

# MAKING COMMUNITIES ACTIVE

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WITH TRAINING FOR EVERYONE



**KOMPAN**  
SPORT & FITNESS

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

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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.*



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# 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%

### KEY OPPORTUNITIES



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.



SOURCES: Akers, A., 2012. Visual Color Perception in Green Exercise: Positive Effects on Mood and Perceived Exertion. *Environmental Science Technology*, 21:46(16), 6881-6. European Barometer 2014; KOMPAN Sport & Fitness Institute; McKinsey Global Institute; MEF (Mobile Ecosystem Forum); The Retention People; UN (United Nations); WHO (World Health Organization)



# OVERCOMING BARRIERS: MOTIVATE, STIMULATE, ACTIVATE

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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

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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.

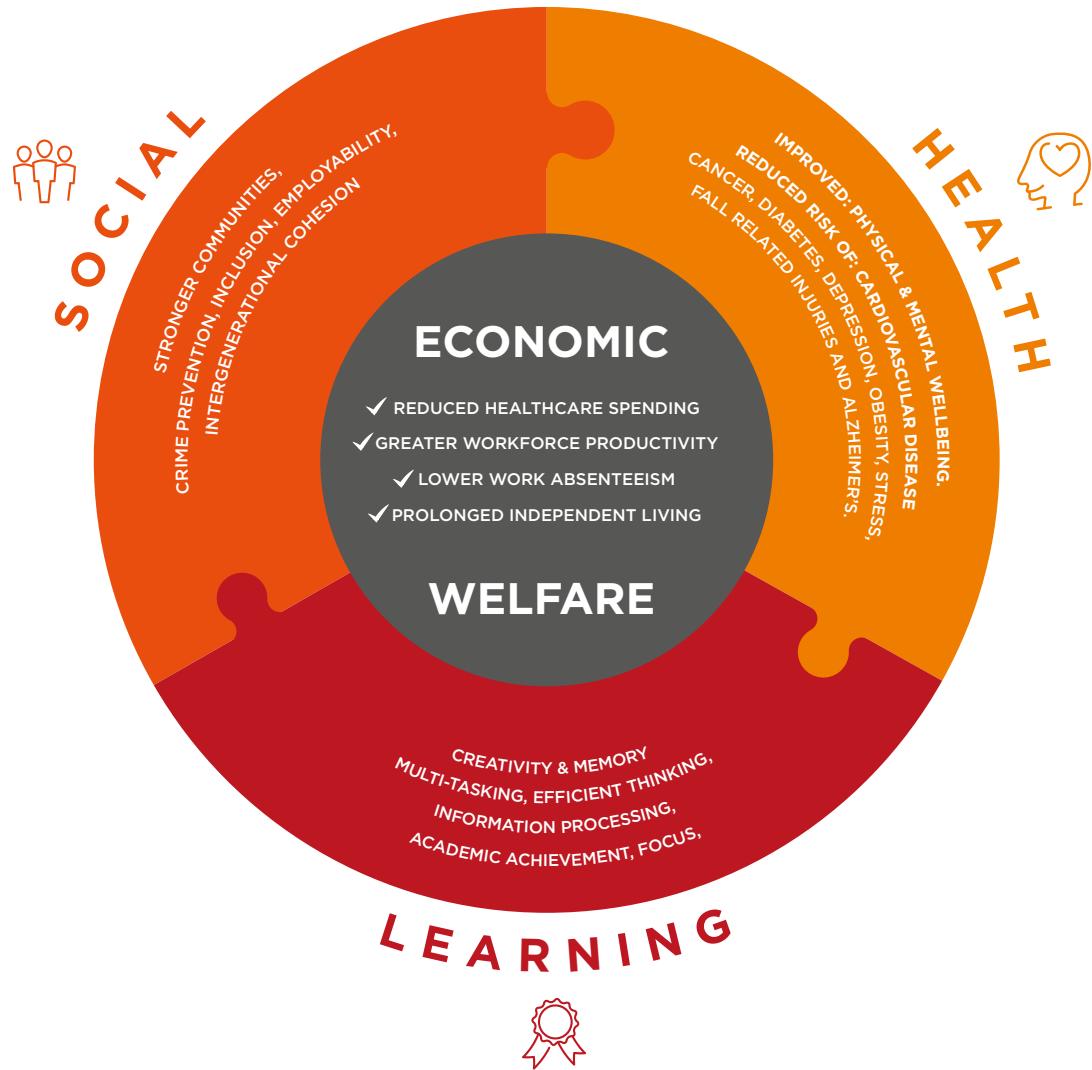
Together we can activate people and communities by offering fun and dynamic training solutions that *transform short term changes to long lasting results*.

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

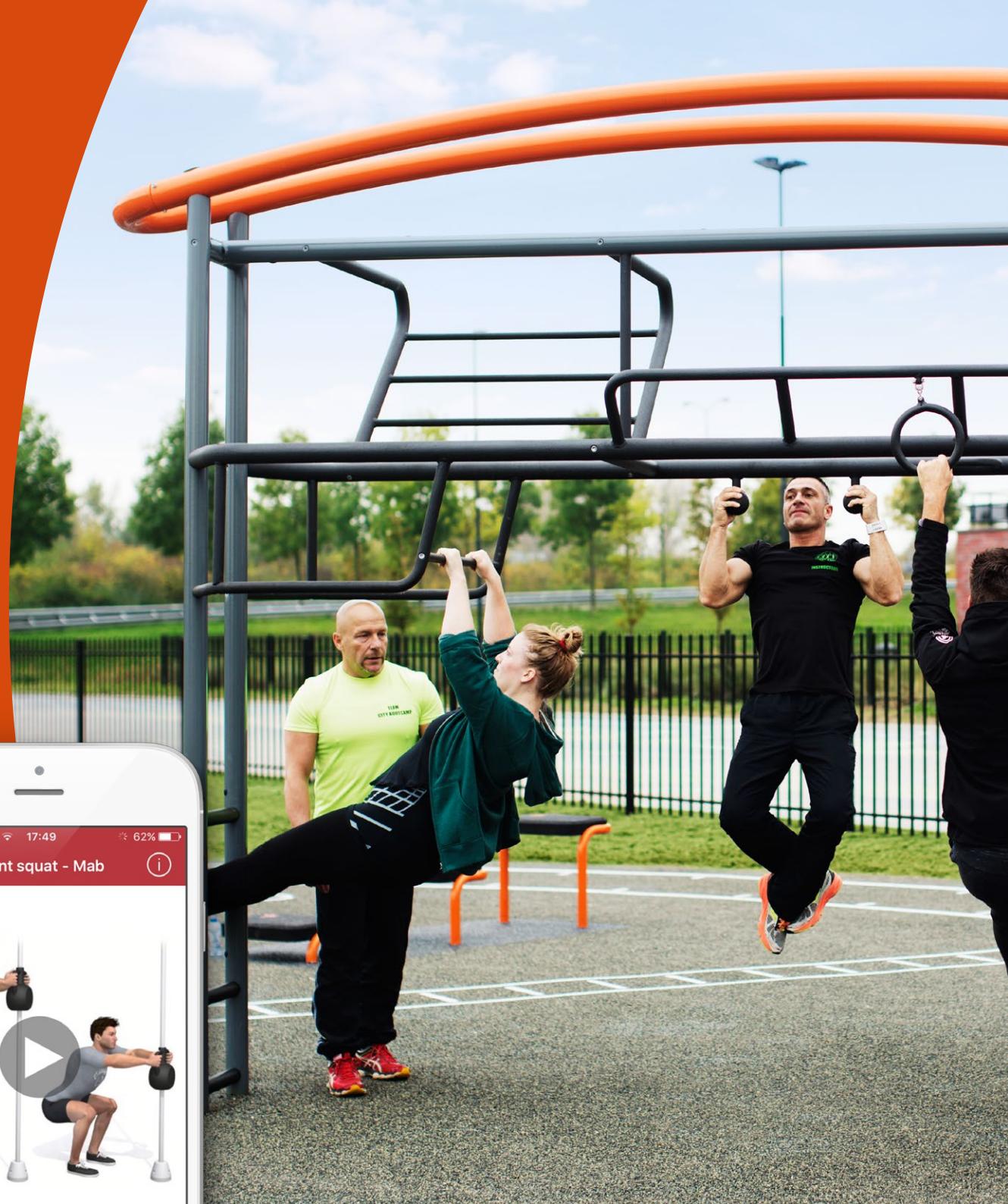


SOURCES: John J. Ratey, 2013. *Spark: The Revolutionary New Science of Exercise and the Brain*. Reprint Edition. Little, Brown and Company; McKinsey Global Institute; WHO (World Health Organization)

# 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





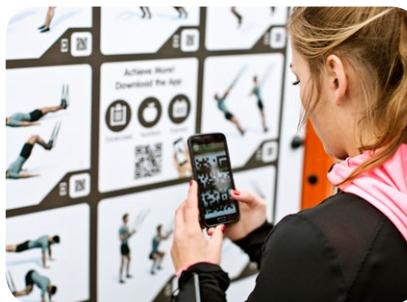
# EFFECTIVE AND SUSTAINABLE, 3 LAYER TRAINING SOLUTIONS

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

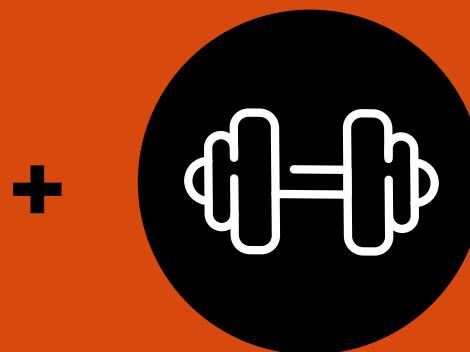
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Based on market insight, KOMPAN has identified the five most popular fitness activities. Together with pinpointing the expected user groups, these are the starting point to make the best outdoor fitness solution.

