

KOMPAN FITNESS INSTITUTE 2025

FitBLOCK Activity Guide

Activities, inspiration, workouts and more...
FitBLOCK by KOMPAN

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Let's move



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What is FitBLOCK

FitBLOCK is designed to provide versatile exercise opportunities for all users. The beauty of this system is that everyone—athletes, seniors, and wheelchair users—can work out together in the same space. FitBLOCK is built with universal design in mind, offering essential exercise options such as strength training, cardio, and stretching.

While individual workouts are great, exercising with a friend or in a group can be even more enjoyable. This activity guide provides inspiration and guidance for personal workouts and instructor-led sessions.

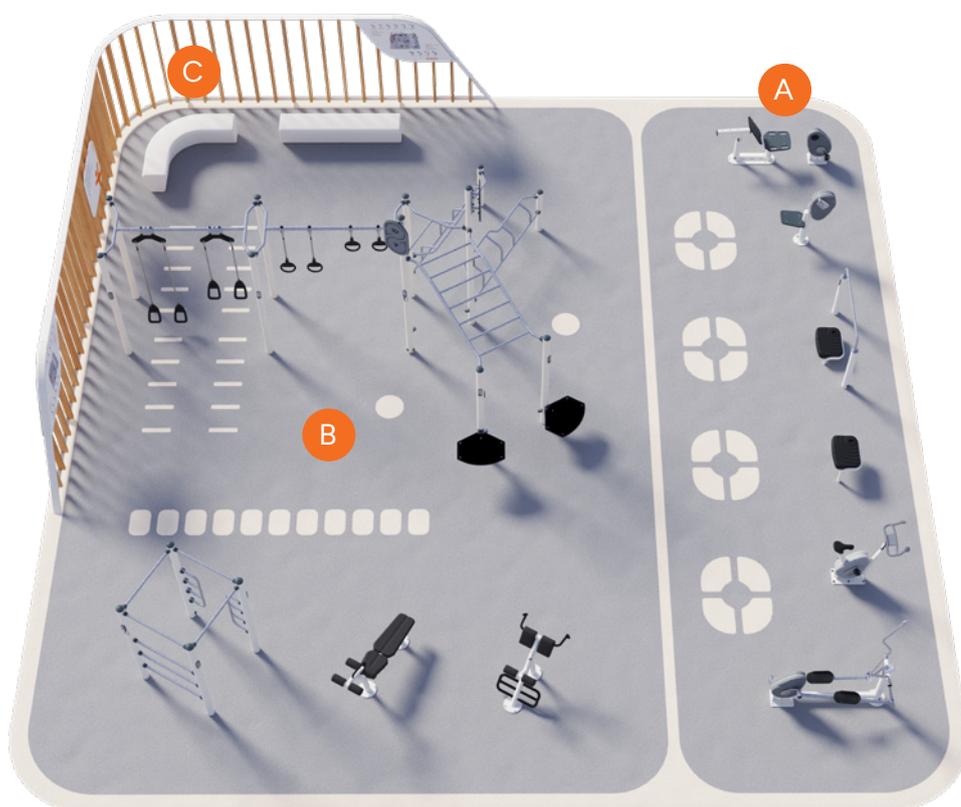


Description of the FitBLOCK Site

A. Cardio Section The front area features dedicated cardio equipment, including a bike, cross trainer, recumbent bike, and arm bike. Each has adjustable resistance from levels 1 to 10, ensuring accessibility for all fitness levels, from beginners to elite athletes. The Assisted Step is ideal for beginners and seniors due to its low step and supportive rail, but also suitable for advanced users who can perform dynamic step variations.

B. Strength Section A large strength training area offers exercises for all muscle groups. Stations include abdominal and lower back trainers, step platforms, high and low pull-up bars, and universal parallel bars, which are particularly useful for wheelchair users. The stations cater to all fitness levels, providing easier or more challenging variations of each exercise.

