

MAKING COMMUNITIES ACTIVE

WITH TRAINING FOR EVERYONE



KOMPAN
SPORT & FITNESS

THE WORLD HAS CHANGED. PHYSICAL ACTIVITY LEVELS HAVE DROPPED AND HEALTH CARE COSTS HAVE GONE UP

The increasingly sedentary nature of everyday life is creating communities which have alarmingly low levels of physical activity.

Globally over 25% of all adults, and over 80% of adolescents, fail to meet even the **minimum** levels of recommended physical activity. The price is high, and everyone is paying, both individually and as a society.

The cost of inactivity related diseases, dependency, and lost productivity are impacting us all.

We should no longer ask ourselves IF we need to act, but rather HOW.





KOMPAN SPORT & FITNESS INSTITUTE

BACKGROUND RESEARCH

Physical inactivity: amongst the 4 leading risk factors for global mortality.



Overweight and obesity: 39% of our global population is either overweight or obese. By 2050 this is expected to rise to 50%.



Cost of obesity: is equivalent to armed conflict or smoking.



Ageing: 12% of the global population is over 60 years old; by 2050 this will rise to 22%.



Urbanisation: 60% of the developed world lives within cities; by 2050 this will rise to 80%.



SOURCES: McKinsey Global Institute; UN (United Nations); WHO (World Health Organization)

KOMPAN SPORT & FITNESS INSTITUTE

A newly established institution which through insights from a combination of training experts, knowledge of user needs and customer demands develops product and training concepts for everyone.

BACKGROUND RESEARCH

MAIN PHYSICAL ACTIVITY BARRIERS



Lack of **time**: 56%.



Clubs are **expensive**: 33%.



Need of a **trainer** to motivate: 17%



Lack of offering within **community**: 39%



59% of population wants to exercise more.



40% of all physical activity takes place outdoors, and 25% on the way between home and work, school or shops.



31% of smartphone users use apps to improve fitness.



Activity Tracking is the most wanted smartwatch feature.



OVERCOMING BARRIERS: MOTIVATE, STIMULATE, ACTIVATE

KOMPAN's own research shows that the desire to become more active is there but unnecessary obstacles are getting in the way, resulting in a downward spiral of inactivity. **Time, money and motivation** are the main reasons given for not being more active, and socially disadvantaged groups are particularly affected.

A low income can be linked to less free time, limited access to leisure facilities, and living environments that are unsupportive of physical activity. This is a valuable insight, as **KOMPAN research** shows that a significant 60% of people feel that today's public spaces do not inspire them to be physically active.

To get inactive people active, communities require accessible and effective training locations, suitable for all ages and physical abilities, along with appropriate instruction, stimulation and motivation.

KOMPAN solutions focus on the inactive.

Research indicated that having digital or physical guidance increased exercise effectiveness and persistence. This support can make all the difference, opening up the road to a better life.



Scan LAYAR to learn from best practice in Copenhagen.

HEALTHIER PEOPLE, STRONGER COMMUNITIES, BETTER ECONOMIES

Getting fit is so much more than an end goal in itself; it is a means to a better life. Regular physical activity strongly improves health, social connectedness, employability and productivity.

Together we can activate people and communities by offering fun and dynamic training solutions that *transform short term changes to long lasting results.*

The joy of movement shines through all stages of life and in all members of society. Communities become stronger, and people are able to enjoy a considerably higher quality of life, helping them to remain self-reliant into old age. The list of benefits is endless...





BENEFITS OF AN ACTIVE COMMUNITY

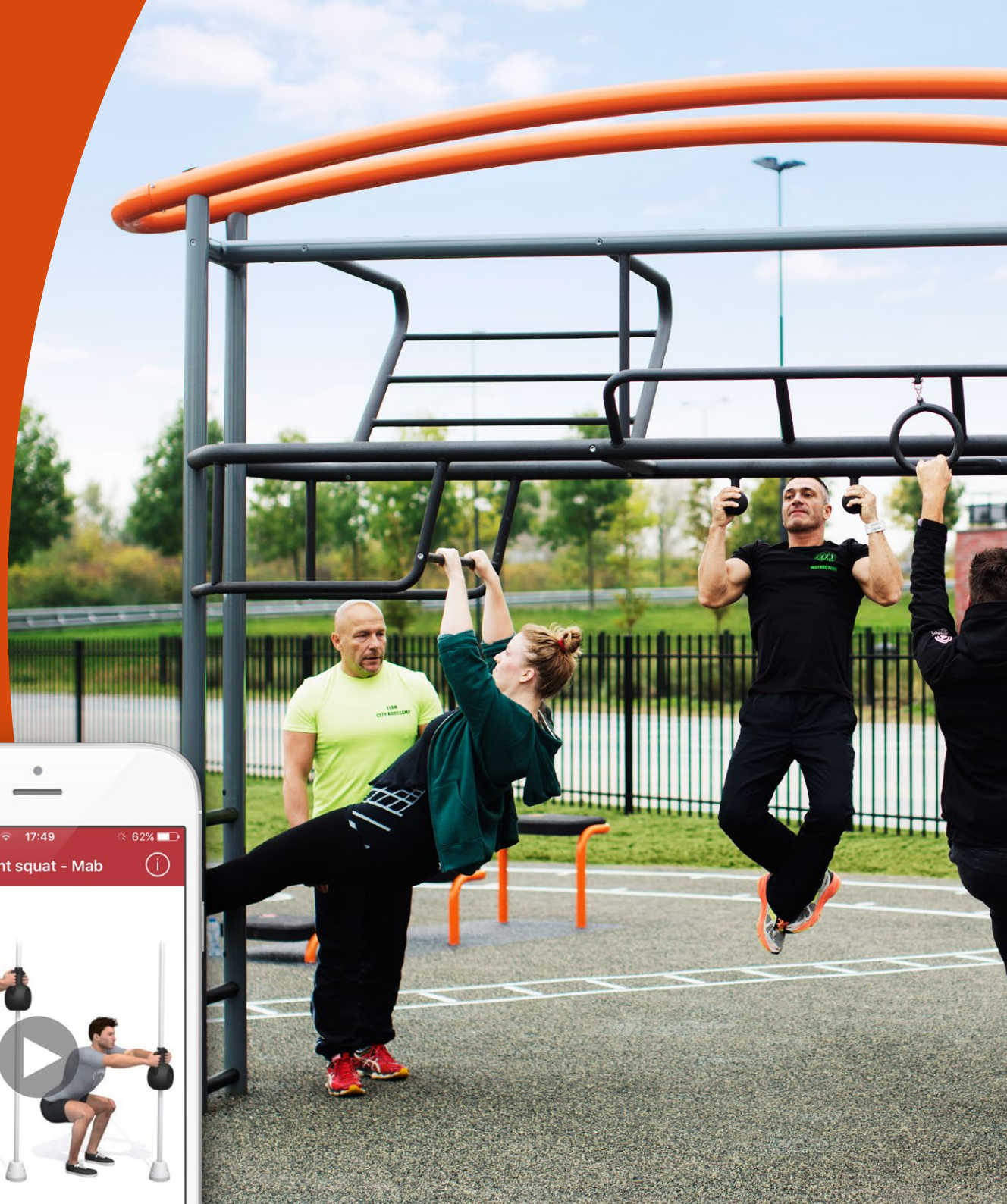
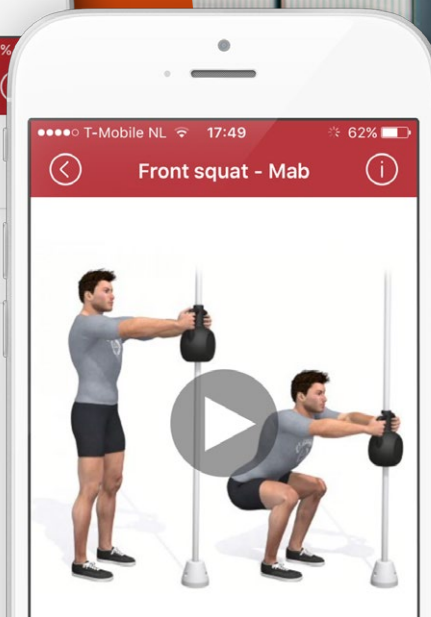
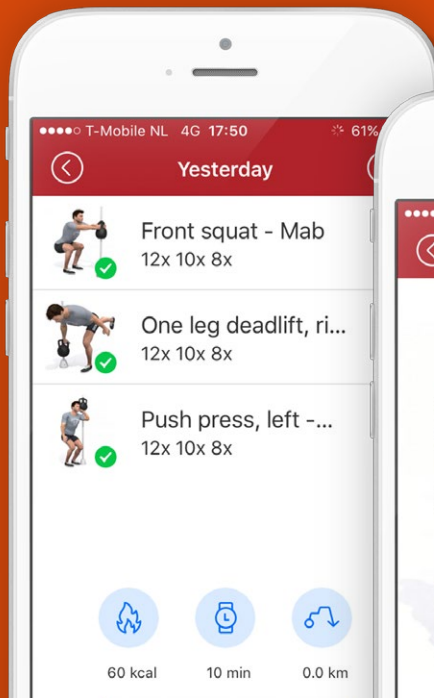


SOURCES: John J. Ratey, 2013. Spark: The Revolutionary New Science of Exercise and the Brain. Reprint Edition. Little, Brown and Company; McKinsey Global Institute; WHO (World Health Organization)

MOTIVATE AND SUPPORT USERS THROUGH ALL STAGES OF EXERCISE WITH THE KOMPAN APP

USER FUNCTIONS

- Location specific training programs
- 3D animated exercises
- Find local trainer
- Progress tracking
- Nutrition
- Club community
- Challenges and rewards





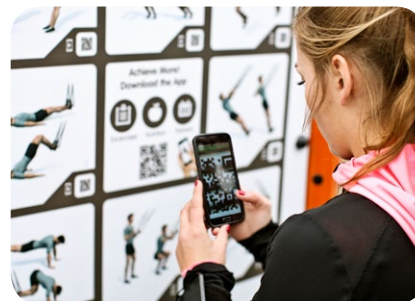
EFFECTIVE AND SUSTAINABLE, 3 LAYER TRAINING SOLUTIONS

KOMPAN has a vision to get an inactive world moving. Through product and concept development, KOMPAN have incorporated what is needed to overcome physical activity barriers, resulting in an intelligent 3 layer training solution.



1. TRAINING LOCATIONS

Carefully chosen combinations of training equipment and surfacing, that allows for hundreds of different exercises and programs for everyone.



2. TRAINING APP

To allow users of all ages, fitness levels and abilities to make optimal use of the training locations. KOMPAN offers the support of a fitness app. The app functions as an online personal trainer, guiding users on exercise and nutrition, while motivating them to stay active.



3. TRAINER

KOMPAN believes the presence of on-site trainers will make all the difference to fully benefit from training potential and achieve optimal user retention.



INDIVIDUAL AND GROUP TRAINING, INCORPORATING POPULAR ACTIVITY TYPES

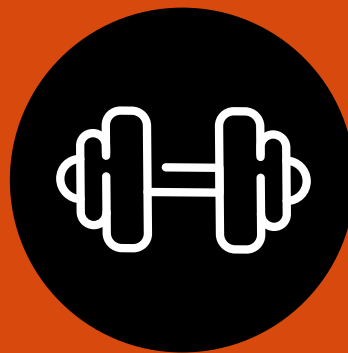
Based on market insight, KOMPAN has identified the five most popular fitness activities. Together with pinpointing the expected user groups, these are the starting point to make the best outdoor fitness solution.

All solutions are designed with a supportive KOMPAN app and optional trainer support – to make sure that motivation and retention is an integrated part to secure success. We suggest solutions based on best practice, but together with the customer, and ideally community users, KOMPAN also tailor-makes location specific solutions.



USER GROUP

+



**ACTIVITY
TYPE**




=



**KOMPAN
SOLUTIONS**

KOMPAN SOLUTIONS FOR ALL AGES AND ABILITIES

Training packages that accommodate the needs of all ages within the community, and offer the most popular activity types.

	 CHILDREN*	 TEENAGERS	 ADULTS	 SENIORS
STREET WORKOUT				
FSP101 - P.14		●	●	
FSP102 - P.15		●	●	
FSP103 - P.16		●	●	●
FSP104 - P.13		●	●	
BOOTCAMP				
FSP201 - P.19		●	●	
CROSS TRAINING				
FSP301 - P.21		●	●	●
FSP302 - P.22		●	●	●
FSP303 - P.24		●	●	●
FSP304 - P.25		●	●	●
CIRCUIT TRAINING				
FSP401 - P.27		●	●	●
FSP402 - P.28				●
OBSTACLE COURSE				
FSP501 - P.31	●	●	●	●
FSP502 - P.32	●	●	●	●
FSP503 - P.34	●	●	●	●
FSP504 - P.36	●	●	●	●
FSP505 - P.37	●	●	●	●

● Primary usergroup ● Secondary usergroup

STREET WORKOUT

INNOVATIVE HIGH INTENSITY GROUP TRAINING

A physical activity that symbolises freedom of movement, and encourages socialising. It is a combination of athletics, parkour, calisthenics and other sports, and is mostly performed in public spaces.

The activity is based on bodyweight training and has both strength and dynamical elements. The objective is to control movement in an elegant and aesthetical way, often going from one static position to another. The static position requires strength as does a controllable position shift. Position shift can be slow or made in a dynamic movement like a 360 turn or even new innovative moves and tricks we do not know today.

It is a very popular activity among younger generations, and being online is a part of it. There is an entire community developing and sharing new positions and tricks. This inspires users all over the world to go do the same in their local park. This is 21st Century Tai Chi – only its Tai Chi with tailored equipment . . . and much cooler.



STREET WORKOUT

FSP104



COMPACT AND EFFECTIVE EXERCISE SPACE

Perfect solution for small spaces and budgets, but with XXL ambitions. Big enough for a complete sports team or a school class, this solution will fit anywhere. By combining some of the most versatile equipment the training value is huge, and countless exercise variations can be made.