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
<b>STREET WORKOUT</b>				
FSP101 - P.14		●	●	
FSP102 - P.15		●	●	
FSP103 - P.16		●	●	●
FSP104 - P.13		●	●	
<b>BOOTCAMP</b>				
FSP201 - P.19		●	●	
<b>CROSS TRAINING</b>				
FSP301 - P.21	●		●	●
FSP302 - P.22	●		●	●
FSP303 - P.24	●		●	●
FSP304 - P.25	●		●	●
<b>CIRCUIT TRAINING</b>				
FSP401 - P.27	●		●	●
FSP402 - P.28				●
<b>OBSTACLE COURSE</b>				
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



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## COMPACT AND EFFECTIVE EXERCISE SPACE

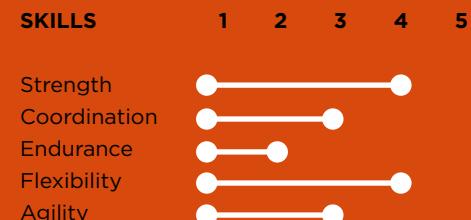
Perfect solution for small spaces and budgets, but with XXL ambitions. Big enough for a complete sports team or a school class, this solution will fit anywhere. By combining some of the most versatile equipment the training value is huge, and countless exercise variations can be made.

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 <sup>2</sup>	65



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

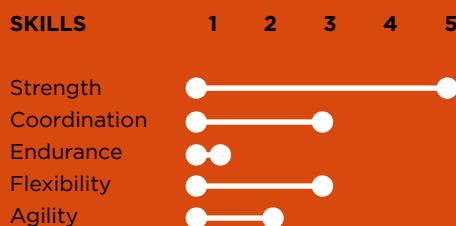
Within an area of 110 m<sup>2</sup> up to 20 people can perform all of the Street Workout exercises they want! Street Workout provides the opportunity to be creative and learn how to control the body in a playful way. Almost any movement pattern can be created, resulting in a different workout each time! 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)

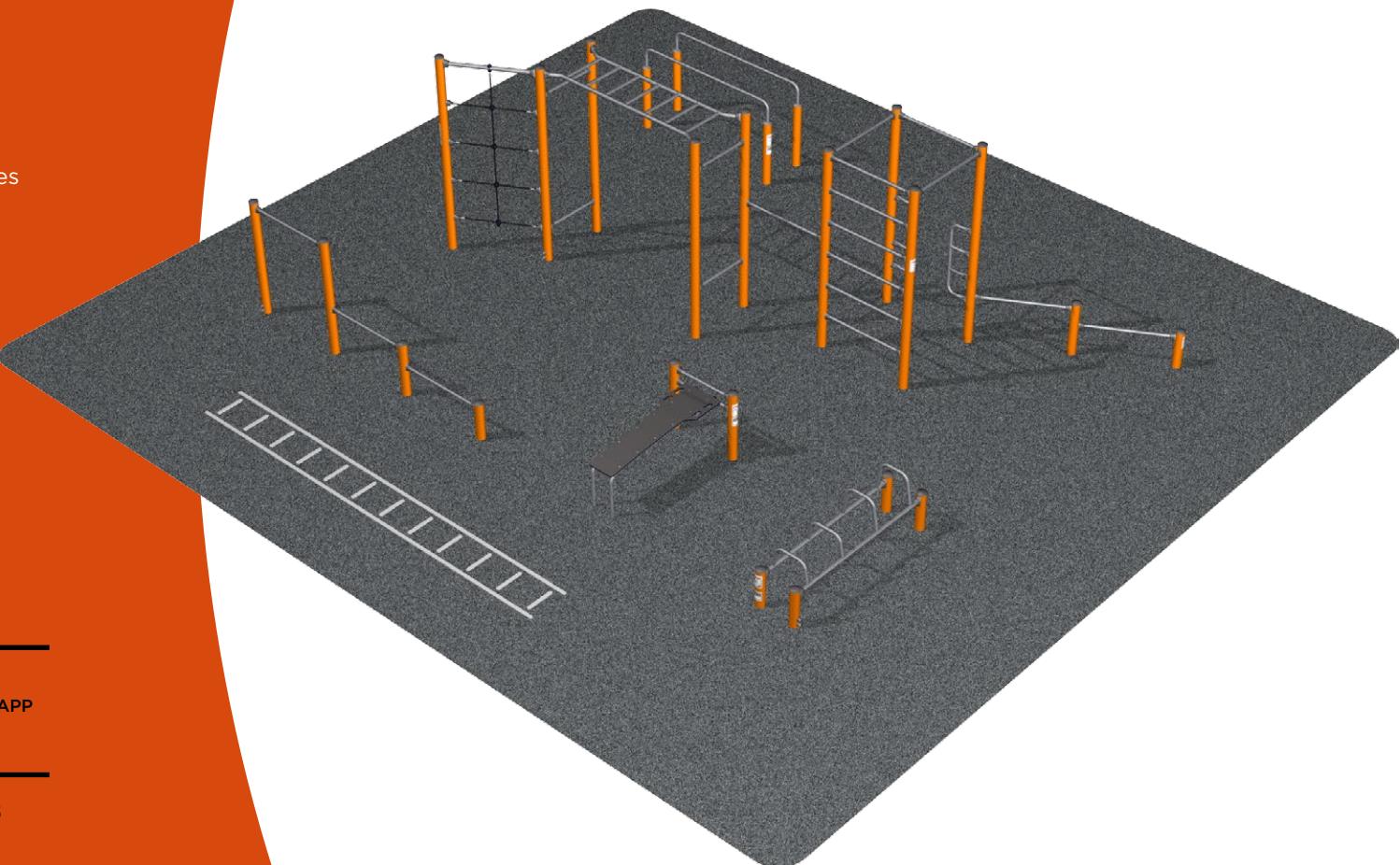
**USER GROUP**  
Teenagers & Adults

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
<b>20</b>	<b>109.5M<sup>2</sup></b>	<b>70</b>



