

# Small Gyms

## Mix Fit

As a stand alone entity or addition to an existing gym, this is proving to be one of our most popular packages. Workouts that will test user's endurance from the armchair athlete, to the budding Olympian. This gym will be in constant use, providing excellent 'value for money'. No urban or community space should be without a Mix Fit gym.

- 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 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 Advanced

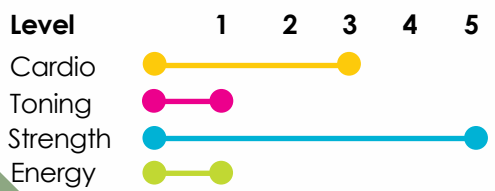


### 5 Wheelchair accessible



### 6 Great for inactives

### 10 Full body



### 9 Interactive Signage



People can scan their workout whilst using this gym

### 8 Great for progression



### 7 British-made



### Equipment List:

- Smart Energy Hand Bike ●●
- Dips / Leg raise ●●
- Double Pull Up Bar ●
- Plyometric Boxes ●
- Welcome Sign

No. of Users	Min Area	Min Surfacing
8	13.5 x 3m	25m <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

## TGO841 Plyometric Boxes



### Features

- ✓ Different height steps
- ✓ Unlimited usage

### Benefits

- ✓ For all ages
- ✓ Inspires creative circuits
- ✓ Great for trainers

## 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

## TGO889 Welcome Sign



### Features

- ✓ Safety information
- ✓ Contact details

### Benefits

- ✓ Go to reference point of user information
- ✓ Advertising space

## Also available in square layout