ACTIVITY TYPE

Street Workout, Parkour

PRODUCT MIX

Workout System (Page 44)

Cross Systems (Page 43)

USER GROUP

Teenagers and Adults

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
15	59M ²	65

SKILLS	1	2	3	4	5
Strength					
Coordination					
Endurance					
Flexibility					
Agility					



**SOLUTION WITH HIGH TRAINING
VALUE - INSPIRING CREATIVITY AND
FREEDOM OF MOVEMENT**

Within an area of 110 m² up to 20 people can perform all of the Street Workout exercises they want! Street Workout provides the opportunity to be creative and learn how to control the body in a playful way. Almost any movement pattern can be created, resulting in a different workout each time! This solution attracts a younger audience, due to the inviting structures that encourage fun and challenging training.

ACTIVITY TYPE

Street Workout, Parkour

PRODUCTS

Workout Systems (Page 44)

USER GROUP

Teenagers & Adults

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
20	109.5M ²	70

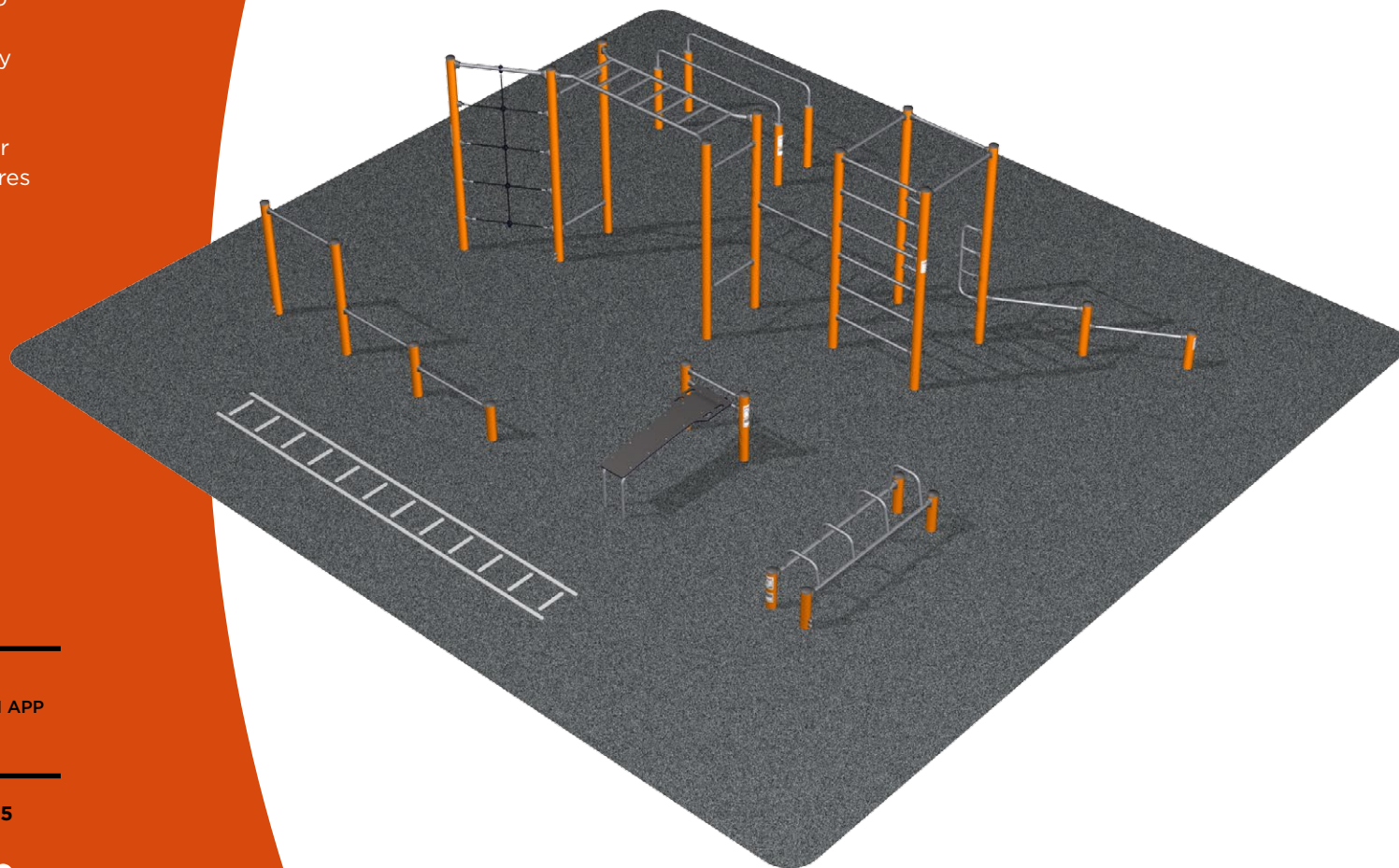
SKILLS

1 2 3 4 5



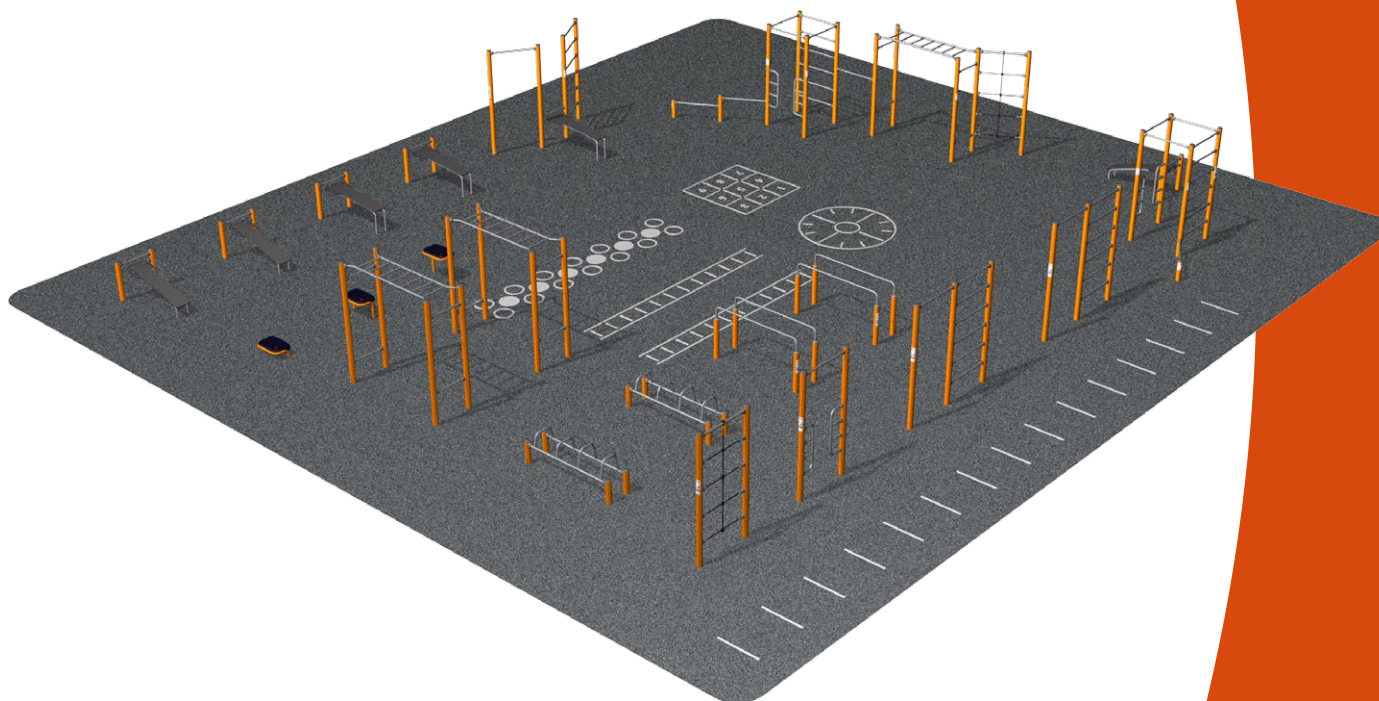
STREET WORKOUT

FSP101



STREET WORKOUT

FSP102



THE ULTIMATE SOCIAL HANGOUT - FOR BEGINNERS AND PRO'S

Combining training facilities for Street Workout and Parkour, with dedicated hangout areas, this is the perfect meeting point for young people. Having two of the same products next to each other creates the opportunity for beginners to copy the movements of experienced users, or challenge each other. This solution can easily be expanded with more playful KOMPAN products to enhance and build an even more dynamic and attractive space for teens.

ACTIVITY TYPE

Street Workout, Parkour

PRODUCTS

Workout Systems (Page 44)

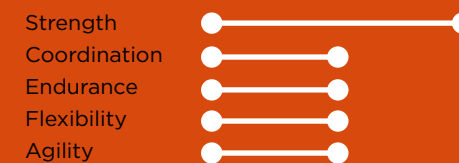
Cross Systems (Page 43)

USER GROUP

Teenagers & Adults

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
60	388.6M ²	125

SKILLS



COMPACT AND CHALLENGING SOLUTION - FOR MANY USERS

A complete and functional training space. Ideal for individual training or training in small groups. Highly suitable for younger people, as it is mainly based upon own body weight training and challenges them to develop themselves in a creative and fun way.

ACTIVITY TYPE

Cross Training, Street Workout

PRODUCTS

Cross Systems (Page 40)

Workout Systems (Page 44)

USER GROUP

Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
20	129.7M ²	100

SKILLS



STREET WORKOUT +

FSP103





BOOTCAMP TRAINING

HIGH INTENSITY GROUP TRAINING

You can almost hear echoes of the drill sergeant in 'An Officer and a Gentleman' when you embark on Bootcamp Training. And justifiably so since its origins are in the military where strength and general fitness are a basic part of survival.

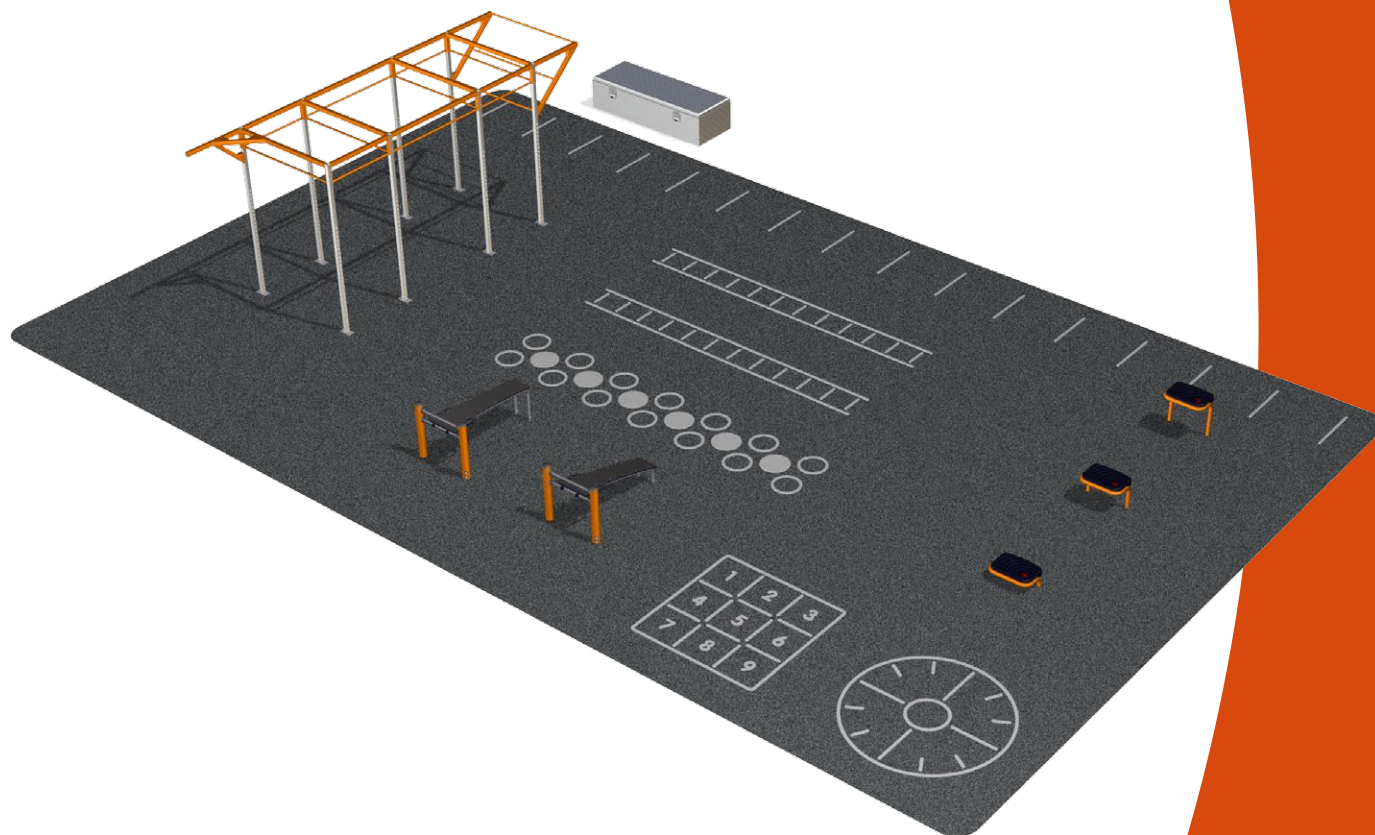
This intense group activity was picked-up by personal trainers and converted into a fun and social (but still tough) workout that appealed to a broad user group. The exercises are similar to Cross Training in that there is room for all fitness levels. Focus is of course on the exercise, but also getting people to work together and interact during the workout. This is a great motivational factor compelling people to stay active, involved and interested.

It is one of the first examples of outdoor training becoming really popular and in its fresh-aired environment, the park is the ideal 'arena' to workout and reach that fitness goal.



BOOTCAMP

FSP201



HIGH TRAINING POTENTIAL

Simple and effective, designed to offer group training for a minimal investment. This location will truly come to life with the support of a professional trainer supervising the area.

The solution is complete with a storage box containing loose training gear such as suspension trainers, kettle bells, medicine balls, a variety of ropes, elastic bands, barbells and a boxing bag.

ACTIVITY TYPE

Bootcamp & Circuit Training

PRODUCTS

Workout Systems (Page 44)

USER GROUP

Teenagers and Adults

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
35	159.9M ²	150

SKILLS	1	2	3	4	5
Strength					
Coordination					
Endurance					
Flexibility					
Agility					



CROSS TRAINING

FLEXIBLE TO FIT ALL USER GROUPS

A very effective form of exercise that combines the best activities of various sports, resulting in diverse and complete training sessions. Over the past decade this has grown to be the most popular fitness activity.

