

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

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 British-made

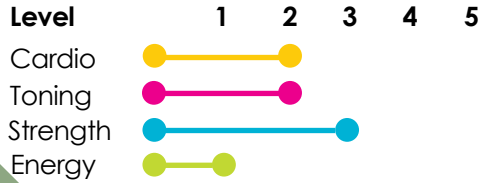
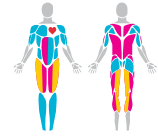


People can scan their workout whilst using this gym



10 Interactive Signage

9 Full body



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

8 Great for progression



7 Wheelchair accessible



5 Advanced



6 Great for inactives

Equipment List:

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

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

TGO861 Cross Trainer



Features

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

Benefits

- ✓ Great for inactives
- ✓ Low impact

TGO501 Single 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

TGO825 Lat Pull Down/Shoulder Press



Features

- ✓ Wide seats and stainless steel handles
- ✓ User increased resistance

Benefits

- ✓ Good introduction to upper body strength
- ✓ Great for progression

What the community says...

