

HAGS[®]



SPORT & FITNESS



**FITTER, HEALTHIER
HAPPIER.**



Contents

SPORT	Page 6
ARENA GOAL END	Page 8
ARENA SKILLS	Page 10
ARENA STREETBALL	Page 12
ARENA MULTI-SPORT	Page 14
ARENA CUSTOM	Page 24
MEETING POINTS	Page 28
SPORT ACCESSORIES	Page 29
FITNESS	Page 32
FITNESS PACKAGES	Page 39
CARDIO	Page 42
STRENGTH	Page 48
PROFESSIONAL SPORT POINT	Page 54
BALANCE	Page 56
FLEXIBILITY	Page 58
MULTI-GYM	Page 62
CROSS TRAINING	Page 68
STREET WORKOUT	Page 70

HAGS Icon Guide



Usage Area



Free Height
of Fall



Age Guideline



No. of
Users



Assembly Time



Space Needed



Accessible

Anchoring:

S Sunken Foundation

IF On Installation Frame

CC Cast in Place

OF Own Floor

OM Above Ground

For more details please visit hags.com

* Imagery correct at time of print





The importance of movement

If exercise came in tablet form, we would only be too eager to take our keep-fit medicine. Movement is medicine! Even small doses extend longevity and can prevent and treat diseases.

Did you know...

One in four adults worldwide do not meet the World Health Organisation (WHO) recommendations on physical activity.

“Adults should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week.” - WHO



**FOR THE LOVE
OF THE GAME**



ARENA

ARENA is our expertly designed multi-use games area (MUGA) with a stadium like feel, providing people with an exciting and professional space where a number of games can be played, including football, basketball, hockey, tennis and volleyball.

We have several standard ARENA configurations, however as our MUGA is a modular system, we can design it to suit your budget and recreational space. For peace of mind our ARENA's are TUV certified to EN 15312.



m²
62
18

Philadelphia

8019760 Blue 3m goal end
3,7 x 4,1



m²
62
18

Riverplate

8035953 Blue 3m goal end
3,1 x 2,4



m²
86
21

Indiana

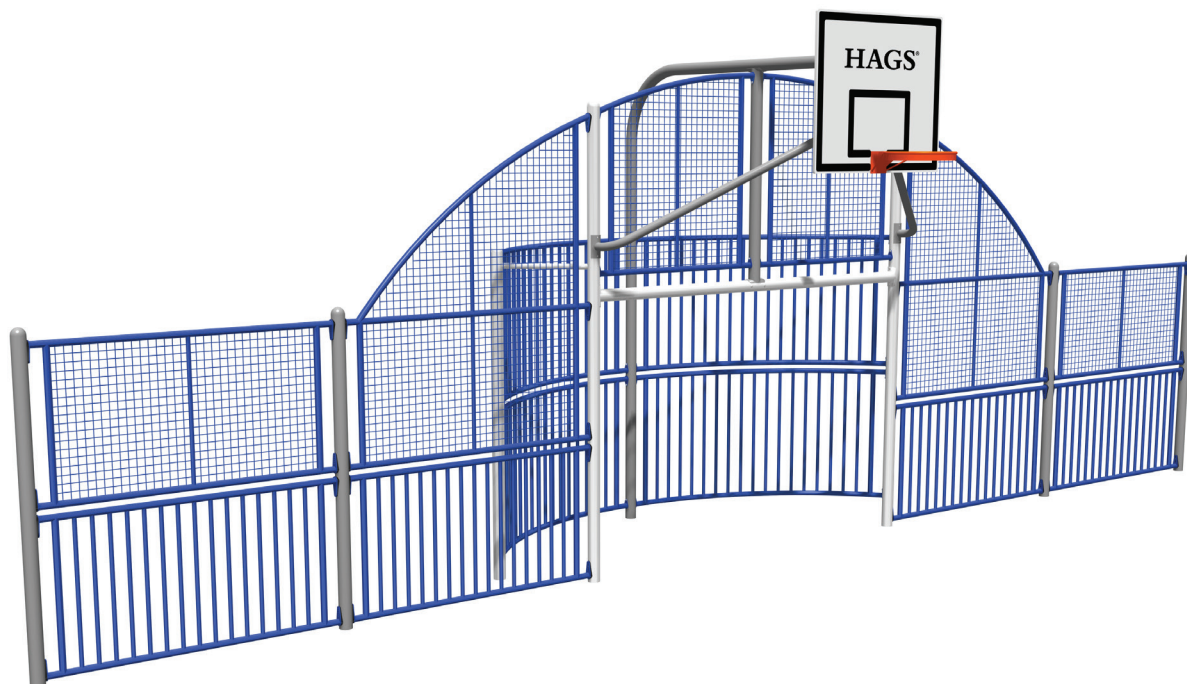
8019753 Blue 7m goal end
7,1 x 3,7



m²
86
24

Paris Inclusive Goal End

8094710 Blue 7m goal end - right access
8094711 Blue 7m goal end - left access
7,1 x 3,7



m²
116
27

Utah

8019765 Blue 11m goal end

11,1 x 3,7



ARENA Lite

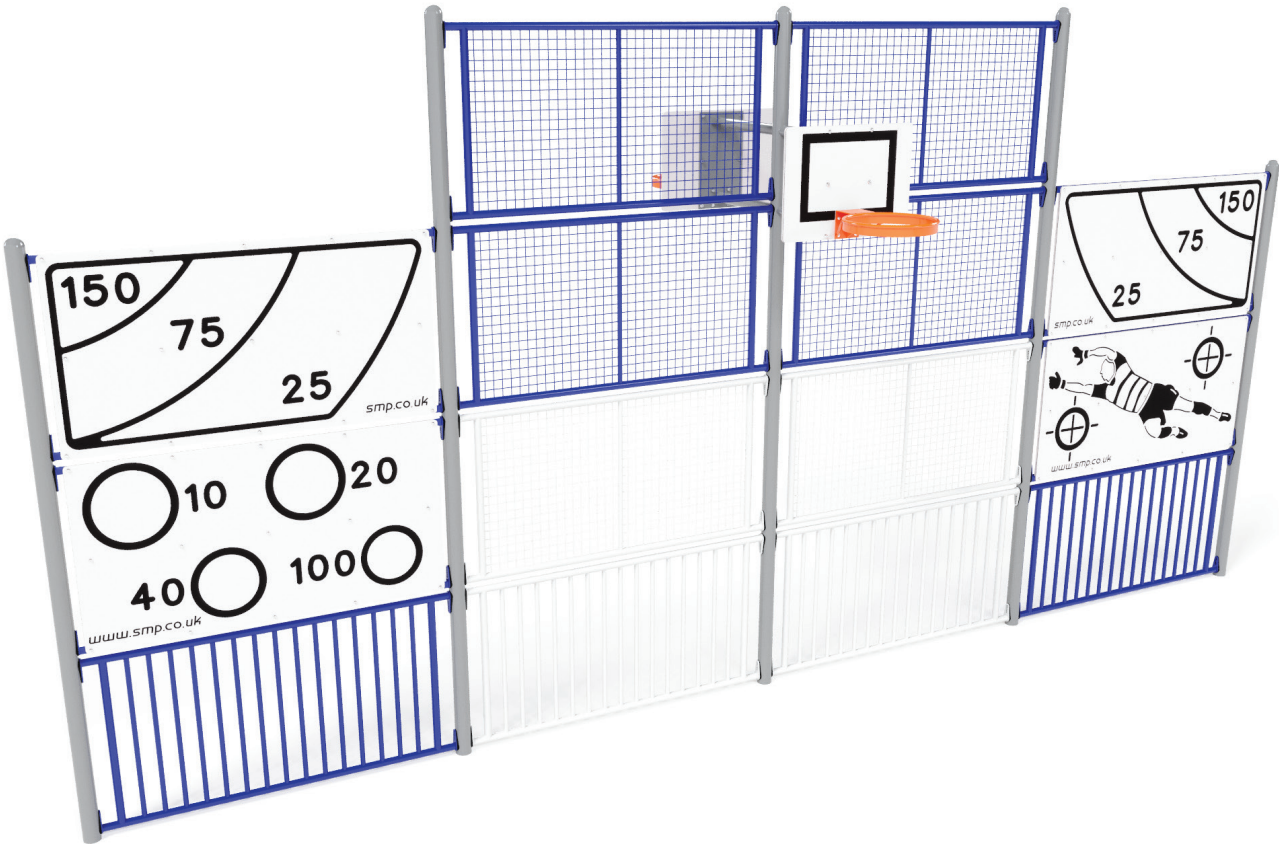
* Not certified to EN 15312

m²
119
26

Boca

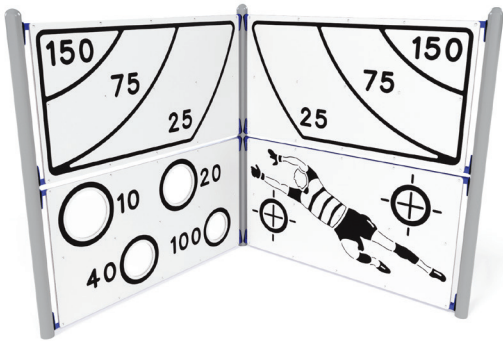
8102431 Blue 13m goal end

13,4 x 2,4



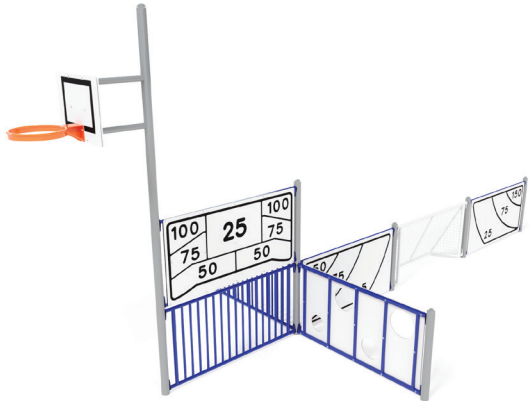
Dakota
8041743 CC Blue 8m practice wall
8,1 x 2,6

