

Community Gyms

Medium community gym

TGO's design philosophy is to create family friendly, inclusive, innovative spaces that cater for people of all abilities from totally inactive to active, bringing a full body workout to the whole community. This gym offers more progression whilst maintaining inclusivity. 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

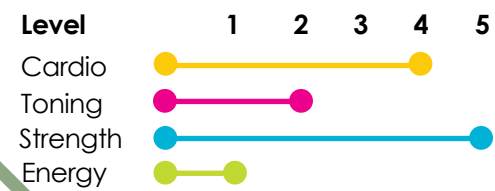


People can scan their workout whilst using this gym



10 Interactive Signage

9 Full body



8 Great for inactives



7 Wheelchair accessible



5 Advanced



6 Great for progression



Equipment List:

- Double Pull up Bar ●
- Cross Trainer ●
- Smart Energy Hand Bike ●●
- Lat Pull down/Shoulder Press ●●
- Dips/Leg Raise ●●
- Plyometric Boxes ●
- Spinning Bike ●
- Welcome Sign

No. of Users	Min Area	Min Surfacing
12	7.5 x 5.8m	43m 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

TGO970 Spinning Bike



Features

- ✓ Familiar exercise
- Resistance

Benefits

- ✓ Great for people new to exercise
- ✓ Low impact

TGO502 Double 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

TGO8825 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...

