

Community Gyms

Big community gym

Big community gym is family friendly, inclusive and innovative and caters for people of all abilities from totally inactive to active, bringing a full body workout to the whole community. This gym offers entry level activities, progression and challenge whilst maintaining inclusivity throughout. 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

EQUIPMENT AND FLOOR GRAPHICS ARE AVAILABLE IN A VARIETY OF COLOURS

1 Interactive Signage



People can scan their workout whilst using this gym

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 (IFG)



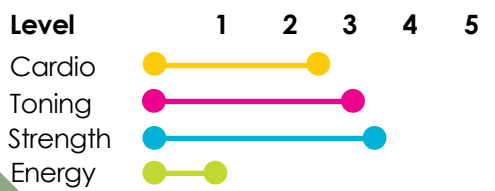
6 British-made



5 Wheelchair accessible



11 Advanced

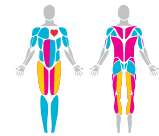


10 Great for progression



9 Great for inactives

8 Full body



7 Activate App



Users can find a gym, scan signage, log and track their workout and share with friends.

No. of Users	Min Area	Min Surfacing
16	6.6 x 12m	79m ²

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

TGO503 Triple Pull Up Bar



Features

- ✓ Advanced exercise features
- ✓ Correct grip diameter

Benefits

- ✓ Great for trainers
- ✓ Good for TRX bands

Equipment List



- Triple Pull up bar ●
- Parallel Bars ●
- Pull ups / Assisted Pull ups ●
- Chest Press/Seated Row ●
- Lat Pull down / Shoulder press ●
- Recumbent Bike ●
- Leg Press / The Bench ●
- Cross Trainer ●
- Spinning Bike ●
- Smart Energy Hand Bike ●
- Welcome Sign ●

TGO951 Leg Press / Bench



Features

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

Benefits

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

TGO810 Pull Up / Assisted Pull Up



Features

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

Benefits

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