m²
77
24



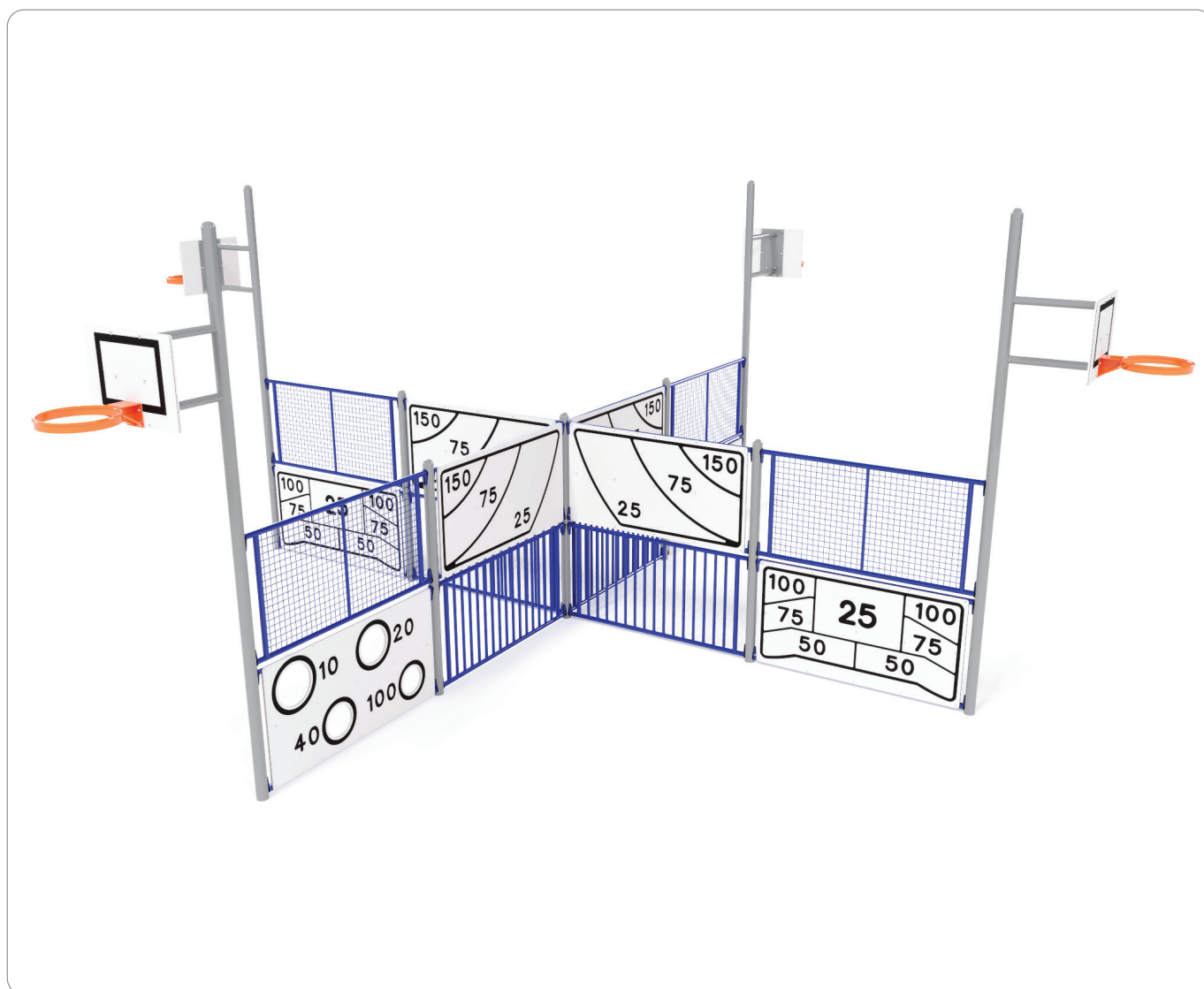
m²
34
16

Omaha
8041742 CC Blue 4 graphic panels
2,1 x 2,1



m²
58
27

Maine
8041741 CC Blue X-section c/w practice hoop & mini goal
9,4 x 4,1



Oregon

8102462  Blue X-section c/w 4 x practice hoops

 10,6 x 10,6

m²
224

35



m²
53
64

Santa Fe

8021525 Blue 8m x 5m playing zone, mini goals with 1m high walls
 8,9 x 5,1



m²
26
20

Provo


8021543 Blue 3m x 3m playing zone, mini goals with 1m high walls
 5,7 x 4,9



m ²
110
64

Sacramento8021541  Blue 9m x 9m playing zone, mini goals with 1m high walls 10 x 10

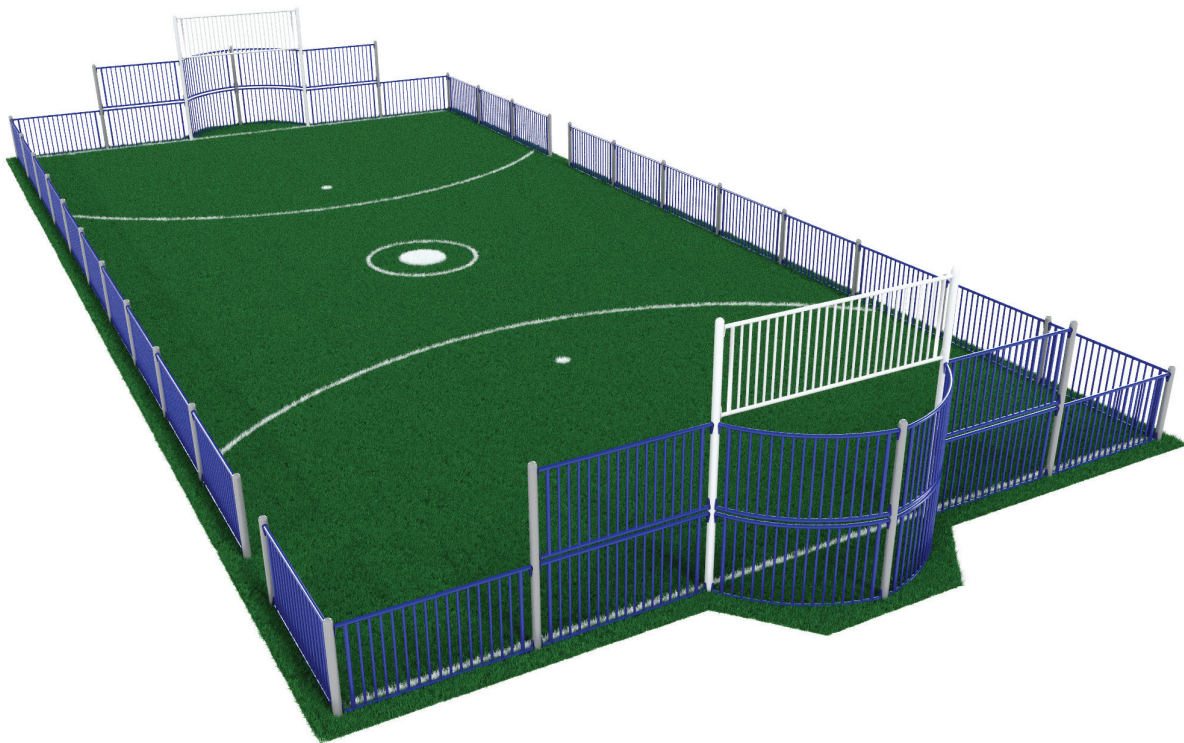
m ²
142
64

Denver8021542  Blue 2no 9m x 6.5m mini courts 13,1 x 9,9



m²
123
66

Sioux
8021524 Blue 15m x 7m playing zone, all bar, football goals only & 1m high side walls
⊕ 17,1 x 7,1



m²
277
66

Lincoln
8021523 Blue 23m x 11m playing zone, all bar, football goals only, 1m high side walls
⊕ 25,1 x 11,1



MULTI-SPORT



Kansas

8019754  Blue 19m x 11m playing zone, 1m high sides

 22,1 x 12,38

m²
235
96



ARENA Lite

* Not certified to EN 15312

m ²
248
90

Portland

8102463  Blue 20m x 11m playing zone, 4m high side panels, mini goals & 6 practice hoops

 23,1 x 12,3



ARENA Lite

* Not certified to EN 15312

m ²
321
80

Quilmes

8102434 **cc** Blue 22m x 13.5m, 2m high arena ends, 2m high arena lite sides & chicane entrance