The basic exercises of Cross Training are the same regardless of the participant's age or fitness level. It focuses on scalable resistance to match the needs and abilities of all users by changing the load and intensity whilst the exercises remain the same. It is based on the established belief that the specific needs of athletes and seniors differ by degree, not kind.

Cross Training exercises are all functional movements that represent the physical activities we do in everyday life, differing only in that they are focused and performed at a higher intensity. Normal daily movement is simply not enough on its own to develop strength and flexibility.



CROSS TRAINING

FSP301



KOMPAN
SPORT & FITNESS

INTELLIGENT DESIGN - PROVIDING AN EFFICIENT AND EFFECTIVE TRAINING SPACE

This solution is ideal for group training and social interaction, because many people can easily train side by side in this compact area. For trainers this means a fast overview, enabling them to offer support and guidance where needed.

This location offers familiar training known from indoor gyms, where users can train with products like suspension trainers and kettle bells in a safe and vandalism proof environment.

ACTIVITY TYPE

Cross & Circuit Training

PRODUCTS

Cross Systems (Page 40)

USER GROUP

Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
15	113.2M ²	140

SKILLS	1	2	3	4	5
Strength					
Coordination					
Endurance					
Flexibility					
Agility					

ACCESSIBLE AND HIGHLY FUNCTIONAL TRAINING

A training location suitable for all ages, developed with a specific focus on active seniors. It offers an effective training space for the elderly, complete with social facilities for breaks and interaction.

This site also provides therapists, and other health specialists, access to equipment that is comparable to what they normally work with in their professional settings.

ACTIVITY TYPE

Cross & Circuit Training

PRODUCTS

Workout Systems (Page 45)

Cross Systems (Page 40)

Adjustable Equipment (Page 48)

USER GROUP

Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
25	208.4M ²	170

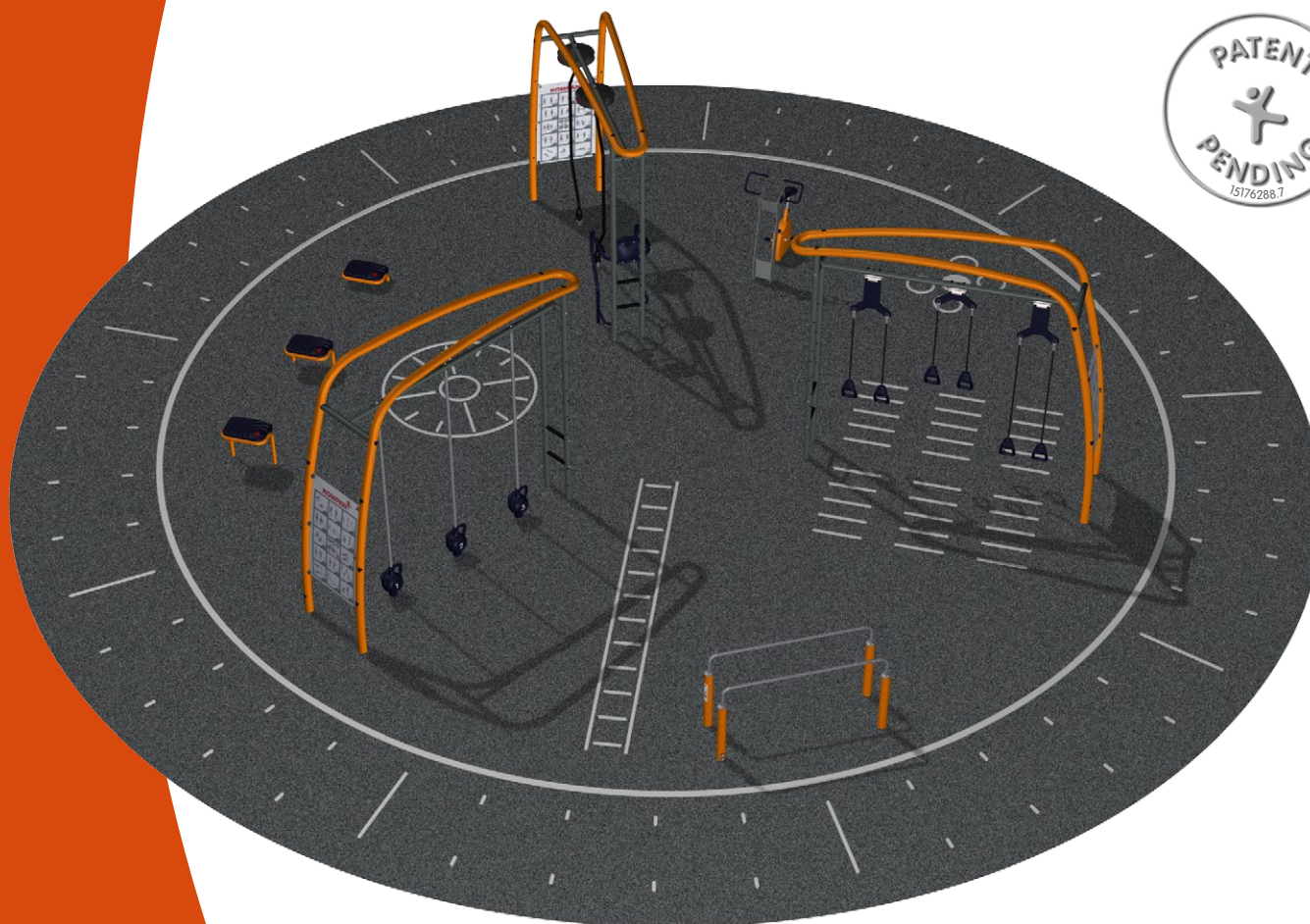
SKILLS

1 2 3 4 5

Strength	●	—	●		
Coordination	●	—	●		
Endurance	●	—	●		
Flexibility	●	—	●		
Agility	●	—	●		

CROSS TRAINING

FSP302





PREMIUM TRAINING LOCATION - FOR EVERYONE

This high end, all inviting, circular training solution comes with a full range of innovative and cleverly designed cutting edge equipment. Motivating users of all fitness levels to complete a full workout.

With a capacity for over 50 users, everyone can comfortably work out together, either in groups or individually.

Beginners can easily get started, by using familiar training equipment such as cross trainers and bikes. Watching experienced users enjoying cross training helps to teach and motivate others.

ACTIVITY TYPE

Cross & Circuit Training

PRODUCTS

Cross Systems (Page 40)

Adjustable Equipment (Page 48)

USER GROUP

Teenagers, Adults and Seniors

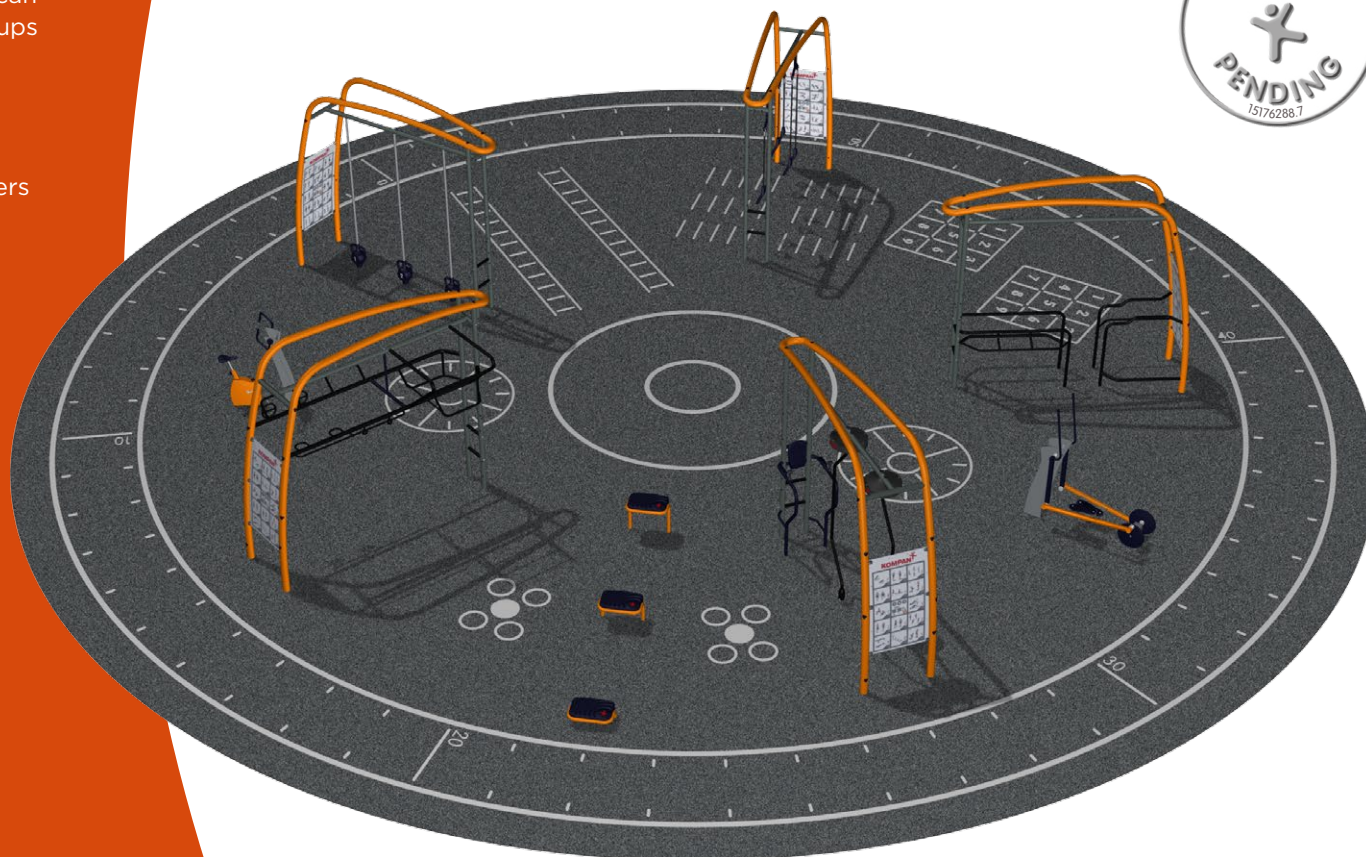
NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
50	334.7M ²	200

SKILLS

	1	2	3	4	5
Strength	●	—	—	—	●
Coordination	●	—	—	—	●
Endurance	●	—	—	—	●
Flexibility	●	—	—	—	●
Agility	●	—	—	—	●

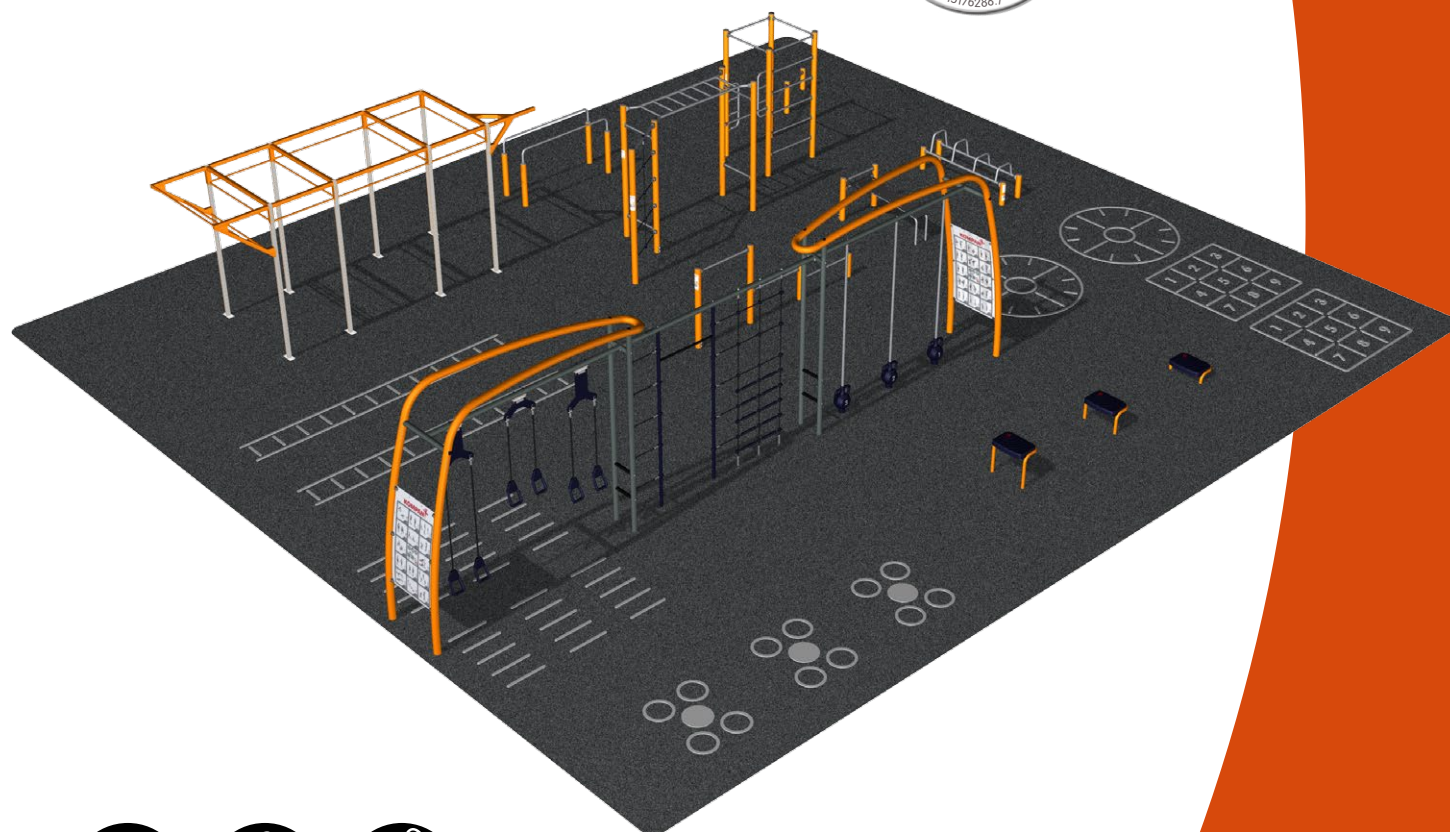
CROSS TRAINING

FSP303



CROSS TRAINING +

FSP304



KOMPAN!
SPORT & FITNESS

HIGH CAPACITY GROUP TRAINING LOCATION

This site is ideal for group training classes. The area is divided into three zones, facilitating the three most popular training activities: Bootcamp, Street Workout and Cross Training. The zones enable multiple trainers to offer different types of group classes at the same time.