C. Social Corner A designated space for rest and social interaction before and after workouts.



Beginner Workout



This workout can be done by anyone. Start with warming up on the bike and then continue with the 5 approachable exercises. The goal is to do 2 sets of 10 repetitions for each exercise. Total workout time is about 20 minutes.

INSTRUCTIONS

1. Warm up on the bike (6 min)
2. Lower back extensions (2 x 10)
3. Sit-ups (2 x 10)
4. Incline push-ups (2 x 10)
5. Incline pull-ups (2 x 10)
6. Side steps (2 x 10)

TIP: Exercises for your legs and core can be made easier by adding extra support with your hands.

Standard Workout



This is a simple and efficient workout that targets most major muscle groups of the body. It starts with a cardio block and then continues with 5 basic movements for all large muscle groups. The goal is to do 2 sets of 12 repetitions for each muscle group. Keep pauses between sets as short as possible. Total time will be less than 30 minutes.

INSTRUCTIONS

1. **Cross trainer (12 min)**
2. **Lower back (3 x 12)**
3. **Sit-ups (3 x 12)**
4. **Chest press (3 x 12)**
5. **Rings pull-ups (3 x 12)**
6. **Side steps (3 x 12)**

TIP: Alternate between two exercises to maximize efficiency.

Wheelchair-accessible Workout



Designed to ensure an effective workout for wheelchair users. Exercises can be modified based on individual ability levels.

INSTRUCTIONS

1. **Arm bike (6 min)**
2. **Dips (3 x 6)**
3. **Ring pull-ups (3 x 6)**
4. **Reverse flyes (3 x 6)**

TIP: If full movement isn't possible, focus on activating the muscles.

Older Adult Workout



The older you get, the more important it gets to strengthen your muscles. This workout focuses on arms, back and legs. The exercises are chosen to be friendly for all ages to do despite having limited balance, strength and mobility.

INSTRUCTIONS

1. **Recumbent bike (6 min)**
2. **Assisted reverse lunges (3 x 10)**
3. **Lower back (3 x 10)**
4. **Incline push-ups (3 x 10)**
5. **Decline pull-ups (3 x 10)**
6. **Ring-assisted squats (3 x 10)**

TIP: If you need to, you can reduce movement range to make exercises easier.



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2

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12

Circuit Training

The easiest way to engage a small or large group of people is to do circuit training. The concept is easily understood and allows everyone to exercise at just their fitness level. The instructions below tell you how to activate 12 or 24 people using the same layout of exercises. See it as an example that can be adapted to any number of persons.

INSTRUCTIONS FOR 12 PEOPLE

- **Assign one person per station**
- **Set a timer to beep every minute**
- **At every beep, everybody rotates to the next station**
- **Complete two full circles (24 minutes)**

INSTRUCTIONS FOR 24 PEOPLE

- **Two persons at each station (one active, one resting)**
- **Set a timer to beep every 30 seconds**
- **At every second beep, the pair moves to next station**
- **Complete two full circles (24 minutes)**

EXERCISES

1. **Cross trainer**
2. **Bike**
3. **Assisted steps**
4. **Arm bike**
5. **Dips**
6. **Ring assist pistols**
7. **Incline pull-ups**
8. **Knee lift**
9. **Step-ups**
10. **Incline push-ups**
11. **Sit-ups**
12. **Lower back**

TIPS

- Place printed numbers on the ground to make it easier to follow the circuit.
- You can easily adapt these instructions to any number of persons, simply by changing the number of exercise stations.
- The above workout is an example. You can use any combination of exercises depending on who the users are.

EMOM Workout



The acronym EMOM stand for “Every Minute On the Minute” which simply means that you do as many repetitions as you can within one minute and then move on to the next exercise.

INSTRUCTIONS

1. **Incline push-ups (1 min)**
2. **Pull-ups (1 min)**
3. **Box jumps (1 min)**
4. **Repeat above sequence 4 times for a total of 12 min exercise.**
5. **Do as many repetitions as possible within each 1-minute block.**

TIP: You can replace the three exercises with other exercises to create new workouts based on this concept.