⊕ 24,1 x 16,0



m ²
267
96

Michigan

8019755 **cc** Blue 20m x 12m playing zone, 1m high sides

⊕ 23,1 x 13,4



m²
275
106

Atlanta

8019745 Blue 20m x 12m playing zone, 1m high side panels, sin bins & lean backs

⚡ 23,0 x 14,6

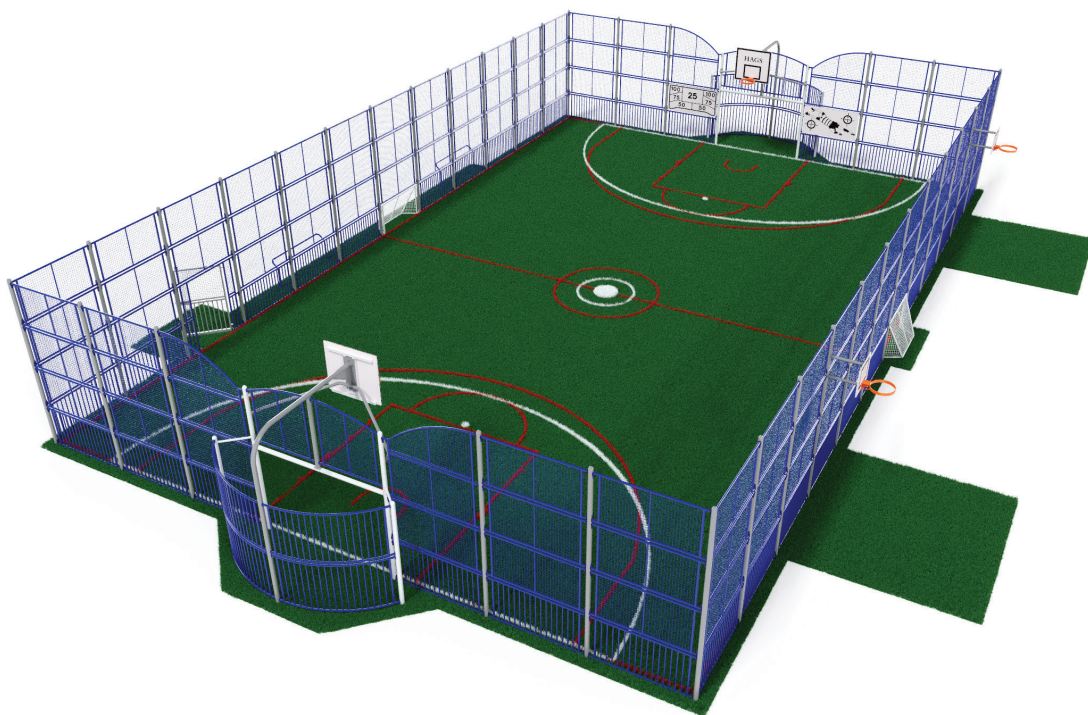


m²
275
144

Baltimore

8019747 Blue 20m x 12m playing zone with 3m high side panels

⚡ 23,1 x 13,4



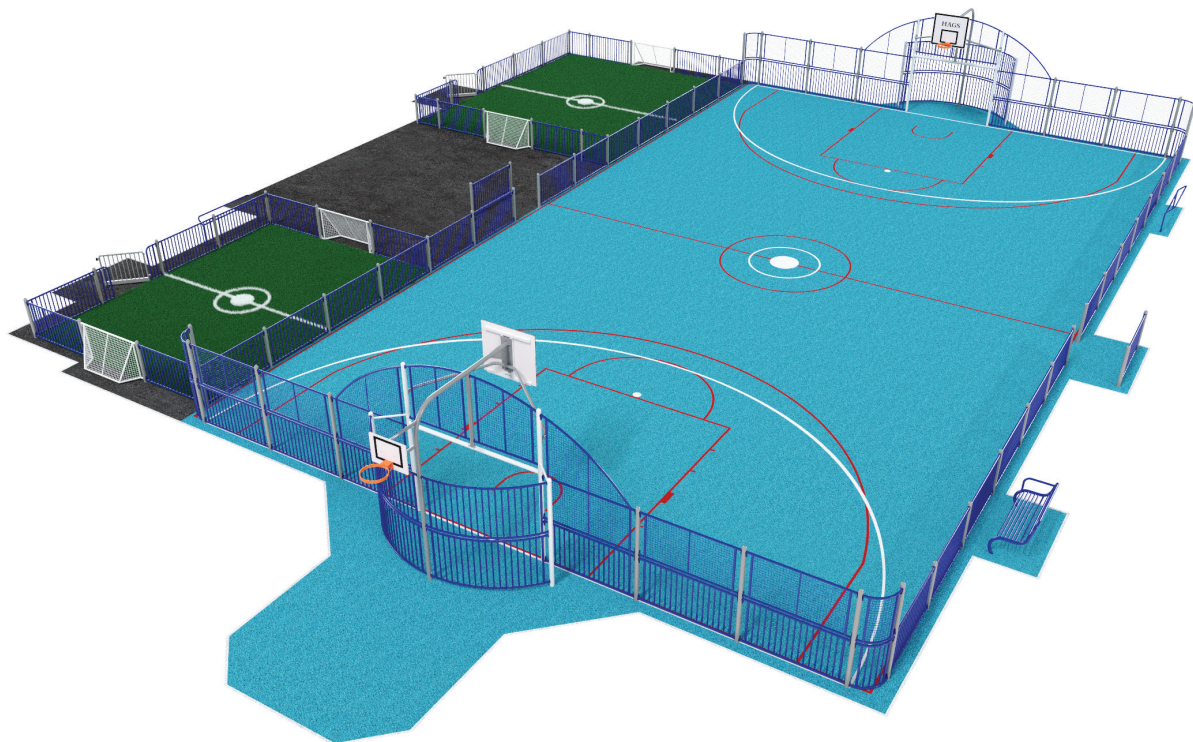
Boston

8019748  Blue 24m x 15m playing zone, 4m high side panels, mini goals & 2 practice hoops



 27,1 x 17,1

m²
431

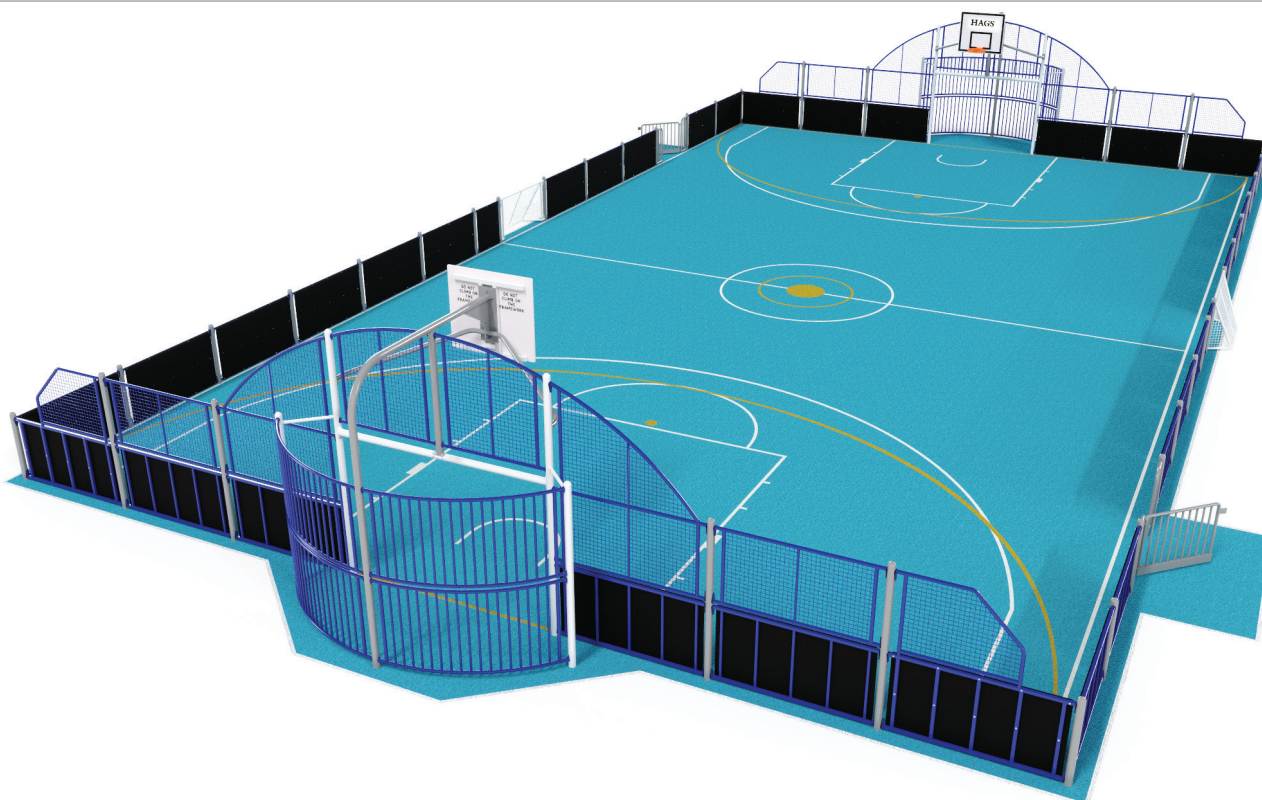

240



San Francisco

8019763  Blue Main court: 28m x 16m playing zone, 1m high sides, 2 x mini courts, sin bins & lean backs
 32,7 x 25,4

m²
731
190



m²
447
160

Miami

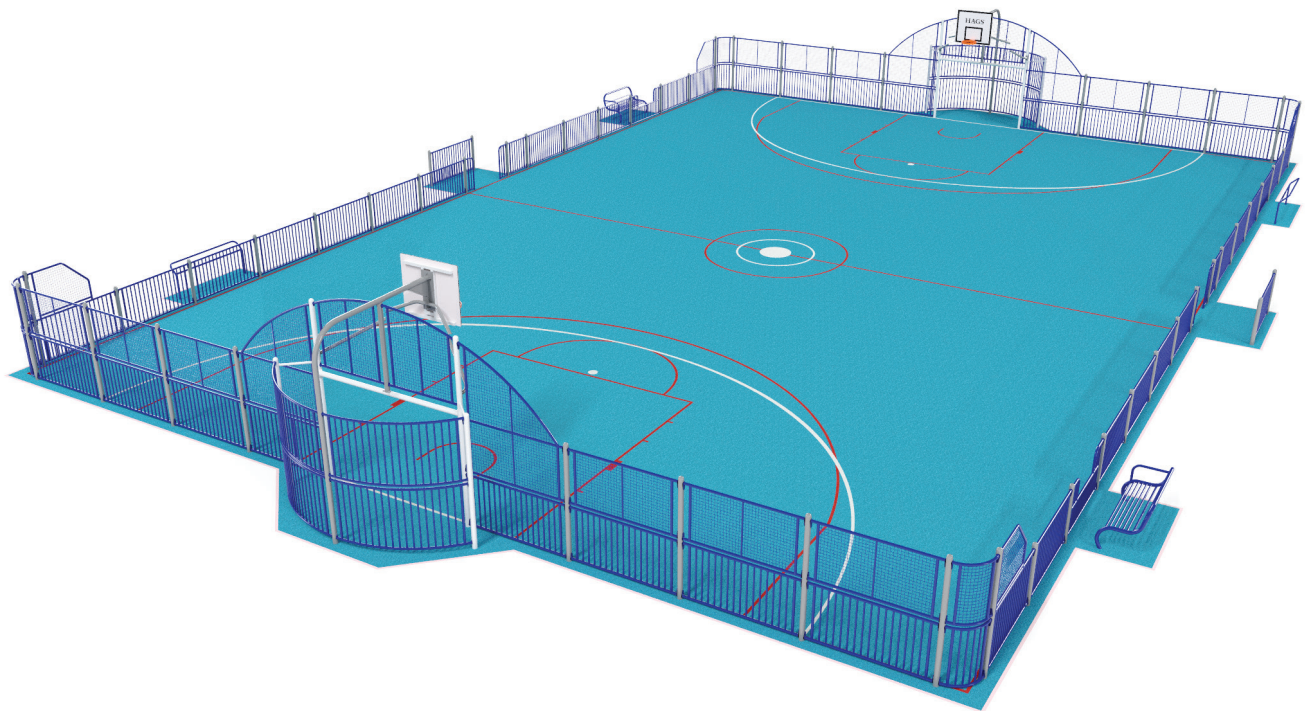
8019756 Blue 27m x 15m playing zone, 1m high hockey side panels & mini goals
⊕ 30,1 x 16,0