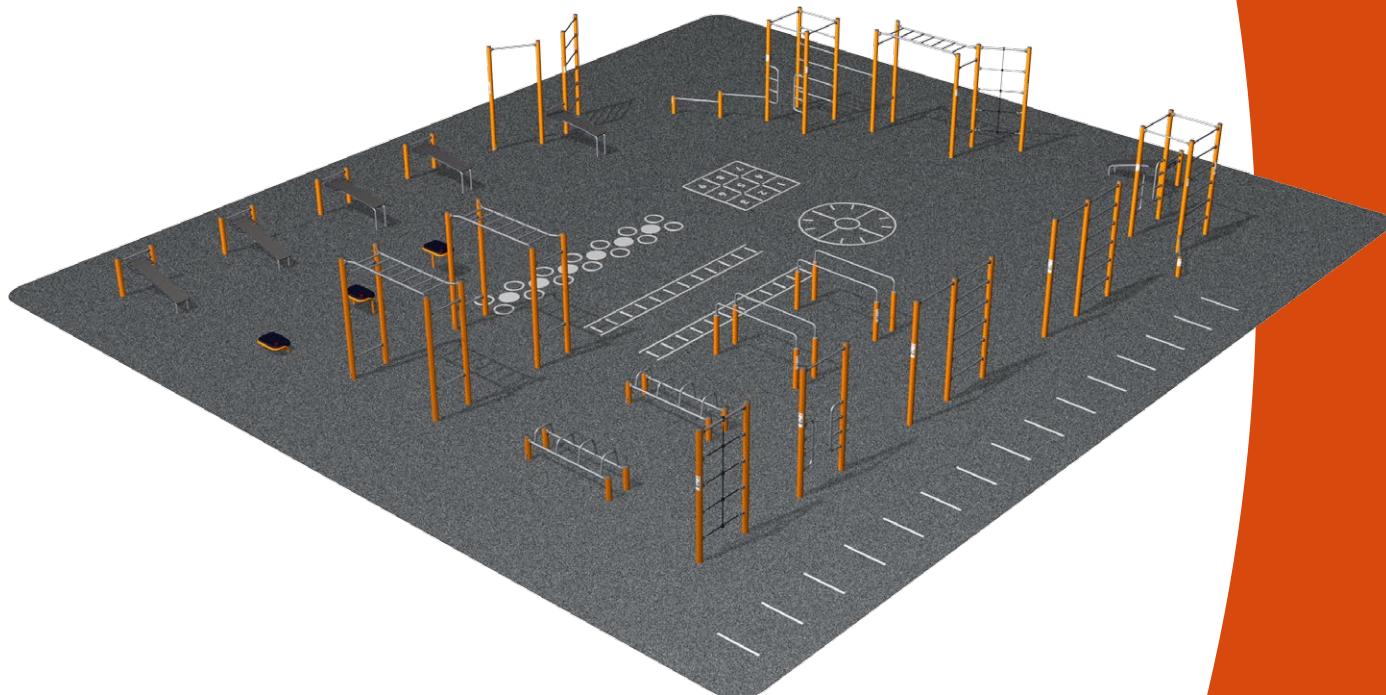
# STREET WORKOUT

**FSP101**



# STREET WORKOUT

FSP102



## THE ULTIMATE SOCIAL HANGOUT - FOR BEGINNERS AND PRO'S

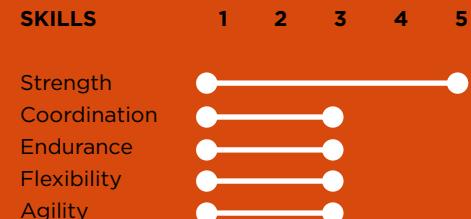
Combining training facilities for Street Workout and Parkour, with dedicated hangout areas, this is the perfect meeting point for young people. Having two of the same products next to each other creates the opportunity for beginners to copy the movements of experienced users, or challenge each other. 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 <sup>2</sup>	125



**COMPACT AND CHALLENGING  
SOLUTION - FOR MANY USERS**

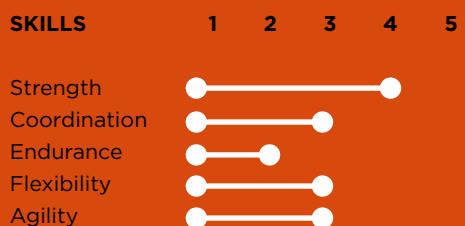
A complete and functional training space. Ideal for individual training or training in small groups. Highly suitable for younger people, as it is mainly based upon own body weight training and challenges them to develop themselves in a creative and fun way.

**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
<b>20</b>	<b>129.7M<sup>2</sup></b>	<b>100</b>



# 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.

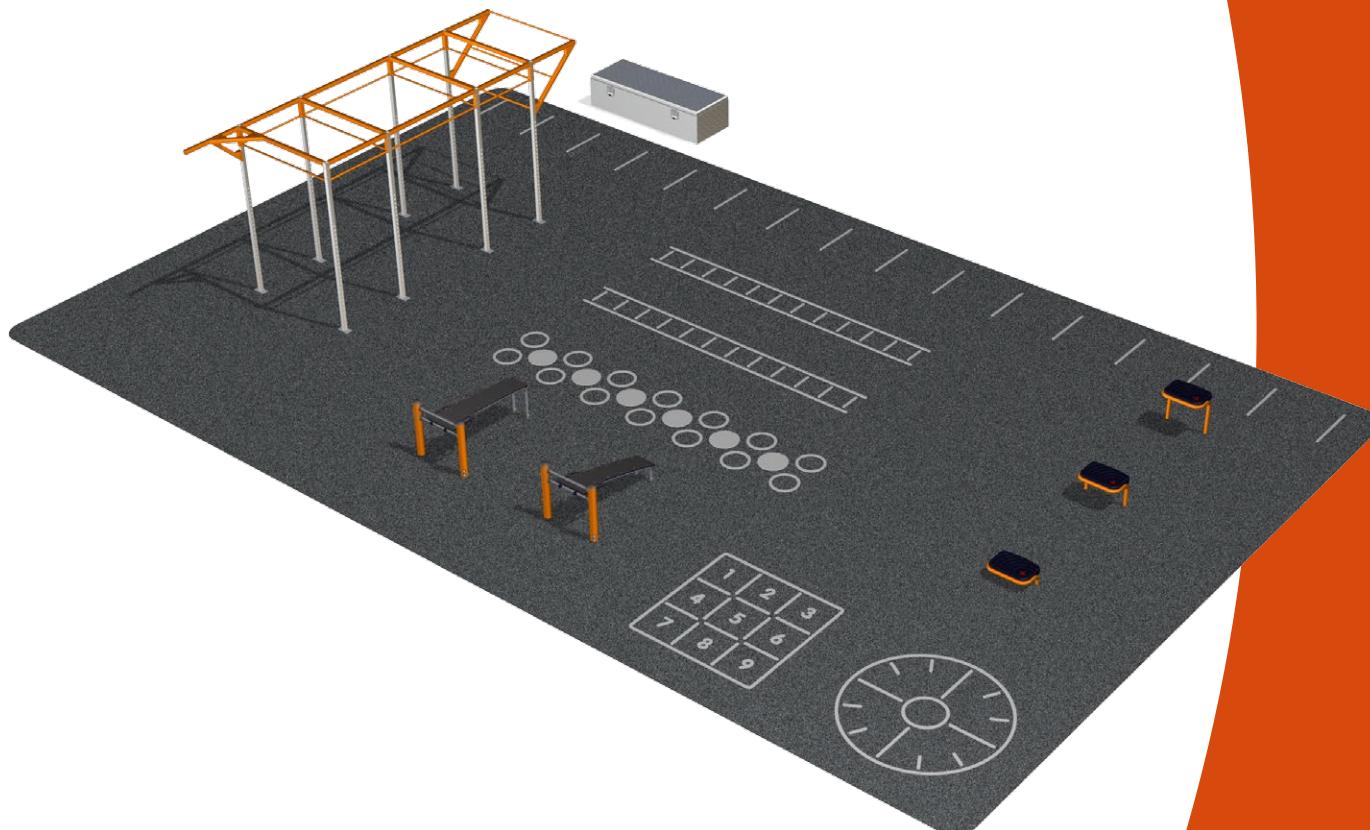
This intense group activity was picked-up by personal trainers and converted into a fun and social (but still tough) workout that appealed to a broad user group. The exercises are similar to Cross Training in that there is room for all fitness levels. Focus is of course on the exercise, but also getting 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-air environment, the park is the ideal 'arena' to workout and reach that fitness goal.



# BOOTCAMP

## FSP201



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### 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 <sup>2</sup>	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



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## 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 <sup>2</sup>	140

**SKILLS** 1 2 3 4 5



## 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.

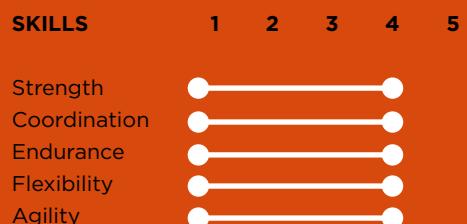
This site also provides therapists, and other health specialists, access to equipment that is comparable to what they normally work with in their professional settings.

**ACTIVITY TYPE**  
Cross & Circuit Training

**PRODUCTS**  
Workout Systems (Page 45)  
Cross Systems (Page 40)  
Adjustable Equipment (Page 48)

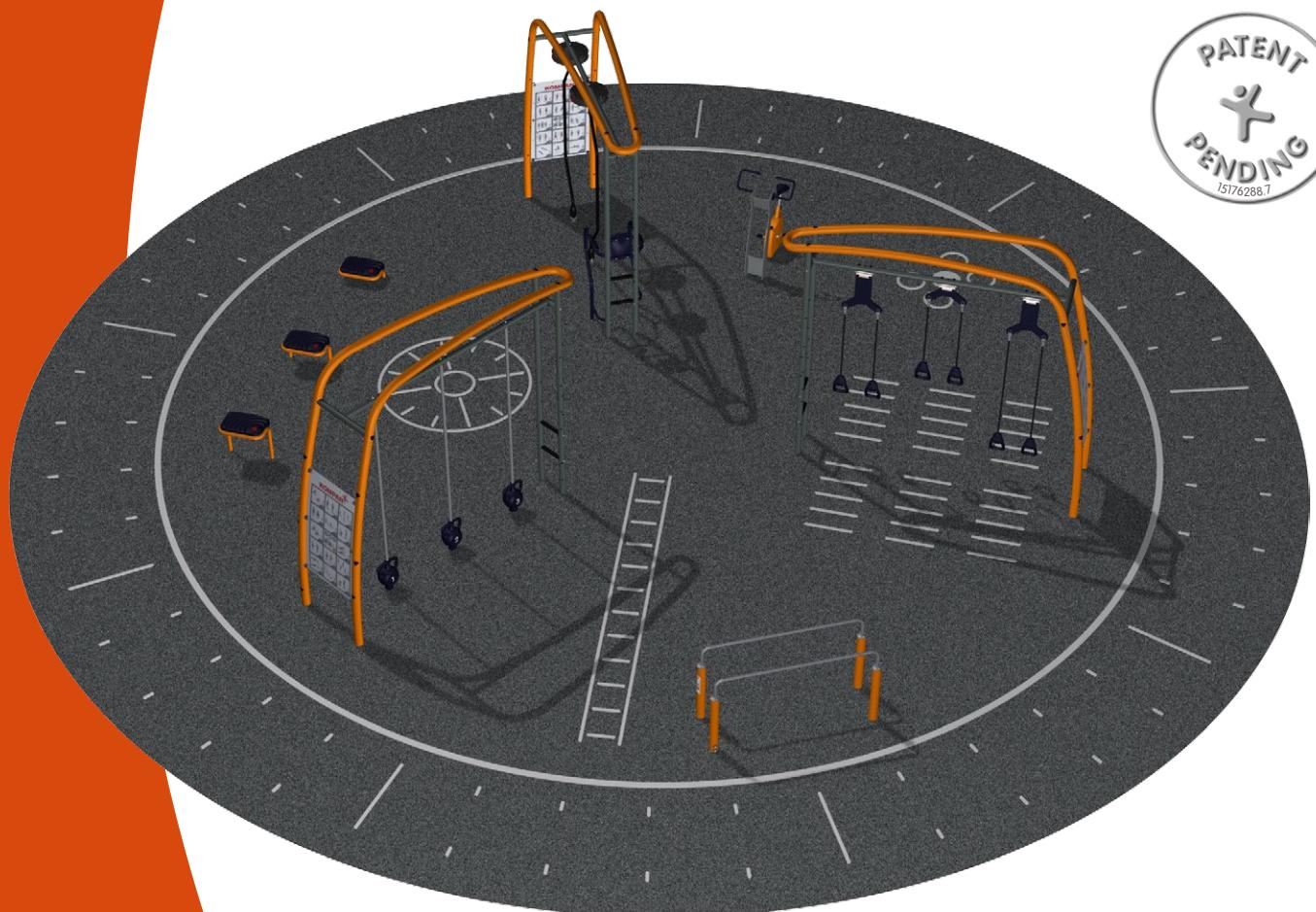
**USER GROUP**  
Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
<b>25</b>	<b>208.4M<sup>2</sup></b>	<b>170</b>



