



fresh-air fitness

The outdoor gym specialists





Join the positively contagious fitness craze...

fresh-air fitness
The outdoor gym specialists

- 🌿 We have **over 7 years experience** within the fitness industry and closely work with **fitness specialists**.
- 🌿 We were the first to introduce outdoor gym equipment to the UK.
- 🌿 Over 700 successful installations n the UK.
- 🌿 All ages and abilities - from children through to the elderly
- 🌿 Vigorous quality assurance process to ensure you get the best products.
- 🌿 Safe, Low maintenance and Fun!

Making Our Equipment: Design & Testing

Our equipment is designed using the latest **CAD software** giving us 2D and 3D images.

All of our equipment is designed using **DIN7900** as our guidelines, whilst also conforming to the **Inclusive Fitness industry guidelines**.

Designs are then **tested to EN1176** to ensure they comply even though they cannot be certified to this standard as this is for children's playground equipment.

All parts are tested on our **multi-function machine**. This machine tests tensile strength and pressure to a maximum force of 100kN.

All metal parts are tested in our salt spray machine that uses a 5% NaCl solution to speed up corrosion this is known as natural salt spray testing for 3000 hours. In fact car manufacturers only test for 1000! We also carry out Cycle 3C testing.

All plastic parts are tested in our **UV climate chamber** as well as our 'constant **temperature and humidity test chamber** reaching temperatures of -30°C to +60°C and between 20% and 98% humidity. Testing lasts 3000 hours in both machines.

All rubber parts are also tested in our UV climate chamber as well as our 'constant temperature and humidity test chamber' reaching temperatures of -30°C to 60°C and between 20% and 98% humidity. Testing lasts 3000 hours in both machines.



Making Our Equipment: Testing & Production

Our equipment is tested to the current German standard DIN7900 until the **European Standard EN16630** was put in place in 2014.

The equipment is put through our cycle testing for 300,000 cycles using a 400kg weight – this is 100kg more and 10 times as many cycles than the European standard. This is also monitored 24 hours a day by an external testing company.

The equipment is also tested using a **50kg drop tester**, which is repeatedly dropped from a height of 1 metre with a degradation recorder.

Static load testing of 500kg is used to test the structural integrity of our products. This test lasts for 3000 hours.

Jigs are made and tested for use on our mass production line. Stock of raw material is purchased. Then drawings are sent to the Production Manager and the Quality Control Manager.

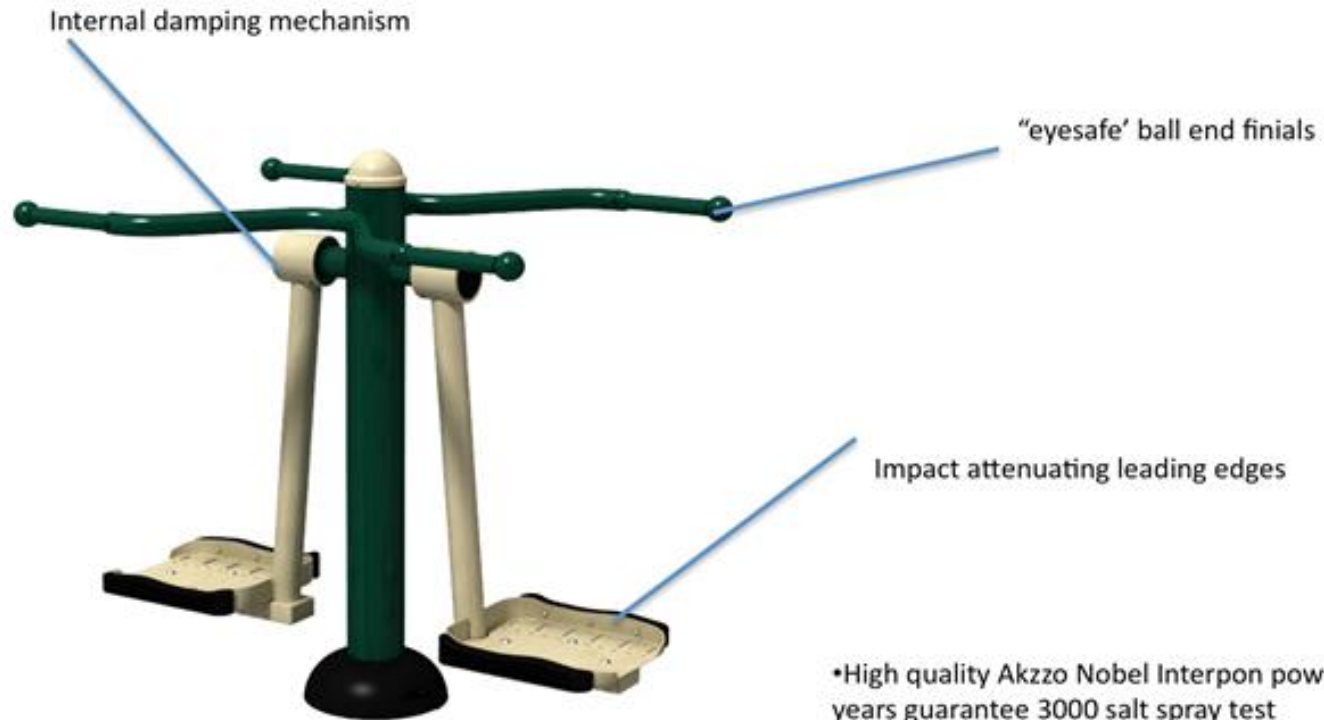
A test production run is carried out to make sure the current production processes are adequate and where necessary adjustments are made.