m²
483
190

Golden State

8102432 Blue 28m x 16m playing zone, 2m high side panels, mini goals & hub seating
⊕ 31,1 x 17,5

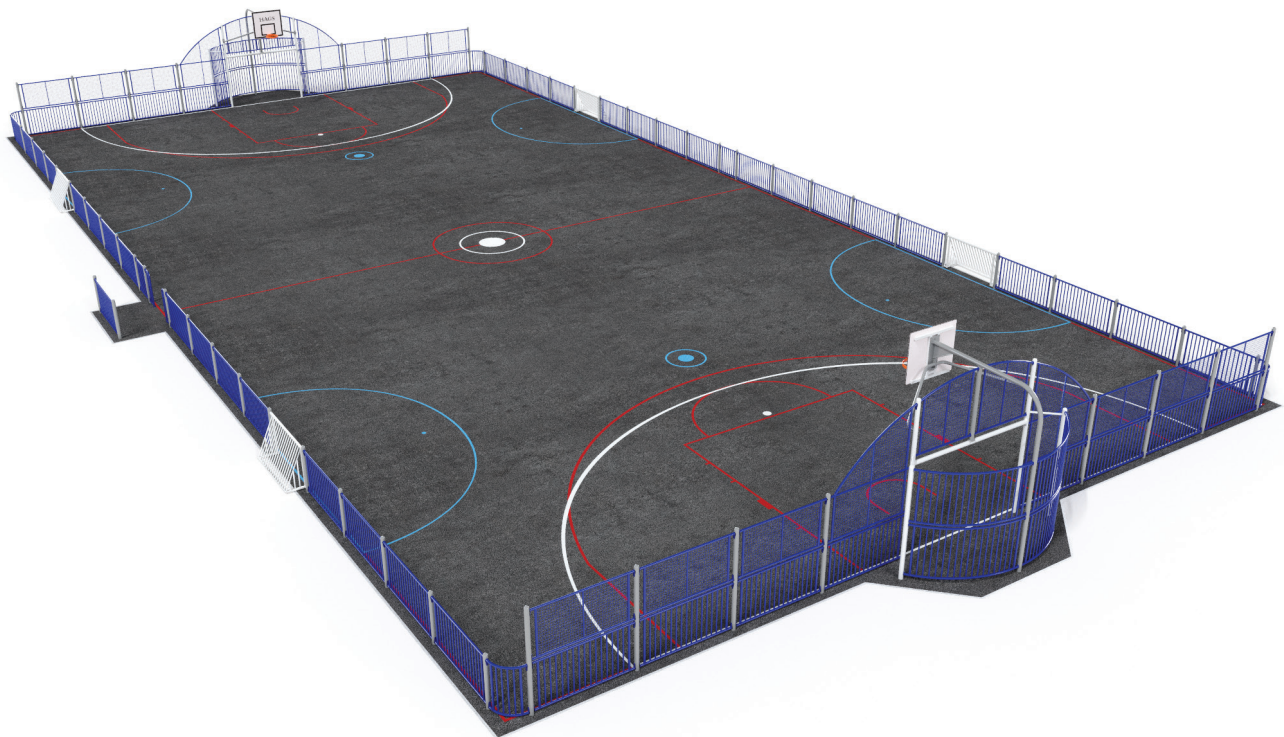


m²
224
646

Phoenix

8019761 Blue 30m x 20m playing zone, 1m high side panels, sin bins & lean backs

⊕ 33,1 x 22,7



m²
836
240

Sweden

8019744 Blue 41m x 20m playing zone, 1m high side panels & 4 mini goals

⊕ 43,1 x 21,9



New York

8019759  Blue 30m x 20m playing zone, 4m high side panels, mini goals & 6 practice hoops

⊕ 33,1 x 22,6

m²
706
300



Go Custom!

Going custom is our way of providing you with exactly what you want. Create goal ends, full systems, streetball or skills systems. Take a full standard system and add basketball practice hoops, mini goals or seating.

To understand more about the options on offer, take a look through the following few pages on how to customise your ARENA. Alternatively, give us a call and we'll do the hard work for you. We'll come and measure the site, design your ARENA and then install it for you!

Get in touch and we'll build an ARENA together!

✉ hags@hags.com

☎ +46 380 473 00

Playing Zone

It's important to get the size of your ARENA right for the site and for the users. We can design your ARENA specifically to cater for your needs.

ARENA has 3m wide goals and 1m or 2m wide panels, to make your ARENA as large or as small as required – it couldn't be easier!

Just remember, in order to have that stylish rounded corner look, the width of the ARENA playing zone will be an even number, i.e. 8m wide, 10m wide and so on!



Goal Ends

ARENA goal ends are ideal for enabling users to practice their shooting skills and provide the perfect solution for one-on-one games.

Our range includes goal ends that cater for many ball sports with the ability to customise to your needs.

We have a selection of 6 to choose from depending on your budget.



Panels

Each panel is 1m high, which helps keep things simple when designing and building your ARENA.

Lower bar panels come as standard. For hockey areas you can have solid polyethylene panels. ARENA comes in 4 heights and can be selected from bar, mesh and solid panel options to suit your criteria.

Choose from matching height side and goal end walls, or make each wall a different height to suit your site requirements.





Making an entrance

A great entrance can get you set for the game. All entrance gates and chicanes are designed to allow easy access for all.

The escape points behind the goal allow for quick ball retrieval as well as an additional entrance/exit point, however they can be closed off if required with a mesh infill.

Vehicle access gates are also available to allow emergency services or maintenance vehicles into the area when required.



Accessories

Skill panels can be included on any ARENA and can be positioned at any height.

Accuracy and other coordination skills can be practiced and honed. Reverse facing basketball boards and hoops can be added to the back of the goals to increase the number of users in the system.

Mini goals offer the users extra elements of play. These can be positioned wherever required and allow smaller groups to practice in different parts of the system.



Seating & Shelters

With football being the game of two halves and basketball being split up into quarters, even the pros need a break.

Why not add some team shelters to your ARENA, giving the players somewhere to perch during their breaks, as well as providing spectators with somewhere dry to watch the games being played out.

Sin Bin, Lean Back, Chat Room, Meeting Point and Hub seating are specifically styled to match ARENA for a complete sporting experience.

Surfacing

ARENA can go onto any hard standing surface and we can also supply surface mounted ARENA systems.

Tarmac is still the most popular surface for ARENA. It's easy to install, easy to maintain and makes a good surface for the majority of sports. Want a splash of colour? An acrylic resin surface could be for you. It will let water drain through, eliminating puddles and it can be coloured to your taste. Resin is ideal for running tracks around the outside of an ARENA as well as inside. You could also consider 3G surfacing.



Colour

Are you in an area of natural beauty, but need to supply sports equipment?

HAGS have installed MUGAs into woodlands and green areas, which fit in with the natural environment due to the number of colours available.

ARENA can be customised to the colour of your choice.



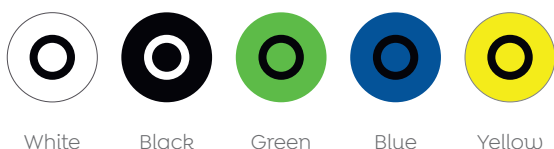
Product Options

Standard steel colours:



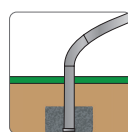
other steel colours are available upon request.

Standard HDPE colours:



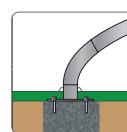
Ground anchoring:

Cast in place



CC

Above ground



OM



To see more information please visit here:

hags.com/sport-fitness



Sin Bin Seat

8008323 CC Blue

✱ 1,86 x 0,8 x 1,36



Leanback Seat

8032239 CC Blue

✱ 2,0 x 0,26 x 0,84



1 Cell

8019556 CC Blue Steel Seat

8019546 CC Blue Poly Seat

8019547 OM Blue Poly Seat

8019557 OM Blue Steel Seat

✱ 2,2 x 1,4



2 Cell

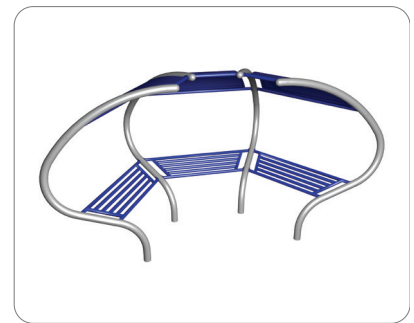
8019558 CC Blue Steel Seat

8019548 CC Blue Poly Seat

8019549 OM Blue Poly Seat

8019559 OM Blue Steel Seat

✱ 3,7 x 1,9



3 Cell

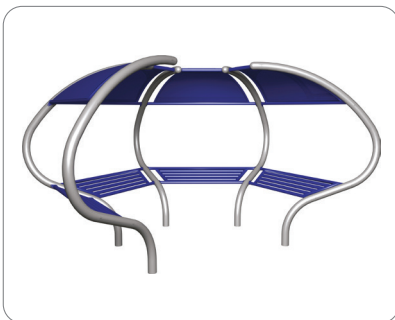
8019560 CC Blue Steel Seat

8019550 CC Blue Poly Seat

8019551 OM Blue Poly Seat

8019561 OM Blue Steel Seat

✱ 4,2 x 1,9



4 Cell

8019562 CC Blue Steel Seat

8019552 CC Blue Poly Seat

8019553 OM Blue Poly Seat

8019563 OM Blue Steel Seat

✱ 3,7 x 3,2



5 Cell

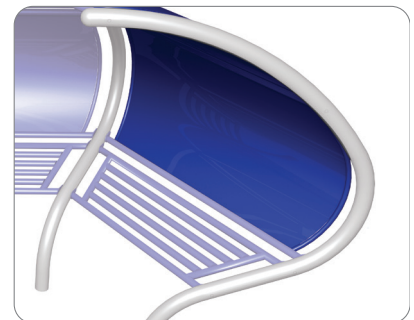
8019564 CC Blue Steel Seat

8019554 CC Blue Poly Seat

8019555 OM Blue Poly Seat

8019565 OM Blue Steel Seat

✱ 4,3 x 3,7



Weather Back Panel

8019545 Blue



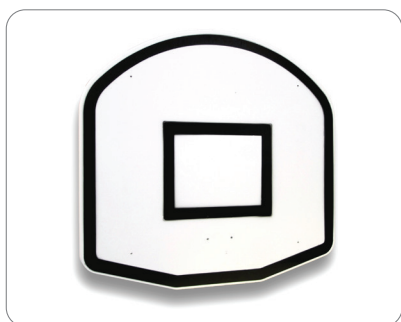
Basketball
8000658 **cc** 0.6m
✳ 1,0 x 1,2 x 3,4



Gooseneck
8003490 **cc**
✳ 2,6 x 1,2 x 3,8



Point
8000663 **S** Blue 2.9m
8000662 **S** Blue 2.4m
✳ 4,1 x 4,1



Target For Basketball
8003487 White



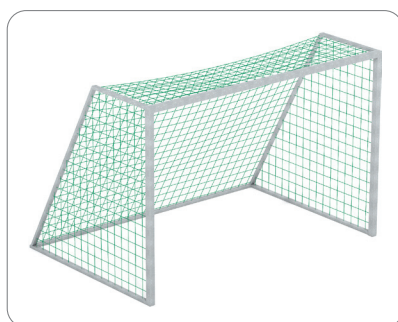
Basketball Hoop
8000649



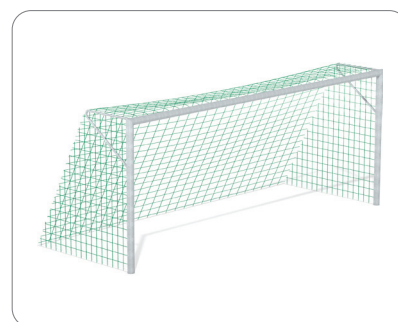
Basketball Net
8000650 White
8000648 Galvanised



Knatte Mini Goal
8003489 **F** Red
✳ 1,1 x 0,9 x 0,8



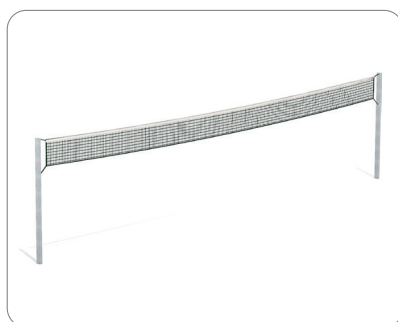
Junior Football Goal Posts
8003482 **cc** Galvanised
8000647 Green Junior Goal Net
✳ 3,0 x 2,0 x 2,0



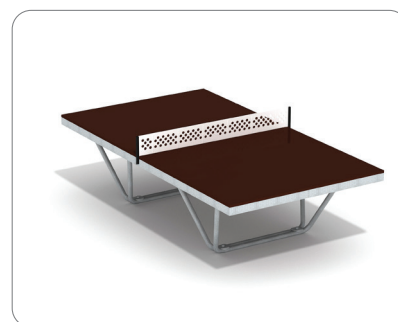
Senior Football Goal Posts
8003475 **cc** Grey
8000646 Green Senior Goal Net
✳ 5,0 x 2,0 x 2,0



Anton, Practice Wall/Backboard
8002853 **cc** Brown Base Module
8002854 **cc** Brown Extra Module
✳ 2,0 x 0,1 x 2,0



Volleyball Posts
8000655 **cc** Galvanised
8000656 Black Volleyball Net



Pingpong
8002872 **S**
✳ 2,8 x 1,6 x 0,7



HAGS®



inspire





Outdoor fitness

Our goal is to help communities get more active by providing affordable solutions to get people moving more for better physical and mental health.

