

**MADE IN
BRITAIN**

tgo the
great outdoor
gym company

Activating your community

NEW PACKAGE COLLECTION
**STRONG
SMART
SUSTAINABLE**



NEW PACKAGE COLLECTION

**STRONG
SMART
SUSTAINABLE**



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Supports Progression



Family Friendly



Caters for people new to exercise



Inclusivity

TGO gyms are strong, smart and sustainable and have an inclusive design philosophy for the whole community.



Integrates with 'Activate App'

All TGO gyms build on our missions and vision.

The breadth of our offer caters for progression from beginners, completely new to exercise to advanced athletes.



Space for training

OUR PHILOSOPHY WHEN DESIGNING YOUR GYM

It's all about you and your community

Building on 10 years as a pioneers, innovators and specialists in outdoor fitness TGO has developed its community focused design philosophy. Each TGO gym has inclusivity at its heart and progression as its goal.



Intro

Welcome to our most exciting packages to date. We have learnt a lot from the past installation of 1000 gyms. We have now developed the most inclusive and functional gyms for the whole community with incorporated technology and our new app 'Activate' to make them smart.

Our philosophy is to create a journey for someone new to exercise all the way to them being very active.

Made in Britain, our fitness range excludes no one from the benefit of exercise. Even our new rig has lowered bar access for wheelchair user pull ups.

We believe that measurement is key to driving up activity and through these packages, you now can engage and measure the users on your gym and get insight via a dashboard. Users can find the gym, log and track their workout and share progress and check ins on social media.

Gyms also feature energy generating equipment, more callisthenics and more family activities.

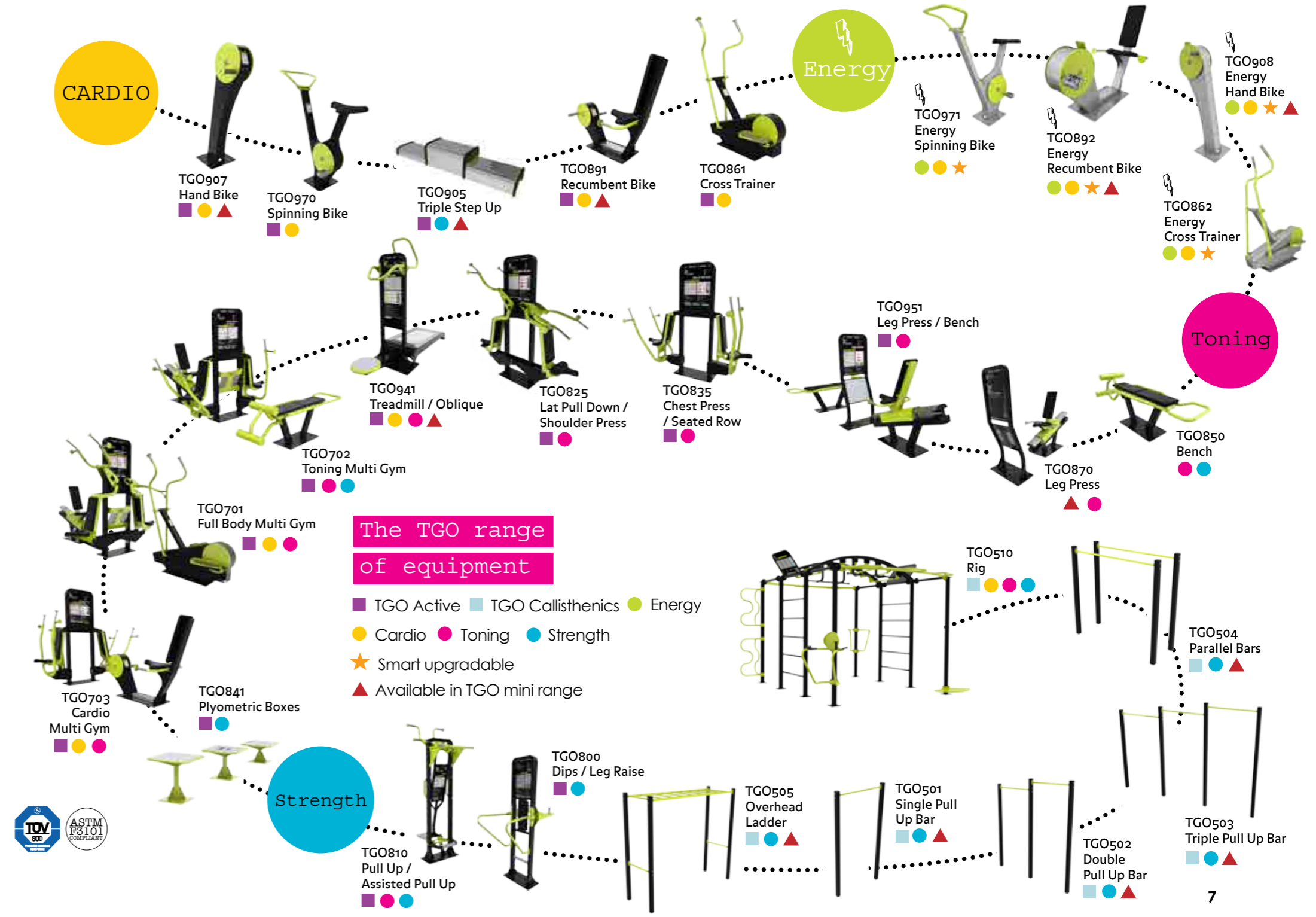
This is a bright green new era for TGO gyms and your community.

STRONG SMART SUSTAINABLE FOR COMMUNITY ACTIVATION



A RANGE FOR THE WHOLE COMMUNITY

TGO's range of gym equipment provides a full body workout and caters for people new to exercise as well as great equipment for the very active



Community Gyms

Small Community Gym

Compact in size, designed to create an inclusive, innovative space that caters for people of all abilities from totally inactive to active, bringing a full body workout to the whole community. Our unique 'smart energy' hand bike comes with a dashboard to measure, engage and sustain gym usage.

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

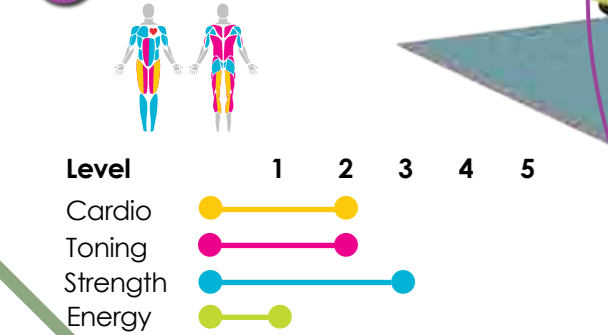
11 British-made

MADE IN BRITAIN

People can scan their workout whilst using this gym

10 Interactive Signage

9 Full body



No. of Users	Min Area	Min Surfacing
7	4.5 x 5.5m	25m ²

- 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)
- 5 Advanced**
- 6 Great for inactives**
- 7 Wheelchair accessible**
- 8 Great for progression**
- 9 Full body**
- 10 Interactive Signage**
- 11 British-made**

Equipment List:

- Smart Energy Hand Bike ●●
- Cross Trainer ●
- Single Pull Up Bar ●
- Dips/Leg raise ●●
- Lat Pull Down/Shoulder Press ●●
- Welcome Sign

Key Equipment:

TG0908 Energy Hand Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

TG0861 Cross Trainer



- | Features | Benefits |
|--|---|
| <ul style="list-style-type: none"> ✓ All body cardio workout ✓ Fully enclosed safe mechanism | <ul style="list-style-type: none"> ✓ Great for inactives ✓ Low impact |

TG0501 Single Pull Up Bar



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> Advanced exercise features Correct grip diameter | <ul style="list-style-type: none"> ✓ Great for trainers ✓ Good for TRX bands |

TG0800 Dips/Leg Raise



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Arm and core strength ✓ Low maintenance, no moving parts | <ul style="list-style-type: none"> ✓ Active - very active ✓ Progression piece Functional |

TG0825 Lat Pull Down/Shoulder Press



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Wide seats and stainless steel handles ✓ User increased resistance | <ul style="list-style-type: none"> ✓ Good introduction to upper body strength ✓ Great for progression |

What the community says...



Community Gyms

Medium community gym

TGO's design philosophy is to create family friendly, inclusive, innovative spaces that cater for people of all abilities from totally inactive to active, bringing a full body workout to the whole community. This gym offers more progression whilst maintaining inclusivity. Our unique 'smart energy' hand bike comes with a dashboard to measure, engage and sustain gym usage.

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

11 British-made

MADE IN BRITAIN

People can scan their workout whilst using this gym

10 Interactive Signage

9 Full body



No. of Users	Min Area	Min Surfacing
12	7.5 x 5.8m	43m ²

- 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)



- 5 Advanced**
- 6 Great for progression**
- 7 Wheelchair accessible**
- 8 Great for inactives**

- Equipment List:**
- Double Pull up Bar ●
 - Cross Trainer ●
 - Smart Energy Hand Bike ●●
 - Lat Pull down/Shoulder Press ●
 - Dips/Leg Raise ●●
 - Plyometric Boxes ●
 - Spinning Bike ●
 - Welcome Sign

Key Equipment:

TGO908 Energy Hand Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

TGO970 Spinning Bike



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Familiar exercise ✓ Resistance | <ul style="list-style-type: none"> ✓ Great for people new to exercise ✓ Low impact |

TGO502 Double Pull Up Bar



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Advanced exercise features ✓ Correct grip diameter | <ul style="list-style-type: none"> ✓ Great for trainers ✓ Good for TRX bands |

TGO800 Dips/Leg Raise



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Arm and core strength ✓ Low maintenance, no moving parts | <ul style="list-style-type: none"> ✓ Active - very active ✓ Progression piece ✓ Functional |

TGO8825 Lat Pull Down/Shoulder Press



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Wide seats and stainless steel handles ✓ User increased resistance | <ul style="list-style-type: none"> ✓ Good introduction to upper body strength ✓ Great for progression |

What the community says...