# 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.

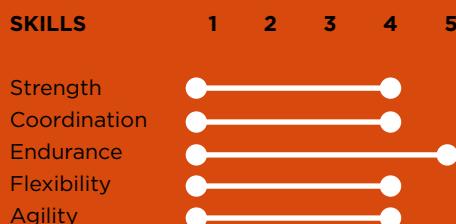
Beginners can easily get started, by using familiar training equipment such as cross trainers and bikes. Watching experienced users enjoying cross training helps to teach and motivate others.

**ACTIVITY TYPE**  
**Cross & Circuit Training**

**PRODUCTS**  
**Cross Systems (Page 40)**  
**Adjustable Equipment (Page 48)**

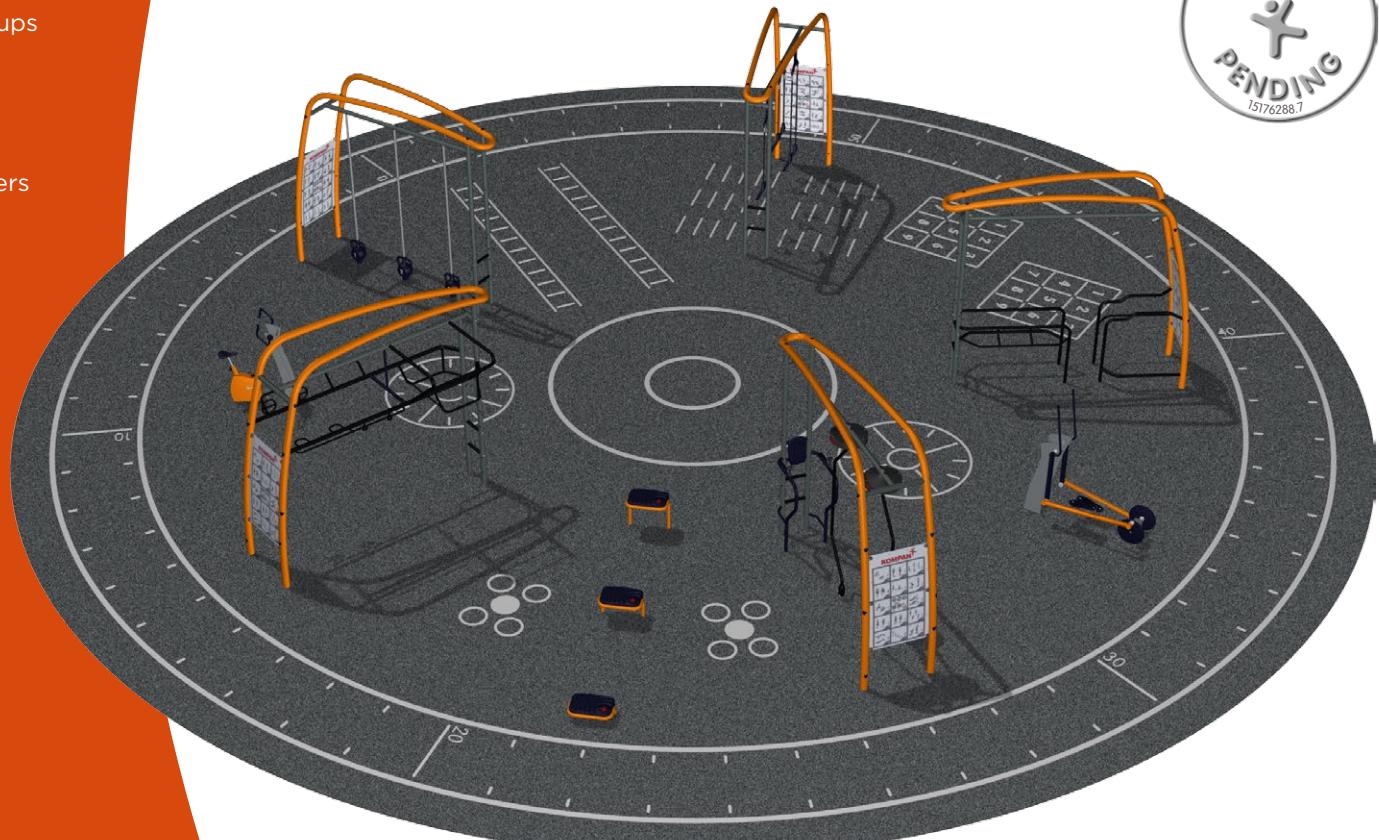
**USER GROUP**  
**Teenagers, Adults and Seniors**

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
50	334.7M <sup>2</sup>	200



# CROSS TRAINING

**FSP303**



# CROSS TRAINING +

FSP304



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## 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 <sup>2</sup>	225

SKILLS 1 2 3 4 5



# CIRCUIT TRAINING

## IDEAL AS GROUP TRAINING

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

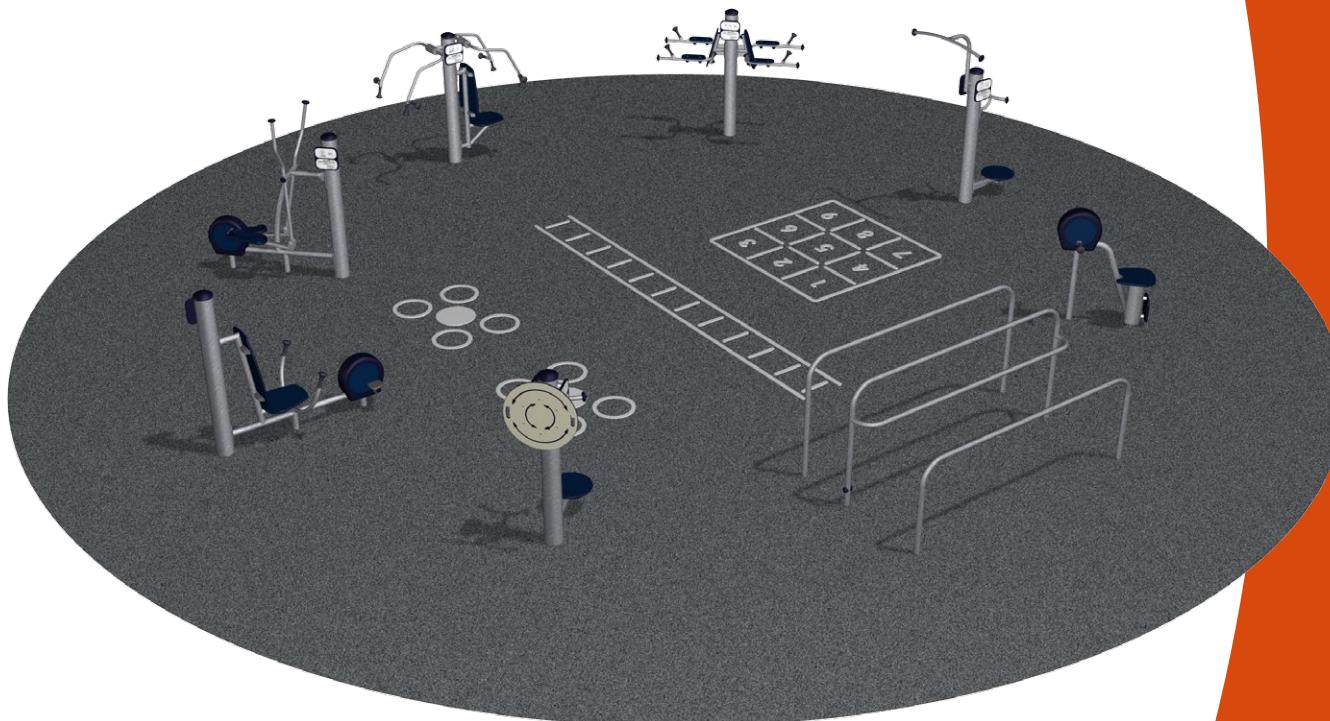
Exercises are completed consecutively, after a specific number of repetitions or amount of time. At each station a specific exercise for a specific muscle group is conducted. When the exercises at all stations are completed, you know yourself that you are well along the road to fitness.