We're not seeking the next Olympic athlete with expensive, high performance & sophisticated gym equipment as seen in traditional indoor settings. We're providing communities with affordable, durable, and attractive solutions to simply get people moving more.

The 5 'S' of successful fitness

A successful fitness area doesn't happen by accident. The practicality and flexibility of its design, the quality of the equipment, the safety and comfort of the products are all key components along with how you promote the provision of such an area to your community and municipal stakeholders.



Social

By promoting health improvement, social integration, and fun fitness activities, a HAGS fitness area seamlessly evolves into a vibrant, intergenerational gathering spot for individuals from diverse backgrounds.

- Provide communities with the widest range of exercises.
- Designed for people of all abilities to participate in exercise.
- Transforms your outdoor spaces into places of wellness.



Sustainable

Our fitness products don't have a negative energy consuming effect on the environment, compared to indoor gym equipment. In fact, quite the opposite:

- Our Power Smart products can 'give back to the grid' or charge a mobile phone.
- We make our products durable, so they last a long time, keeping them away from landfill.
- They are manufactured predominantly from steel which is infinitely recyclable.



Suitable

Every piece has been carefully designed with inclusivity and accessibility in mind to ensure that they can be used by as many people as possible, no matter their level of ability.

- Wide seats, transfer handles and brightly coloured interactive parts.
- Instructional diagrams plus QR Codes with animations on how to use the equipment.
- A selection of wheelchair friendly equipment and equipment for older users.



Safe

All our fitness products are made from the highest quality materials with care and attention from our experienced fabricators. Products are assembled and tested to ensure that they exceed the requirements of EN 16630.

- All products are TUV certified to EN16630.
- All products are designed to cater for a wide range of user sizes & abilities.
- Extensive cycle testing is carried out to avoid product failure whilst in use.

Serviceable

Maintaining our product range couldn't be simpler with intuitive maintenance instructions. You'll need very little technical know-how to keep your products running smoothly and looking great.

- Easy to clean (anti-microbial paint can be provided upon request).
- Easy to repair in the event of vandalism.
- Easy to refurbish following years of use.





Modern aesthetic with uncompromised durability. Designed for communities introducing fitness for the first time.

HAGS®



Comprehensive selection of fitness products. Ensuring that everyone can enjoy an exceptional workout experience.



DENFIT
OUTDOOR FITNESS



Premium equipment with an inviting modern design. Energy generating with Product Data via TGO Fitness App.



the
great outdoor
gym company

How do I choose the right gym equipment?

Choosing the right mix of products is probably the most important decision you'll make when purchasing an outdoor fitness area. We've split our products into 5 simple categories so you can easily pick equipment that meets your requirements and user needs.



STRENGTH for your muscles & bones

Helps you feel stronger by increasing your lean muscle mass. Helps you manage your weight by increasing your metabolism to burn more calories. It also increases bone density by putting controlled stress on your bones.



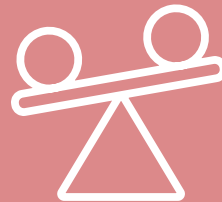
FLEXIBILITY to improve mobility

Increases your range of motion and makes it easier to perform exercises and daily activities, such as reaching for the top shelf. Increased flexibility reduces the risk of injury. It even improves overall body shape.



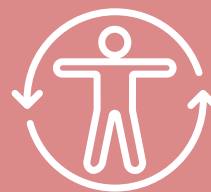
CARDIO for your heart & lungs

Helps strengthen your heart and lungs. Helps with weight management, reduces body fat, improves mood and energy. Cardio training improves your fitness and endurance.



BALANCE to help with coordination

Having good balance is crucial for many everyday activities, such as walking and going up and down stairs. Exercises that improve balance can help prevent falls and improve stability and coordination.



MULTI-GYM for a total body workout

From calisthenics to cross training, a HAGS Multi-Gym is for users who want exceptional results. An increase in calorie burning and muscle mass as well as the possibility of flexibility training.



Inspiration

Where to start? How much space is required? Ensuring there's something for everyone becomes challenging with limited space, so how can we effectively accommodate diverse equipment? When initiating gym development plans, many questions will arise.

To make the work easier, we have had our experts combine three nice outdoor gyms. They are all well thought out to offer full-body training, but based on different levels of need, space and budget. We hope they will inspire and simplify the work of creating your own perfect outdoor gym.

Are you completely clear on how you want to design your gym?

Perhaps you want to create something unique?

Then HAGS designers are on hand to help you visualize your thoughts and ideas. Get in touch and we'll build an outdoor gym together!



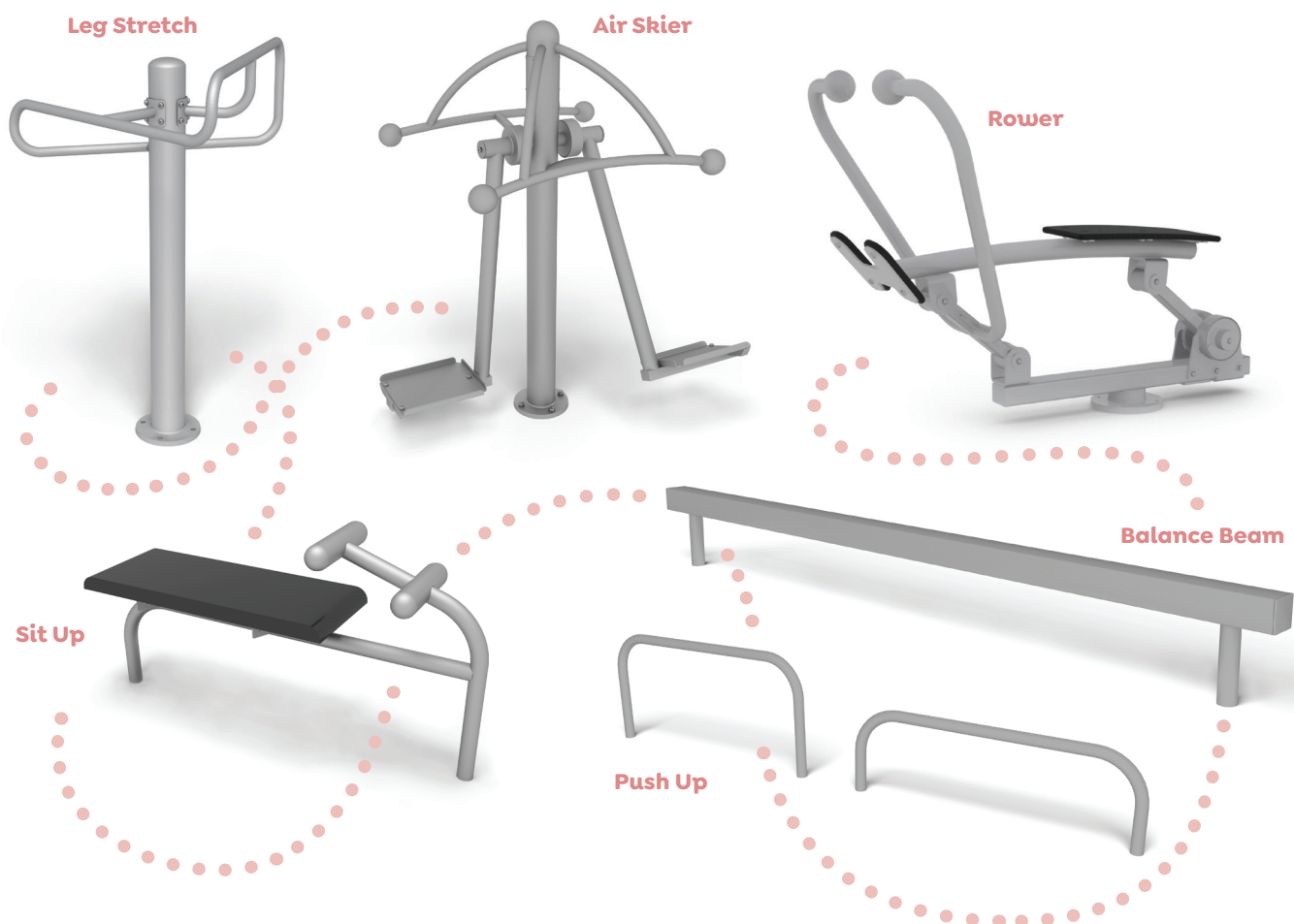
hags@hags.com



+46 380 473 00

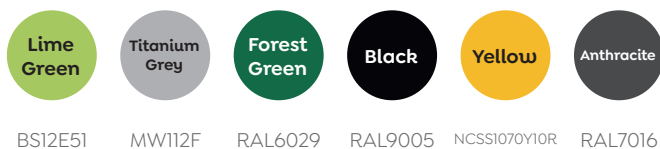
SMALL | 6

Carefully selected products that fit well if you have limited space or budget. Despite its small format, the combination offers exercises for several muscle groups.



Product Options

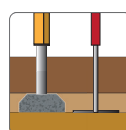
Standard steel colours:



Other steel colours are available upon request.

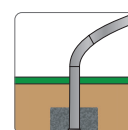
Ground anchoring:

Sunken Foundation



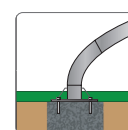
S

Cast in place



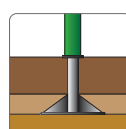
CC

Above ground



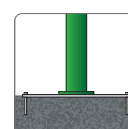
OM

Installation frame



IF

Own floor



OF



To see more information please visit here:
hags.com/sport-fitness

MEDIUM | 8

A well-equipped gym package that includes something for everyone. With several products that raise the heart rate, combined with others that challenge strength and balance.