Community Gyms

Big community gym

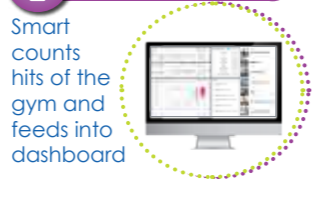
Big community gym is family friendly, inclusive and innovative and caters for people of all abilities from totally inactive to active, bringing a full body workout to the whole community. This gym offers entry level activities, progression and challenge whilst maintaining inclusivity throughout. Our unique 'smart energy' hand bike comes with a dashboard to measure, engage and sustain gym usage.

1 Interactive Signage



People can scan their workout whilst using this gym

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)

5 Wheelchair accessible



6 British-made



7 Activate App



Users can find a gym, scan signage, log and track their workout and share with friends.

10 Great for progression



9 Great for inactives

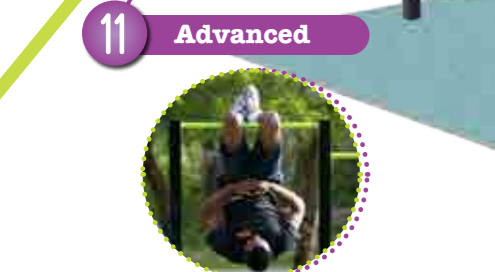


8 Full body



- 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



No. of Users	Min Area	Min Surfacing
16	6.6 x 12m	79m ²

TGO908 Energy Hand Bike



- | Features | Benefits |
|--|---|
| ✓ Charge your device using human power | ✓ Wheelchair accessible |
| ✓ 'Smart' counts hits of gym | ✓ Good for targeting people new to exercise |

TGO891 Recumbent Bike



- | Features | Benefits |
|---------------------------------|-----------------------|
| ✓ All body cardio workout | ✓ Great for inactives |
| ✓ Fully enclosed safe mechanism | ✓ Low impact |

TGO503 Triple Pull Up Bar



- | Features | Benefits |
|------------------------------|----------------------|
| ✓ Advanced exercise features | ✓ Great for trainers |
| ✓ Correct grip diameter | ✓ Good for TRX bands |

Equipment List



- | | |
|----------------------------------|--------------------------|
| Triple Pull up bar ● | Recumbent Bike ● |
| Parallel Bars ● | Leg Press / The Bench ● |
| Pull ups / Assisted Pull ups ● | Cross Trainer ● |
| Chest Press/Seated Row ● | Spinning Bike ● |
| Lat Pull down / Shoulder press ● | Smart Energy Hand Bike ● |
| | Welcome Sign ● |

TGO951 Leg Press / Bench



- | Features | Benefits |
|----------------------|----------------------------------|
| ✓ Multiple exercises | ✓ Great for core strength |
| ✓ Transfer handles | ✓ Family friendly piece |
| ✓ Back rest | ✓ Benefits of squat with support |

TGO810 Pull Up / Assisted Pull Up

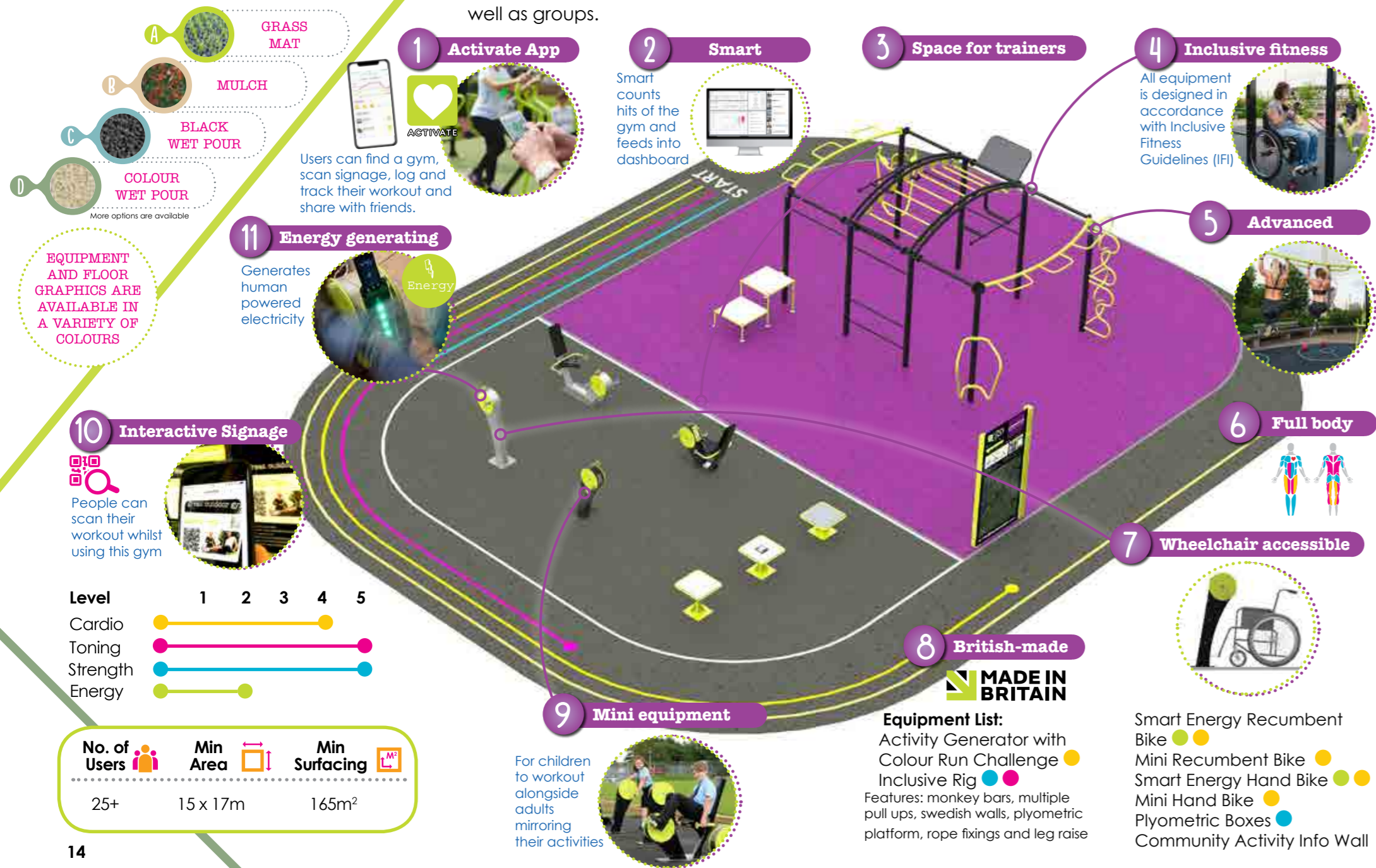


- | Features | Benefits |
|------------------------------------|------------------------|
| ✓ Arm and core strength | ✓ Active - very active |
| ✓ Low maintenance, no moving parts | ✓ Progression piece |
| | ✓ Functional |

Family Friendly

Family Fitness Zone

Family focused design featuring TGO's mini equipment which mirrors key cardio pieces for children to workout alongside adults, creating an inclusive, innovative space that caters for people of all abilities from totally inactive to active. with personal trainers and activity providers for individuals as well as groups.



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

TGO Mini Hand & Recumbent Bikes



- Features**
- ✓ Safe
 - ✓ Free from entrapments, sharp edges and crush points
- Benefits**
- ✓ Designed for users of smaller stature and young people under 1.4m tall