ACTIVITY TYPE

Cross Training, Circuit Training
Bootcamp, Street Workout

PRODUCTS

Workout Systems (Page 44)
Cross Systems (Page 40)

USER GROUP

Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
45	256.2M ²	225

SKILLS	1	2	3	4	5
Strength					
Coordination					
Endurance					
Flexibility					
Agility					

CIRCUIT TRAINING

IDEAL AS GROUP TRAINING

The classic form of disciplined training that combines resistance training with aerobics, targeting all elements of fitness.

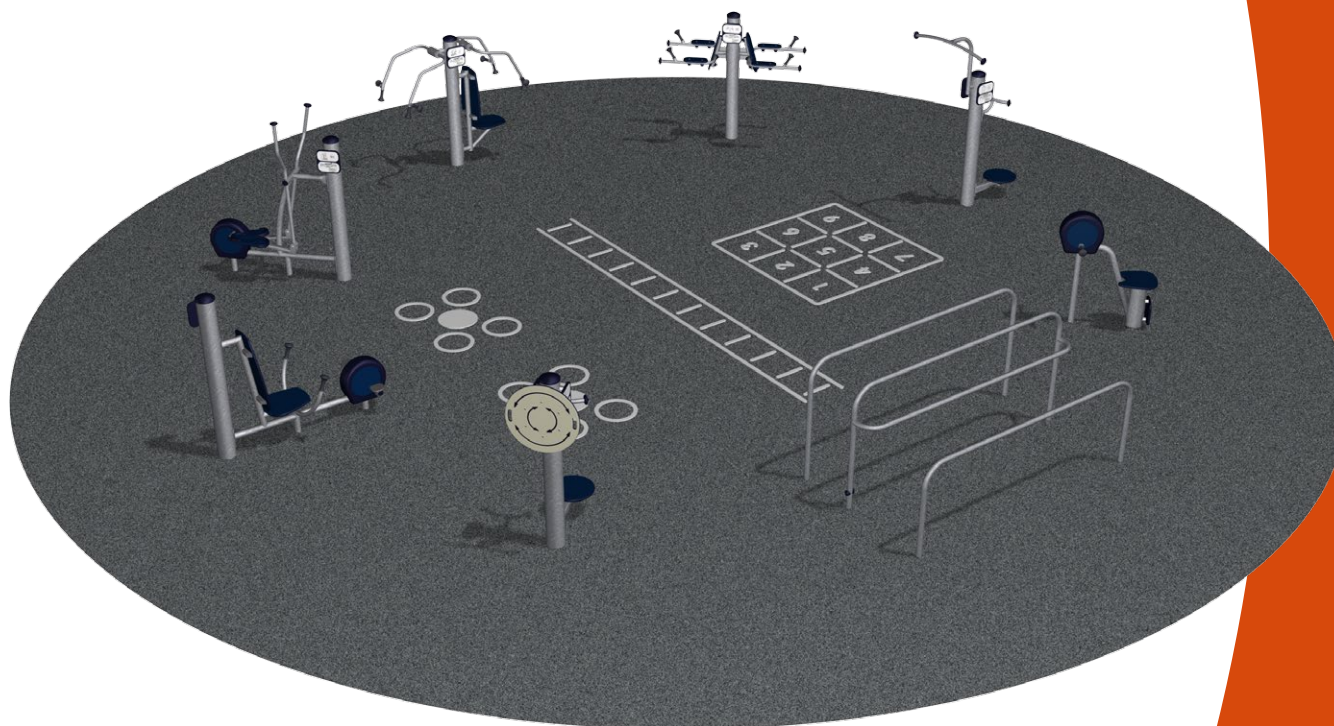
Exercises are completed consecutively, after a specific number of repetitions or amount of time. At each station a specific exercise for a specific muscle group is conducted. When the exercises at all stations are completed, you know yourself that you are well along the road to fitness.

Circuit training is very social and ideal for group classes, but it can also be done individually. The KOMPAN Sport and Fitness app supports individual users with pre-designed workout programs so that you can pit yourself against previous best performances.



CIRCUIT TRAINING

FSP402



INTUITIVE & SOCIAL TRAINING LOCATION

A highly accessible training location for active seniors. Intuitive equipment placed in an appealing circular layout – designed to promote social engagement and ensure safe training. All devices are carefully selected to increase the functional capacity needed to perform the daily activities necessary for independent living. Most equipment is wheelchair accessible and can be used for rehabilitation.

ACTIVITY TYPE Circuit Training

PRODUCTS Exercise Equipment (Page 50)

USER GROUP Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
20	132.7M ²	50

SKILLS	1	2	3	4	5
Strength	●	●			
Coordination	●		●		
Endurance	●			●	
Flexibility	●			●	
Agility	●	●			



EFFECTIVE TRAINING - FOR PEOPLE ON THE GO

This solution invites everyone for an individual, and effective, training session. Users can easily adjust the training intensity, according to their own fitness levels, by adjusting the hydraulic resistance. This solution is suitable for everyone.

This circuit training solution offers the most time efficient way to enhance cardiovascular fitness and muscle endurance.

ACTIVITY TYPE
Circuit Training

PRODUCTS
Adjustable Equipment (Page 48)

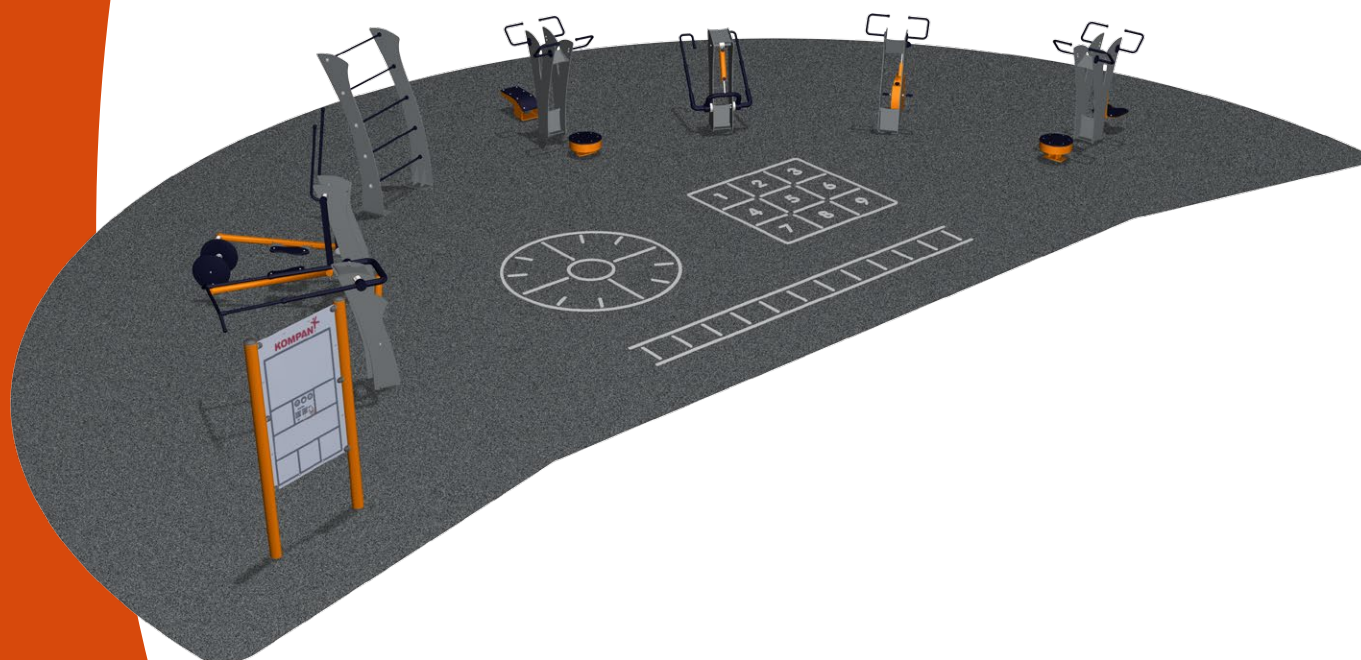
USER GROUP
Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
15	126.5M ²	50

SKILLS	1	2	3	4	5
Strength	●	—	—	—	●
Coordination	●	—	—	—	●
Endurance	●	—	—	—	●
Flexibility	●	—	—	—	●
Agility	●	—	●	—	—

CIRCUIT TRAINING

FSP401





OBSTACLE COURSE

CHALLENGE FOR THE ENTIRE FAMILY

We used to run, walk, jump, crawl and climb as a natural activity. In the past it was how we got most things done, but modern life has changed much of our time in front of a screen and made us static. Obstacle courses take us back to our roots with natural movement for increased health and happiness.

The new modern obstacle course is designed to have fun for people of all ages and abilities. It challenges and develops both mental and physical strength. Scalable difficulty levels make it work for young and old and strong and unfit. One course, one objective, many routes to get there.

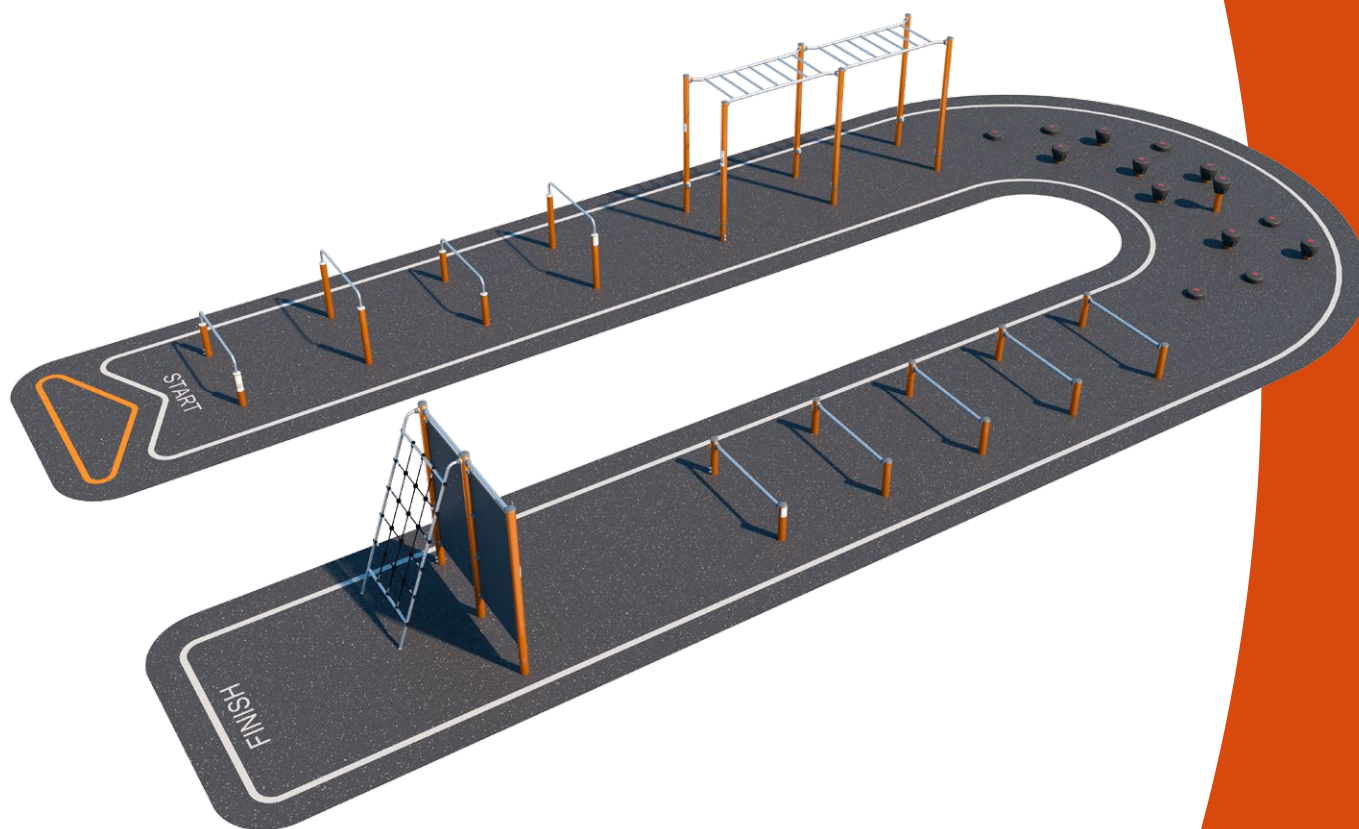
The fun element is the motivation that gets people starting over and over again. Outside of pure sport, playful exercise is rare, but obstacle courses create that element.

Do it together, do it with your kids and teach them that an active lifestyle is a fun lifestyle. In fact, once you introduce them to the courses, the onus will be on you to keep up!



OBSTACLE COURSE

FSP501



KOMPAN
SPORT & FITNESS

BE CHALLENGED IN A FUN COMPACT SPACE

The smallest of all obstacle course solutions combines all the “need to have” equipment to create a really fun and challenging track. By putting all equipment in a U-shape, you will be able to create competitions, decide the number of laps, but where people start and finish in the same place, making that a natural gathering with a lot of social interaction. The required amount of space is limited to just 135 m².

ACTIVITY TYPE

Obstacle Course Training

PRODUCTS

Workout Systems (Page 46)

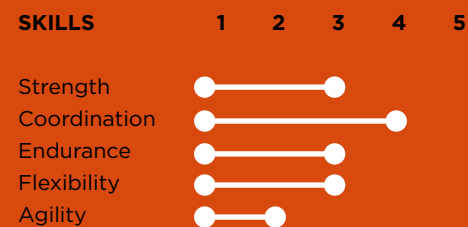
Cross Systems (Page 43)

USER GROUP

Children, Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
15	135M ²	30

SKILLS



THE TRADITIONAL TRACK RETHOUGHT WITH DYNAMIC OBSTACLES

This solution is the ultimate obstacle course inspired by traditional military and extreme race obstacle courses. You will run, jump, crawl, climb and need to keep your balance.

