

Callisthenics

Callisthenics Gym

The benefits for the user include muscular and aerobic conditioning in addition to improving balance, agility and coordination making it ideal for community parks, primary and secondary schools.



Priced as shown installed onto black and colour wet pour

EQUIPMENT AND FLOOR GRAPHICS ARE AVAILABLE IN A VARIETY OF COLOURS

BLACK & COLOUR WET POUR

1 Activate App



ACTIVATE

Users can find a gym, scan signage, log and track their workout and share with friends.

2 Smart



Smart counts hits of the gym and feeds into dashboard

3 Energy generating



Generates human powered electricity

4 Inclusive fitness



All equipment is designed in accordance with Inclusive Fitness Guidelines (IFI)

10 British-made



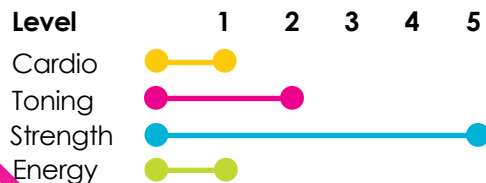
6 Wheelchair accessible



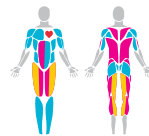
11 Interactive Signage



People can scan their workout whilst using this gym



10 Full body



9 Sprint track



8 Advanced



7 Great for inactives

Equipment List:

- Triple Pull Up ●
- Smart Energy Hand Bike ●●
- Plyometric Boxes ●
- Bench ●
- Parallel Bar Set ●
- Inclusive Rig ●
- Sprint Track ●
- Active Floor Markings ●●

| No. of Users | Min Area | Min Surfacing |
|--------------|------------|-------------------|
| 22+ | 13.5 x 11m | 135m ² |



SPACE FOR TRAINERS

CALLISTHENICS

ADVANCED

INCLUSIVE

GREAT FOR BEGINNERS

TG0908 Energy Hand Bike



Features

Benefits

- ✓ Charge your device using human power
- ✓ 'Smart' counts hits of gym

- ✓ Wheelchair accessible
- ✓ Good for targeting people new to exercise

TG0510 Inclusive Rig



Features

Benefits

- ✓ 4ft, 5ft, 6ft pull ups
- ✓ Lower features for wheelchair access
- ✓ Gym attachments can be added

- ✓ Good transition piece for older children
- ✓ Great for trainers

TG0850 Bench



Features

Benefits

- ✓ Multiple Exercises: Tricep dips, leg raises, press ups, incline and decline push ups and crunches

- ✓ Full body workout
- ✓ Great for core strength
- ✓ Family friendly piece