The product of this test production run is then tested to the same specifications as before. This will ensure the production line model is to the same or better quality than the prototype models and also that the European Standard is met from the production line model.



The Fitness Equipment: Safe and Practical

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- High quality Akkzo Nobel Interpon powder- coating 5 years guarantee 3000 salt spray test
- Tested to 300,000 user cycles
- High Quality stainless steel tamper proof fixings
- Stainless steel sealed bearings

Making Our Equipment: Production

1. Raw material is laser cut, drilled and bent using programmable drilling machines.
2. Raw material is welded using robot welders so all welds are **certified to BS EN ISO15614:2008**.
3. Quality of cutting, bending and welding processes are checked.
4. The parts are then 'Polished' to removed and weld splatter and imperfections.
5. The parts then go through a shot blasting process and a zinc passivate process and baked.
6. Quality Control checks the quality and the thickness is more than $5\mu\text{m}$ as per European standard BS EN ISO4042:2000.
7. The parts are then added to our paint production line where Akzo Nobel's Interpron PZ660 Zink primer powder coat is added and baked.
8. Quality Control then checks the quality and the thickness is more than $70\mu\text{m} \pm 10\mu\text{m}$.
9. The parts continue on the production line to the next stage where Akzo Nobel's Interpron D35 colour coat is added and baked.
10. Quality Control then checks the quality and the thickness is more than $70\mu\text{m} \pm 10\mu\text{m}$.



Making Our Equipment: Assembly to Shipping

The parts are then assembled into equipment using high quality **stainless steel anti tamper fittings**, stainless steel sealed bearings, polyurethane limiters and ABS (Acrylonitrile Butadiene Styrene) plastic limiters and seats.

Quality Control check the equipment. If the equipment passes, a pass sticker is placed on the product. If the equipment fails a rework sticker is added detailing what has failed.

An external Quality Control company then checks the equipment to ensure the equipment is of the highest standard and puts a second pass sticker on the product.

The equipment is the carefully wrapped in sponge and bandaged up for shipping.

The equipment is then shipped from our production plant in China to our warehouse in the UK using Uniserve Group, which has a **carbon-offsetting program**.

After the equipment arrives, it is unwrapped and checked before being stored.





Our Specifically Design Packages

Mini Starter Pack

Helps to kick start your introduction to outdoor exercise equipment. These three units offer strength, flexibility, cardiovascular and balance exercises; suitable for all ages.



Air Walker



Combo Pull Down &
Chest Press



Twist Stepper

Starter Pack

It includes some of our most popular pieces, while offering a balanced workout. It's suitable for parks, schools and general use. This could be an ideal way to get started with a view to adding additional equipment at a later date.



Air Walker



The Rider



Hip Twister



Push Up & Dip
Station

Disability Range

Specifically targeted towards wheelchair users, providing everyone with the opportunity to enjoy exercising in the fresh air! The units are self-weighted and use repetitive motions, meaning they are all low impact and the user is in complete control.



Tai Chi Spinners



Disabled Arm &
Pedal Bike



Disabled Pull
Down Challenger

Fitness/Trim Trail

Traditionally this is an installation spreading the length of a trail or existing path. The layout is also ideal for joggers who might break up their run with upper body exercises.