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 <sup>2</sup>	50

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



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## 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)**

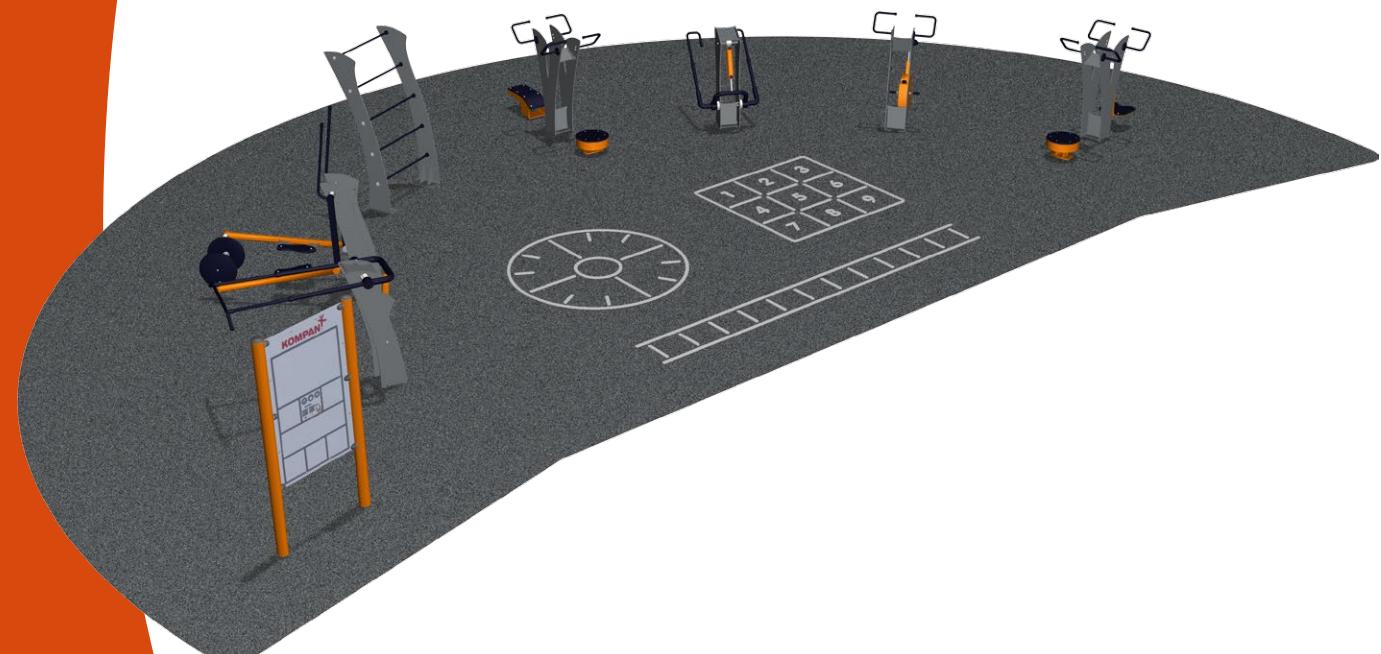
USER GROUP  
**Teenagers, Adults and Seniors**

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
<b>15</b>	<b>126.5M<sup>2</sup></b>	<b>50</b>

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.

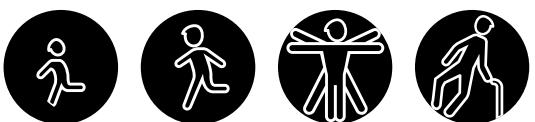
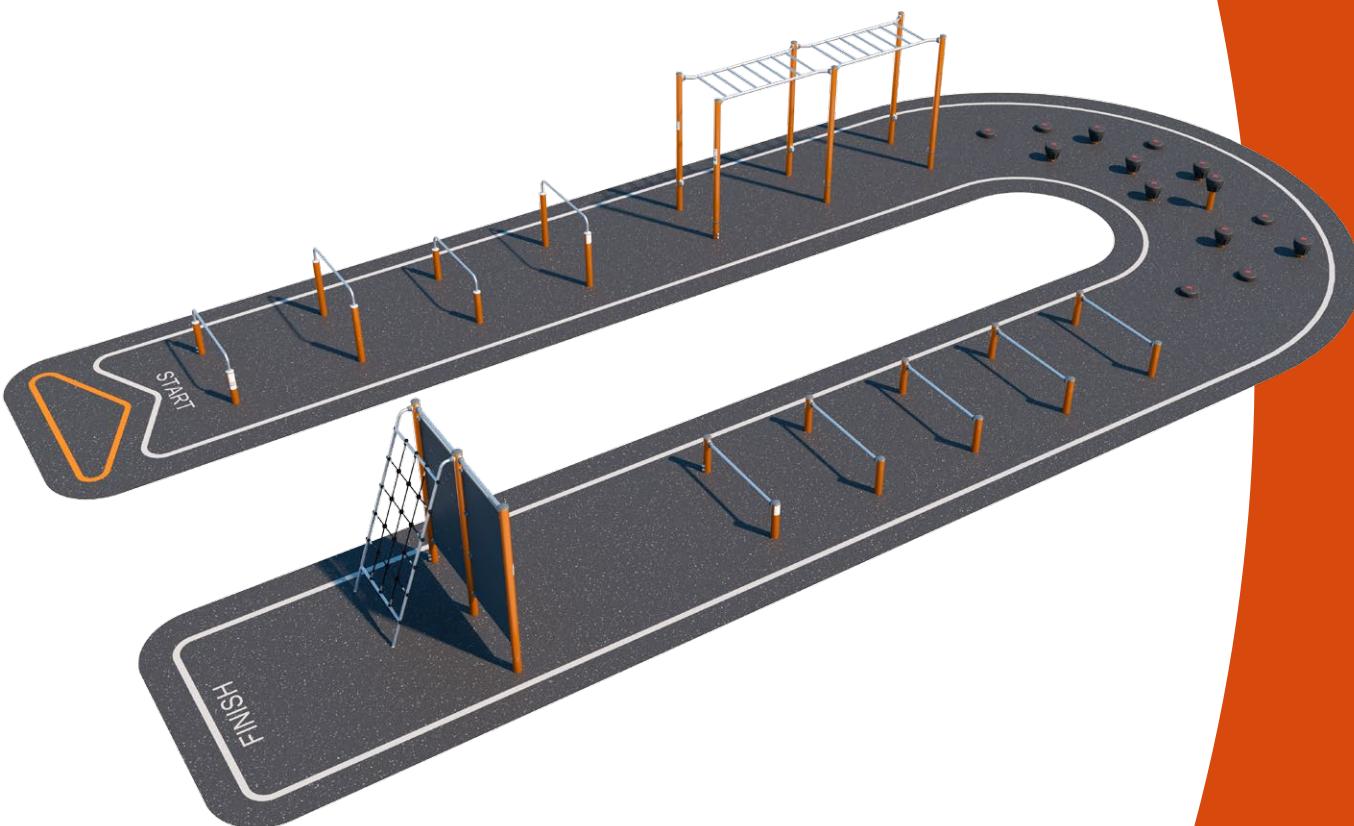
The fun element is the motivation that gets people starting over and over again. Outside of pure sport, playful exercise is rare, but obstacle courses create that element.

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

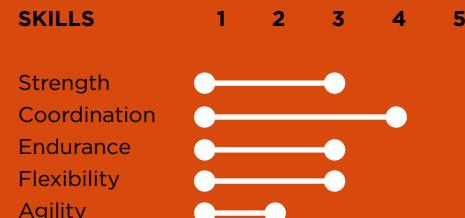
The smallest of all obstacle course solutions combines all the "need to have" equipment to create a really fun and challenging track. By putting all equipment in a U-shape, you will be able to create competitions, decide the number of laps, but where people start and finish in the same place, making that a natural gathering with a lot of social interaction. The required amount of space is limited to just 135 m<sup>2</sup>.

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 <sup>2</sup>	30



**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.

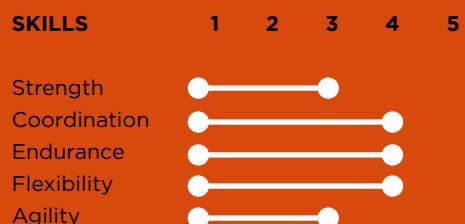
What is different to the military version is that you do not need to be super fit to have fun on this obstacle course. All obstacles offer both easy and difficult exercises so that everyone can do a full lap, or several, at their own level and in their own time.