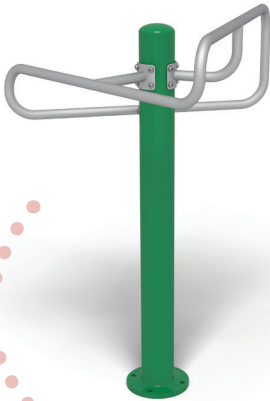
To see more information please visit here:

hags.com/sport-fitness

LARGE | 9

With our large package, you get a complete outdoor gym that offers all forms of gym training. A large group can train at the same time and inspire each other with exercises for the whole body.

Leg Stretch



Air Skier



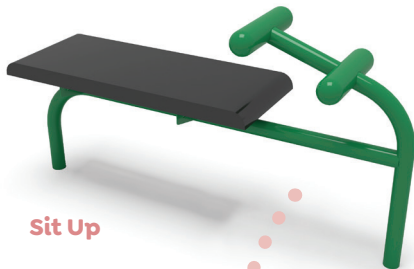
Trinity Bike



Multi Purpose Fitness Frame



Sit Up



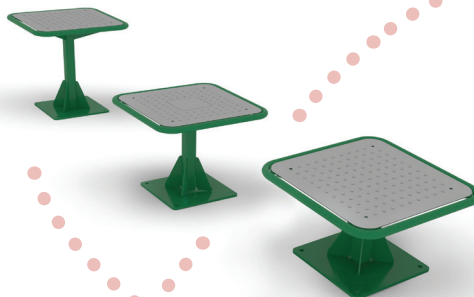
Ski Stepper



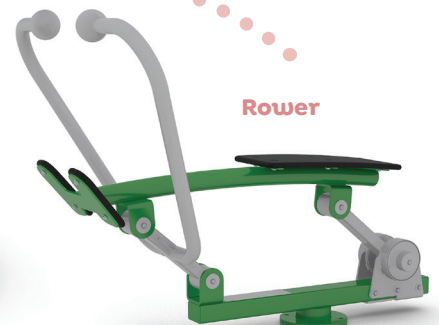
Lat Pull & Chest Press



Plyometric Platforms



Rower





CARDIO

For your heart & lungs



GYM - Trinity Cycle

- 8050386 CC Green
- 8089643 CC Black/Lime Green
- 8089645 CC Titanium/Lime Green
- 8062001 CC Yellow
- 8054924 CC Titanium
- 8055004 CC Anthracite

3,7 x 4,9



GYM - AirSkier

- 8054657 CC Green
- 8079038 CC Black/Lime Green
- 8079042 CC Titanium/Lime Green
- 8062003 CC Yellow
- 8054753 CC Titanium
- 8054764 CC Anthracite

4,3 x 4,6

0



GYM - Ski Stepper

8039055 Green
8082417 Black/Lime Green
8082418 Titanium/Lime Green
8061982 Yellow
8054914 Titanium
8054993 Anthracite

✚ 3,6 x 4,4



GYM - Air Walker

8054660 Green
8079024 Black/Lime Green
8079029 Titanium/Lime Green
8062005 Yellow
8054765 Titanium
8054766 Anthracite

✚ 4,2 x 4,4



GYM - TGO Pedal Bike

8096454 Green
8078504 Black/Lime Green
8078506 Titanium/Lime Green
8096451 Yellow
8096460 Titanium
8096457 Anthracite

✚ 4,1 x 3,6

tgo



GYM - TGO Powersmart Pedal Bike

8096464 Green
8078518 Titanium/Lime Green
8096462 Yellow
8096471 Titanium

✚ 4,1 x 3,6

tgo



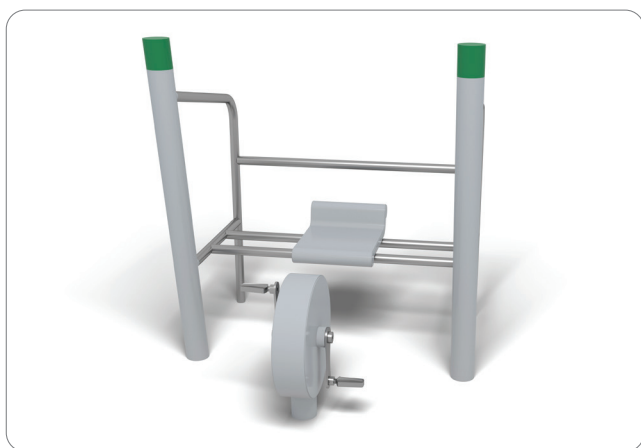
GYM - TGO Powersmart Handbike

8096476 Green
8078494 Titanium/Lime Green
8078492 Black/Lime Green
8096474 Yellow
8096482 Titanium
8096479 Anthracite

✚ 3,5 x 3,7

tgo





Cardio Bike

8065141 OM Green

8065155 OF Green

⚙ 4,3 x 4,4



Cardio Cross

8065140 OM Green

8065154 OF Green

⚙ 4,5 x 4,4


Cardio Row

 8065139 **OM** Green

 8065153 **OF** Green

4,6 x 4,4


Bike Fit

 8065050 **IF** Green

 8065058 **OF** Green

 8065040 **OM** Green

4,4 x 3,5


Bike Fit Senior

 8065076 **IF** Green

 8065091 **OF** Green

 8065105 **OM** Green

4,4 x 3,9


Cross Fit

 8065077 **IF** Green

 8065092 **OF** Green

 8065042 **OM** Green

4,4 x 3,6


Hand Bike

 8065073 **IF** Green

 8065088 **OF** Green

 8065102 **OM** Green

4,4 x 3,1


Hand Bike Inclusive

 8065081 **IF** Green

 8065096 **OF** Green

 8065066 **OM** Green

4,4 x 3,1




Run Fit

 8065051 **IF** Green

 8065059 **OF** Green

 8065041 **OM** Green

⚙️ 4,5 x 3,8


Hip Wave

 8065053 **IF** Green

 8065061 **OF** Green

 8065044 **OM** Green

⚙️ 3,9 x 3,9


Leg Wave

 8065052 **IF** Green

 8065060 **OF** Green

 8065043 **OM** Green

⚙️ 3,9 x 3,9


Row Fit

 8065049 **IF** Green

 8070276 **OF** Green

 8065039 **OM** Green

⚙️ 4,6 x 3,8


Step Walk

 8065069 **IF** Green

 8065084 **OF** Green

 8065098 **OM** Green

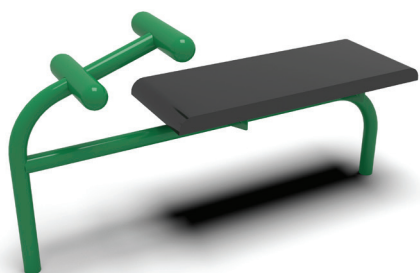
⚙️ 4,1 x 3,9





STRENGTH

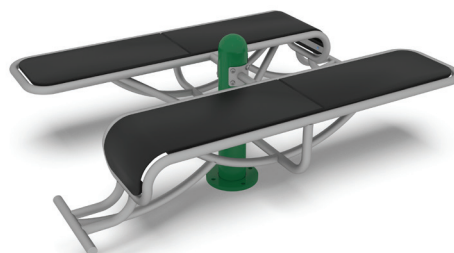
For your muscles & bones



GYM - Sit Up

8036734 Green
8078924 Black/Lime Green
8078932 Titanium/Lime Green
8062459 Yellow
8056395 Titanium
8056400 Anthracite

⊕ 3,5 x 4,6



GYM - Sit up (Double)

