

FitBLOCK

Building Happier & Healthier Communities
- One Block at a Time



Let's move

KOMPAN[®]

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What is FitBLOCK

KOMPAN FitBLOCK is an all-in-one, plug-and-play outdoor fitness solution made for every body. It is easy to use and built for real, full-body workouts for all abilities and all fitness levels.

The FitBLOCK universal design brings athletes, seniors, wheelchair users and beginners together to work out in the same space - without complicated equipment, dependency on opening hours or gym membership required.

From strength and cardio training to stretching and recovery, FitBLOCK covers every essential workout in one high-capacity and easy-to-use platform.

Accommodating up to 40 users in the 41'5" x 41'5" area, FitBLOCK offers a variety of training

options for individuals and groups supported by thorough training guides and the KOMPAN Fitness app.

The FitBLOCK solution is ASTM compliant.

Whether in a park or on a trail, in an urban development, or on a school campus, FitBLOCK is building happier and healthier communities - one block at a time.

Why choose FitBLOCK

Helps improve public health

FitBLOCK addresses inactivity and promotes healthier lifestyles across all demographics.

Enhances public spaces and strengthens communities

FitBLOCK helps create attractive and highly utilized areas as well as fosters social interaction and civic pride.

Easy-to-use and effective for every body

FitBLOCK is designed as real fitness equipment for people of all abilities, and for all fitness levels, to provide full-body workouts. It empowers everyone to move, train and grow stronger with confidence.

Athletes, seniors, and wheelchair users can all work out together in the same space.

High capacity and training support available

FitBLOCK accommodates up to 40 users at the same time, making it ideal for both individual workouts and group classes.

An easy-to-use FitBLOCK Activity Guide is available together with Professional Guidance for FitBLOCK Instructors.

Engineered by experts, safe and compliant

FitBLOCK is created in collaboration with fitness specialists, designers and engineers to deliver lasting performance and safety. It installs easily and quickly and requires little to no maintenance. Furthermore, FitBLOCK comes with the best warranties in the industry.





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FitBLOCK Site Configuration

The KOMPAN FitBLOCK site consists of three base areas:

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

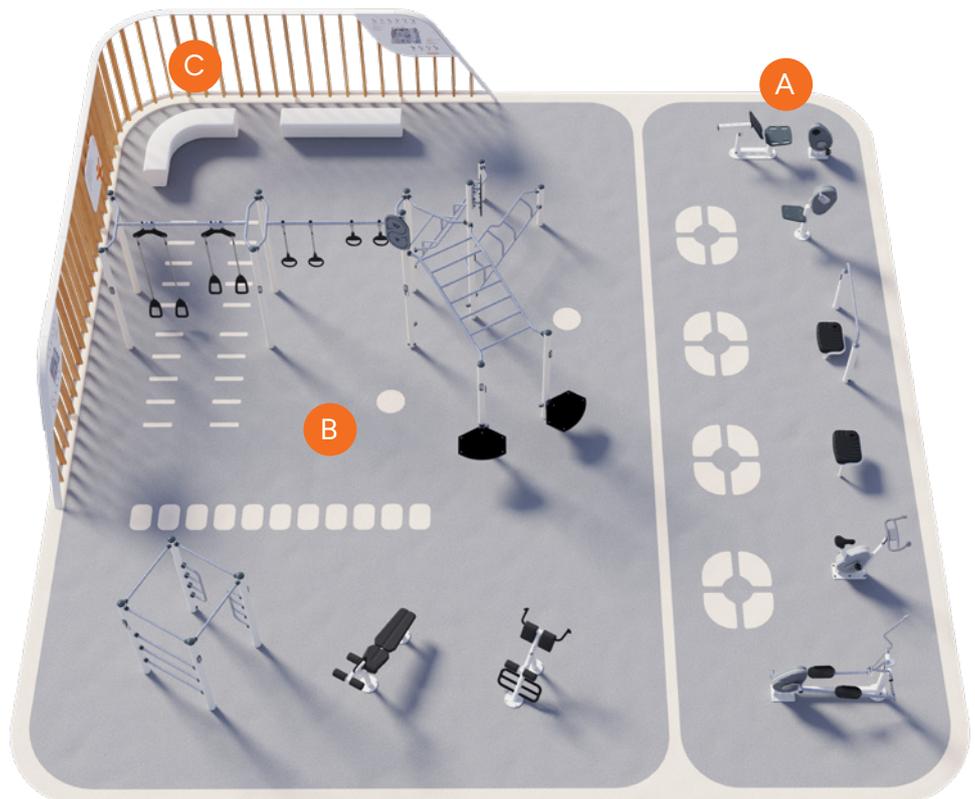
bars, and universal parallel bars, which are particularly useful for wheelchair users. The stations cater to all fitness levels, providing easier or more challenging variations of each exercise.

