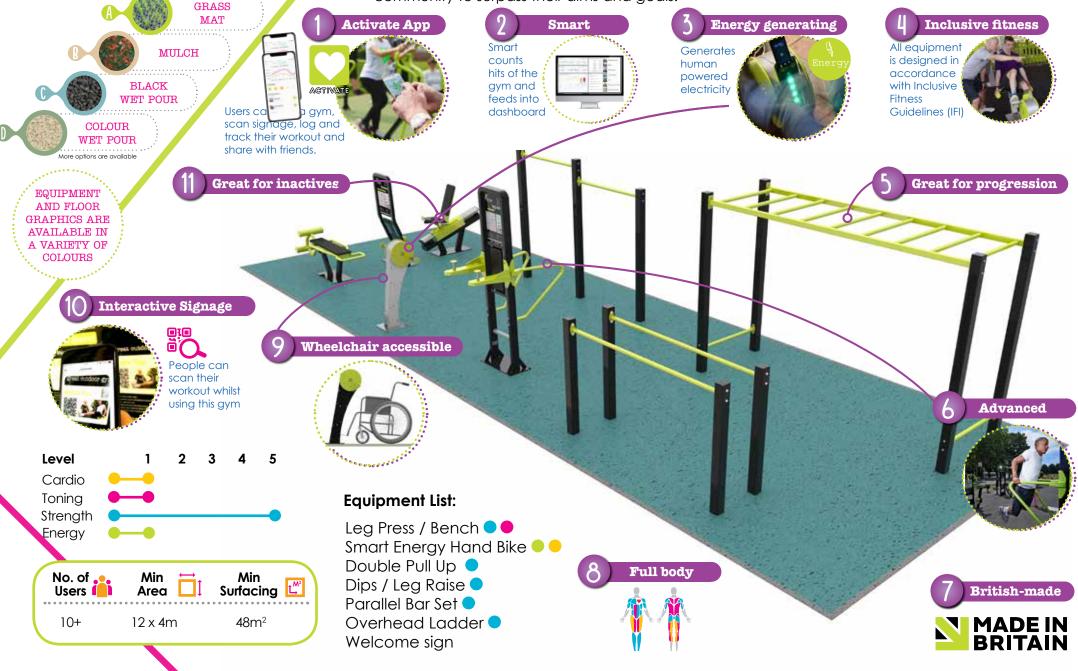
Callisthenics

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.



Key Equipment:



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



 \checkmark

Features

- ✓ Advanced exercise
- \checkmark features Correct grip diameter

Benefits Great for trainers

Good for TRX bands



Features

✓ Advanced exercise features ✓ Correct grip diameter

Benefits

✓ Great for trainers ✓ Good for TRX bands



Features \checkmark Arm and core strenath \checkmark Low maintenance, no moving parts

Benefits Active - very active
Progression piece Functional

TG0951 Leg Press / Bench



Features

✓ Multiple exercises ✓ Transfer handles Back rest



Benefits

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

TG0505 Overhead Ladder



Features

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

Benefits

✓ Great transition piece for all ages