams and clubs to work out together irrespective of fitness levels.

7391 x 5871 x 2743mm

- 1 Chest Press
- 2 Sit up bench
- 3 Step up
- 4 Leg lift
- 5 Multi use frame
- 6 Leg press
- 7 Pull up bar
- 8 Pull down challenger
- 9 Hip twister
- 10 Ninja rings
- 11 Static monkey bars
- 12 Horizontal ladder
- 13 Flying pull up bar
- 14 Pull up station
- 15 Vertical ladder
- 16 Dorsal Raise station



BIG RIG

COMBI PULL DOWN & CHEST PRESS



This strength building piece of equipment has been designed to offer the benefits of a chest press and a pull down challenger on one frame. Known as the Combi, the back to back seats allow two people to workout at once. Working the chest, shoulder and arms muscles on one side, while working the lats and arms on the other.

2584 x 1098 x 1955mm

PULL DOWN CHALLENGER



Easy to use and suitable for all abilities, our Pull Down Challenger has been designed to strengthen and tone the shoulder and back muscles. Users can use the various handles to perform neutral and lateral pull downs or face forwards, a reverse pull down will work more of the back muscles.

2266 x 1098 x 1980mm

SEATED CHESS PRESS



This strength building piece of equipment allows two users to perform chest presses at the same time. The unique design of the Seated Chest Press means that once seated, the user creates their own resistance via their body weight. This provides a strenuous workout for the chest, shoulder and arm muscles.

2586 x 750 x 1980mm

PUSH UP AND DIP



This simple frame has been specially designed for functional training. Easy to use and suitable for all abilities, users select the bar height that is right for them and perform numerous exercises including push-ups, dips, knee raises, v lifts and much more. Providing a strenuous workout for the upper body.

1662 x 645 x 1458mm

DISABLED COMBO



The Disabled Combo has been developed for people in wheelchairs. Its clever design enables the user to position their chair under the frame for a dual upper body workout. Comprising of a chest press on one side and a pull down challenger on the other, users can work-out individually or in twos for a more sociable, motivating workout.

2354 x 1098 x 1856mm



PUSH UP AND DIP

Strength

LEG LIFT STATION



Used for strength building, our Leg Lift Station has been designed for users to perform knee raises and leg lifts. Beginners can start with knee raises, building strength and tone in the core and upper thighs, while the more advanced perform leg lifts, a much tougher exercise working the same muscles. The solid frame also has handles positioned at the back of the frame, perfect for neutral and lateral grip pull ups.

1309 x 278 x 2033mm

HORIZONTAL LADDER



Also known as monkey bars, this is a strenuous exercise for arms and shoulders, swinging rung by rung along the ladder. Easy-to-use, users can move at their own pace, building up the number of swings as their strength builds. Users can also perform knee or leg raises hanging from one rung for a strong core workout. A fantastic piece of equipment for body weight or functional training enthusiasts.

3136 x 1187 x 2293mm

SEATED LEG PRESS



Suitable for all abilities from beginners upwards, our Seated Leg Press provides an excellent workout for thighs, hips and buttocks. This simple yet effective piece of equipment is easy-to-use, once seated, users simply push with their legs to move their seat away from the frame.

2375 x 509 x 1900mm

STRENGTH TRAINER



This Strength Trainer has been specially designed to build strength in the upper body. Similar to arm wrestling, users compete with each other to turn their wheel against their opposition. The trainer can also be used singularly as an arm and shoulder stretching exercise.

500 x 454 x 1677mm



LEG LIFT STATION

SEATED LEG PRESS



Flexibility & coordination



LEG STRETCH

BALANCE BEAMS



These versatile Balance Beams come as a set of 3 and offer an array of exercise options. Walking the length of them will build balance and co-ordination skills. Hopping and jumping over them will really get that heart rate up, building cardio strength. They can also be used for incline push-ups, triceps dips and sit ups. A full body workout suitable for beginners to advanced athletes.

3051 x 1880 x 314mm

LEG STRETCH



Specially designed for adults to warm up and warm down before and after a workout, this multi-functional piece of equipment plays an important role in an outdoor gym. With 3 levels, users can select the best height for stretching leg muscles. Our Leg Stretch can also be used for push-ups and dips mid-workout.

900 x 785 x 1100mm

BIG SHOULDER WHEEL



The Big Shoulder Wheel has been especially designed to improve flexibility, range of movement and to improve circulation to the shoulders. Suitable for all abilities, users can set their own pace, gently moving side to side bending at the waist or by using a twisting motion to stretch deep into the shoulder muscle.