**ACTIVITY TYPE**  
Obstacle Course Training

**PRODUCTS**  
Workout Systems (Page 46)  
Cross Systems (Page 43)

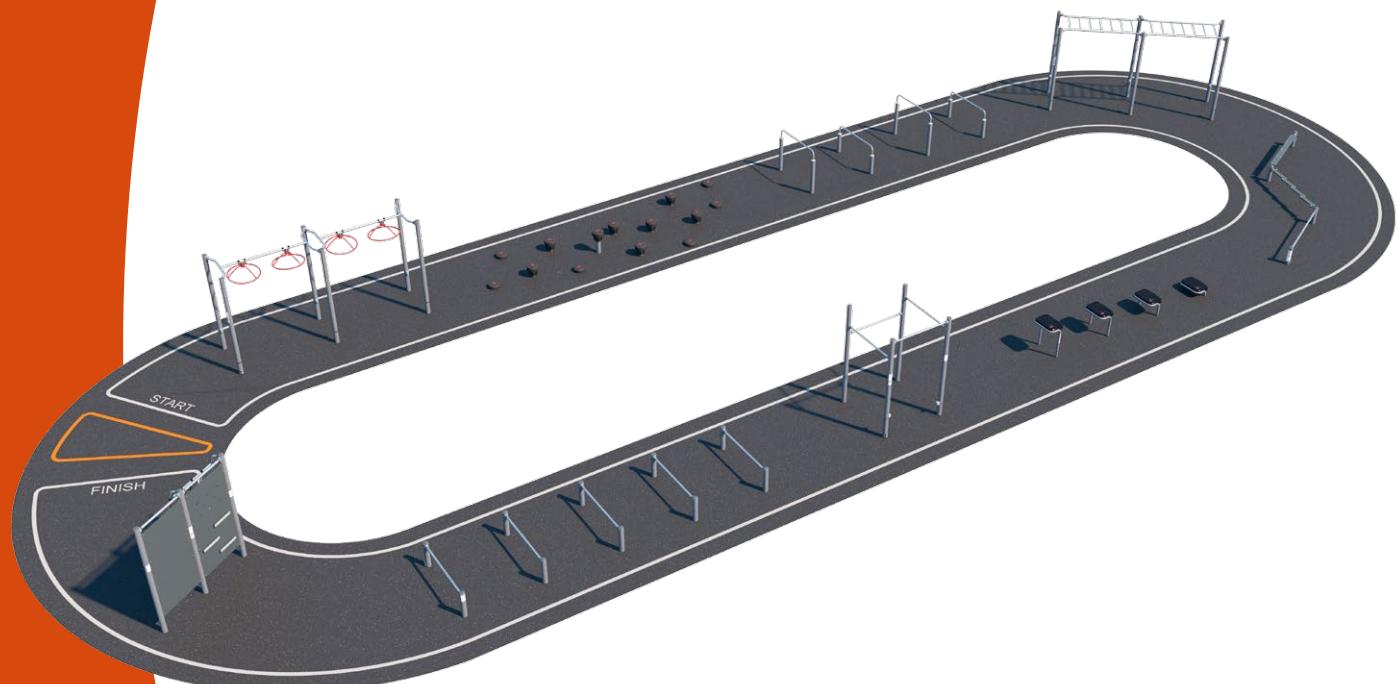
**USER GROUP**  
Children, Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
<b>30</b>	<b>250M<sup>2</sup></b>	<b>50</b>



# 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)

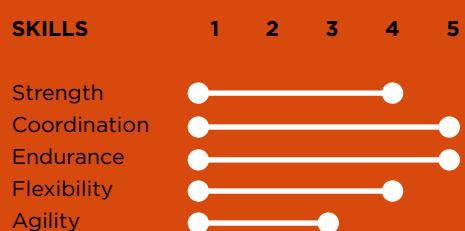
Corocord (Page 54)

Bloqx (Page 54)

### USER GROUP

Children, Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
50	537M <sup>2</sup>	115



# 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

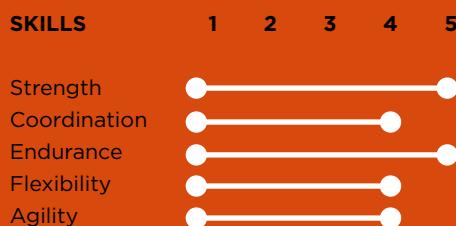
The circular Cross Training area in the middle is ideal for both individual or group exercises. Everybody can participate at their own level due to the smart, patented scalable exercise equipment. The obstacle course that surrounds the Cross Training area can be used independently or in combination with 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 <sup>2</sup>	200+



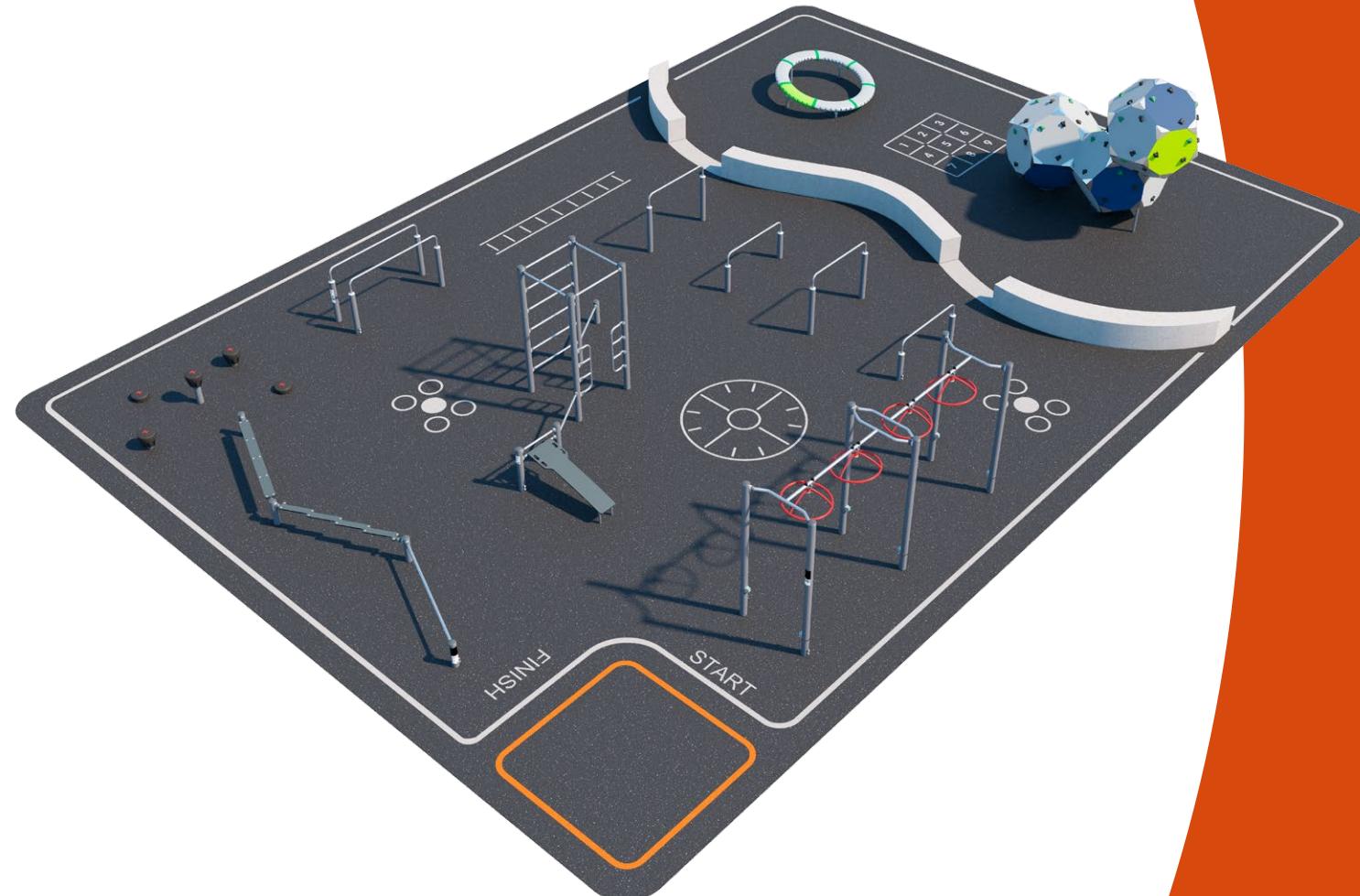
# OBSTACLE COURSE +

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)

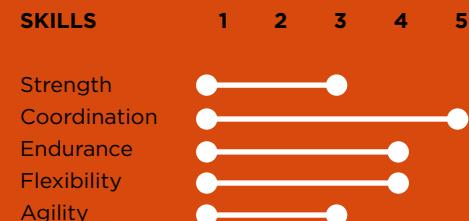
Galaxy (Page 54)

Bloqx (Page 54)