What is different to the military version is that you do not need to be super fit to have fun on this obstacle course. All obstacles offer both easy and difficult exercises so that everyone can do a full lap, or several, at their own level and in their own time.

ACTIVITY TYPE

Obstacle Course Training

PRODUCTS

Workout Systems (Page 46)

Cross Systems (Page 43)

USER GROUP

Children, Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
30	250M ²	50

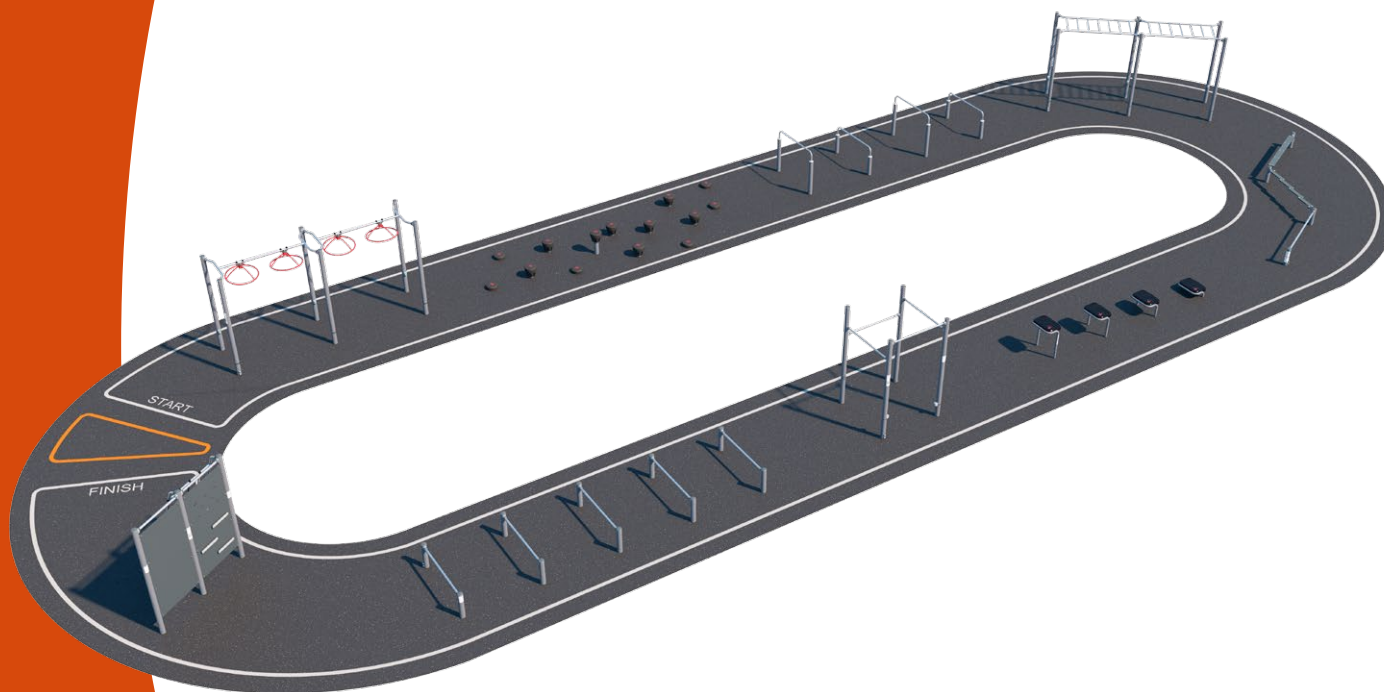
SKILLS

1 2 3 4 5

Strength	●	—	●		
Coordination	●	—	—	—	●
Endurance	●	—	—	—	●
Flexibility	●	—	—	—	●
Agility	●	—	●		

OBSTACLE COURSE

FSP502





OBSTACLE FEATURES



EASY ACCESS

High structures for upper body exercises are easy accessible for users of all heights. Access pods make it easy to get up and reach the exercise structure.



DYNAMIC EXERCISE WITH MULTIPLE DIFFICULTY LEVELS

Obstacles are designed for people of all ages and abilities. Each obstacle has both an easy and hard exercise, so anyone can be challenged.



DURABLE STEEL DESIGN

The galvanised and powder coated steel construction requires no maintenance and goes under KOMPAN lifetime warranty. The solid structure has made it possible to create new dynamic and challenging obstacles and still maintain a high level of safety.

FUN AND ACTIVE ROUTE WITH TOTAL BODY EXERCISE

This solution encourages everyone to be physically active. Imagine the challenge where over a long stretch, you run from each obstacle to the next. The multiple difficulty levels of the obstacles make it possible for both beginners, professionals, adults and children to improve their physical skills while having fun. Every activity requires use of many muscle groups, ensuring a full workout.

ACTIVITY TYPE

Obstacle Course Training

PRODUCTS

Workout Systems (Page 46)

Cross Systems (Page 43)

Corocord (Page 54)

Bloqx (Page 54)

USER GROUP

Children, Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
50	537M ²	115

SKILLS

	1	2	3	4	5
Strength	●	—	—	—	●
Coordination	●	—	—	—	●
Endurance	●	—	—	—	●
Flexibility	●	—	—	—	●
Agility	●	—	—	—	●

OBSTACLE COURSE

FSP503





KOMPAN!
SPORT & FITNESS



IT IS NOT ALL PHYSICAL

Regular obstacles are combined with sculptural play activities*, like a net structure and high climbing structures to challenge the user's thinking skills as well as memory in order to pass the structures in the easiest way.

There is risk taking when climbing high, balancing and doing the flying monkey bars. It is about mental and developing judgment skills such as evaluating risks in order to learn how to navigate this artificial world securely; an important life skill for the real world that you only learn by doing.

*Play and fitness activities must be clearly separated.



Scan LAYAR to watch obstacle course video.

THE ULTIMATE FUNCTIONAL TRAINING AREA

The circular Cross Training area in the middle is ideal for both individual or group exercises. Everybody can participate at their own level due to the smart, patented scalable exercise equipment. The obstacle course that surrounds the Cross Training area can be used independently or in combination with Cross Training adding a lot of cardio exercises. The KOMPAN app is there to inspire and motivate you and supports hard and easy exercises in both the inner and outer circle.

ACTIVITY TYPE

Obstacle Course Training

PRODUCTS

Workout Systems (Page 46)

Cross Systems (Page 40)

USER GROUP

Children, Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
40	432M ²	200+

SKILLS

1 2 3 4 5

Strength	●	—	—	—	—	●
Coordination	●	—	—	—	—	●
Endurance	●	—	—	—	—	●
Flexibility	●	—	—	—	—	●
Agility	●	—	—	—	—	●

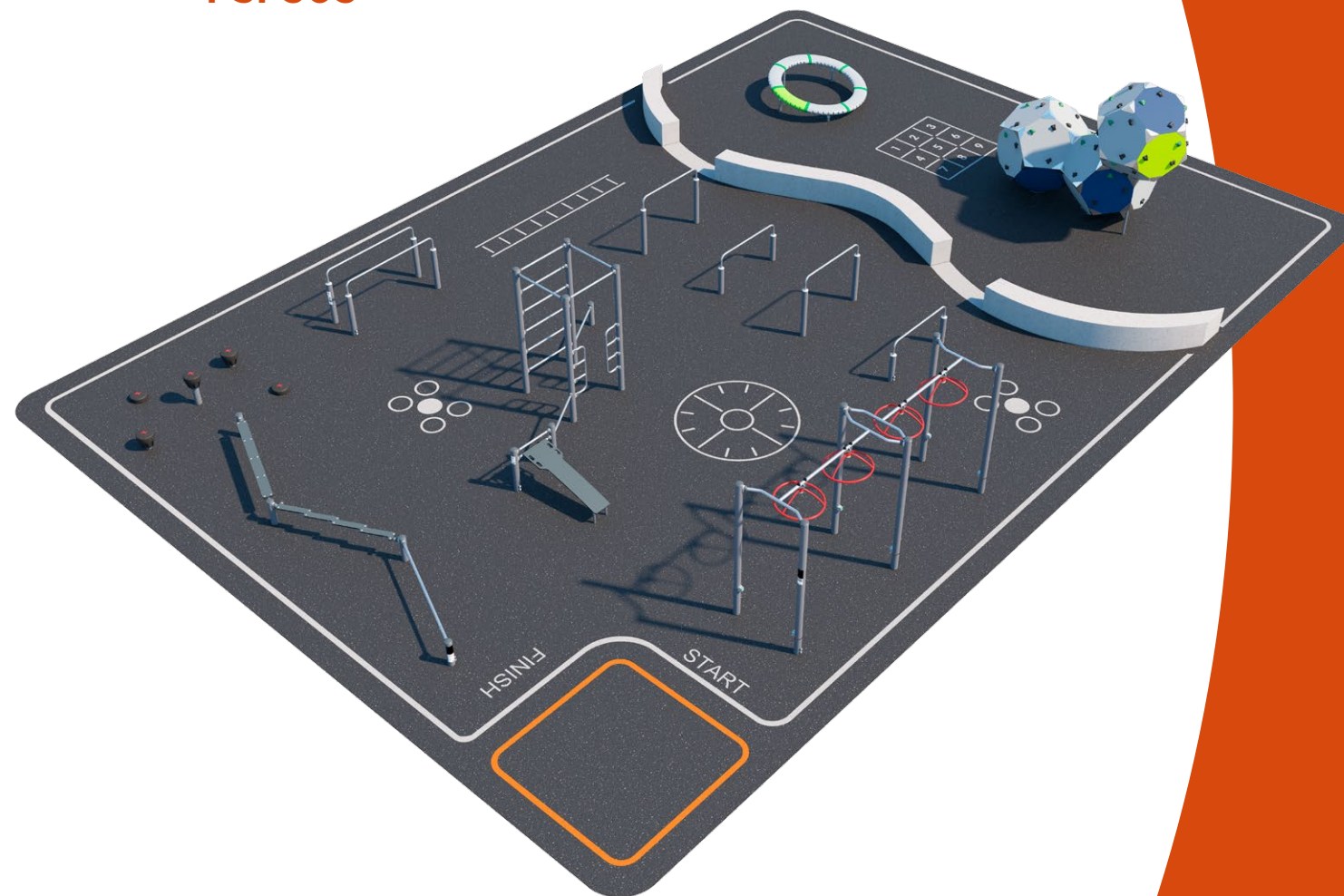
OBSTACLE COURSE +

FSP504



OBSTACLE COURSE +

FSP505



KOMPAN
SPORT & FITNESS

SCHOOL YARD TO INSPIRE AND ACTIVATE ALL PUPILS

Fitness is not wasted on the young, but they are the lucky ones who don't yet know the concept of aching muscles. Today more than ever they need stimulation to get those muscles working. The school yard inspires all ages, triggering them into a desire to do activities where speed, agility and stamina combine under the simple concept of playing. The school yard is fun, challenging and its role is the broadest of all KOMPAN programs, developing not just fitness and strength, but building tomorrow's adults. Play and fitness activities must be clearly separated.

ACTIVITY TYPE

Obstacle Course Training

PRODUCTS

Workout Systems (Page 44)

Cross Systems (Page 43)

Galaxy (Page 54)

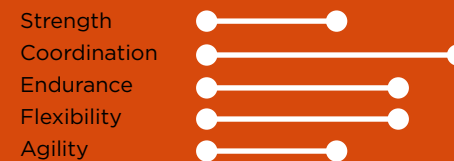
Bloqx (Page 54)

USER GROUP

Children, Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
35	262M ²	200

SKILLS



ACTIVE LIFE SOLUTION

The ultimate intergenerational meeting place where everyone from toddlers to senior citizens can have fun, socialise and experience the joy of movement together.





ZONE 1: TODDLERS

A fun and safe play space to explore for toddlers and their caregivers.

ZONE 2: PLAY

A fun and challenging play area for preschoolers and their friends.

ZONE 3: PLAY ON

Challenging play to help kids 8 years+ maximize their physical, cognitive and social potential.

ZONE 4: PLAY SPORTS

Playful way of training and socializing, with a focus on fun and creativity, developing emotional competence and learning the rules of games.

ZONE 5: SPORT & FITNESS

Functional and effective training for all ages, abilities and levels of fitness.

ZONE 6: ACTIVE AGEING

Safe, social and intuitive training for active seniors.

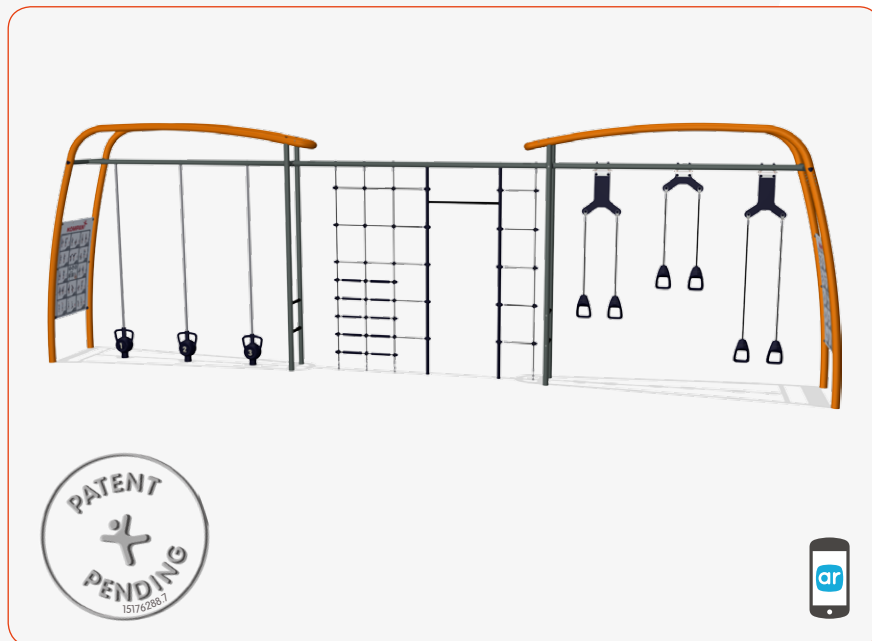
ZONE 7: MEETING PLACE

Ideal for relaxing, sharing a cup of coffee, or wrapping up an active day with a BBQ, together with family and friends.