931 x 868 x 1834mm

T'AI CHI SPINNERS



Our T'ai Chi Spinners offer a number of benefits, exercising the brain as well as the body. Designed to promote flexibility and co-ordination in wrists, arms and shoulders, they improve circulation and offer a great warm-up. Easy-to-use, the wheels move independently allowing arms to work clockwise or anticlockwise, excellent for mental agility.

1274 x 1058 x 1518mm

Our range of outdoor gym equipment, endorsed by OFSTED, is specifically designed for primary school aged children. Outdoor exercise is proven to enhance fitness and stimulate emotional wellbeing, while working on specific physical benefits including muscle strength, flexibility, balance and co-ordination.

Our gyms promote imaginative play and physical literacy and fitness with fun. Children absolutely love it, not to mention the sense of achievement they have!

We have a wealth of experience working with local authorities, PTAs, governing bodies and teachers to install outdoor gyms in schools across the UK. Safety, quality and long warranties come as standard – as does our full attention and advice throughout.



CHILDREN'S T'AI CHI SPINNERS

CHILDREN'S DOUBLE AIR WALKER



Our most popular piece of equipment, specially designed for children under the age of 11, is the Double Air Walker. Suitable for all abilities from beginners upwards, it is easy-to-use and an enormous amount of fun. This piece really gets the heart racing, and at the same time works all the major muscle groups in the lower part of the body. It can be used by 1 child or by 2 at once.

2285 x 630 x 1000mm

CHILDREN'S T'AI CHI SPINNERS



Much like rubbing their tummy and patting their heads, children can use the spinners in a variety of directions, moving both hands in the same or opposite directions. Easy-to-use, children can set their own speed and motion, working shoulders and arm muscles whilst building the communication between the two sides of the brain, crucial for language development.

1272 x 1058 x 1268mm

CHILDREN'S AIR SKIER



The Air Skier, provides the joy of swinging whilst standing! Specially designed for children under the age of 11, children can set their own pace and position to swing back and forth or side to side. Suitable for all abilities from beginners upwards, the Air Skier is easy-to-use and gives a full body workout.

1153 x 826 x 1068mm

CHILDREN'S SEATED LEG PRESS



Specially designed for children under the age of 11, our seated leg press is suitable for all abilities from beginners upwards. This simple yet effective piece of equipment is easy-to-use. Once seated, children use their legs to push their seat away from the frame working using all their leg muscles. Kids working opposite each other naturally encourages bigger, longer presses!

2375 x 463 x 1900mm

CHILDREN'S ARM AND PEDAL BIKE



Specially designed for children under the age of 11, our arm and pedal bike is suitable for all abilities from beginners upwards. Easy-to-use, it is designed so that children can build their hand-eye co-ordination and balance skills. Cycling with their legs while turning the handles, working arm, leg and core muscles.

1148 x 478 x 1108mm

CHILDREN'S BALANCE BEAMS



Hugely versatile and simple to use, our Balance Beams provide the opportunity for numerous exercises during a PE class or sports day. Not only can children practise balancing along them, they can work individually or in pairs for bunny hops, single leg balance or touch downs to name but a few.

3051 x 1925 x 314mm



CHILDREN'S ARM AND PEDAL BIKE

CHILDREN'S DOUBLE CROSS COUNTRY SKIER



Children can work at their own pace, moving their arms and legs back and forth working a variety of muscle groups. Kids love to work in pairs and together they can master the challenge of co-ordinating both their arms and legs together.

1720 x 546 x 1346mm

CHILDREN'S ELLIPTICAL CROSS TRAINER



Specially designed for children under the age of 11, our cross trainer is suitable for all abilities from beginners upwards. Easy-to-use, it is designed so that children can set their own pace and choose between forward or reverse motion to work different muscles. Kids love mastering the challenge of co-ordinating arms and legs simultaneously!

1464 x 637 x 1436mm

CHILDREN'S HIP TWISTER



Specially designed for up to 3 children to use, under the age of 11, our Children's Hip Twister is suitable for all abilities from beginners upwards. It has been designed to allow children to work in a group, but to twist independently within their own ability. Twisting has never been so much fun!

1601 x 1429 x 1453mm

CHILDREN'S RIDER



One of our most popular pieces of equipment in the children's range, the Rider, is easy-to-use and suitable for all abilities. Similar to a rower, but positioned upright, children use their entire body to move the seat and handles up and down. It has been specially designed for children under the age of 11, children can set their own pace, building cardio strength, stamina and muscular strength.

1416 x 492 x 972mm

CHILDREN'S ELLIPTICAL CROSS TRAINER

FAQs

What are the warranties for your equipment?