7-minute Workout



This concept is quite simple. Just do 7 different exercises for one minute each. The one minute includes the time it takes to go from one exercise to the next.

INSTRUCTIONS

1. **Jumping jacks on the spot (1 min)**
2. **Assisted reverse lunges (1 min)**
3. **Incline push-ups (1 min)**
4. **Ring assisted squats (1 min)**
5. **Incline pull-up (1 min)**
6. **Speed stepping back and forth on the Speed Ladder (1 min)**
7. **High knees on the spot (1 min)**



Other Activities

Follow the Leader



This is based on a classic child's game. The front person in a row decides an activity and all other persons must mimic that activity. Then, it is the next person's turn. The game facilitates inclusion as everybody gets a chance to be leader. To avoid exclusion, you can set the rule "any activity must be doable for everyone."

INSTRUCTIONS

1. Place people in small groups (2-5 persons) around the site.
2. The first person in a group "invents" an exercise, and the group follows.
3. Then the next person chooses an exercise.
4. This continues until the time allocated has run out.

Roll the Dice



An easy way to gamify exercise. It is totally up to the dice whether the workout will be rational or chaotic, easy or hard.

INSTRUCTIONS

1. Choose 6 different exercises and mark them with a number.
2. Put 1-6 dices on the ground.
3. Each person rolls a dice twice. First roll tells what exercise to do. Second role determines the number reps (multiply with two).
4. Continue until the allocated workout time ends.
5. Can be done as individuals but working in pairs can be more fun.

The 300 Challenge



This exercise concept gained traction in the CrossFit world after the film "300." The story is that the actors in the movie, who were all extremely fit, had to do the 300-challenge on a regular basis. The original 300-challenge was very hard, but the concept can easily be scaled to fit all types of persons. It is just a matter of what exercises you choose. The concept is simple; you must do enough repetitions in several exercises to reach the total of 300 repetitions completed.

INSTRUCTIONS

1. 25 pull-ups
2. 50 push-ups
3. 50 box jumps
4. 50 sit-ups
5. 50 decline pull-ups
6. 50 knee lifts
7. 25 pull-ups

TIP: You don't have to do any of the sets in one go. Pull-ups for instance can be done as 10, 8 and 7 reps. You can take as many breaks as you need, but you must stay with one exercise until it is completed.



Ten Small Challenges

- 1 Hang by your arms for 30 seconds.
- 2 Hang by your arms – two persons or a small group. Who can stay hanging for the longest?
- 3 Do one good stretch for each of the major muscle groups: forearms, chest, upper back, abs, lower back, legs front, and legs back.
- 4 Wall Ball – Two people compete to first hit the target 10 times. This can also be done as an individual test by timing 10 target hits.
- 5 Number of Pull-ups. Count how many pull-ups you can do in good form.
- 6 Number of air squats. Touch the 16-inch platform with your glutes. Count how many you can do in 30 seconds.
- 7 Technique practice - With a partner try out the different exercises with focus on technique while looking at the videos in the KOMPAN Fitness App.
- 8 Get your feet higher than your head in three different ways.
- 9 Number of sit-ups in good form. From flat to elbows touching knees.
- 10 Complete one minute on level 10 on any of the cardio machines.

Professional Guidance for FitBLOCK Instruction

Community accessibility and safety

- When conducting FitBLOCK sessions in parks or other public spaces, please be mindful of shared usage. Ensure adequate space is provided for other individuals who may wish to utilize the equipment simultaneously, promoting inclusive access to outdoor fitness.
- Always prioritize the safety of yourself and your clients. Adherence to rigorous safety protocols is paramount during all training activities.