Start...



Double Sit Up Boards



Leg Lift Station



Pull Down Challenger



Horizontal Ladder



Finish...



Leg Stretch



Seated Chest Press



Triple Pull Up



Push Up & Dip Station



Parks & Recreation

By creating a community facility that encourages social interaction, it provides something for everyone. It's a great fitness facility for those who can't afford a gym...



Double Sit Up
Boards



Air Skier



Strength Trainer



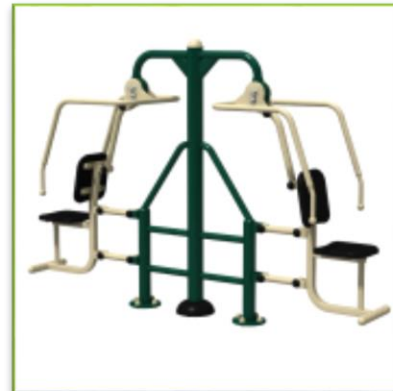
Double Rower



Pull Down
Challenger



Double Cross
Country Skier



Seated Chest
Press



Parks & Recreation

...There's more...

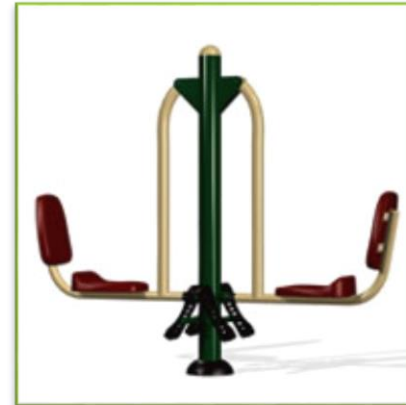
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Double Air Walker



Tai Chi Spinners



Seated Leg Press



Arm & Pedal Bike



Push Up & Dip Station



Twist Stepper

Pensioner's Playground

Specifically tailored to offer low impact and fun-to-use equipment. This type of equipment is ideally suited for the elderly or for rehabilitation work...



Air Skier



Arm & Pedal Bike



Double Cross Country Skier



Double Air Walker



Big Shoulder Wheel



Pensioner's Playground

...There's more...

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Seated Leg Press



The Rider



Tai Chi Spinners



Hip Twister

Primary Schools

Kids love our equipment and this range has been designed with them in mind.



Balance Beams



Children's Rider



Children's Air Skier



Children's Tai Chi Spinners



Children's Double Air Walker



Prisons

Durable, hard wearing and useful gym equipment to the prison industry – great to let off some steam!



Chin Up Bars



Push Up & Dip Station



Double Sit Up Boards



Strength Trainer



Triple Pull Up





Prisons

...There's more...



Leg Lift Station



Parallel Bars



Sit Up Bench



Balance Beams

Secondary Schools

Creates an additional outdoor classroom, provides a training facility for teams and sports clubs and makes exercise fun in a non competitive way.

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Chin Up Bars



Pull Down Challenger



Arm & Pedal Bike



Seated Chest Press



Double Cross Country Skier

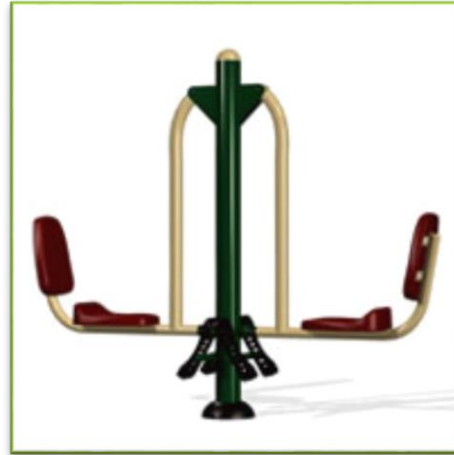
Secondary Schools

...There's more...

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Double Air Walker



The Rider



Seated Leg Press

Strength Trainer

Special Needs Schools

Safe exercise equipment for children and adults with special needs. Many units offer a repetitive motion with a low impact action which is proved to be a great release of energy for those with learning difficulties.



Double Rower



Bicycle



Double Cross
Country Skier



Twist Stepper



Arm & Pedal Bike

Urban Regeneration

Perfect for inner city areas and made of the most robust and durable materials.

