

# 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.

**A** **BLACK WET POUR**

**B** **COLOUR WET POUR**

Only suitable for installation onto mulch or 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)

### 12 Interactive Signage



People can scan their workout whilst using this gym

### 6 Active floor markings



### 5 Wheelchair accessible



### 7 Advanced

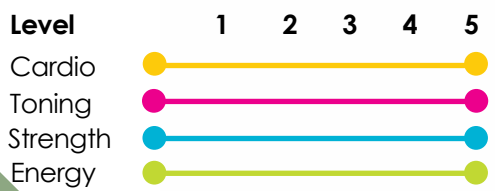
### 8 Class Space



### 11 Street Ball Court



### 10 Great for inactives



### Equipment List:

- 2 x benches ●
- Multi-Sports Hoop ●
- Smart Energy Hand Bike ●●●
- Energy Cross Trainer ●●●
- Energy Spinning Bike ●●●
- Energy Recumbent Bike ●●●
- 2 x In-ground Trampolines ●●
- Inclusive Rig ●●
- Features: monkey bars, multiple pull ups, swedish walls, plyometric platform, rope fixings and leg raise
- 2 Seat Flat Swing ●
- Yoga Area ●●

### 9 British-made



No. of Users	Min Area	Min Surfacing
25+	46 x 15m	383m <sup>2</sup>





FUNCTIONAL FLOOR MARKINGS

STRENGTH

IMPROVE WELLBEING

INCLUSIVE

SMART

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