

# Callisthenics


## Street Workout

Breathe new life into your blank urban space with this Street Workout. The perfect 'all rounder' for your community providing the exact balance between a rewarding cardio workout and a beneficial strength session. An excellent choice catering for all abilities and ages, sure to inspire the community to surpass their aims and goals.

- A  GRASS MAT
  - B  MULCH
  - C  BLACK WET POUR
  - D  COLOUR WET POUR
- More options are available

EQUIPMENT AND FLOOR GRAPHICS ARE AVAILABLE IN A VARIETY OF COLOURS

### 1 Activate App




Users can use 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)



### 11 Great for inactives



### 5 Great for progression

### 10 Interactive Signage



People can scan their workout whilst using this gym

### 9 Wheelchair accessible



### 6 Advanced



### 8 Full body



### 7 British-made



Level	1	2	3	4	5
Cardio	●	●			
Toning	●	●			
Strength	●	●	●	●	●
Energy	●	●			

### Equipment List:

- Leg Press / Bench ●●
- Smart Energy Hand Bike ●●
- Double Pull Up ●
- Dips / Leg Raise ●
- Parallel Bar Set ●
- Overhead Ladder ●
- Welcome sign

No. of Users	Min Area	Min Surfacing
10+	12 x 4m	48m <sup>2</sup>

# Key Equipment:

TGO908 Energy Hand Bike



**Features**

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

**Benefits**

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

TGO504 Parallel Bars



**Features**

- ✓ Advanced exercise features
- ✓ Correct grip diameter

**Benefits**

- ✓ Great for trainers
- ✓ Good for TRX bands

TGO502 Double Pull Up Bar



**Features**

- ✓ Advanced exercise features
- ✓ Correct grip diameter

**Benefits**

- ✓ Great for trainers
- ✓ Good for TRX bands

TGO800 Dips/Leg Raise



**Features**

- ✓ Arm and core strength
- ✓ Low maintenance, no moving parts

**Benefits**

- ✓ Active - very active
- ✓ Progression piece
- ✓ Functional

TGO951 Leg Press / Bench



**Features**

- ✓ Multiple exercises
- ✓ Transfer handles
- ✓ Back rest

**Benefits**

- ✓ Great for core strength
- ✓ Family friendly piece
- ✓ Benefits of squat with support

TGO505 Overhead Ladder



**Features**

- ✓ Intergenerational
- ✓ Multi-use
- ✓ Assisted step
- ✓ Progressional

**Benefits**

- ✓ Great transition piece for all ages