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Pull Down Challenger



Leg Lift Station



Triple Pull Up



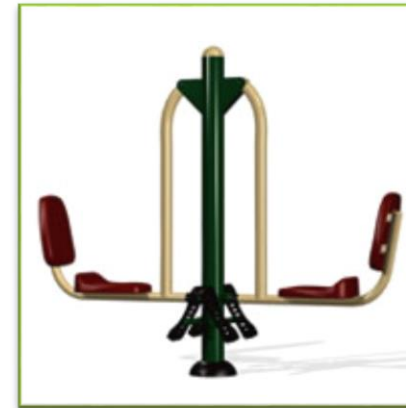
Twist Stepper



Strength Trainer



Seated Chest Press



Seated Leg Press



Push Up & Dip
Station





Our Individual Products A-Z

Air Skier

How to use: Swing both legs together from side to side

Benefits: Strengthens and develops the lower abdomen hips and thighs, improves balance and co-ordination through "core" activation.

Excellent warm-up and work-out for skiers, but also can provide gentle exercise for fitness beginners.



Air Walker

How to use: Swing both legs - as if you are walking on air.

Benefits: Allows a full range of movement in the hip joint improving flexibility and strength, without any impact or stress to joints and back. It is excellent cardiovascular exercise while developing the leg muscles.

Suitable for all ages and especially for those for whom jogging and power walking are not suitable.



Arm & Pedal Bike

How to use: Use just like a bike but work your arms too.

Benefits: Coordination between leg and arm movement encourages balance whilst exercising.

Suitable for all ages.



Balance Beams

How to use: Use for balancing exercises or for "bunny-hops" over them, either straight back and forth or as a slalom exercises along their length.

Benefits: Improves stability.

These simple, low height, floor mounted bars are remarkably effective for a range of activities for all ages.



Bicycle

How to use: Use just like any other bike.

Benefits: A classic leg cycling motion increases blood flow in the lower body. This therapeutic repetitive action helps with balance and coordination and cardiovascular work outs.

Exercising for 2, 4 or 6 minutes at this low resistance is suitable for all abilities.



Big Shoulder Wheel

How to use: Use just like any other bike.

Benefits: Designed to improve flexibility, range of movement, and blood circulation to shoulder joints and muscles. Has 2 wheels at different heights. Also useful as a therapeutic aid and as an arm and shoulder work-out for wheelchair bound users.

Provides excellent warm-up or cool down routine for arms and shoulders.



Children's Air Skier

How to use: Swing both legs together from side to side

Benefits: Strengthens and develops the lower abdomen hips and thighs, improves balance and co-ordination through "core" activation.

Excellent warm-up and work-out for skiers, but also can provide gentle exercise for fitness beginners.



Children's Arm & Pedal Bike

How to use: Use just like a bike but work your arms too.

Benefits: Coordination between leg and arm movement encourages balance whilst exercising.



Children's Double Air Walker

How to use: Swing both legs - as if you are walking on air.

Benefits: Excellent cardiovascular exercise while developing the leg muscles. Allows a full range of movement in the hip joint improving flexibility and strength, without any impact or stress to joints and back.

Our most popular unit - suitable for all ages and especially for those for whom jogging and power walking are not suitable. This unit can be used by one or two people at once. Exercising with a friend is more fun!



Children's Elliptical Cross Trainer

How to use: Simply stand on the foot pads, and start a running-like motion to get moving.

Benefits: Provides an excellent full-body cardiovascular work-out. It helps to improve co-ordination and balance while providing low impact exercise for legs and arms.

Excellent work-out for those recovering from injury.



Children's Rider

How to use: pushing with the legs while pulling with the arms against resistance.

Benefits: Gives a full-body cardiovascular and toning work-out. Works arms shoulders, back legs, abdomen and legs with low impact exercise.

Similar to a rowing machine but in a more upright position.



Children's Seated Leg Press

How to use: Sit with your feet on the resting pads, straighten your legs and repeat – be careful not to lock your knees once your legs are straight.

Benefits: Excellent work-out for thighs and hips without any of the risks to the knee joints associated with traditional squats.

Increase speed and/or the number of repetitions for more strenuous exercise. Can be used individually or by two people together for paired exercise.



Children's Tai Chi Spinners

How to use: Hold the handles and spin the wheels.

Benefits: Promote flexibility and co-ordination in wrists arms and shoulders as well as improving circulation and providing an excellent warm-up.

Suitable for all ages as well as wheel-chair bound users and an excellent physiotherapy routine.



Chin Up Bars

How to use: Stand feet shoulder width apart under the bar, grip the bar and pull yourself up until your chin is above the bar.

