

Zone Gyms

Tone zone

Strengthen and tone major muscle groups to create a strong body. Regenerate urban spaces with this strength based outdoor gym perfect for the user who wants to work towards the ideal physique whilst offering entry level exercises. This gym can be used by up to 10 users at one time.

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

1 Inclusive fitness

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



2 Fitness for all

Features wider seats and transfer handles



3 Great for progression

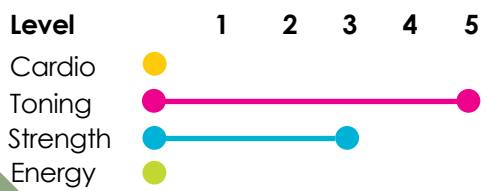
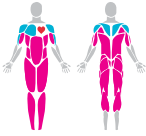


10 British-made



EQUIPMENT AND FLOOR GRAPHICS ARE AVAILABLE IN A VARIETY OF COLOURS

9 Full body



No. of Users	Min Area	Min Surfacing
10	13.5 x 3m	41m ²

7 Great for inactives



6 Multiple exercises



4 Advanced



5 Interactive Signage



People can scan their workout whilst using this gym



Equipment List:

- Leg Press / The Bench ●●
- Chest Press / Seated Row ●●
- Lat Pull Down / Shoulder Press ●●
- Dips/Leg raise ●●
- Pull Up/Assisted Pull Up ●●
- Welcome Sign

Key Equipment:

TGO951 Leg Press / Bench



Features

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

Benefits

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

TGO835 Chest Press/ Seated Row



Features

- ✓ Progressive piece
- ✓ Inclusive accessible seat and double handles

Benefits

- ✓ Feels like an indoor gym piece
- ✓ Builds muscle offers progression

TGO825 Lat Pull Down/Shoulder Press



Features

- ✓ Wide seats and stainless steel handles
- ✓ User increased resistance

Benefits

- ✓ Good introduction to upper body strength
- ✓ Great for progression

TGO800 Dips/Leg Raise



Features

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

Benefits

- ✓ Active - very active
- ✓ Progressive piece
- ✓ Functional

TGO810 Pull Up / Assisted Pull Up



Features

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

Benefits

- ✓ Active - very active
- ✓ Progressive piece
- ✓ Functional

Bolt on 'Cardio Zone'...