CROSS SYSTEMS

FAZ20100

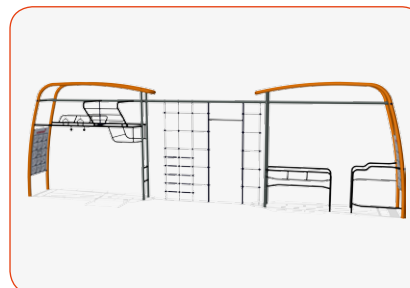


13+ - 22 hrs. (1,74 | 0,79) 286 cm 334 cm 50 m² 634 x 1060 cm

Magnetic Bells, Suspension Trainer & Multi Net Link

FAZ20100-0900

FAZ20200



13+ - 22 hrs. (1,8 | 0,81) 286 cm 334 cm 48 m² 514 x 1060 cm

Pull Up Bars, Parallel bars
& Multi Net Link

FAZ20200-0900

FAZ10100

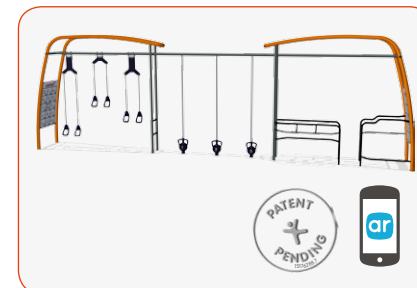


13+ - 8 hrs. (0,63 | 0,35) 0 cm 334 cm 26,5 m² 634 x 509 cm

Suspension Trainer

FAZ10100-0900

FAZ20300



13+ - 22 hrs. (1,64 | 0,82) 124 cm 334 cm 47,5 m² 634 x 1060 cm

Suspension Trainer, Parallel Bars
& Magnetic Bells Link

FAZ20300-0900

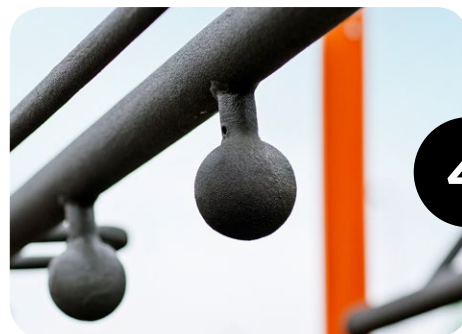
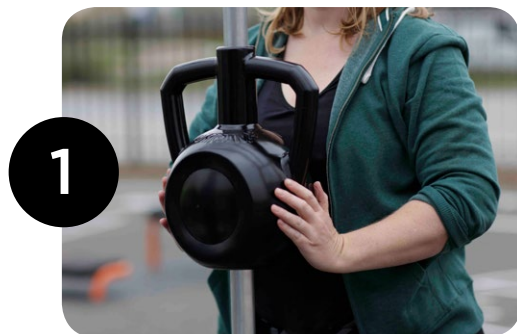
FAZ10200



13+ - 8 hrs. (0,79 | 0,4) 0 cm 334 cm 15 m² 345 x 509 cm

Magnetic Bells

FAZ10200-0900



PRODUCT FEATURES

1) The unique Magnetic Bells provide safe and functional free weight training in the outdoors. The weights can move freely and are equipped with a magnetic breaking system that prevents the weights from dropping to the surface and slows down the fall to a reduced pace.

2) Suspension trainer with new ergonomically shaped handle for optimal grip and comfort. Innovatively designed, it is the first outdoor solution compliant to safety standards.

3) FLEXOTOP creates a seamless hardwearing surface featuring rapid drainage and shock absorption. Applying surface patterns will significantly maximize on training potential by offering even more exercise opportunities.

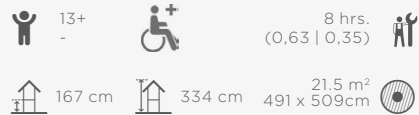
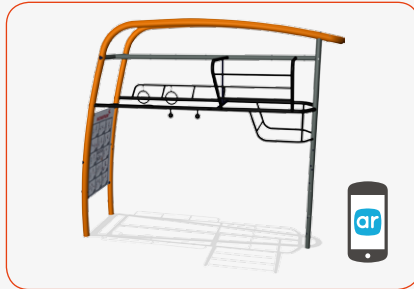
4) Polyurea coating is highly durable against wear and tear, offers isolation and simultaneously gives users an outstanding grip during their workout.

5) The Core Twist features 2 poles designed to effectively train all the core muscles in a functional way. An innovative breaking system allows users to determine resistance by changing speed of movement.

6) The 2-sided instruction signs are made of 6 mm polycarbonate sheets that feature illustrations of the most relevant exercises and comes with a QR code connected to the KOMPAN training app.

CROSS SYSTEMS

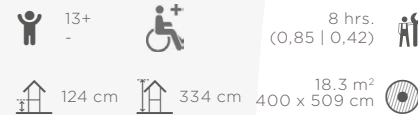
FAZ10300



Pull Up Bars

FAZ10300-0900

FAZ10400



Parallel bars

FAZ10400-0900

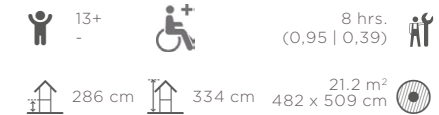
FAZ10500



Core Twist

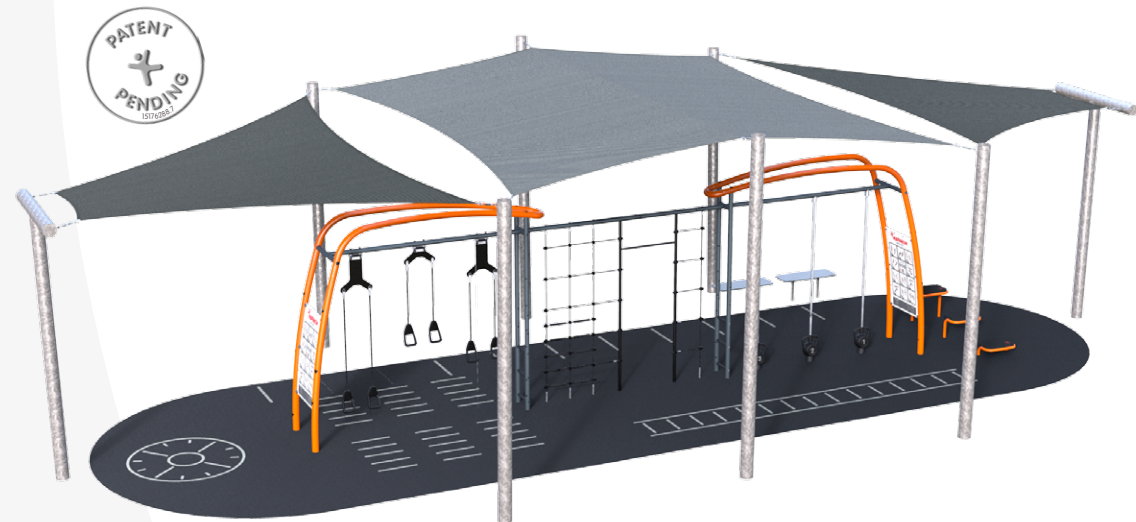
FAZ10500-0900

FAZ10600



Multi Net

FAZ10600-0900



SHADING SOLUTIONS AVAILABLE

2017 WINNER
**EUROPEAN
PRODUCT
DESIGN
AWARD**

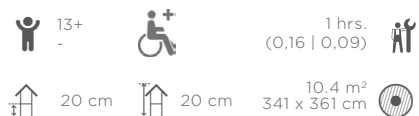
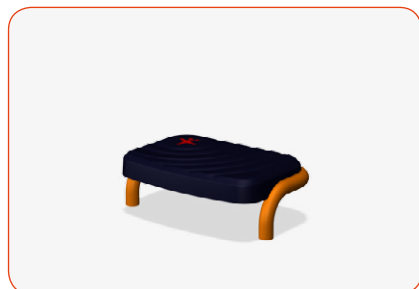
www.productdesignaward.eu



CROSS SYSTEMS

FAZ30100

NEW

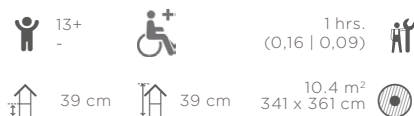


Step, 20 cm
Step, 20 cm

FAZ30100-0900
FAZ30100-0901

FAZ30200

NEW

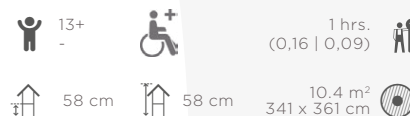


Step, 40 cm
Step, 40 cm

FAZ30200-0900
FAZ30200-0901

FAZ30300

NEW

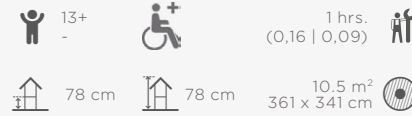


Step, 60 cm
Step, 60 cm

FAZ30300-0900
FAZ30300-0901

FAZ30400

NEW

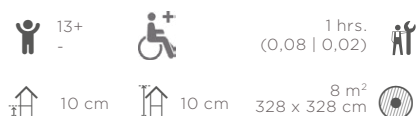
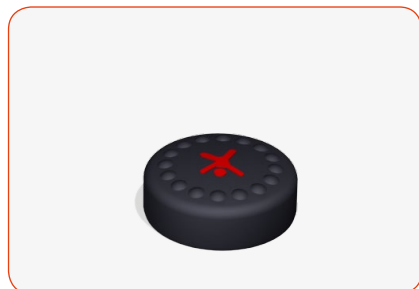


Step, 80 cm
Step, 80 cm

FAZ30400-0900
FAZ30400-0901

FAZ30500

NEW

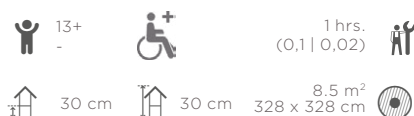
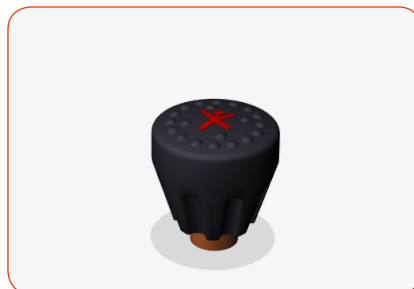


Jump Pod, 10 cm
Jump Pod, 10 cm

FAZ30500-0600
FAZ30500-0601

FAZ30600

NEW

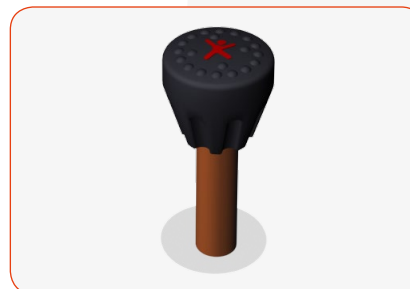


Jump Pod, 30 cm
Jump Pod, 30 cm

FAZ30600-0800
FAZ30600-0801

FAZ30700

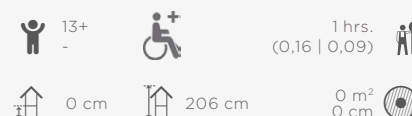
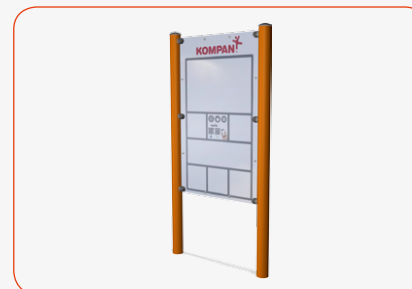
NEW



Jump Pod, 60 cm
Jump Pod, 60 cm

FAZ30700-0800
FAZ30700-0801

FAZ40100



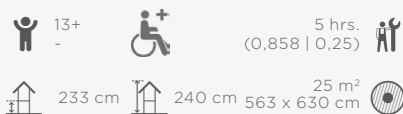
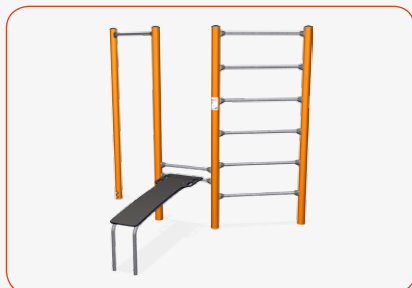
Freestanding Sign
Freestanding Sign

FAZ40100-0900
FAZ40100-0901

WORKOUT SYSTEMS

FSW101

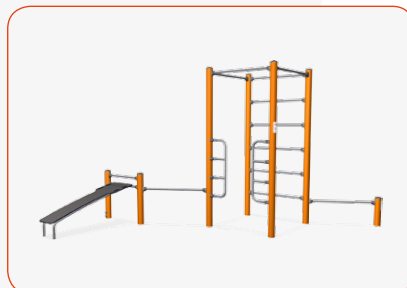
NEW



Combi 1 FSW10100-0901
Combi 1 FSW10100-0900

FSW102

NEW



Combi 2 FSW10200-0901
Combi 2 FSW10200-0900

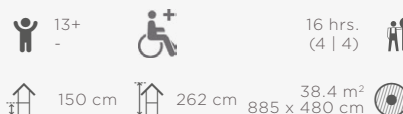
FSW103

NEW



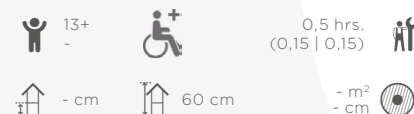
Combi 3 FSW10300-0901
Combi 3 FSW10300-0900