Ideas for individual instruction

- Personal instruction is a great way to get other people started.
- Instructors should thoroughly familiarize themselves with all workouts and equipment. This includes personally performing each workout to gain a comprehensive understanding of equipment functionality.
- Where applicable, conduct trial sessions with existing clients to evaluate the provided KOMPAN workouts.
- To begin, simply introduce one of the workouts from this guide.
- Explain how exercises can be adjusted and what level of exertion the workout should be.
- Conclude each session with a demonstration of the KOMPAN Fitness App.

Ideas for small group instruction

- Giving personal training instructions in small groups has several advantages. It is more time efficient and adds a fun social element.
- Try to get 2-4 people together that have the same fitness level.
- For small group workouts you can use almost all the workouts and activities described in this guide.
- If you create your own workout (which we encourage), test it beforehand to ensure smooth flow.

Ideas for large group instruction

- Any form of circuit training is easy to set up and execute. The 12/24-person circuit training example can be scaled for different group sizes. Modify the number of stations or the duration at each station as needed.

- Station variety: When setting up circuit training, we encourage you to utilize the “overview of all 28 activity spots” to create diverse stations targeting different muscle groups and fitness components (cardio, strength, and flexibility).
- Be creative in creating new exercise stations. For instance, you can have an exercise that is “touch the floor – touch the top” or running from side to side.
- Adapted EMOM workouts can also work well.
- Structure your class into three segments: beginning (warm-up), middle, and end.
- Incorporate ideas from “Other Activities” (e.g., Follow the Leader, Roll the Dice, the 300 Challenge, or Ten Small Challenges) into the middle segment to add variety and engagement.

Ideas for event creation

- Set up an event where people can come and experience the FitBLOCK without having to train.
- Make sure that there is a few FitBLOCK trainers at the event, so that everyone can get their questions answered.
- Set up a demo workout so people can see live how it works.
- Invite demo persons with different skill levels; athletes, people using a wheelchair, seniors, blind persons etc. to illustrate live that everyone can get a good and safe workout.
- Consider hosting regular events (monthly or seasonally) to build community engagement and provide ongoing opportunities for people to learn about and use the FitBLOCK.
- Conduct dedicated ‘FitBLOCK Introduction’ workshops to familiarize participants with the equipment and fundamental exercises. These workshops will serve as an ideal platform for fitness trainers to connect with prospective clients seeking expert FitBLOCK guidance.
- Organize themed events around specific fitness goals or holidays (e.g., a “Summer Fitness Kick-off,” a “Fall Fitness Challenge,” a “New Year, New You” event).
- Partner with local businesses or community organizations to co-host events and reach a wider audience.
- Promote events through local flyers, social media, and community newsletters to maximize attendance.
- Conduct a thorough ‘dry run’ of each event plan to ensure seamless execution and identify potential logistical challenges
- Always do your due diligence and check with the rules and regulations of your specific community to ensure you are working within local ordinances.

Collaborative Innovation:

We value and encourage creative input from our certified instructors. If you possess innovative ideas for FitBLOCK utilization or wish to contribute workout routines, we welcome your collaboration. Please do not hesitate to share your insights with us.

Overview of All Activities

Overview of all 28 activity spots



- | | | |
|-----------------------|-----------------------------|---|
| 1. Recumbent Bike (O) | 11. Lower Back (O, W) | 19-20. Platforms 16 and 24 inches (O) |
| 2. Arm Bike (O, W) | 12. Abdominal Bench | 21-22. Overhead Ladder |
| 3. Assisted Step (O) | 13. Low Pull-up bar (O) | 23-24. Rings High and Low (O, W) |
| 4. Step 16 inch | 14. Stretch Ladder (O) | 25-26. Suspension Trainer High and Low (O, W) |
| 5. Bike (O) | 15. Low Pull-up bar (O) | 27. Speed Ladder (O) |
| 6. Cross Trainer (O) | 16. Incline Push-up (O, W) | 28. Universal Parallel Bars (O, W) |
| 7-10. Step Patterns | 17-18. Wall Ball Target (W) | |

O = Great for older adults

W = Great for wheelchair access



Scan the QR code to see videos of all the exercises





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