TGO510 Inclusive Rig

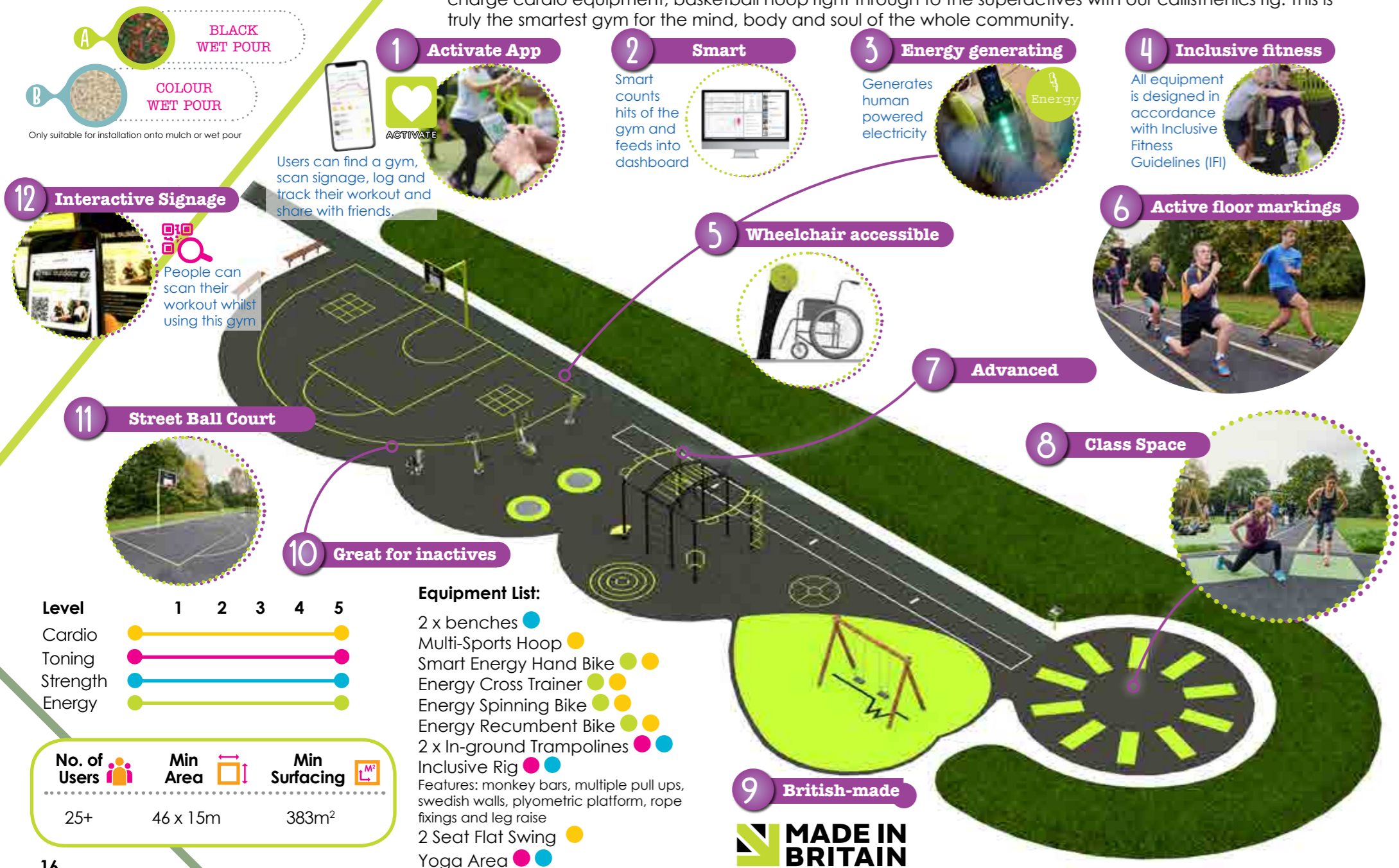


- Features**
- ✓ 4ft, 5ft, 6ft pull ups
 - ✓ gym attachments can be added
- Benefits**
- ✓ Good transition piece for older children

Family Friendly

Mind, Body and Soul Gym

A unique gym for the mind, body and soul to create an active community that feels more connected to taking part in sustainable activity. Inclusivity is a core theme to this gym with something for all ages, abilities and tastes. Welcoming people new to exercise with its playful design and fun activities, 4 pieces of energy charge cardio equipment, basketball hoop right through to the superactives with our callisthenics rig. This is truly the smartest gym for the mind, body and soul of the whole community.



TGO Cardio Energy Charge 4 Pieces



- Features**
- ✓ Charge your device using human power
 - ✓ 'Smart' counts hits of gym
- Benefits**
- ✓ Wheelchair accessible
 - ✓ Good for targeting people new to exercise

TGO In-Ground Trampolines



- Features**
- ✓ Inclusive
 - ✓ Ground level access
 - ✓ Intergenerational
- Benefits**
- ✓ Rebound therapy
 - ✓ Jumping, dynamic movement
 - ✓ For all ages

TGO510 Inclusive Rig



- Features**
- ✓ 4ft, 5ft, 6ft pull ups
 - ✓ Gym attachments can be added
- Benefits**
- ✓ Good transition piece for older children
 - ✓ Over 11 people can workout at one time



PEOPLE POWER

CHARGE DEVICES POWER PLACES LIGHT SPACES

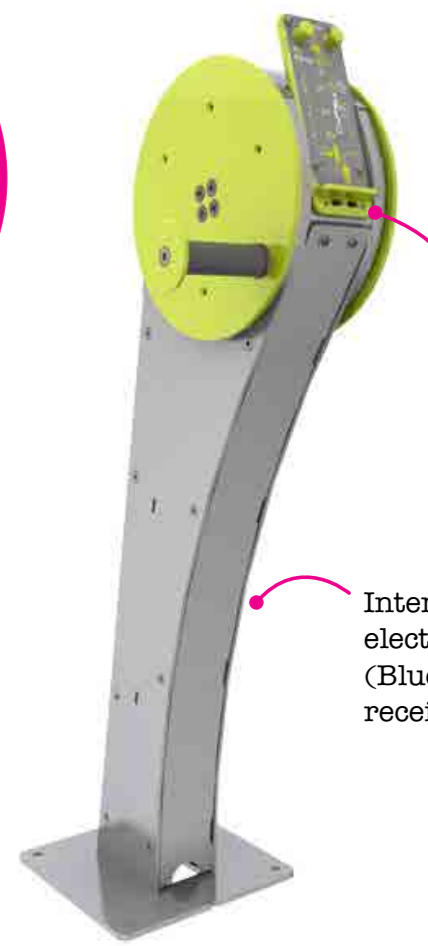
A world first! Outdoor gym equipment that generates human powered electricity.

Each package we present to you is focused around our Cardio Charge equipment which enables users to;

- Charge their mobile phones or tablets whilst exercising
- Power LED circuits, screens or flooring designed into the space
- Light up coloured LEDs or floodlighting to the space

WOW!

ENERGY
GENERATING
EXERCISE
EQUIPMENT IN
EVERY DESIGN



Generator connected to user input

Internal electronics (Bluetooth receiver)

TGO Energy



TGO862
Energy
Cross Trainer



TGO892
Energy
Recumbent Bike



TGO908
Energy
Hand Bike



TGO971
Energy
Spinning Bike



TGO100
EDU (Energy Display Unit)



Climate action / People power

United Nations. 2016



SUSTAINABLE DEVELOPMENT GOALS
17 GOALS TO TRANSFORM OUR WORLD

TGO were commissioned by the UN to install an energy gym glow system that produces electricity to light the gym space as part of the Global Climate Change Conference for 2 consecutive years, COP21 and COP22. The gym was used to engage with the populations of Paris and Marrakech about Climate Change action.

Energy Gyms

Human Power Station 200W

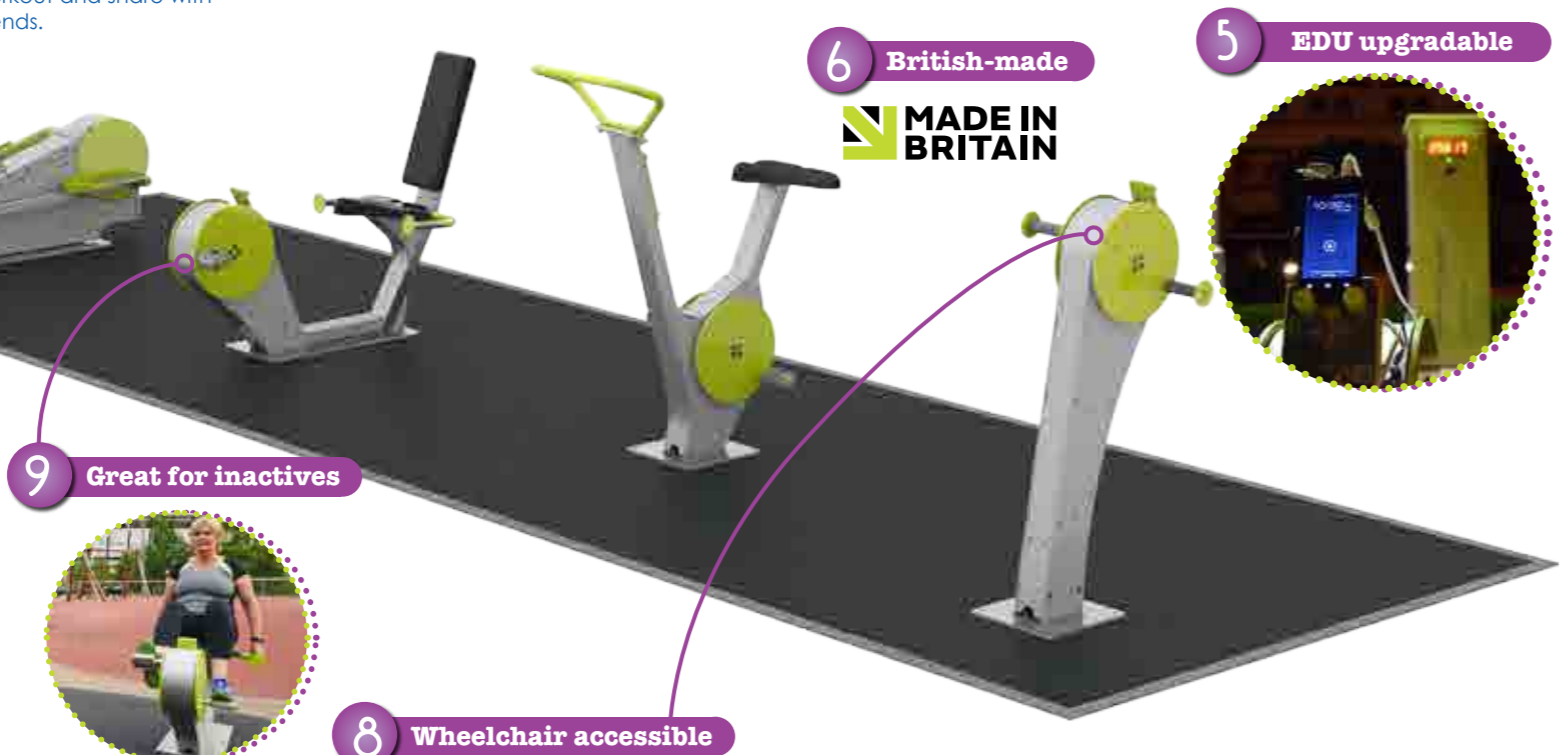
Introducing a world unique concept active spaces that generate electricity! Put activity into any location so users can exercise whilst charging their mobile devices. Coventry Council managed to turn a seditary taxi rank at their City train station into a hub of activity. Add one of our unique energy storage units (EDU) to store all the human energy created and light other areas.