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

The FitBLOCK wall surrounding the corner of the site, has inside signage with training guides, while the outside signage can be used for promotional purposes.



Scan the QR code to see videos of all exercises.



FitBLOCK Equipment

A Cardio Section



FSW241
Recumbent Bike



FSW240
Arm Bike



FSW239
Cross Trainer



FSW222
Assisted Step



FAZ30200
Step, 16 in



FSW246
Bike

B Strength Section



FAZ606
Sit Up Bench Pro



FAZ607
Lower Back Bench Pro



FSW223
Stretch Station



FSW254
Super Combi 4

C Social Corner & Signage with Training Guides

TPP29530 LOOP Line

TPP29520 LOOP Corner

FSP801 FitBLOCK Wall

FitBLOCK Training Opportunities & Tools

The KOMPAN FitBLOCK site offers a comprehensive range of training opportunities to enhance any fitness journey. Everybody can enjoy full-body workout experiences that are both inclusive and engaging. To further support great workout sessions, for individuals, small groups or large groups, KOMPAN provides the following Training Support Tools:

1. The KOMPAN Fitness App

The KOMPAN Fitness app adds an extra layer to the FitBLOCK site, and can work as the ultimate digital workout companion, designed to elevate the outdoor fitness experience. It offers site-specific exercises, detailed video demonstrations, and personalized workout plans tailored to the individual's fitness level. Whether a beginner or an advanced athlete, the app helps the user stay motivated and tracks exercise progress.

With the KOMPAN Fitness app, a variety of workouts can be accessed, and training goals can be achieved more effectively. The KOMPAN Fitness App can be downloaded instantly and helps take the first step towards a healthier and more active lifestyle using the KOMPAN FitBLOCK site.





2. The FitBLOCK Activity Guide

For all users: The FitBLOCK Activity Guide provides detailed instructions for individual workouts at all levels. You can find workouts for beginners, seniors, athletes, and more. All workouts are designed to be effective, safe, and very easy to follow. The guide also includes instructions for group workouts for both small and large groups, featuring alternative challenges that make training fun and motivating.

For instructors: The FitBLOCK Activity Guide also offers guidance and support for professional instructors, providing inspiration and clear directions on how to conduct personalized training, group workouts, and events. With this guide, instructors can immediately start delivering personalized training sessions for individuals or groups.



Accessibility & Inclusivity

**Everyone can access and everybody
can work out together**

FitBLOCK is built with universal design in mind, offering essential exercise options in a way that everyone – from beginners to athletes, seniors, and wheelchair users – can work out together in the same space.

The FitBLOCK surfacing provides wheelchair access and the equipment is configured so the different stations cater to all fitness levels and abilities, providing both easier and more challenging variations of each exercise.



Installation & Support

We'll Guide You Every Step of the Way

From pre-installation to grand opening and beyond, we're not just a provider — we're your full-service partner.

1.

Pre-install Site Visit

We begin with a site visit to assess the area and prepare for the FitBLOCK installation, ensuring access for trucks and cranes, clearing old surfacing or equipment and mapping out underground utilities. We also address roots, trees or plants that could interfere with installation.



2.

Installation

Our professional installation team handles the FitBLOCK assembly and setup of equipment and any other site elements. All equipment is installed by trained experts who follow local regulations and KOMPAN's strict guidelines to guarantee a secure setup.



3.

Post-install Check

After installation we conduct a walkthrough to verify everything is correctly installed and ready for use. While this isn't an inspection, we check that equipment meets safety standards and provide guidance on maintenance to keep your FitBLOCK site in top condition.



4.

After-sales Support

Once FitBLOCK is ready for your community to enjoy, it's time for activations and a regular maintenance routine. Our local KOMPAN team members will work with you to activate your site and keep it maintained, including warranty and spare part support.



Bring FitBLOCK to Your Community

Thank you for taking the time to explore the KOMPAN FitBLOCK – our all-in-one, plug-and-play outdoor fitness solution made for every body.

Whether you're planning for a park, school or urban space, FitBLOCK is designed to empower users to move, train, socialize and grow stronger together.

If you'd like to learn more about how FitBLOCK can transform your space, our team is here to help. Contact us or visit our website to get started – and let's build happier and healthier communities, one block at a time.





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