

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.



GRASS MAT



MULCH



BLACK WET POUR



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)

10 Interactive Signage



People can scan their workout whilst using this gym

11 British-made



5 Advanced



6 Great for progression



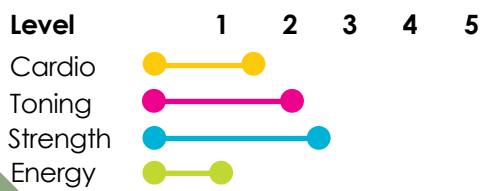
8 Great for inactives



7 Wheelchair accessible



9 Full body



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

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

- ✓ Charge your device using human power
- ✓ 'Smart' counts hits of gym

Benefits

- ✓ Wheelchair accessible
- ✓ Good for targeting people new to exercise

TGO703 Cardio Multi-Gym



Features

- ✓ 4 pieces in 1
- ✓ Targets upper and lower body

Benefits

- ✓ Good for small spaces
- ✓ All body workout

TGO810 Pull Up / Assisted Pull Up



Features

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

Benefits

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

TGO800 Dips/Leg Raise



Features

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

Benefits

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

TGO889 Welcome Sign



Features

- ✓ Safety information
- ✓ Contact details

Benefits

- ✓ Go to reference point of user information
- ✓ Advertising space

What the community says...