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

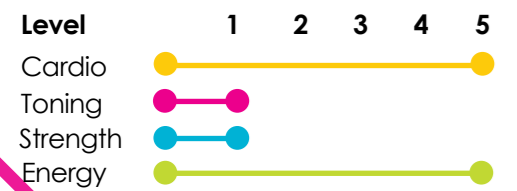
EQUIPMENT AND FLOOR GRAPHICS ARE AVAILABLE IN A VARIETY OF COLOURS

- 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 **Interactive Signage**
People can scan their workout whilst using this gym



- 5 **EDU upgradable**
- 6 **British-made**
MADE IN BRITAIN
- 7 **Full body cardio**
- 8 **Wheelchair accessible**
- 9 **Great for inactives**

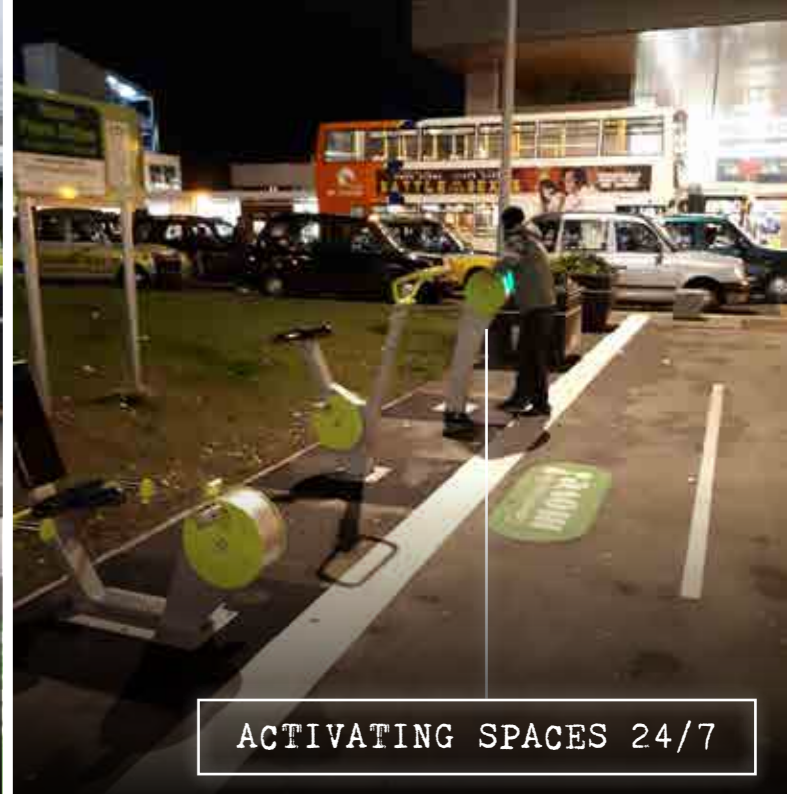


No. of Users	Min Area	Min Surfacing
4	7.5 x 2m	15m ²

Equipment List:
 Energy Cross Trainer ●●
 Energy Recumbent Bike ●●●
 Energy Spinning Bike ●●●
 Smart Energy Hand Bike ●●●
 Welcome Sign



ENERGY GENERATING HUMAN POWER INCLUSIVE



ACTIVATING SPACES 24/7

TG0908 Energy Hand Bike



- | | |
|--|--|
| Features | Benefits |
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

TG0971 Energy Spinning Bike



- | | |
|--|--|
| Features | Benefits |
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Great for people new to exercise ✓ Low impact |

TG0862 Energy Cross Trainer



- | | |
|--|---|
| Features | Benefits |
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Full body cardio workout ✓ Low impact for inactive users |

Energy Gyms

Intergenerational Smart Energy Gym

Introducing a world unique concept active spaces that generate electricity! Put activity into any location so users can exercise whilst charging their mobile devices. Our unique energy storage unit (EDU) stores all the human energy created and can light floodlights or can 'flow' back into the grid.

A BLACK WET POUR
B COLOUR WET POUR
Only suitable for installation onto wet pour

FLOODLIGHT AND INSTALLATION ARE INCLUDED IN THIS PACKAGE

10 British-made
MADE IN BRITAIN

9 Mini equipment
 For children to workout alongside adults mirroring their activities

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

No. of Users	Min Area	Min Surfacing
3	7.5 Dia	45m ²

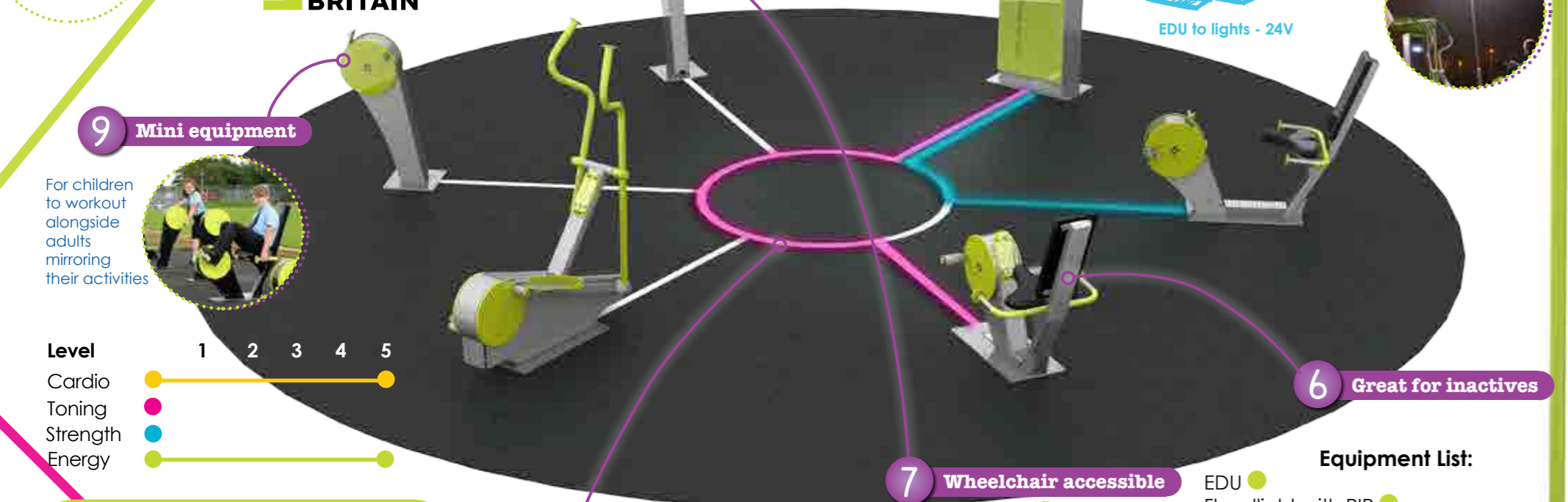
1 Activate App
 Users can find a gym, scan signage, log and track their workout and share with friends.

2 Smart
 Smart counts hits of the gym and feeds into dashboard
 Counts the total energy generated by users of the gym

3 Energy generating
 Generates human powered electricity
 Harnesses human energy and turns it into usable electricity for floodlighting

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

5 Floodlight
 EDU to lights - 24V



8 LED lit flooring

7 Wheelchair accessible

- Equipment List:**
- EDU ●
 - Floodlight with PIR ●
 - Smart Energy Hand Bike ●●
 - Shortened Energy Hand Bike ●●
 - Energy Cross Trainer ●●
 - Energy Recumbent Bike ●●
 - Shortened Energy Recumbent Bike ●●
 - Welcome Sign ●●

Key Equipment:

TGO100 Energy Display Unit EDU



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Kilowatt hour meter (5 digits) user display ✓ LED power metre | <ul style="list-style-type: none"> ✓ Counts total energy generated by the users |

TGO862 Energy Cross Trainer



- | Features | Benefits |
|--|---|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Full body cardio workout ✓ Low impact for inactive users |

TGO908 Energy Hand Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

TGO Mini Hand & Recumbent Bikes



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Safe ✓ Free from entrapments, sharp edges and crush points | <ul style="list-style-type: none"> ✓ Designed for users of smaller stature and young people under 1.4m tall |

TGO892 Energy Recumbent Bike



- | Features | Benefits |
|--|---|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Great for people new to exercise ✓ Main piece for elderly people |

Energy

Generates human powered electricity


Internal electronics (Bluetooth receiver)

Energy Gyms

Smart Energy Circuit


Piloted in Queen Elizabeth Olympic Park, this brilliant smart package offers something for everyone from inactive to active with 4 energy generating pieces, users can charge their phones and light the rig up. The space is a circular design and provides trainers with great circuit stations. The space has been used by Tough Mudder to train for the events.

1 Activate App




Users can find a gym, scan signage, log and track their workout and share with friends.