Benefits: excellent exercise for strengthening and building muscles in arms and shoulders.

The bars are set at different heights to allow either an unassisted lift starting with arms straight and feet off the ground or an assisted lift starting with the feet on the ground and beginning with a jump.



Combo Pull Down Chest Press

How to use: Sit with your feet facing forward and knees at 90°. On the Lat Pull Down, pull the bars towards your chest. On the Chest Press, pull your arms round so the bar handles meet.

Benefits: Great all round upper body workout. Work your Pectorals, Deltoids and Triceps on the Chest Press. Then work your Latissimus Dorsi and Biceps on the Lat Pull Down.

The Combo can be used by one or two people which makes exercising social and fun.



Cross Country Skier

How to use: Simply stand on the unit and let your feet slip back and forth whilst controlling the movement through the handles.

Benefits: Improves cardiovascular fitness

This movement is less arduous and great for less agile users.



Disabled Arm & Pedal Bike

How to use: Use just like a bike but work your arms too.

Benefits: Coordination between leg and arm movement encourages balance whilst exercising.

Suitable for all ages.



Disabled Pull Down Challenger

How to use: Sit with your feet facing forward and knees at 90°. On the Lat Pull Down, pull the bars towards your chest.

Benefits: Great all round upper body workout. Work your Latissimus Dorsi and Biceps on the Lat Pull Down.

This new initiative gives the option for two people to exercise together, promoting a social and motivating workout environment.



Double Air Walker

How to use: Swing both legs - as if you are walking on air.

Benefits: Excellent cardiovascular exercise while developing the leg muscles. Allows a full range of movement in the hip joint improving flexibility and strength, without any impact or stress to joints and back.

Our most popular unit - suitable for all ages and especially for those for whom jogging and power walking are not suitable. This unit can be used by one or two people at once. Exercising with a friend is more fun!



Double Cross Country Skier

How to use: Simply stand on the unit and let your feet slip back and forth whilst controlling the movement through the handles.

Benefits: Improves cardiovascular fitness

This movement is less arduous and great for less agile users. Great for working in pairs and to encourage social interaction.



Double Rower

How to use: Simply sit, place your hand on the handles and pull backwards.

Benefits: Improves cardiovascular fitness, provides all the benefits of rowing whilst encouraging social interaction and making it fun to use. The back support prevents over extension of the back.

For use by either 1 or 2 users. There aren't many boats where rowers face each other!



Double Sit Up Boards

How to use: Lay on the board so your full back and neck are supported. Place your feet shoulder width apart, facing forward and arrange your hands and arms wherever is most comfortable e.g. across your chest, fingers touching your temples or arms parallel to your body.

Benefits: Helps to encourage correct action and to prevent lower back strain, while at the same time putting the abdominal muscles through a fuller range of movement from extension to contraction.

The design and construction of these sit-up boards makes them suitable for all ages and abilities.



Elliptical Cross Trainer

How to use: Simply stand on the foot pads, and start a running-like motion to get moving.

Benefits: Provides an excellent full-body cardiovascular work-out. It helps to improve co-ordination and balance while providing low impact exercise for legs and arms.

Excellent work-out for those recovering from injury.



Hexagonal Fitness Station

How to use: Climb, pull, lift and swing!

Benefits: Offers a wide variety of exercises and challenges including many upper body work-outs. Presents the opportunity for exercise as play.

Difficulty level from medium to strenuous. May require safety surfacing surround.



Hip Twister

How to use: Stand on the moving discs, hold the centre circular and twist.

Benefits: This gentle exerciser is designed to improve flexibility and range of movement of hips and waist. Also great for toning obliques

Good for warm-up and cool down routines. Three people can exercise together, and the less strenuous nature of this exercise allows for social interaction.



Horizontal Ladder

How to use: 'Walking' hand over hand the length of the ladder.

Benefits: A strenuous exercise for arms and shoulders.

Also known as Monkey bars. Can also be used for chin-ups. Suitable for teenagers and adults. May require shock absorbing soft surfacing surround.



Leg Lift Station

How to use: Support your body weight and get lifting!

Benefits: Used to perform knee raises and leg lifts to strengthen abdomen and upper thighs.

Suitable for teenagers and adults.



Leg Stretch

How to use: use the bars to support your stretch position.

Benefits: Has three different heights for different degrees of stretch and has handrails to help increase the stretch and maintain balance. Improves flexibility and balance.