8039062 Green
8094781 Black/Lime Green
8094779 Titanium/Lime Green
8061984 Yellow
8054915 Titanium
8054997 Anthracite

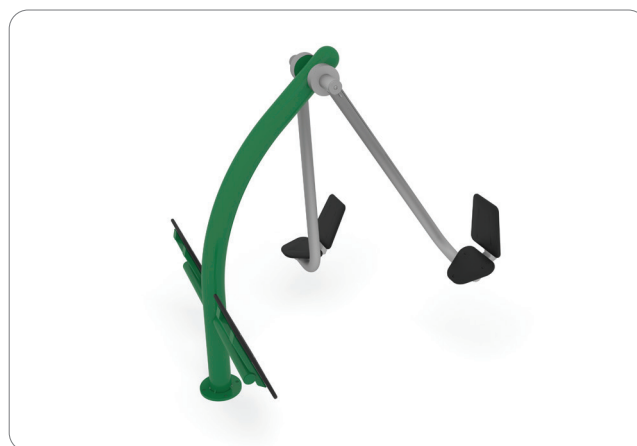
⊕ 4,1 x 4,6



GYM - Rower

8054662 Green
8082435 Black/Lime Green
8082436 Titanium/Lime Green
8062007 Yellow
8054769 Titanium
8054770 Anthracite

✚ 4 x 4,5



GYM - Leg Press

8073108 Green
8078940 Black/Lime Green
8078944 Titanium/Lime Green
8073904 Yellow
8073905 Titanium
8073906 Anthracite

✚ 4,3 x 4,4



GYM - Body Curl

8036745 Green
8094750 Black/Lime Green
8094747 Titanium/Lime Green
8062011 Yellow
8056387 Titanium
8056389 Anthracite

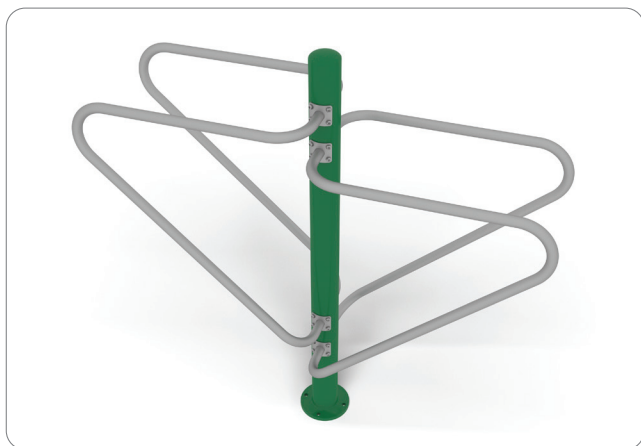
✚ 3,5 x 4,3



GYM - Hyperextension Bench

8040959 Green
8094763 Black/Lime Green
8094760 Titanium/Lime Green
8062037 Yellow
8054957 Titanium
8055015 Anthracite

✚ 3,9 x 4,2



GYM - Parallel Rails

8039132 Green
8082429 Black/Lime Green
8082430 Titanium/Lime Green
8061988 Yellow
8054920 Titanium
8054998 Anthracite

✚ 3,6 x 4,8



GYM - Parallel Bars

8036724 Green
8078965 Lime Green
8054903 Titanium
8062019 Yellow
8054979 Anthracite

✚ 3,7 x 6,6





GYM - Lat Pull & Chest Press

8054664 Green
8082411 Black/Lime Green
8082412 Titanium/Lime Green
8062009 Yellow
8054771 Titanium
8054772 Anthracite

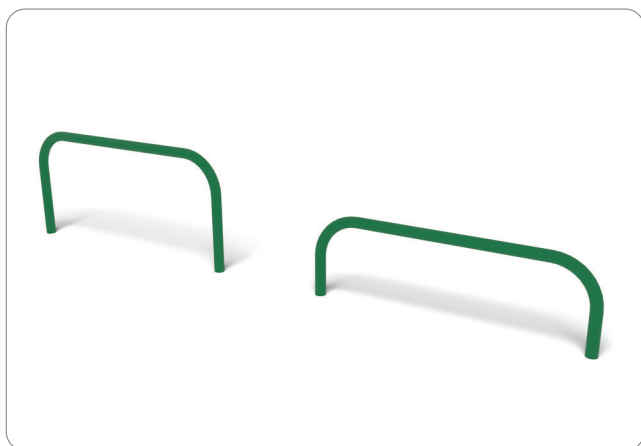
✱ 4,1 x 5,1



GYM - Pull Up

8050384 Green
8094733 Black/Lime Green
8094740 Titanium/Lime Green
8061992 Yellow
8054925 Titanium
8055006 Anthracite

✱ 4 x 4,3



GYM - Push Up

8040960 Green
8078995 Lime Green
8054913 Titanium
8062015 Yellow
8054990 Anthracite

✱ 4,5 x 5,3



GYM - Chin Up

8036736 Green
8094752 Lime Green
8054930 Titanium
8062030 Yellow
8055009 Anthracite

✱ 3,1 x 5



GYM - Dip Station

8036720 Green
8082405 Lime Green
8054919 Titanium
8062023 Yellow
8055000 Anthracite

✱ 3,7 x 5



GYM - Horizontal Ladder

8036730 Green
8094755 Lime Green
8054955 Titanium
8062017 Yellow
8055013 Anthracite

✱ 3,9 x 7,1



Back Shape

8065074 **IF** Green

8065089 **OF** Green

8065103 **OM** Green

⚙️ 4,3 x 3,7



Balance Board

8065072 **IF** Green

8065087 **OF** Green

8065101 **OM** Green

⚙️ 3,9 x 3,9


Knee Raise

8065075 **IF** Green
 8065090 **OF** Green
 8065104 **OM** Green

⊕ 3,7 x 3,5


Leg Push

8065070 **IF** Green
 8065085 **OF** Green
 8065099 **OM** Green

⊕ 4,6 x 3,5


Power Pull

8065048 **IF** Green
 8070275 **OF** Green
 8065038 **OM** Green

⊕ 4,0 x 3,8


Power Pull Inclusive

8065079 **IF** Green
 8065094 **OF** Green
 8065064 **OM** Green

⊕ 4,0 x 3,8


Power Push

8065047 **IF** Green
 8065055 **OF** Green
 8065037 **OM** Green

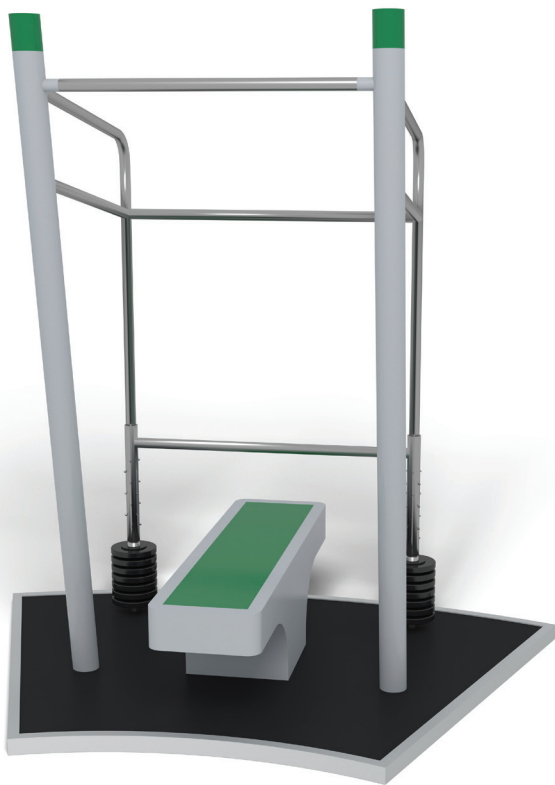
⊕ 4,0 x 3,8


Power Push Inclusive

8065078 **IF** Green
 8065093 **OF** Green
 8065063 **OM** Green

⊕ 4,0 x 3,8

PROFESSIONAL SPORT POINT

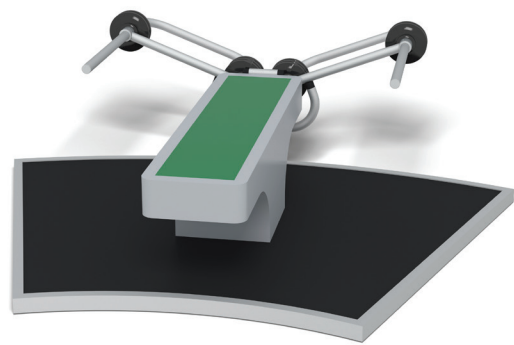


Bench Press (Adjustable Weights)

8065148 Green

8065134 Green

✚ 4,5 x 4,2

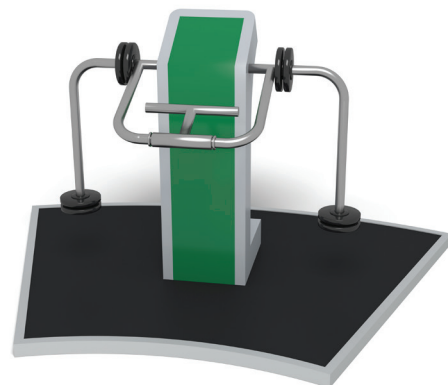


Pectoral (Adjustable Weights)

8065149 Green

8065135 Green

✚ 4,9 x 4,4



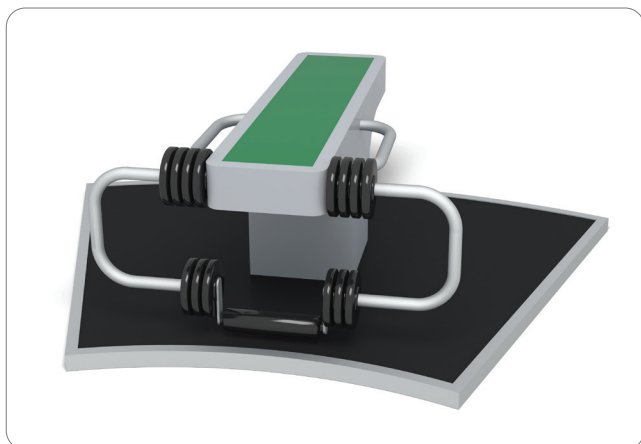
Preacher Curl (Adjustable Weights)

8065145 Green

8065131 Green

✚ 4,3 x 4,5

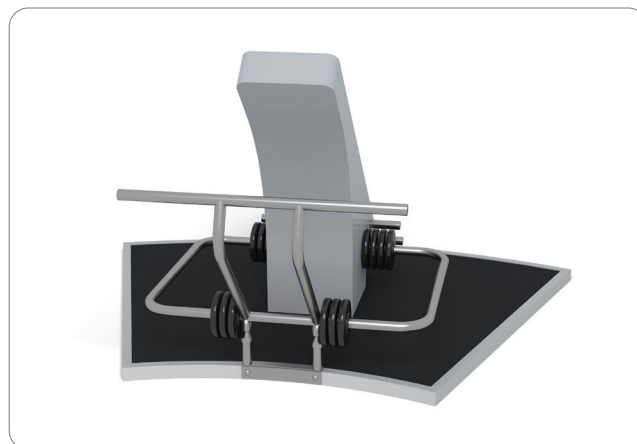



Leg Extension (Adjustable Weights)

 8065144  Green

 8065130  Green

⚙️ 4,5 x 4,3


T-Bar (Adjustable Weights)

 8065150  Green

 8065136  Green

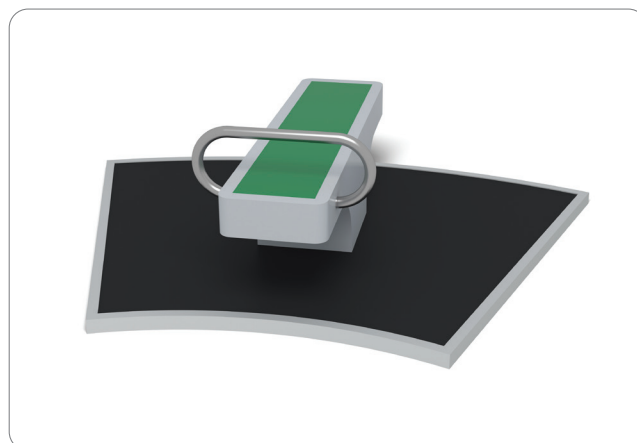
⚙️ 4,2 x 4,8


Squat (Adjustable Weights)