2 British-made




3 Energy generating




Generates human powered electricity

4 Inclusive fitness




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

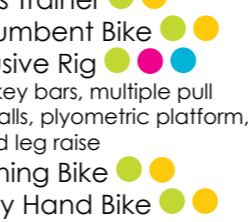
5 Great for inactives




6 Advanced




7 Active Flooring



8 Full body




9 Interactive LEDs




Responsive to human power being generated on cardio charge

10 Wheelchair accessible




11 Smart




Smart counts hits of the gym and feeds into dashboard

12 Space for trainers



13 Interactive Signage



People can scan their workout whilst using this gym

BLACK WET POUR

COLOUR WET POUR

Only suitable for installation onto wet pour

Equipment List:

- Energy Cross Trainer
- Energy Recumbent Bike
- Energy Inclusive Rig
- Features: monkey bars, multiple pull ups, swedish walls, plyometric platform, rope fixings and leg raise
- Energy Spinning Bike
- Smart Energy Hand Bike
- Welcome Sign

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

No. of Users	Min Area	Min Surfacing
15+	10.6m Dia	88m ²



INCLUSIVE ENERGY GENERATING INTERACTIVE LEDS CALLISTHENICS SPACE FOR TRAINERS

TGO908 Energy Hand Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

TGO971 Energy Spinning Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Great for people new to exercise ✓ Low impact |

TGO510 Inclusive Energy Rig



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Interactive LEDs ✓ Advanced exercise features | <ul style="list-style-type: none"> ✓ Good transition piece for older children ✓ Great for trainers |

"This is the best outdoor gym I have ever seen"
 Sky Sports Fit in 5 Marvin Ambrosius

Energy Gyms

People Power

THE CONCEPT:

Energy generating focused equipment powering a LED screen to display featured advertising or virtual instructor. Follow circuits lit up on floor, which illuminate the space at night creating an interactive fitness and inspirational space.

BLACK & COLOUR WET POUR

Prised as shown installed onto black and colour wet pour

11 Interactive Signage

People can scan their workout whilst using this gym

10 Energy generating

Generates human powered electricity

No. of Users	Min Area	Min Surfacing
35+	18 x 24m	432m ²

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 LED screen

4 Inclusive fitness

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

5 Class Space

6 Full body

7 Advanced

8 British-made

MADE IN BRITAIN

9 LED lit flooring



Equipment List:

- Inclusive Rig ●●
- Features: monkey bars, multiple pull ups, swedish walls, plyometric platform, rope fixings and leg raise
- 2 x Smart Energy Hand Bike ●●
- 3 x Smart Energy Recumbent Bike ●●
- 2 x Parallel Bars ●
- Triple Pull Up ●
- 2 x benches ●
- 2 x Smart Energy Spinning Bike ●●
- 2 x Smart Energy Cross Trainer ●●
- Pull Ups/ Assisted Pull Ups
- Chest Press/Seated Row
- Plyometric Boxes (3 different heights)
- Class/Yoga Area ●●●
- Running Track ●
- LED Screen
- LED Flooring

TGO892 Energy Recumbent Bike



- | Features | Benefits |
|--|------------------------------------|
| ✓ Charge your device using human power | ✓ Great for people new to exercise |
| ✓ 'Smart' counts hits of gym | ✓ Main piece for elderly people |

TGO510 Inclusive Rig



- | Features | Benefits |
|--------------------------------|--|
| ✓ 4ft, 5ft, 6ft pull ups | ✓ Good transition piece for older children |
| ✓ gym attachments can be added | ✓ Great for trainers |

Bootcamp

Inspired by the "bootcamp revolution", this gym is encouraging the whole community, whatever their age or ability, to exercise together. The equipment in the gym has been carefully chosen to tackle inactivity and provide everyone with a workout.

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

11 Interactive Signage

People can scan their workout whilst using this gym

10 Full body

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

No. of Users	Min Area	Min Surfacing
23	15 x 10m	125m ²

- 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)



- 5 Advanced**
- 6 Great for inactives**
- 7 Wheelchair accessible**
- 8 British-made**
- 9 Great for progression**

Equipment List:

- Lat Pull Down/Shoulder Press
- Leg Press / The Bench
- Smart Energy Hand Bike
- Recumbent Bike
- Spinning Bike
- Cross Trainer
- Dips/Leg raise
- Double Pull Up Bar
- The Inclusive Rig

Features: monkey bars, multiple pull ups, swedish walls, plyometric platform, rope fixings and leg raise



TG0908 Energy Hand Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

TG0891 Recumbent Bike



- | Features | Benefits |
|--|---|
| <ul style="list-style-type: none"> ✓ All body cardio workout ✓ Fully enclosed safe mechanism | <ul style="list-style-type: none"> ✓ Great for inactives ✓ Low impact |

TG0951 Leg Press / Bench



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Multiple exercises ✓ Transfer handles ✓ Back rest | <ul style="list-style-type: none"> ✓ Great for core strength ✓ Family friendly piece ✓ Benefits of squat with support |

TG0800 Dips/Leg Raise



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Arm and core strength ✓ Low maintenance, no moving parts | <ul style="list-style-type: none"> ✓ Active - very active ✓ Progression piece ✓ Functional |

TG0510 Inclusive Rig



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ 4ft, 5ft, 6ft pull ups ✓ gym attachments can be added | <ul style="list-style-type: none"> ✓ Good transition piece for older children |

Space for trainers



Bootcamp & Circuit Gyms

Circuit gym

This inclusive smart circuit offers something for everyone from inactive to active with 3 energy generating pieces users can charge their phones. The space is designed as a flowing circuit for the whole community, focused around family friendly activities and also provides trainers with great circuit stations for individual training, classes and spin off activities creating a hub for the community.



TARMAC & BLACK/COLOUR WET POUR

Priced as shown installed onto tarmac and black and colour wet pour

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)

5 British-made



6 Wheelchair accessible

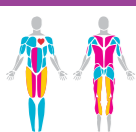


13 Interactive Signage

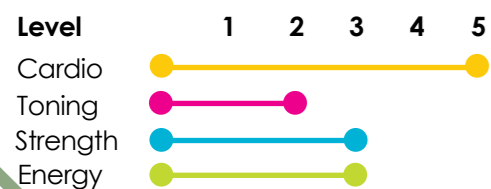


People can scan their workout whilst using this gym

12 Full body



11 Playful activities



10 Advanced



9 Great for progression



Equipment List:

- Chest Press/Seated Row ●
- Plyometric boxes ●
- Parallel Bars ●

- Leapfrog or Squat Spheres ●●
- Handstand/Community Activity Info Wall ●
- Class Space /Yoga ●●●
- Fitness Markings ●
- Smart Energy Spinning Bike ●●●
- Smart Energy Cross Trainer ●●●
- Smart Energy Hand Bike ●●●
- Pull Up/Assisted Pull Up ●
- Welcome Sign

No. of Users	Min Area	Min Surfacing
30+	15 x 11m	152m ²



ENERGY GENERATING INCLUSIVE CLASS SPACE PLAYFUL ACTIVITIES TRAINERS CIRCUITS

TGO Cardio Energy Charge 3 Pieces



- | Features | Benefits |
|--|---|
| ✓ Charge your device using human power | ✓ Wheelchair accessible |
| ✓ 'Smart' counts hits of gym | ✓ Good for targeting people new to exercise |

TGO503 Triple Pull Up Bar



- | Features | Benefits |
|------------------------------|----------------------|
| ✓ Advanced exercise features | ✓ Great for trainers |
| ✓ Correct grip diameter | ✓ Good for TRX bands |

Active Flooring and Class Space



- | Features | Benefits |
|---------------------|------------------------------|
| ✓ Unlimited usage | ✓ Inspires creative circuits |
| ✓ Intergenerational | ✓ Great for trainers |
| ✓ Inclusive | ✓ Social space |

Cardio Circuit

This cardio centric circuit offers something for everyone from inactive to active with an energy generating piece, users can charge their phones and measure the hits of the gym. The space is a circular design and provides trainers with great circuit stations. The equipment has been used by Tough Mudder to train for the events. This space is crowned with an inclusive rig featuring a range of lowered pull ups for wheelchair access.

A MULCH

B BLACK WET POUR

C COLOUR WET POUR
More options are available

13 Interactive Signage

People can scan their workout whilst using this gym

11 Smart

Smart counts hits of the gym and feeds into dashboard

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

No. of Users	Min Area	Min Surfacing
15+	10.6m Dia	88m ²

1 Activate App

Users can find a gym, scan signage, log and track their workout and share with friends.

2 British-made

MADE IN BRITAIN

3 Energy generating

Generates human powered electricity

4 Inclusive fitness

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

5 Great for inactives

6 Advanced

7 Active flooring

8 Full body

10 Wheelchair accessible

12 Space for trainers

Equipment List:

- Cross Trainer ●
- Recumbent Bike ●
- Inclusive Rig ●●

Features: monkey bars, multiple pull ups, swedish walls, plyometric platform, rope fixings and leg raise

- Energy Spinning Bike ●●
- Smart Energy Hand Bike ●●
- Welcome Sign



ACTIVE FLOORING ENERGY GENERATING INCLUSIVE CALLISTHENICS SPACE FOR TRAINERS

TG0908 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

TG0861 Cross Trainer



- Features**
- ✓ All body cardio workout
 - ✓ Fully enclosed safe mechanism
- Benefits**
- ✓ Great for inactives
 - ✓ Low impact

TG0510 Inclusive Rig



- Features**
- ✓ 4ft, 5ft, 6ft pull ups
 - ✓ Lower features for wheelchair access
 - ✓ Gym attachments can be added
- Benefits**
- ✓ Good transition piece for older children
 - ✓ Great for trainers

"This is the best outdoor gym I have ever seen"
Sky Sports Fit in 5 Marvin Ambrosius

Callisthenics

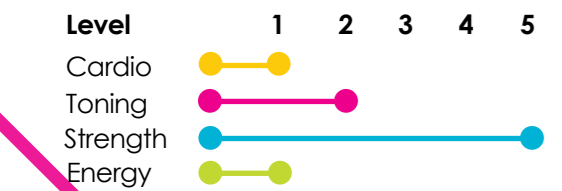
Callisthenics Gym

The benefits for the user include muscular and aerobic conditioning in addition to improving balance, agility and coordination making it ideal for community parks, primary and secondary schools.