FST930



Bootcamp Base FST93000-0801

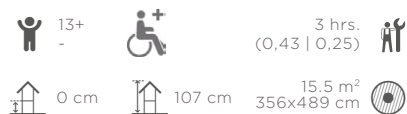
FST931



Bootcamp Box & Gear FST93100-0001

WORKOUT SYSTEMS

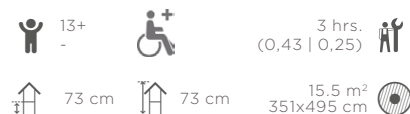
FSW201



Parallel Bars
Parallel Bars

FSW20100-0901
FSW20100-0900

FSW202



Dip Bench
Dip Bench

FSW20200-0901
FSW20200-0900

FSW203



Bench
Bench

FSW20300-0901
FSW20300-0900

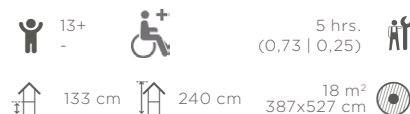
FSW204



Decline Bench
Decline Bench

FSW20400-0901
FSW20400-0900

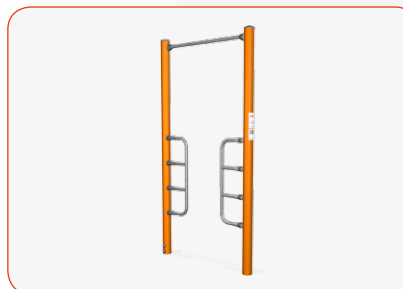
FSW205



Overhead Ladder
Overhead Ladder

FSW20500-0901
FSW20500-0900

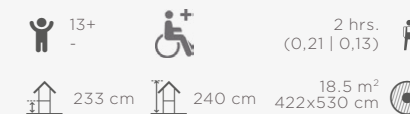
FSW206



Incline Press
Incline Press

FSW20600-0901
FSW20600-0900

FSW207



Multi Net
Multi Net

FSW20700-0901
FSW20700-0900



WORKOUT SYSTEMS

FSW208

NEW



3 hrs.
(0,32 | 0,19)

20 m²
422x583 cm

Pull Up Station
Pull Up Station

FSW20800-0901
FSW20800-0900

FSW209

NEW



3 hrs.
(0,43 | 0,25)

18 m²
310x635 cm

Push Up Bars
Push Up Bars

FSW20900-0901
FSW20900-0900

FSW211

NEW



4 hrs.
(0,28 | 0)

42 m²
950 x 463 cm

Hurdles
Hurdles

FSW21100-0901
FSW21100-0900

FSW212

NEW



4 hrs.
(0,17 | 0,08)

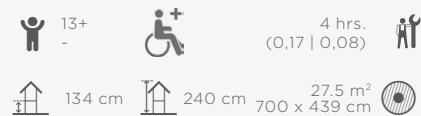
27 m²
700 x 439 cm

Double Turbo Challenge
Double Turbo Challenge

FSW21200-0901
FSW21200-0900

FSW213

NEW



4 hrs.
(0,17 | 0,08)

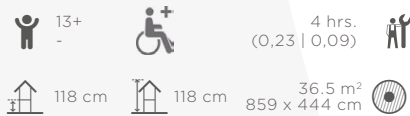
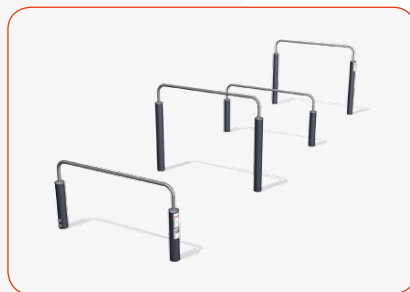
27,5 m²
700 x 439 cm

Double Overhead Ladder
Double Overhead Ladder

FSW21300-0901
FSW21300-0900

FSW214

NEW



4 hrs.
(0,23 | 0,09)

36,5 m²
859 x 444 cm

Over Under
Over Under

FSW21400-0901
FSW21400-0900



WORKOUT SYSTEMS

FSW216



13+ - 5 hrs. (0,12 | 0,07) 234 cm 240 cm 21 m² 518 x 468 cm

Wall with Net
Wall with Net

FSW21600-0901 ●
FSW21600-0900 ●

NEW

FSW215



13+ - 3 hrs. (0,11 | 0) 40 cm 45 cm 28 m² 833 x 616 cm

Balance Beam FSW21500-0901 ●
Balance Beam FSW21500-0900 ●

NEW

FSW217



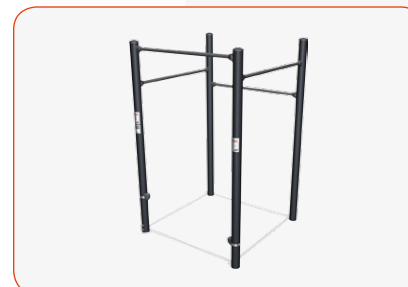
13+ - 3 hrs. (0,17 | 0,07) 133 cm 240 cm 26 m² 590 x 533 cm

Hexagon Pull Up Station FSW21700-0901 ●
Hexagon Pull Up Station FSW21700-0900 ●

NEW

FSW218

NEW

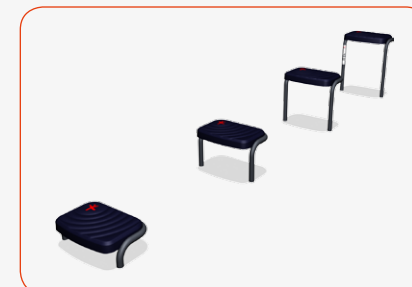


13+ - 7 hrs. (0,11 | 0,05) 133 cm 240 cm 18.5 m² 450 x 450 cm

Square Pull Up Station FSW21800-0901 ●
Square Pull Up Station FSW21800-0900 ●

FSW219

NEW

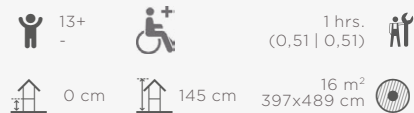


13+ - 7 hrs. (0,23 | 0,1) 78 cm 78 cm 27 m² 791 x 361 cm

Combi Step FSW21900-0901 ●
Combi Step FSW21900-0900 ●

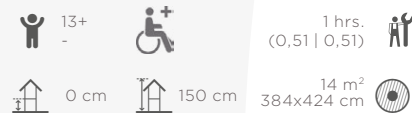
ADJUSTABLE EXERCISE EQUIPMENT

FST103



Squat + Shoulder Press +
Lat Pull Down FST10300-0801

FST104



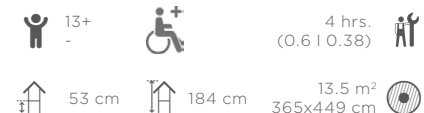
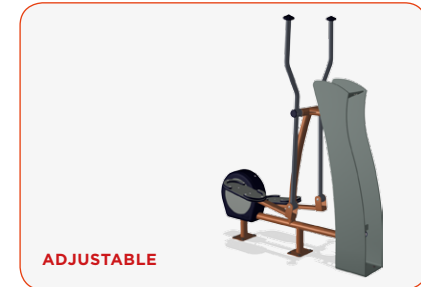
Chest Press +
Horizontal Row FST10400-0801

FST105



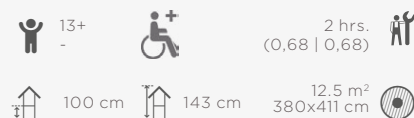
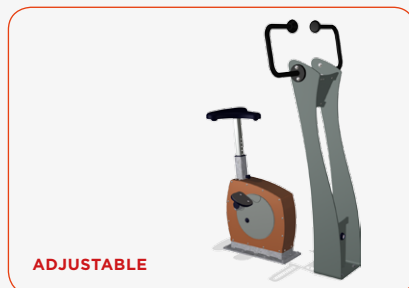
Upright Row + Press Down FST10500-0801

FST108



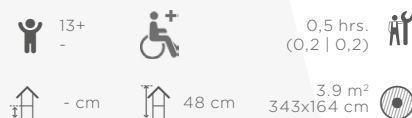
Cross Trainer FST10800-0801

FST118



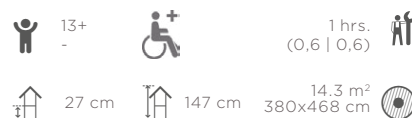
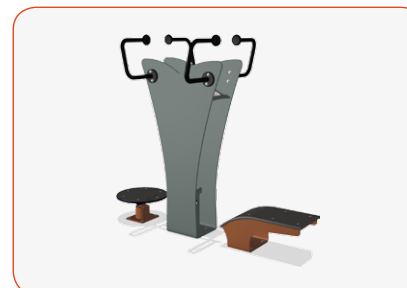
Fitness Bike FST11800-0801

FST128



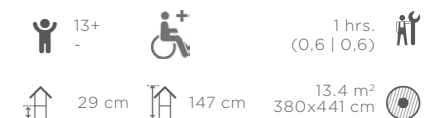
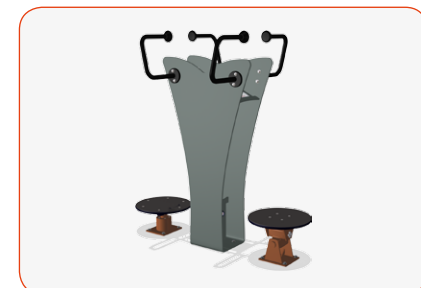
Crank FST12800-0801

FST220



Twist + Step FST22000-0801

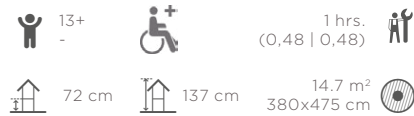
FST221



Twist + Wobble FST22100-0801

ADJUSTABLE EXERCISE EQUIPMENT

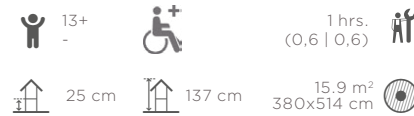
FST222



Twist + Swing

FST22200-0801

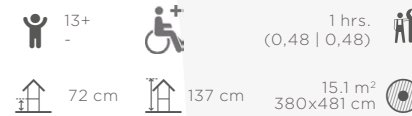
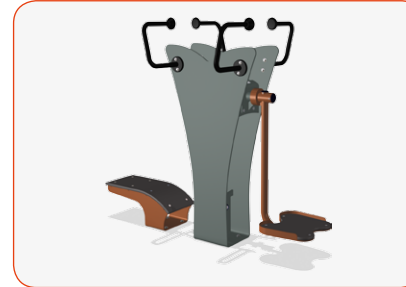
FST224



Wobble + Step

FST22400-0801

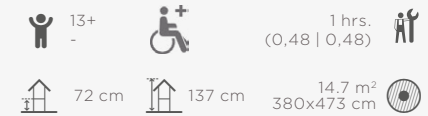
FST225



Step + Swing

FST22500-0801

FST227

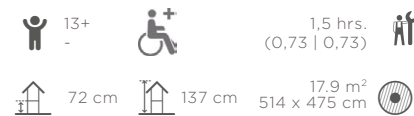
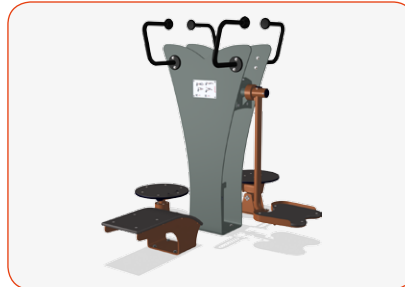


Wobble + Swing

FST22700-0801



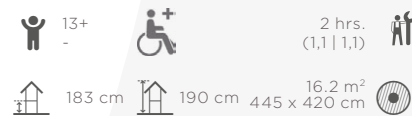
FST228



Wobble, Swing,
Step & Twist

FST22800-0801

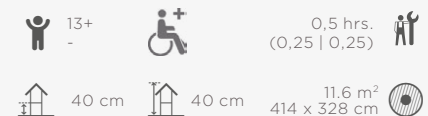
FST513



Stretch Bar

FST51300-0801

FST518



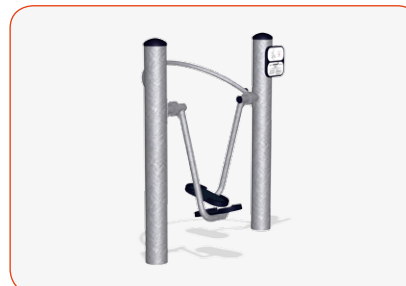
Sit-Up Bench

FST51800-0801



EXERCISE EQUIPMENT

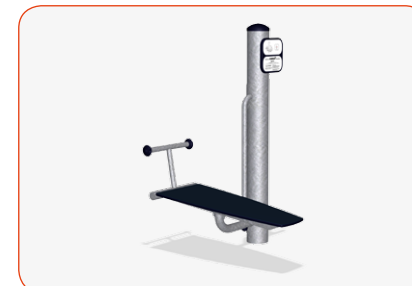
KPX120



13+
-
5 hrs.
(0,69 | 0,42)
80 cm 159 cm 17,9 m²
480x451 cm

Free Runner KPX120-3617
Powder Coated Grey KPX120-3617G

KPX121



13+
-
3 hrs.
(0,35 | 0,21)
43 cm 159 cm 12,5 m²
416x376 cm

Sit Up Bench KPX121-3617
Powder Coated Grey KPX121-3617G

KPX122



13+
-
3 hrs.
(0,35 | 0,21)
- cm 161 cm 9,4 m²
331x360 cm

Flex Wheel KPX122-3617
Powder Coated Grey KPX122-3617G

KPX123

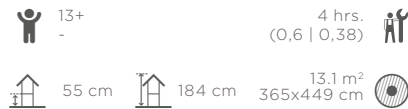


13+
-
4 hrs.
(0,35 | 0,21)
22 cm 159 cm 12,3 m²
437x338 cm

Body Flexer KPX123-3617
Powder Coated Grey KPX123-3617G

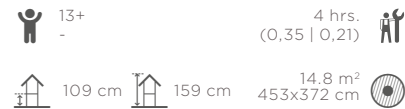
EXERCISE EQUIPMENT

KPX125



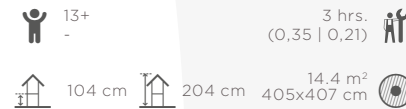
Cross Trainer KPX125-3617
Powder Coated Grey KPX125-3617G

KPX126



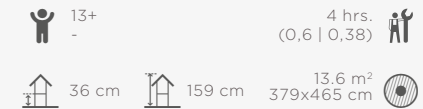
Push Up Bars KPX126-3617
Powder Coated Grey KPX126-3617G

KPX128



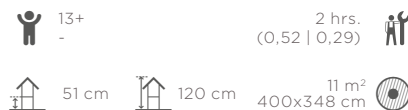
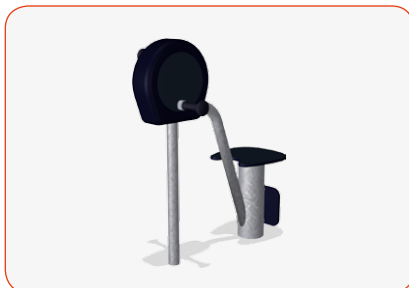
Upper Body Trainer KPX128-3617
Powder Coated Grey KPX128-3617G

