

# Bootcamp & Circuit Gyms

## 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

### 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)

### 11 Interactive Signage



People can scan their workout whilst using this gym

### 11 Space for trainers

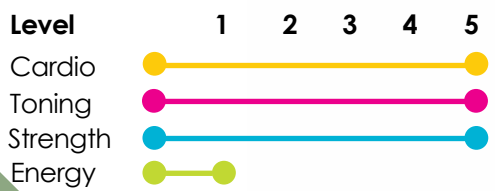


### 5 Advanced



### 6 Great for inactives

### 10 Full body



### 9 Great for progression



### 7 Wheelchair accessible



### 8 British-made



#### 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

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

TGO891 Recumbent Bike



**Features**

- ✓ All body cardio workout
- ✓ Fully enclosed safe mechanism

**Benefits**

- ✓ Great for inactives
- ✓ Low impact

TGO951 Leg Press / Bench



**Features**

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

**Benefits**

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

TGO800 Dips/Leg Raise



**Features**

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

**Benefits**

- ✓ Active - very active
- ✓ Progression piece
- ✓ Functional

TGO510 Inclusive Rig



**Features**

- ✓ 4ft, 5ft, 6ft pull ups
- ✓ gym attachments can be added

**Benefits**

- ✓ Good transition piece for older children

Space for trainers