BLACK & COLOUR WET POUR
Priced as shown installed onto black and colour wet pour

EQUIPMENT AND FLOOR GRAPHICS ARE AVAILABLE IN A VARIETY OF COLOURS

Interactive Signage
People can scan their workout whilst using this gym



No. of Users	Min Area	Min Surfacing
22+	13.5 x 11m	135m ²

- 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)

- 6 Wheelchair accessible**
- 7 Great for inactives**

- 10 Full body**
- 9 Sprint track**
- 8 Advanced**

- 10 British-made**
MADE IN BRITAIN
 - 11 Interactive Signage**
- Equipment List:**
- Triple Pull Up ●
 - Smart Energy Hand Bike ●●
 - Plyometric Boxes ●
 - Bench ●
 - Parallel Bar Set ●
 - Inclusive Rig ●
 - Sprint Track ●
 - Active Floor Markings ●●



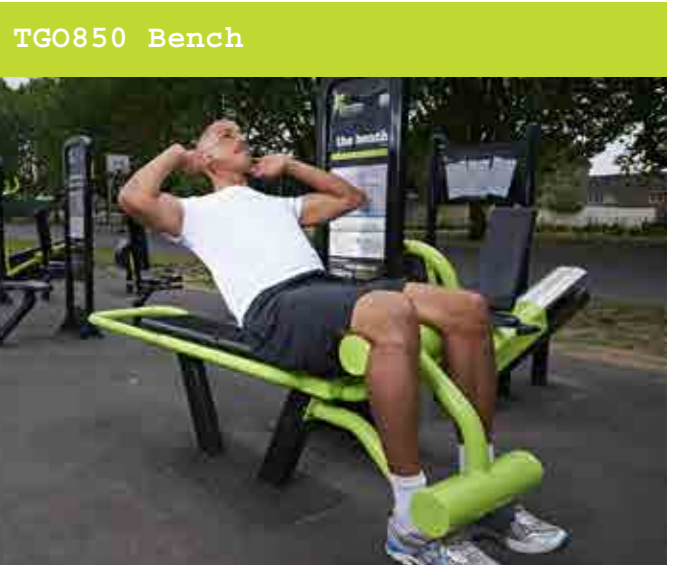
SPACE FOR TRAINERS CALLISTHENICS ADVANCED INCLUSIVE GREAT FOR BEGINNERS



- 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



- TGO510 Inclusive Rig**
- Features**
- ✓ 4ft, 5ft, 6ft pull ups
 - ✓ Lower features for wheelchair access
 - ✓ Gym attachments can be added
- Benefits**
- ✓ Good transition piece for older children
 - ✓ Great for trainers



- TGO850 Bench**
- Features**
- ✓ Multiple Exercises: Tricep dips, leg raises, press ups, incline and decline push ups and crunches
- Benefits**
- ✓ Full body workout
 - ✓ Great for core strength
 - ✓ Family friendly piece

Callisthenics

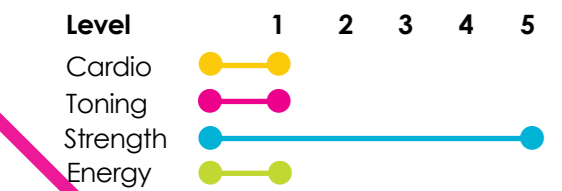
Street Workout

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

10 Interactive Signage
People can scan their workout whilst using this gym



No. of Users	Min Area	Min Surfacing
10+	12 x 4m	48m ²

- 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**

- 9 Wheelchair accessible**
- 6 Advanced**

Equipment List:

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

- 8 Full body**

- 7 British-made**



Key Equipment:

TG0908 Energy Hand Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

TG0504 Parallel Bars



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Advanced exercise features ✓ Correct grip diameter | <ul style="list-style-type: none"> ✓ Great for trainers ✓ Good for TRX bands |

TG0502 Double Pull Up Bar



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Advanced exercise features ✓ Correct grip diameter | <ul style="list-style-type: none"> ✓ Great for trainers ✓ Good for TRX bands |

TG0800 Dips/Leg Raise



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Arm and core strength ✓ Low maintenance, no moving parts | <ul style="list-style-type: none"> ✓ Active - very active ✓ Progression piece ✓ Functional |

TG0951 Leg Press / Bench



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Multiple exercises ✓ Transfer handles ✓ Back rest | <ul style="list-style-type: none"> ✓ Great for core strength ✓ Family friendly piece ✓ Benefits of squat with support |

TG0505 Overhead Ladder



- | Features | Benefits |
|--|---|
| <ul style="list-style-type: none"> ✓ Intergenerational ✓ Multi-use ✓ Assisted step ✓ Progressional | <ul style="list-style-type: none"> ✓ Great transition piece for all ages |

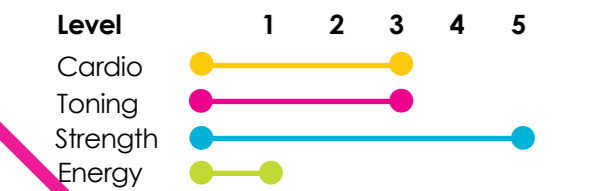
Callisthenics

Cardio Street Gym

This package was inspired to create opportunities for callisthenics and street gym as well as to encourage multigenerational interaction. The space welcomes people new to exercise and allows them to build strength and progress to high fitness levels. Functional floor markings and the layout of equipment make it ideal for fitness groups and families too.

- 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



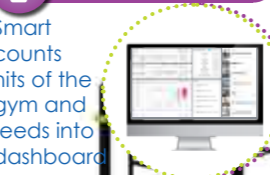
No. of Users	Min Area	Min Surfacing
16+	9.2 x 9.7 m	93m ²

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 Kenguru Pro



World famous Street Workout & Callisthenics Federation

5 Advanced



6 Full body



7 Great for inactives

9 Space for trainers



8 Wheelchair accessible



11 Interactive Signage



People can scan their workout whilst using this gym

Equipment List:

- Kenguru K-004 Callisthenics Unit ●●
- Kenguru Workout Desk K-011 ●●
- Kenguru Parallel Bars K-010 ●●
- Kenguru Inclined Abs Bench K-023 ●●
- Spinning Bike ●
- Smart Energy Hand Bike ●●
- Cross Trainer ●
- Welcome sign



BEGINNER INCLUSIVE ENERGY GENERATING ADVANCED CALLISTHENICS SPACE FOR TRAINERS

TG0908 Energy Hand Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

Kenguru K-004 Callisthenics Unit



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Monkey bar, snake, swedish wall and five pull-up bars | <ul style="list-style-type: none"> ✓ Caters for inactives to superfit ✓ Supports progression |

Kenguru K-023 Inclined Abs Bench



- | Features | Benefits |
|--|---|
| <ul style="list-style-type: none"> ✓ Multiple exercises: Leg raises, press ups, incline and decline push ups and stomach crunches | <ul style="list-style-type: none"> ✓ Great for core ✓ Family friendly piece |

Callisthenics

Bar Park

World famous Kenguru Pro officially approved by World Street Workout and Callisthenics Federation. This package is designed with their equipment to benefit the users with muscular and aerobic conditioning in addition to improving balance, agility and coordination. Promoting healthy lifestyle, forms attraction among young people towards street sports.

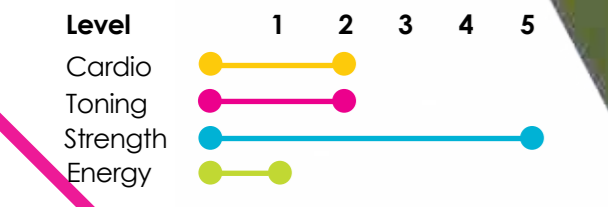
- A GRASS MAT
 - B MULCH
 - C BLACK WET POUR
 - D COLOUR WET POUR
- More options are available