 8065156  Green

 8065142  Green

⚙️ 4,2 x 4,2


Abdominal

 8065147  Green

 8065133  Green

⚙️ 4,5 x 3,7


Dip Press

 8065143  Green

 8065129  Green

⚙️ 4,4 x 4,1


Chin Bar

 8065146  Green

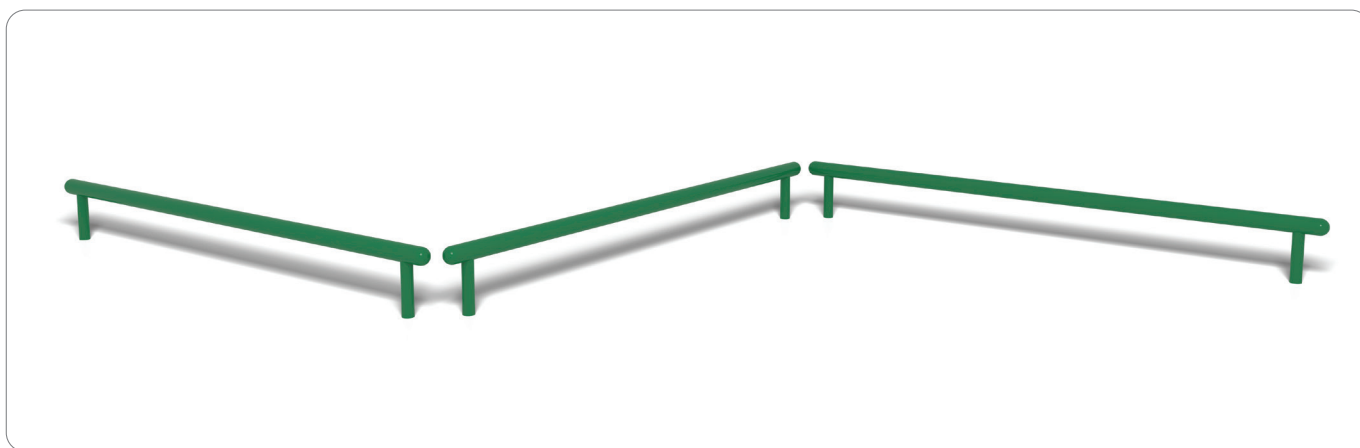
 8065132  Green

⚙️ 4,2 x 4,2



BALANCE

To help with coordination



m ²
36
0.4
14+
1
3

GYM - Beam Jump

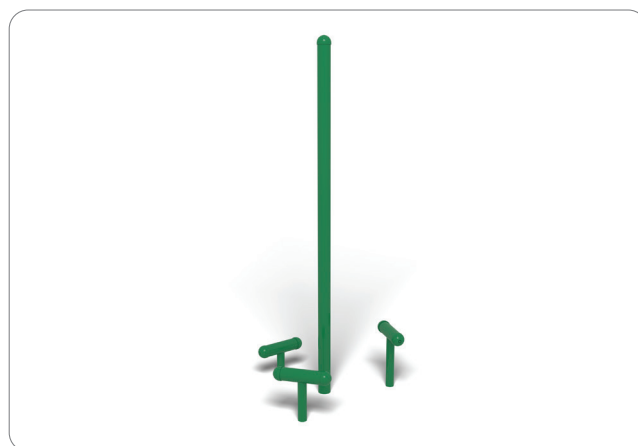
8036742 Green
 8096511 Lime Green
 8054907 Titanium
 8062028 Yellow
 8054984 Anthracite
 ⚙ 6,3 x 9,4



GYM - Balance Beam

8040958 Green
8079050 Lime Green
8054905 Titanium
8062013 Yellow
8054982 Anthracite

✱ 3,1 x 6,1



GYM - Step Up

8036719 Green
8094765 Lime Green
8054909 Titanium
8062021 Yellow
8054986 Anthracite

✱ 4,2 x 4,2



GYM - Twister

8061235 Green
8079010 Lime Green
8061236 Titanium
8061238 Yellow
8061237 Anthracite

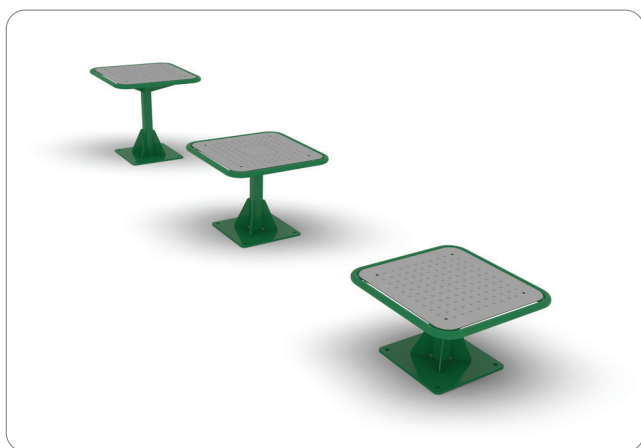
✱ 3,7 x 4,3



GYM - Step Challenge

8061223 Green
8094768 Lime Green
8061224 Titanium
8061226 Yellow
8061225 Anthracite

✱ 3,8 x 4,5



GYM - TGO Plyometric Platforms

8096489 Green
8078552 Lime Green
8096560 Titanium
8096485 Yellow
8096491 Anthracite

✱ 3,6 x 6,3



GYM - Ladder Walk

8061231 Green
8094776 Black/Lime Green
8094773 Titanium/Lime Green
8061234 Yellow
8061232 Titanium
8061233 Anthracite

✱ 3,7 x 5,1



FLEXIBILITY

To improve movement





GYM - Push Hands

- 8039134 Green
- 8082423 Black/Lime Green
- 8082424 Titanium/Lime Green
- 8061990 Yellow
- 8054901 Titanium
- 8055005 Anthracite

✚ 4 x 4



GYM - Finger & Arm Stretch

- 8061227 Green
- 8094770 Lime Green
- 8061228 Titanium
- 8061230 Yellow
- 8061229 Anthracite

✚ 3,2 x 4,3



GYM - Arm Swirl

- 8061219 Green
- 8094777 Lime Green
- 8061220 Titanium
- 8061222 Yellow
- 8061221 Anthracite

✚ 3,2 x 4,3



GYM - Leg Stretch

- 8039066 Green
- 8094758 Black/Lime Green
- 8094757 Titanium/Lime Green
- 8061986 Yellow
- 8054928 Titanium
- 8055007 Anthracite

✚ 4 x 3,9




Step-up

 8065071 **IF** Green

 8065086 **OF** Green

 8065100 **OM** Green

✚ 3,9 x 3,8


Twist Out

 8065068 **IF** Green

 8065083 **OF** Green

 8065097 **OM** Green

✚ 3,9 x 3,9


Wave Walk

 8065054 **IF** Green

 8065062 **OF** Green

 8065045 **OM** Green

✚ 4,3 x 3,8


Wax On Wax Off

 8065067 **IF** Green

 8065082 **OF** Green

 8065046 **OM** Green

✚ 4,2 x 3,3


Wax On Wax Off Inclusive

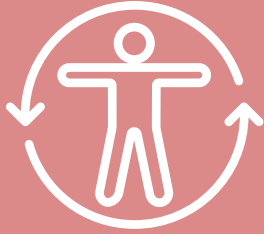
 8065080 **IF** Green

 8065095 **OF** Green

 8065065 **OM** Green

✚ 4,2 x 3,3





MULTI-GYM

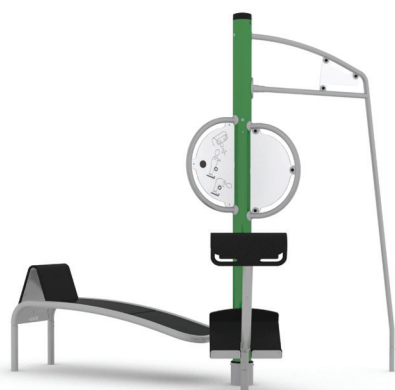
For total body workout



**GYM - Flexo**

- 8040503 **S** Green
 8096418 **S** Black/Lime Green
 8096428 **S** Titanium/Lime Green
 8062208 **S** Yellow
 8096535 **S** Titanium
 8043086 **S** Anthracite

⊕ 5,7 x 5

**GYM - Bico**

- 8038031 **S** Green
 8096386 **S** Black/Lime Green
 8096392 **S** Titanium/Lime Green
 8062206 **S** Yellow
 8096534 **S** Titanium
 8054874 **S** Anthracite

⊕ 5,6 x 5,2

**GYM - Tibas**

- 8041326 **S** Green
 8096360 **S** Black/Lime Green
 8096316 **S** Titanium/Lime Green
 8062203 **S** Yellow
 8096536 **S** Titanium
 8043077 **S** Anthracite

⊕ 4,8 x 5,6



GYM - Multi Purpose Fitness Frame

- 8061243  Green
- 8078979  Black/Lime Green
- 8078984  Titanium/Lime Green
- 8061245  Yellow
- 8090203  Titanium
- 8061244  Anthracite

 6,7 x 6,8



m ²
77
1.21
14+
9
14

Sport Point (complete circle)

8065127 Green

8065128 Green

⊗ 10,1 x 10,1

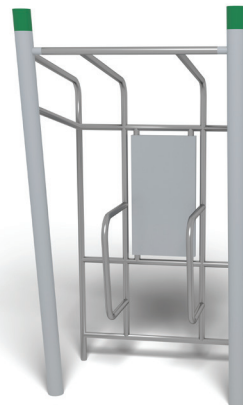


m ²
46
<0.6
14+
8
3

Fitpoint (without roof)

8065157 Green

⊗ 6,8 x 6,8



m ²
17
1.21
14+
1
4

MultiFit

8065137 Green

⊗ 4,4 x 4,2



m²
23
 <0.6
 14+
 3
 8

Denfit Gym Combi 1

8065106 Green

8065115 Green

⚙ 6,4 x 3,8



m²
22
 0.79
 14+
 3
 8

Denfit Gym Combi 2

8065107 Green

8065116 Green

⚙ 6,5 x 3,4



m²
16
 <0.6
 14+
 2
 8

Denfit Gym Combi 3

8065108 Green

8065117 Green

⚙ 5,3 x 3,6



m²
20
 <0.6
 14+
 2
 8

Denfit Gym Combi 4

8065109 Green

8065118 Green

⚙ 5,5 x 3,2


Denfit Gym Combi 5

 8065110  Green

 8065119  Green

⚙ 6,7 x 4,1


Denfit Gym Combi 7

 8065112  Green

 8065120  Green

⚙ 6,1 x 3,8


Denfit Gym Combi 8

 8065113  Green

 8065121  Green

⚙ 5,8 x 3,6


Denfit Gym Combi 9

 8065114  Green

 8065122  Green

⚙ 5,0 x 3,8


Multi Max 2

 8065124  Green

⚙ 5,9 x 3,8


Multi Max 4

 8065123  Green

⚙ 7,0 x 5,9



Crosstraining TRX

8102020 IF Green

8102023 OM Green

⊕ 6,9 x 5,8



Crosstraining Core

8102010 IF Green

8102012 OM Green

⊕ 6,5 x 3,8



m ²
75
1.3
14+
7
18

Crosstraining 1

8101999 IF Green

8102001 OM Green

9,0 x 8,5



m ²
54
1.3
14+
8
22

Crosstraining 2

8102003 IF Green

8102006 OM Green

12,9 x 5,8



m ²
21
0.4
14+
3
14

Crosstraining Dumbbells / TRX

8102015 IF Green

8102018 OM Green

6,5 x 3,9



STREET WORKOUT



Bootcamp Special

8074888 **IF** Green

8074887 **OM** Green

🌀 9,2 x 6,45



HIT Training

8074899 **IF** Green

8074900 **OM** Green

🌀 7,6 x 8,85



m ²	44
	2.3
	14+
	6
	20

Pull Up Bars, Bench, Rope & Rings

8065162 Green

8065159 Green

⚙ 10,1 x 5,8



m ²	33
	2.3
	14+
	4
	14

Wall - 3 Pull Up Bars

8065161 Green

8065158 Green

⚙ 5,9 x 5,8



m ²	63
	2.4
	14+
	10
	20

FreeMove M

8074897 Green

8074898 Green

⚙ 8,7 x 9,4



m ²	27
	2.3
	14+
	3
	14

Squat Workout

8074903 Green

8074904 Green

⚙ 7,1 x 4,5



m ²	47
	2.3
	14+
	6
	20

Wall - Wave- Monkey Bars

8065163 Green

8065160 Green

⚙ 11,5 x 4,5



MOVEMENT IS ME



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ISSUE A



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