KPX129



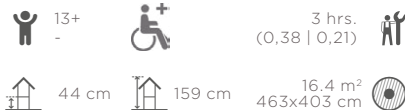
Power Bike KPX129-3617
Powder Coated Grey KPX129-3617G

KPX130



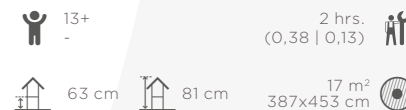
Hand Bike KPX130-3617
Powder Coated Grey KPX130-3617G

KPX131



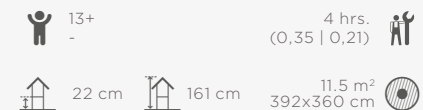
Double Chest Press KPX131-3617
Powder Coated Grey KPX131-3617G

KPX132



Triple Bars KPX132-3617
Powder Coated Grey KPX132-3617G

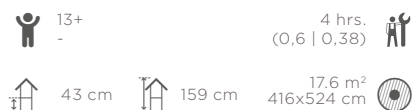
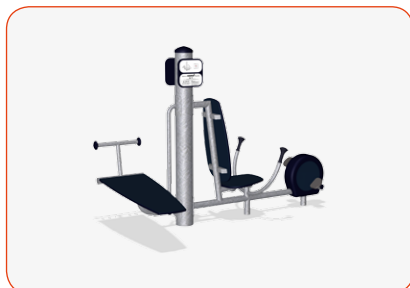
KPX220



Flex Wheel & Body Flexer KPX220-3617
Powder Coated Grey KPX220-3617G

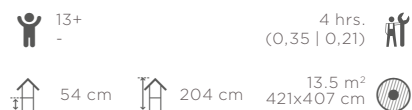
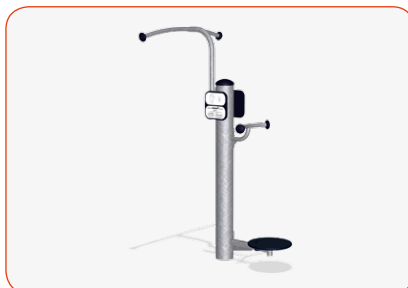
EXERCISE EQUIPMENT

KPX222



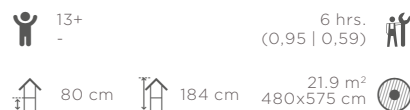
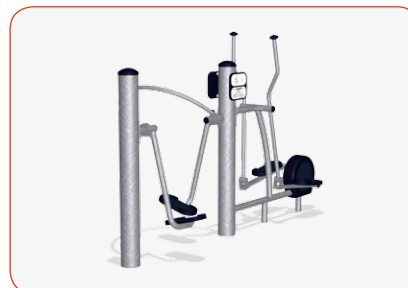
Sit Up Bench & Power Bike KPX222-3617
Powder Coated Grey KPX222-3617G

KPX224



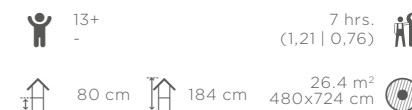
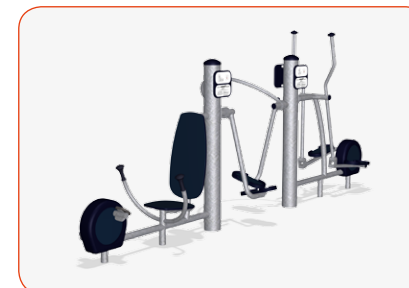
Body Flexer & Upperbody Trainer KPX224-3617
Powder Coated Grey KPX224-3617G

KPX225



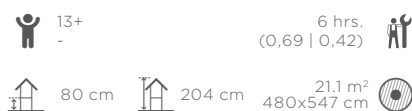
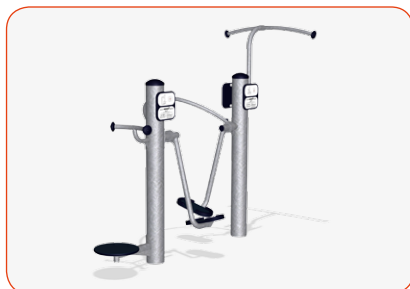
Free Runner & Cross Trainer KPX225-3617
Powder Coated Grey KPX225-3617G

KPX320



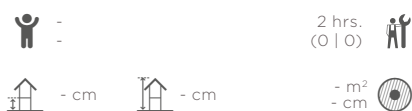
Free Runner, Cross Trainer
& Power Bike KPX320-3617
Powder Coated Grey KPX320-3617G

KPX323



Upper Body Trainer, Free Runner
& Body Flexer KPX323-3617
Powder Coated Grey KPX323-3617G

PX7701



Roof PX770100-00
Powder Coated Grey PX770100-00G



PLAY SPORTS

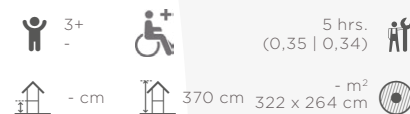
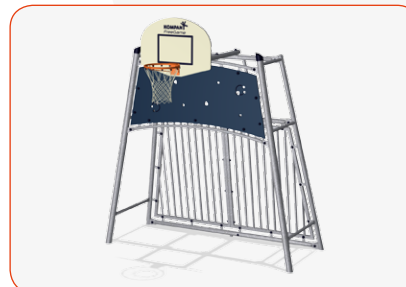
FRE2110



COSMOS Pitch 12 x 20m
 COSMOS Pitch 12 x 24m
 COSMOS Pitch 15 x 30m
 COSMOS Pitch 16 x 28m
 COSMOS Pitch 16 x 32m
 COSMOS Pitch 19 x 36m

FRE2110-3317
 FRE2111-3317
 FRE2113-3317
 FRE2114-3317
 FRE2115-3317
 FRE2116-3317

FRE2210



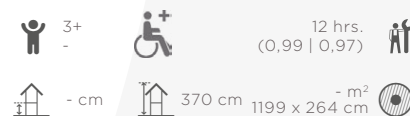
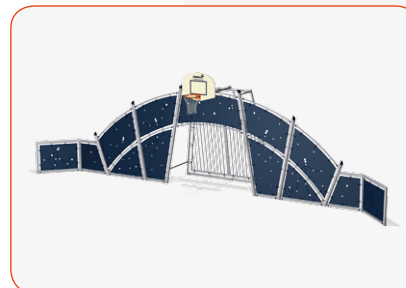
COSMOS Multi Goal, 3m FRE2210-3317

FRE2211



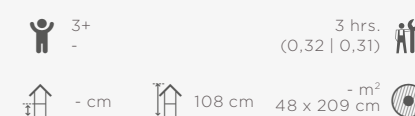
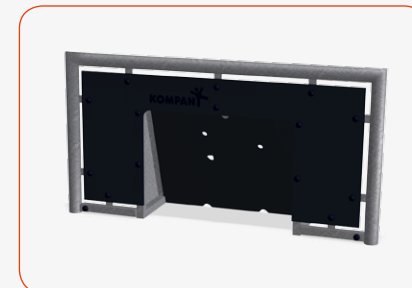
COSMOS Multi Goal, 5m FRE2211-3317

FRE2213



COSMOS Multi Goal, 12m FRE2213-3317

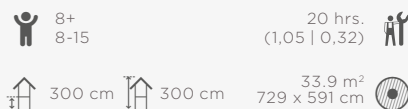
FRE2214



COSMOS Freestanding Mini Goal FRE2214-3317

ACTIVE HANGOUTS

BLX4103



BLOQX 3

BLX410301-3717

● Corkscrew Play Net

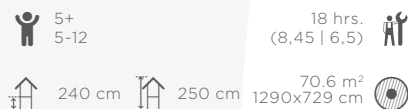
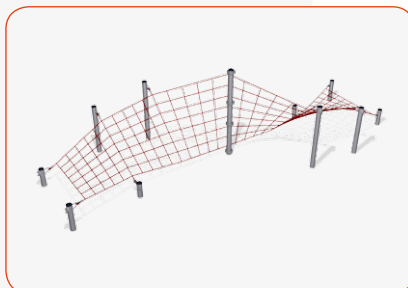
BLOQX 3

BLX410302-3717

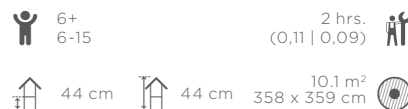
● with Steel Posts

COR22901101

COR22901



ELE500007



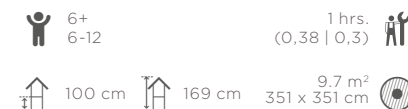
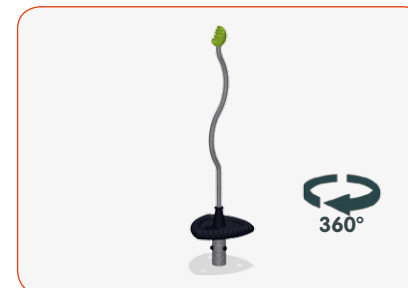
Wacky Spinner

ELE500007-3717BL

Wacky Spinner

ELE500007-3717E

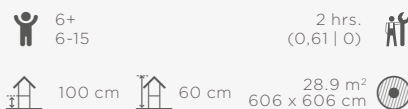
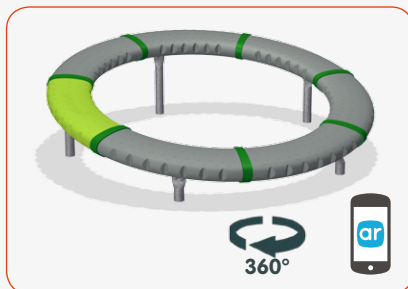
GXY8014



● Spica 1

GXY801421-3717

GXY916



Supernova, Lime

GXY916012-3417

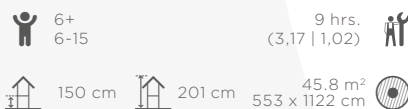
● Miram

Supernova, Blue

GXY916000-3417

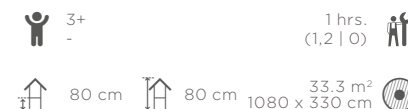
●

GXY926



GXY926000-3717

FRE3045



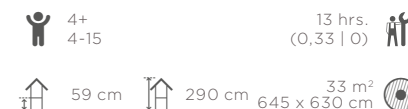
Grasshopper,

Set of six

FRE3045-3517

PCM704

NEW



Double Meeting Point with

Movable Hammocks

PCM704-0902

BUILT TO LAST



1. WARRANTY COVERAGE

This warranty applies to KOMPAN's products for the time periods described for each product type above and with the limitations described in this warranty. The warranty period applies from the date of purchase by the first customer. This warranty covers only defects in materials. KOMPAN's liability under this warranty is limited to repair or replacement of defective products, without charge, at KOMPAN's discretion.

2. WARRANTY APPLIES ONLY IF PRODUCTS HAVE BEEN PROPERLY INSTALLED AND MAINTAINED

The warranty only applies if KOMPAN's products have been installed according to the instructions provided by KOMPAN, and maintained correctly according to the KOMPAN Maintenance Manual.

3. NO COVERAGE FOR ACCIDENTS, WEAR, TEAR, COSMETIC ISSUES, MISUSE OR VANDALISM

This warranty does not cover any damage caused by accident, improper care, negligence, normal wear and tear, surface corrosion on metal parts, discoloured surfaces and other cosmetic issues or failures due to misuse or vandalism. Natural changes in wood over time are considered cosmetic issues and not covered.

4. PRODUCTS INSTALLED NEAR WATER

Products installed in direct contact with chlorinated water or saltwater (Waterparks), or products installed with occasional contact with such water or installed so close to the shore they are subjected to salt spray are not covered by the KOMPAN warranty for any defects caused by corrosion. Products installed in coastal areas, within 200 meters from the shore, will only be covered by the warranty for half the period of the standard product warranty in relation to defects caused by corrosion. KOMPAN's Lifetime warranty if applicable is limited to a 5 year warranty in relation to such products.

5. THIRD PARTY SUPPLIED PRODUCTS & SERVICES

KOMPAN provides non-KOMPAN branded products and installation services performed by certified third party suppliers. This general KOMPAN warranty does not apply to such non-KOMPAN branded products and installation services, which may carry their own warranties. KOMPAN will pass on information on such warranties where possible.

LIFETIME* WARRANTY

- Galvanized structural parts
 - Steel poles
 - Cross beams
 - Floor frames
 - Top brackets
- Stainless steel hardware
- EcoCore™ and other HDPE Panels

10 YEARS WARRANTY

- HPL floors & panels
- Galvanized and aluminum metal parts with painted top layer
- Other galvanized metal parts
- Other stainless steel parts
- "S" Clamps on Hercules rope
- Solid plastic parts
- Non-painted metal parts
- Other engineered timber

5 YEARS WARRANTY

- Resin coated plywood plates
- Hollow plastic parts
- Other painted metal parts
- Springs & ball bearing assemblies
- Rope & net constructions
- Concrete elements
- Flexotop virgin EDPM

2 YEARS WARRANTY

- Movable plastic & metal parts
- EDPM rubber membranes material
- Electronic components
- Flexotop recycled EDPM
- Sunshades & sail solutions

*KOMPAN's LIFETIME warranty is in effect for the lifetime of the product until the product is uninstalled and/or taken out of use. In addition, KOMPAN's general terms & delivery conditions apply and supplement this warranty.

TRAINING FOR EVERYONE - ENJOY THE BENEFITS OF PLAY AND MOVEMENT

Play, movement, health and wellbeing are at the root of KOMPAN's DNA. For over 45 years KOMPAN has been designing unique play solutions for children.

It has always been KOMPAN's ambition, that as children and adolescents evolve into adulthood, they preserve the joy and health benefits of movement. With happy and healthy adults as role models, the children of the future will be more likely to follow their lead, creating an on-going legacy of movement.

KOMPAN'S mission is to shape happier and healthier communities. A mission shared with governments, local authorities and organisations all over the world. It is a common understanding that the world needs a collective approach to health and fitness and KOMPAN is excited to be part of this.

Expert knowledge of play, movement and training, combined with comprehensive market insights, makes KOMPAN the ideal partner in co-creating training solutions that will enable communities to become and stay active throughout all stages of life.