10 Interactive Signage

People can scan their workout whilst using this gym

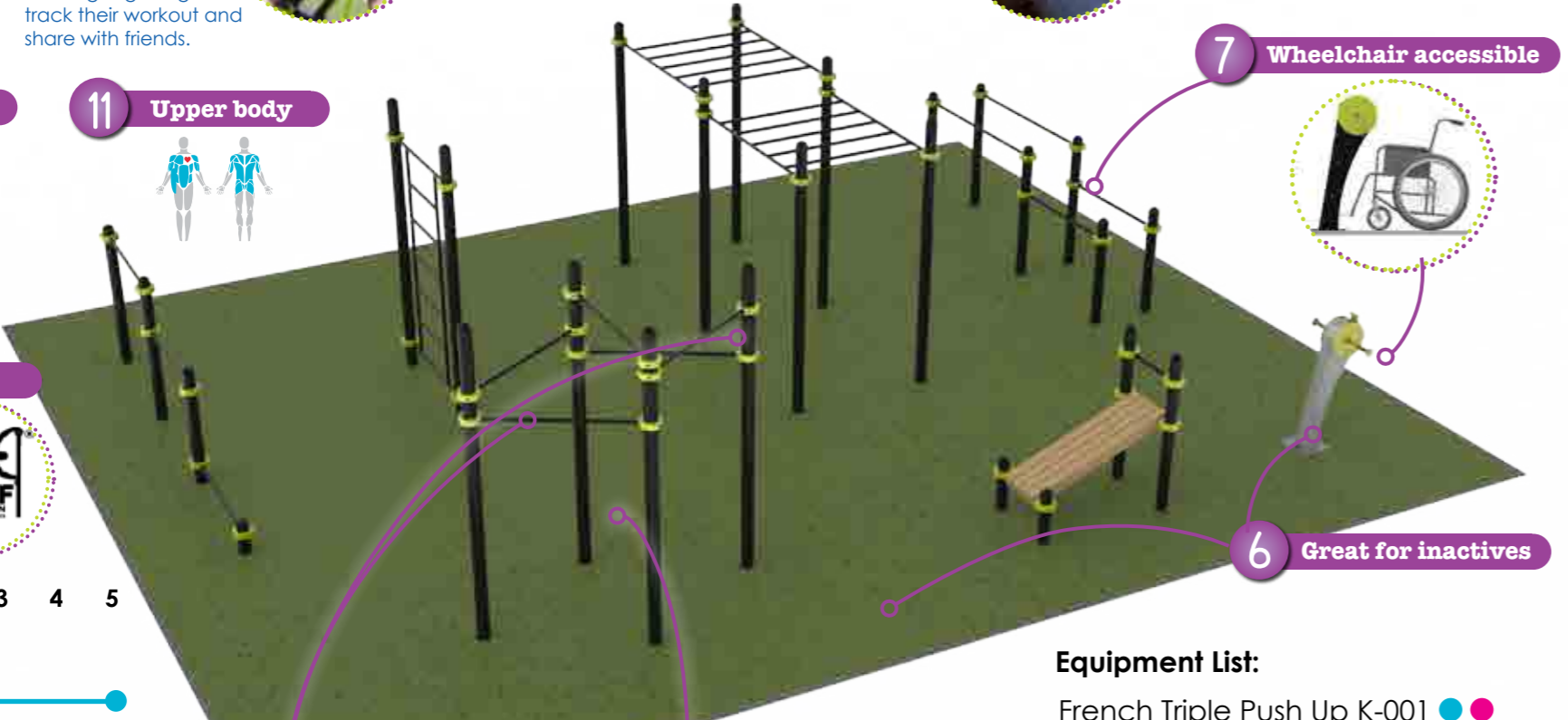
9 Kenguru Pro

World famous Street Workout & Callisthenics Federation



No. of Users	Min Area	Min Surfacing
14+	11 x 9m	100m ²

- 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)



Equipment List:

- French Triple Push Up K-001 ●●
- Swedish Wall K-006 ●●
- Double Overhead Ladder K-002 ●●
- Double Parallel Bars K-009 ●●
- Smart Energy Hand Bike ●●
- Incline Bench K-023 ●●
- Double Triangular Pull Up Bars K-017 ●●
- Welcome sign



Kenguru K-002 Double Overhead Ladder



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Intergenerational ✓ Generous proportions Progressional | <ul style="list-style-type: none"> ✓ Good transition piece for all ages |

Kenguru K-009 Double Parallel Bars



- | Features | Benefits |
|--|---|
| <ul style="list-style-type: none"> ✓ Designed with leading experts of para sport ✓ Wheelchair accessible | <ul style="list-style-type: none"> ✓ Good for targeting people new to exercise |

Kenguru K-017 Triangular Pull Ups



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Correct grip diameter ✓ Varied height pulls ups ✓ Supports gymnastics | <ul style="list-style-type: none"> ✓ Great for building upper body strength ✓ Key Piece for trainers ✓ Good for TRX bands |

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.

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



4 Advanced



5 Interactive Signage



People can scan their workout whilst using this gym

6 Multiple exercises



7 Great for inactives



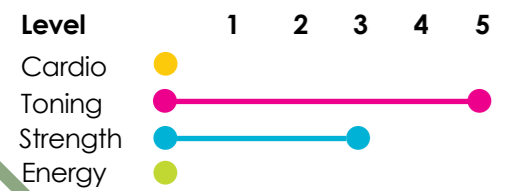
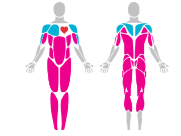
10 British-made



- 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

9 Full body



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

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:

TG0951 Leg Press / Bench



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Multiple exercises ✓ Transfer handles ✓ Back rest | <ul style="list-style-type: none"> ✓ Great for core strength ✓ Family friendly piece ✓ Benefits of squat with support |

TG0835 Chest Press/ Seated Row



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Progression piece ✓ Inclusive accessible seat and double handles | <ul style="list-style-type: none"> ✓ Feels like an indoor gym piece ✓ Builds muscle offers progression |

TG0825 Lat Pull Down/Shoulder Press



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Wide seats and stainless steel handles ✓ User increased resistance | <ul style="list-style-type: none"> ✓ Good introduction to upper body strength ✓ Great for progression |

TG0800 Dips/Leg Raise



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Arm and core strength ✓ Low maintenance, no moving parts | <ul style="list-style-type: none"> ✓ Active - very active ✓ Progression piece ✓ Functional |

TG0810 Pull Up / Assisted Pull Up



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Arm and core strength ✓ Low maintenance, no moving parts | <ul style="list-style-type: none"> ✓ Active - very active ✓ Progression piece ✓ Functional |

Bolt on 'Cardio Zone'...



Zone Gyms


Cardio zone

Inspired by indoor gyms, this is a must have gym for every community aimed at successfully improving the cardiovascular health of its users. A perfect choice for those looking for a fit for purpose gym for all ages and abilities, when space and budget are factors for consideration.

- 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



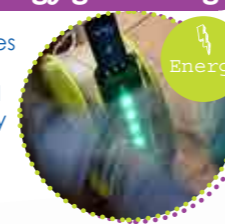
Users can find a gym, scan signage, log and track their workout and share with friends.

2 Smart




Smart counts hits of the gym and feeds into dashboard

3 Energy generating



Generates human powered electricity

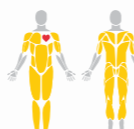
4 Inclusive fitness



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



6 Full body cardio



9 Wheelchair accessible



7 Great for inactive

8 British-made



- Equipment List:**
1. Energy Hand Bike ●●
 2. Cross Trainer ●●
 3. Recumbent Bike ●●
 4. Recumbent Bike ●●
 5. Spinning Bike ●●
 6. Spinning Bike ●●

10 Interactive Signage



People can scan their workout whilst using this gym

Level

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

No. of Users	Min Area	Min Surfacing
6	12 x 1.5m	18m ²

Key Equipment:

TGO908 Energy Hand Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

TGO861 Cross Trainer



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ All body cardio workout ✓ Fully enclosed safe mechanism | <ul style="list-style-type: none"> ✓ Great for inactive ✓ Low impact |

TGO891 Recumbent Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ All body cardio workout ✓ Fully enclosed safe mechanism | <ul style="list-style-type: none"> ✓ Great for inactive ✓ Low impact |

TGO970 Spinning Bike



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Familiar exercise Resistance | <ul style="list-style-type: none"> ✓ Great for people new to exercise Low impact |

TGO889 Welcome Sign



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Safety information ✓ Contact details | <ul style="list-style-type: none"> ✓ Go to reference point of user information ✓ Advertising space |

Bolt on 'Tone Zone'...



Zone Gyms

Strength zone

This strength focused zone is in our core 'strength' colourway. It's designed to cater for everyone from inactive to superactives with an energy generating piece, users can charge their phones and measure the hits of the gym. The wide range of equipment right up to our inclusive callisthenics rig provides the best opportunities for individual training, classes and spin off activities creating a hub for the community.

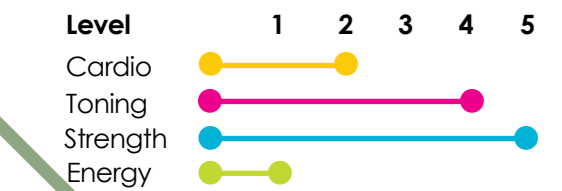
- A GRASS MAT
 - B MULCH
 - C BLACK WET POUR
 - D COLOUR WET POUR
- More options are available

10 British-made
MADE IN BRITAIN

People can scan their workout whilst using this gym

12 Interactive Signage

9 Full body



No. of Users	Min Area	Min Surfacing
40+	17.5 x 17.5m	306m ²

- 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)



- 6 Great for inactives**
- 8 Great for progression**
- 8 Class Space**

Equipment List:

- Smart Energy Hand Bike ●●
- Plyometric Boxes ●
- Pull Up/ Assisted Pull Up ●●
- Dips/ Leg Raise ●●
- 2 x Sets Parallel Bars ●
- 2 x Leg Press/ Bench ●●
- Triple Pull Up Bar ●●
- The Inclusive Rig ●
- Features: monkey bars, multiple pull ups, swedish walls, plyometric platform, rope fixings and leg raise
- Double Pull Up Bar ●
- Triple Step Up ●
- Overhead Ladder ●
- Chest Press/ Seated Row ●
- Lat Pull Down/ Shoulder Press ●●
- Bench ●●
- Class Space & Welcome Sign ●

Key Equipment:

TGO908 Energy Hand Bike



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

TGO510 Inclusive Rig



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ 4ft, 5ft, 6ft pull ups ✓ Lower features for wheelchair access ✓ Gym attachments can be added | <ul style="list-style-type: none"> ✓ Good transition piece for older children ✓ Great for trainers |

TGO503 Triple Pull Up Bar



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Advanced exercise features ✓ Correct grip diameter | <ul style="list-style-type: none"> ✓ Great for trainers ✓ Good for TRX bands |