Our fitness equipment is robust and built to last with a range of warranties which cover main structural parts, paintwork, bearings and accessories. 25 years on structural parts, 5 years on paintwork, 2 years on bearings, 1 years on accessories.

Can you help us to secure funding for the project?

Yes! We are pleased to be able to offer funding support to community groups, schools and charities, and can provide a dedicated funding expert to help you. They have a wealth of experience in securing fund for all types of organisations.

Which products are best for me?

Our sales team are trained to identify which products would meet the needs of the people using the equipment. We have over 40 different pieces of equipment in our range. For more information, call our sales team to talk through the various options 01483 608860.

How much maintenance does the equipment require?

Our equipment requires very little maintenance. Full instructions are provided to keep the equipment in good condition.

Do you offer a maintenance service?

Yes. We offer a Maintenance Service Agreement. Please speak to one of our team for further information.

Is the equipment suitable for older people?

Yes. We have a wide range of equipment suitable for all ages and abilities. Our equipment is great for users with joint and mobility issues. We have installed outdoor gyms into care/nursing homes and day centres.

Do you have equipment ranges suitable for teenagers?

Yes. We have a range of products suitable for use by children aged 11-18 (Key Stage 3 & 4).

At what age can you use the adult range of equipment?

The adult range can be used from 11 years of age, however, we understand that kids will be kids and therefore all products are safe for children to play on.

Does your equipment come with instructions for users?

Yes. The labelling on Fresh Air Fitness equipment is clear, easy to understand and gives guidance for different ability levels. They have also been designed to help the visually impaired. Each piece of equipment comes with its own label attached offering instructions for safe use.

Does Fresh Air Fitness equipment comply to the latest safety standards?

Yes. All equipment conforms to latest safety standards EN1176 & EN16630.

Does your equipment require any safety surfacing by law?

No. All our equipment falls below the critical fall height requirement for safety surfacing. Because of this, the equipment can be installed into any ground surface providing the area is level.

What kind of ground surface can the equipment be installed into?

Our equipment can be fixed into nearly any surface including grass, concrete and tarmac.

What surfacing is applied to the area around the equipment?

The area around the equipment can be finished with grass wear mats (tiles) when installed into grass. Other surfacing solutions that are used include rubber crumb (wet-pour), shredded rubber mulch, or tarmac. Wet-pour and rubber mulch can be used when equipment is installed into grass or tarmac.



Technical Information

Labelling

Often over-looked but vitally important to maintain safety standards and overall enjoyment of the equipment. The labelling on Fresh Air Fitness equipment is clear, easy to understand and gives guidance for different ability levels. They have also been designed to help the visually impaired. Each piece of equipment comes with its own label attached offering instructions for safe use.

Product Labelling

Each piece of equipment comes with a specific user guide label, including an illustration, instructions for use and workout suggestion. These labels are attached to the product along with a general safety label. Our labels are etched with white writing to aid the visually impaired.

Facilities Sign

All supply & installation projects located in public spaces are supplied with a standard facilities sign, free of charge. The information on this sign is required by law in public spaces.

Guarantee

Fresh Air Fitness equipment comes with a 25 year guarantee on structural parts, a 5-year guarantee on paint and finishes and a 2-year guarantee on bearings and moving parts. Plastic parts and accessories are covered for one year.



Testing

Produced under ISO9001 for quality standards and management and ISO14001 for environmental protection.



- ✓ Our equipment is made from strong 3mm steel tubing assembled using the latest production techniques such as robot welders and an automated paint coating production line, which is the final stage of our corrosion protection system.
- ✓ All parts are tested on our multi-function machine, testing tensile strength and pressure, to a maximum force of 100kN.
- ✓ All metal parts are tested in our salt spray machine that uses a 5% NaCl solution or NSS in accordance to ISO9227 for 3000 hours (car manufacturers test vehicles to 1000 hours).
- ✓ All plastic and rubber parts are tested for resilience to Ultra Violet, humidity and extreme temperature degradation for 3000 hours in specialised testing chambers. The test range is 20-98% humidity and -30° to 60°C.
- ✓ Our equipment is tested through 300,000 cycles using a 400kg weight (100kg over the European standard and 10 times as many cycles as the European standard). This is monitored 24 hours a day by an external testing company throughout testing.
- ✓ The equipment is also tested using a drop tester. A 150kg weight is repeatedly dropped from a height of 1m with degradation recorded.
- ✓ Static load testing of 500kg is used to test structural integrity and the test lasts for 3000 hours.





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