

# 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

### 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



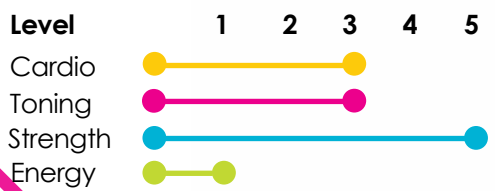
### 11 Interactive Signage



People can scan their workout whilst using this gym

EQUIPMENT AND FLOOR GRAPHICS ARE AVAILABLE IN A VARIETY OF COLOURS

### 10 Functional flooring



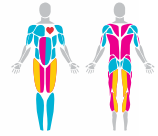
### 9 Space for trainers



### 8 Wheelchair accessible



### 6 Full body



### 7 Great for inactives

### 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

No. of Users	Min Area	Min Surfacing
16+	9.2 x 9.7 m	93m <sup>2</sup>



BEGINNER

INCLUSIVE

ENERGY GENERATING

ADVANCED

CALLISTHENICS

SPACE FOR TRAINERS

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

Kenguru K-004 Callisthenics Unit



**Features**

- ✓ Monkey bar, snake, swedish wall and five pull-up bars

**Benefits**

- ✓ Caters for inactives to superfit
- ✓ Supports progression

Kenguru K-023 Inclined Abs Bench



**Features**

- ✓ Multiple exercises: Leg raises, press ups, incline and decline push ups and stomach crunches

**Benefits**

- ✓ Great for core
- ✓ Family friendly piece