USER GROUP

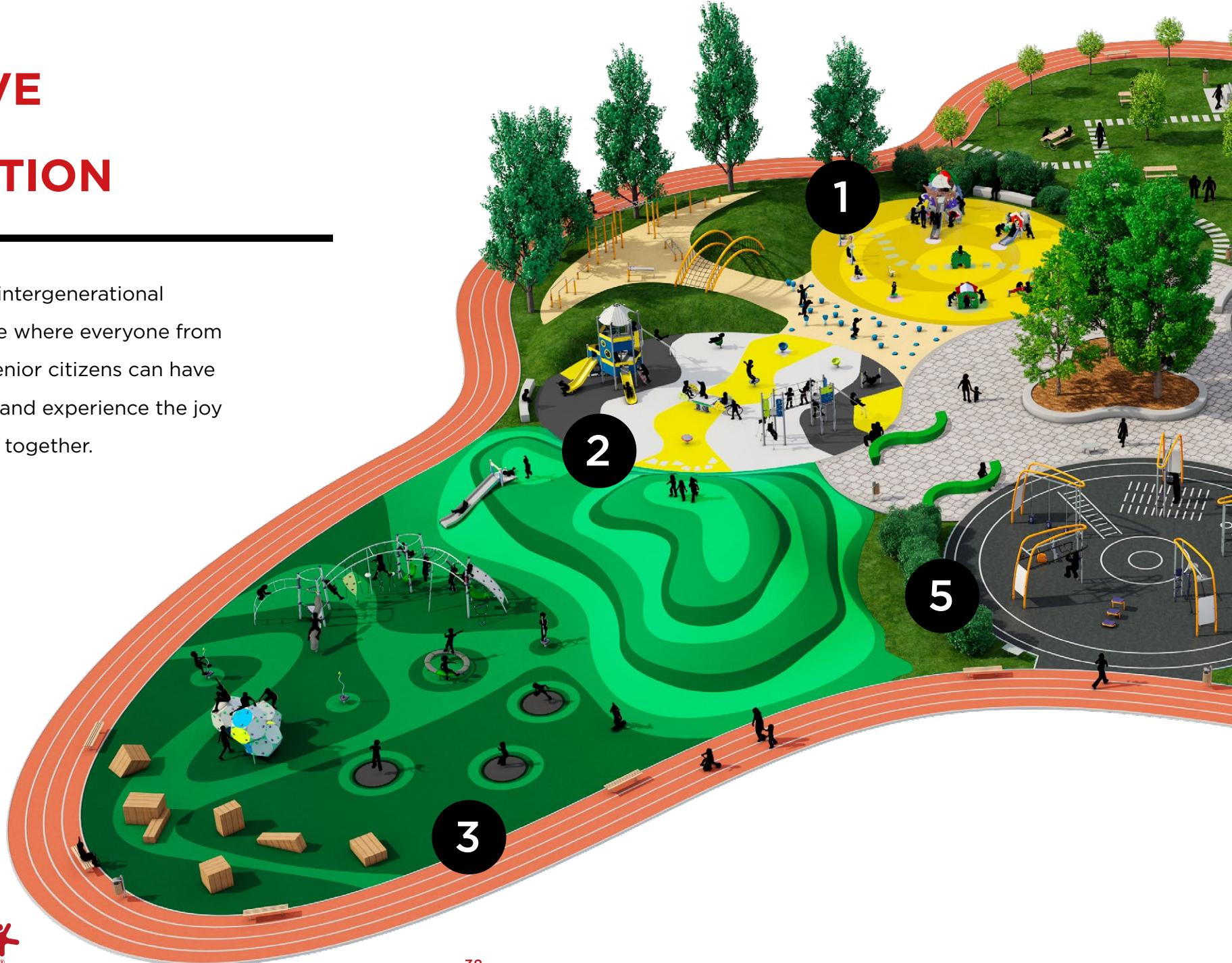
## Children, Teenagers, Adults and Seniors

NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
<b>35</b>	<b>262M<sup>2</sup></b>	<b>200</b>



# 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.





7

6

4



#### 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

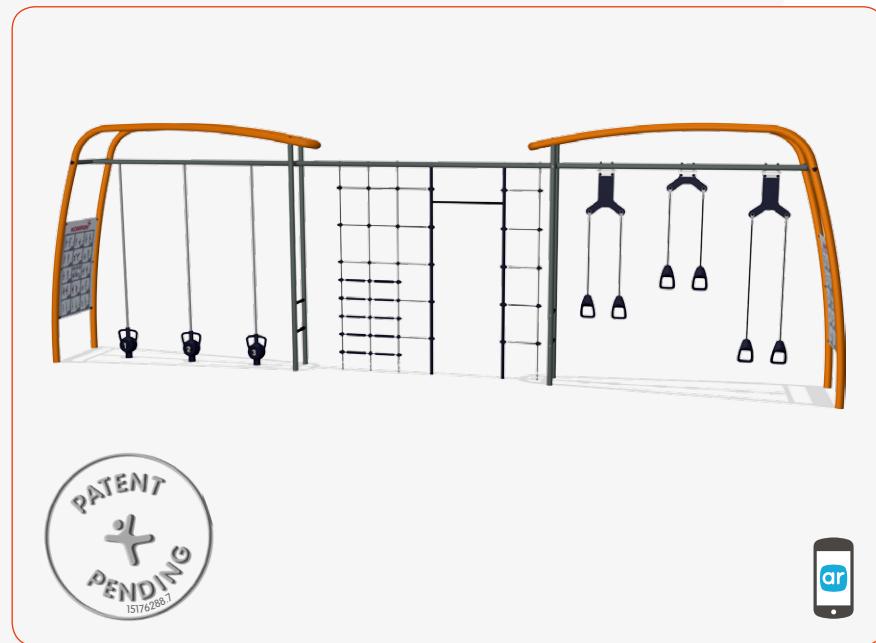
Safe, social and intuitive training for active seniors.

#### 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



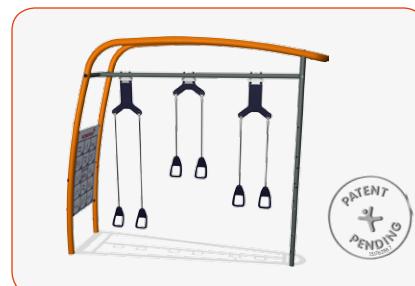
FAZ20200



FAZ20300

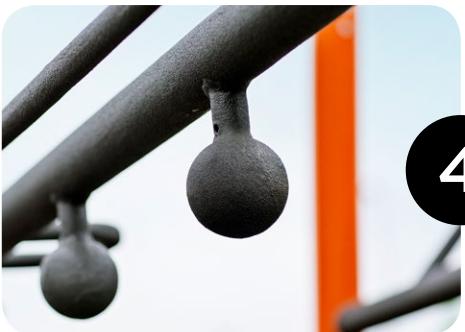


FAZ10100



FAZ10200



**1****4****2****5****3****6**

## 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



13+  
-



167 cm 334 cm  
(0,63 | 0,35) 21,5 m<sup>2</sup>



491 x 509 cm

Pull Up Bars

FAZ10400



13+  
-



124 cm 334 cm  
(0,85 | 0,42) 18,3 m<sup>2</sup>



400 x 509 cm

FAZ10300-0900

Parallel bars

FAZ10500



13+  
-



0 cm 334 cm  
(0,85 | 0,42) 15 m<sup>2</sup>



345 x 509 cm

FAZ10400-0900

Core Twist

FAZ10600



13+  
-



286 cm 334 cm  
(0,95 | 0,39) 21,2 m<sup>2</sup>

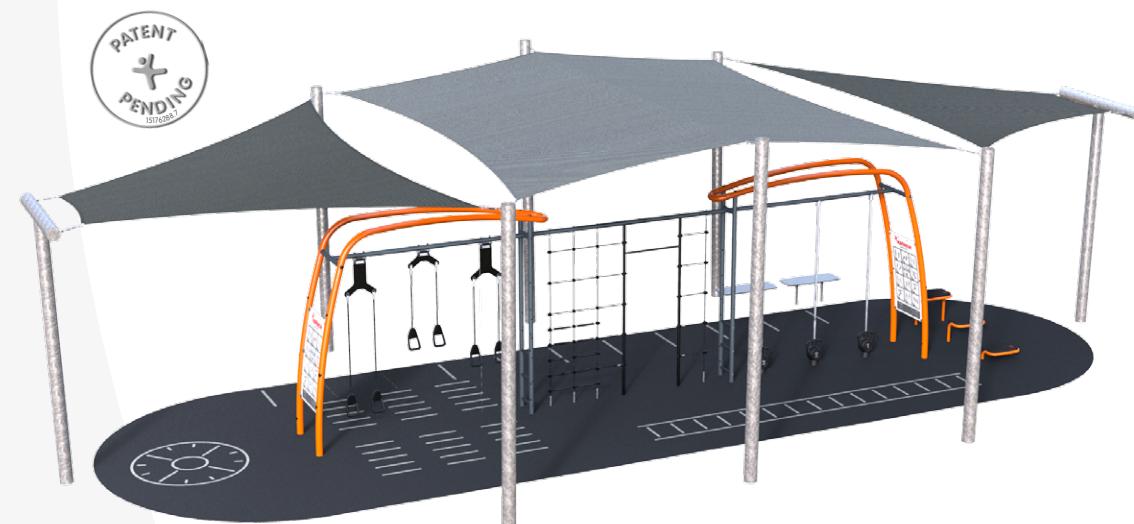


482 x 509 cm

FAZ10500-0900

Multi Net

FAZ10600-0900

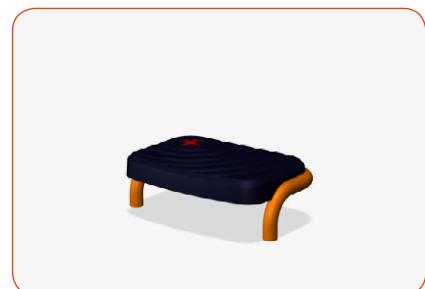


SHADING SOLUTIONS AVAILABLE

## CROSS SYSTEMS

FAZ30100

NEW



1 hrs.  
(0,16 | 0,09)