Great to start and finish a workout.



Parallel Bars

How to use: This can be used for a variety of exercises, especially push-ups and dips as well as hand walking along its length to build upper body strength.

Benefits: Improve overall body strength. Bars can be set at any width to accommodate wheelchair users for pull-ups.

A classic piece of gym equipment



Pull Down Challenger

How to use: Sit with your feet facing forward and knees at 90°.

Benefits: Provides a excellent work-out for arms shoulders and back, building strength and stamina.



Push Up & Dip Station

How to use: Great versatile piece of equipment to support the user when performing push ups and dip exercises, amongst many others

Benefits: a strenuous exercise to develop strength in arms and shoulders.

Can also be used for knee raises. A simple and versatile piece of equipment.



Seated Chest Press

How to use: Sit with your feet facing forward and knees at 90°. Then, pull your arms round so the bar handles meet.

Benefits: Works your Pectorals, Deltoids and Triceps.

A strenuous exercise to develop power and strength in arms, chest and shoulders.



Seated Leg Press

How to use: Sit with your feet on the resting pads, straighten your legs and repeat – be careful not to lock your knees once your legs are straight.

Benefits: Excellent work-out for thighs and hips without any of the risks to the knee joints associated with traditional squats.

Suitable for all ages and abilities. Increase speed and/or the number of repetitions for more strenuous exercise. Can be used individually or by two people together for paired exercise.



Self Weighted Rower

How to use: Sit on the seat and place your feet and hands on the stirrups. Then, use your weight to leaver yourself backwards and forwards forming and rowing-like motion. The back support prevents over extension.

Benefits: The self-weighted rower offers cardiovascular and toning benefit for all ages.

The rowing action is known to be one of the best forms of exercise, working arms, shoulders, chest, back and abdomen.



Side Surfer

How to use: By holding the cross bar for stability your legs surf from side to side.

Benefits: Strengthens the abductors. This is fun to use and improves balance and coordination whilst working the core and hip muscles.

Add some variety and swing sideways!



Sign Board

Use the sign board for:

- ✿ General introduction and instructional notice at the entrance to the fitness area.
- ✿ As a more comprehensive and detailed instruction beside each fitness station (each piece of equipment comes with its own instructions attached, but the sign board offers the chance for more detail and variety).
- ✿ It also creates the opportunity for sponsorship branding.



Sit Up Bench

How to use: The sit-up bench can either be used for performing classic sit-ups with the feet hooked underneath the bar, working abdomen and upper thighs or in the reverse position holding the bar with the hands and raising the legs for a different work-out to the same muscle groups.

Benefits: Provides variety for Abdominal workouts.

Suitable for all ages.



Strength Trainer

How to use: Like arm wrestling but with a built in advantage. 2 users compete with each other to turn their wheel against their opposite number.

Benefits: Great for developing upper body strength. Different sized wheels provide slightly different exercise or allow people of unequal strength to complete.

Fun to use as it encourages social interaction or used singularly as an arm and shoulder stretching exercise.



Tai Chi Spinners

How to use: Hold the handles and spin the wheels.

Benefits: Promote flexibility and co-ordination in wrists arms and shoulders as well as improving circulation and providing an excellent warm-up.

Suitable for all ages as well as wheel-chair bound users and an excellent physiotherapy routine.



Ten-Way Fitness Station

How to use: Swing, climb and support yourself.

Benefits: A challenging composite apparatus offering a wide variety of exercises particularly for arms and upper body. Add some versatility and swing sideways!

Presents exercise as play, its size and structure invites participants to its challenges. Suitable for teenagers and athletic adults. May require safety surfacing surround.



The Rider

How to use: pushing with the legs while pulling with the arms against resistance.

Benefits: The Rider gives a full-body cardiovascular and toning work-out. Works arms shoulders, back legs, abdomen and legs with low impact exercise.

Add some variety and use this upright rower-like machine.



Triple Pull Up

How to use: Hold the handles above your head and pull yourself up until your chin is inline with the pull up bars.

Benefits: A strenuous exerciser for arms and shoulders but one of the best for muscle development.

A variation on the classic chin-up bar, it allows 3 people to exercise simultaneously or to compete!



Twist Stepper

How to use: Twist or step – you choose!

Benefits: Two different exercises for two users: The twist element encourages hip twisting exercises whilst the stepper element strengthens the leg muscles.

A social piece for two people at a time.