TGO800 Dips/Leg Raise



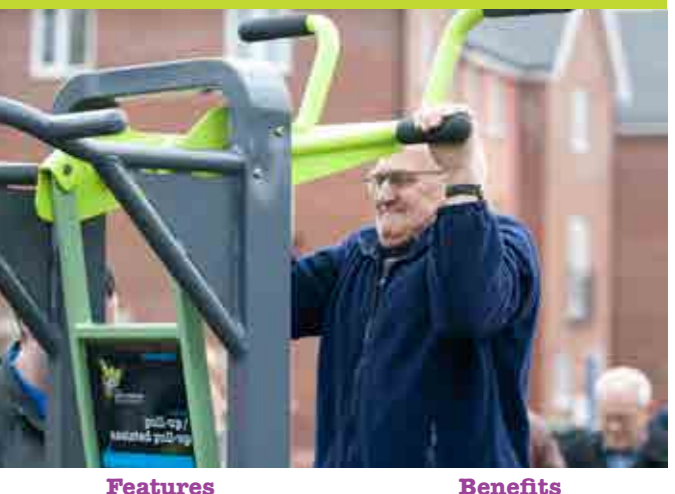
- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Arm and core strength ✓ Low maintenance, no moving parts | <ul style="list-style-type: none"> ✓ Active - very active ✓ Progression piece ✓ Functional |

TGO825 Lat Pull Down/Shoulder Press



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Wide seats and stainless steel handles ✓ User increased resistance | <ul style="list-style-type: none"> ✓ Good introduction to upper body strength ✓ Great for progression |

TGO810 Pull Up / Assisted Pull Up



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Arm and core strength ✓ Low maintenance, no moving parts | <ul style="list-style-type: none"> ✓ Active - very active ✓ Progression piece ✓ Functional |

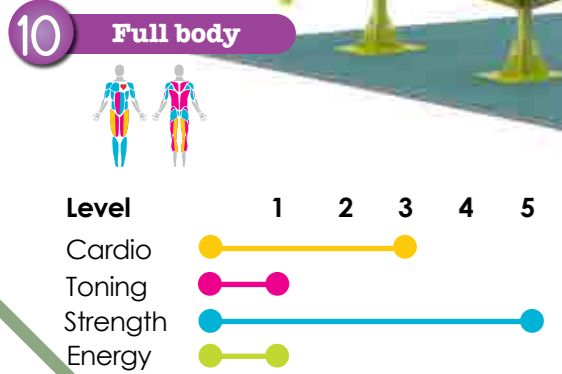
Small Gyms

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



No. of Users	Min Area	Min Surfacing
8	13.5 x 3m	25m ²

- 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)
- 5 Wheelchair accessible**
- 6 Great for inactives**
- 7 British-made**
MADE IN BRITAIN
- 8 Great for progression**
- 9 Interactive Signage**
People can scan their workout whilst using this gym
- 10 Advanced**

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

Key Equipment:

TGO908 Energy Hand Bike



- | Features | Benefits |
|--|---|
| ✓ Charge your device using human power | ✓ Wheelchair accessible |
| ✓ 'Smart' counts hits of gym | ✓ Good for targeting people new to exercise |

TGO841 Plyometric Boxes



- | Features | Benefits |
|--------------------------|------------------------------|
| ✓ Different height steps | ✓ For all ages |
| ✓ Unlimited usage | ✓ Inspires creative circuits |
| | ✓ Great for trainers |

TGO502 Double Pull Up Bar



- | Features | Benefits |
|------------------------------|----------------------|
| ✓ Advanced exercise features | ✓ Great for trainers |
| ✓ Correct grip diameter | ✓ Good for TRX bands |

TGO800 Dips/Leg Raise



- | Features | Benefits |
|------------------------------------|------------------------|
| ✓ Arm and core strength | ✓ Active - very active |
| ✓ Low maintenance, no moving parts | ✓ Progression piece |
| | ✓ Functional |

TGO889 Welcome Sign



- | Features | Benefits |
|----------------------|---|
| ✓ Safety information | ✓ Go to reference point of user information |
| ✓ Contact details | ✓ Advertising space |

Also available in square layout



Small Gyms

30 Minute Gym

TGO have designed this gym with the government's recommendation of 5 x 30 mins of moderate exercise a week in mind. Whether tight on space or budget, this gym provides the perfect space for the whole community to work out.

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

10 Interactive Signage

People can scan their workout whilst using this gym

9 Full body

Level 1 2 3 4 5

Cardio ●●●

Toning ●●●●

Strength ●●●●●

Energy ●●●●●

No. of Users	Min Area	Min Surfacing
8	10 x 3m	30m ²

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)

5 Advanced

6 Great for progression

7 Wheelchair accessible

8 Great for inactives

11 British-made
MADE IN BRITAIN

Equipment List:

- Cardio Multi Gym with Energy ●●●
- Smart Energy Hand Bike ●●●
- Dips/Leg raise ●●●
- Pull Up/Assisted Pull Up ●●●
- Welcome Sign ●●●

Key Equipment:

TGO Energy Hand Bike on TGO703



- | Features | Benefits |
|--|--|
| <ul style="list-style-type: none"> ✓ Charge your device using human power ✓ 'Smart' counts hits of gym | <ul style="list-style-type: none"> ✓ Wheelchair accessible ✓ Good for targeting people new to exercise |

TGO703 Cardio Multi-Gym



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ 4 pieces in 1 ✓ Targets upper and lower body | <ul style="list-style-type: none"> ✓ Good for small spaces ✓ All body workout |

TGO810 Pull Up / Assisted Pull Up



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Arm and core strength ✓ Low maintenance, no moving parts | <ul style="list-style-type: none"> ✓ Active - very active ✓ Progression piece ✓ Functional |

TGO800 Dips/Leg Raise



- | Features | Benefits |
|---|---|
| <ul style="list-style-type: none"> ✓ Arm and core strength ✓ Low maintenance, no moving parts | <ul style="list-style-type: none"> ✓ Active - very active ✓ Progression piece ✓ Functional |

TGO889 Welcome Sign



- | Features | Benefits |
|---|--|
| <ul style="list-style-type: none"> ✓ Safety information ✓ Contact details | <ul style="list-style-type: none"> ✓ Go to reference point of user information ✓ Advertising space |

What the community says...



Small Gyms

Compact Cardio

Breathe new life into your local park or disused urban space with this fantastic outdoor gym. Ideal for those where space or budget is maybe an issue. This package can be put into any location and for users that are serious about their cardiovascular workouts this package is the one, with an energy generating piece, users can charge their phones and measure the hits of the gym.

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

10 Interactive Signage

People can scan their workout whilst using this gym

9 Full body cardio

Level

Cardio	●	●	●	●	●
Toning	●	●	●	●	●
Strength	●	●	●	●	●
Energy	●	●	●	●	●

No. of Users	Min Area	Min Surfacing
4	7.5 x 2m	15m ²

- 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)

- 5 Wheelchair accessible**

- 8 Great for new to exercise**

- 7 British-made**

- 6 Great for inactives**



Equipment List:

- Cross Trainer ●
- Smart Energy Hand Bike ●●
- Spinning Bike ●
- Recumbent Bike ●
- Welcome Sign ●



Key Equipment:

TGO908 Energy Hand Bike



- | Features | Benefits |
|--------------------------------------|---|
| Charge your device using human power | ✓ Wheelchair accessible |
| 'Smart' counts hits of gym | ✓ Good for targeting people new to exercise |

TGO861 Cross Trainer



- | Features | Benefits |
|---------------------------------|-----------------------|
| ✓ All body cardio workout | ✓ Great for inactives |
| ✓ Fully enclosed safe mechanism | ✓ Low impact |

TGO970 Spinning Bike



- | Features | Benefits |
|--------------------------------|------------------------------------|
| ✓ Familiar exercise Resistance | ✓ Great for people new to exercise |
| ✓ | ✓ Low impact |

TGO891 Recumbent Bike



- | Features | Benefits |
|---------------------------------|-----------------------|
| ✓ All body cardio workout | ✓ Great for inactives |
| ✓ Fully enclosed safe mechanism | ✓ Low impact |

TGO889 Welcome Sign



- | Features | Benefits |
|----------------------|---|
| ✓ Safety information | ✓ Go to reference point of user information |
| ✓ Contact details | ✓ Advertising space |

What the community says...



Why not add on...

An exciting selection of bolt on features which can be designed to enhance any of our gym packages.

To take them to the next stage of evolution in TGO's activation of inclusive and functional fitness for the whole community.

1 Yoga semi-circle



A small or larger class area with spongy wetpour surface with floor mat design inlaid inspires users to do floor exercises like pilates and yoga.



Mindful maze, active mind, active body. A walking labyrinth encourages positive effects of stress relief and staying present.

3 Mindful maze



2 Yoga Circle



4 Table tennis



5 Basketball hoop



6 Trampolines



7 Energy heart

Make TGO's human powered energy generating equipment stand out by depicting it on the flooring design with a fun heart graphic or another intuitive floor graphic.



Why not add on...

Active floor markings:

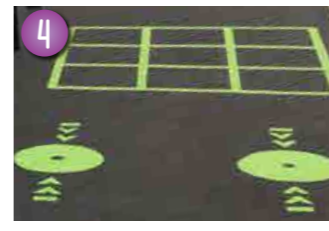
1 Compass



2 Bleep test



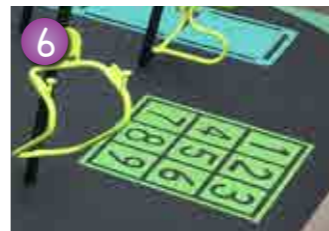
3 Shuttle run



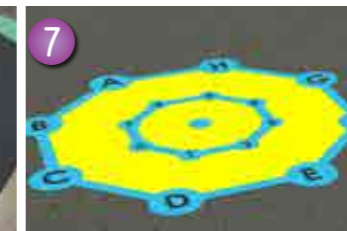
4 Grids



5 Dots or Spots



6 1,2,3 Grids



7 A,B,C's





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WHAT IS YOUR 5X30

5 x 30 is your weekly target of physical activity according to the UK government - 5 lots of 30 minutes of medium to vigorous intensity exercise. The World Health Organisation promotes the same idea – 150 mins per week.

 @TGO_Outdoor Gyms  TGOGC

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