10.4 m<sup>2</sup>  
341 x 361 cm

Step, 20 cm  
Step, 20 cm

FAZ30100-0900  
FAZ30100-0901

Step, 40 cm  
Step, 40 cm

FAZ30200

NEW



1 hrs.  
(0,16 | 0,09)



10.4 m<sup>2</sup>  
341 x 361 cm

FAZ30200-0900  
FAZ30200-0901

Step, 40 cm  
Step, 60 cm

FAZ30300

NEW



1 hrs.  
(0,16 | 0,09)



10.4 m<sup>2</sup>  
341 x 361 cm

FAZ30300-0900  
FAZ30300-0901

Step, 60 cm  
Step, 80 cm

FAZ30400

NEW



1 hrs.  
(0,16 | 0,09)



10.5 m<sup>2</sup>  
361 x 341 cm

FAZ30400-0900  
FAZ30400-0901

Step, 80 cm  
Step, 80 cm

FAZ30500

NEW



1 hrs.  
(0,08 | 0,02)



8 m<sup>2</sup>  
328 x 328 cm

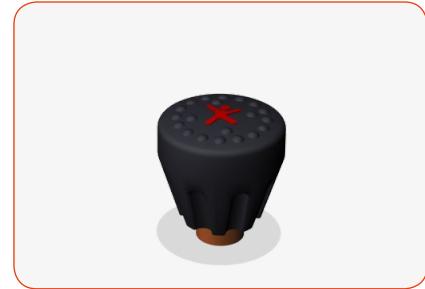
Jump Pod, 10 cm  
Jump Pod, 10 cm

FAZ30500-0600  
FAZ30500-0601

Jump Pod, 30 cm  
Jump Pod, 30 cm

FAZ30600

NEW



1 hrs.  
(0,1 | 0,02)



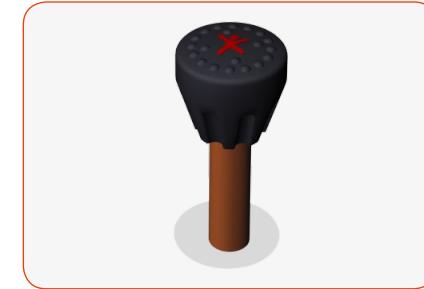
8.5 m<sup>2</sup>  
328 x 328 cm

FAZ30600-0800  
FAZ30600-0801

Jump Pod, 30 cm  
Jump Pod, 60 cm

FAZ30700

NEW



1 hrs.  
(0,1 | 0,02)



8.5 m<sup>2</sup>  
328 x 328 cm

FAZ30700-0800  
FAZ30700-0801

Jump Pod, 60 cm  
Jump Pod, 60 cm

FAZ40100

NEW



1 hrs.  
(0,16 | 0,09)



0 m<sup>2</sup>  
0 cm

FAZ40100-0900  
FAZ40100-0901

Freestanding Sign  
Freestanding Sign

## WORKOUT SYSTEMS

**FSW101**

**NEW**



-

5 hrs.

(0,858 | 0,25)



25 m<sup>2</sup>

563 x 630 cm



**Combi 1**

**Combi 1**

FSW10100-0901

FSW10100-0900

**Combi 2**

**Combi 2**

**FSW102**

**NEW**



-

6 hrs.

(0,9 | 0,44)



31 m<sup>2</sup>

671 x 682 cm

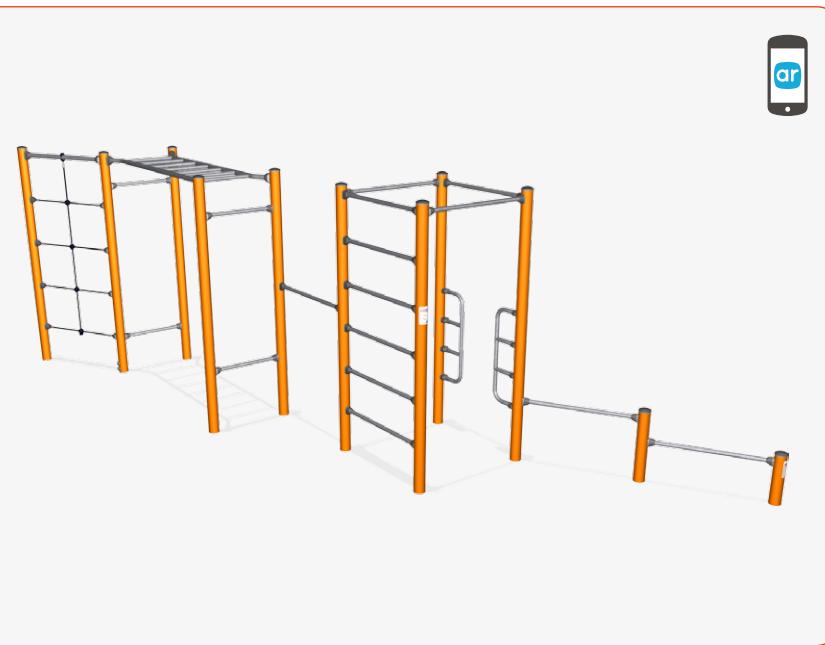


FSW10200-0901

FSW10200-0900

**FSW103**

**NEW**



-

8 hrs.

(1,18 | 0,63)



45 m<sup>2</sup>

713x1080 cm



FSW10300-0901

FSW10300-0900

**FST930**



-

16 hrs.

(4 | 4)



38,4 m<sup>2</sup>

885 x 480 cm



**Bootcamp Base**

FST93000-0801

**FST931**



-

0,5 hrs.

(0,15 | 0,15)



- m<sup>2</sup>

- cm



**Bootcamp Box & Gear**

FST93100-0001

## WORKOUT SYSTEMS

**FSW201**



13+  
0 cm 107 cm  
3 hrs. (0,43 | 0,25)  
15,5 m<sup>2</sup>  
356x489 cm

Parallel Bars  
Parallel Bars

FSW20100-0901  
FSW20100-0900

**FSW202**



13+  
73 cm 73 cm  
3 hrs. (0,43 | 0,25)  
15,5 m<sup>2</sup>  
351x495 cm

Dip Bench  
Dip Bench

FSW20200-0901  
FSW20200-0900

**FSW203**



13+  
63 cm 81 cm  
3 hrs. (0,36 | 0,25)  
14 m<sup>2</sup>  
387x453 cm

Bench  
Bench

FSW20300-0901  
FSW20300-0900

**FSW204**



13+  
63 cm 81 cm  
3 hrs. (0,36 | 0,25)  
14 m<sup>2</sup>  
387x453 cm

Decline Bench  
Decline Bench

FSW20400-0901  
FSW20400-0900

**FSW205**



13+  
133 cm 240 cm  
5 hrs. (0,73 | 0,25)  
18 m<sup>2</sup>  
387x527 cm

Overhead Ladder  
Overhead Ladder

FSW20500-0901  
FSW20500-0900

**FSW206**



13+  
134 cm 240 cm  
2 hrs. (0,221 | 0,13)  
11 m<sup>2</sup>  
310x418 cm

Incline Press  
Incline Press

FSW20600-0901  
FSW20600-0900

**FSW207**



13+  
233 cm 240 cm  
2 hrs. (0,21 | 0,13)  
18,5 m<sup>2</sup>  
422x530 cm

Multi Net  
Multi Net

FSW20700-0901  
FSW20700-0900



## WORKOUT SYSTEMS

FSW208

NEW



13+  
-



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



Pull Up Station  
Pull Up Station

FSW20800-0901  
FSW20800-0900

NEW



13+  
-



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



Push Up Bars  
Push Up Bars

NEW



13+  
-



4 hrs.  
(0,28 | 0)



Hurdles  
Hurdles

NEW



13+  
-



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



Double Turbo Challenge  
Double Turbo Challenge

FSW21200-0901

FSW21200-0900

FSW213

NEW



13+  
-

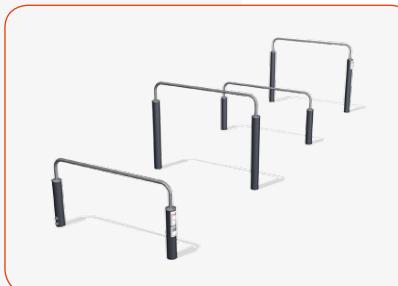


4 hrs.  
(0,17 | 0,08)



Double Overhead Ladder  
Double Overhead Ladder

NEW



13+  
-



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



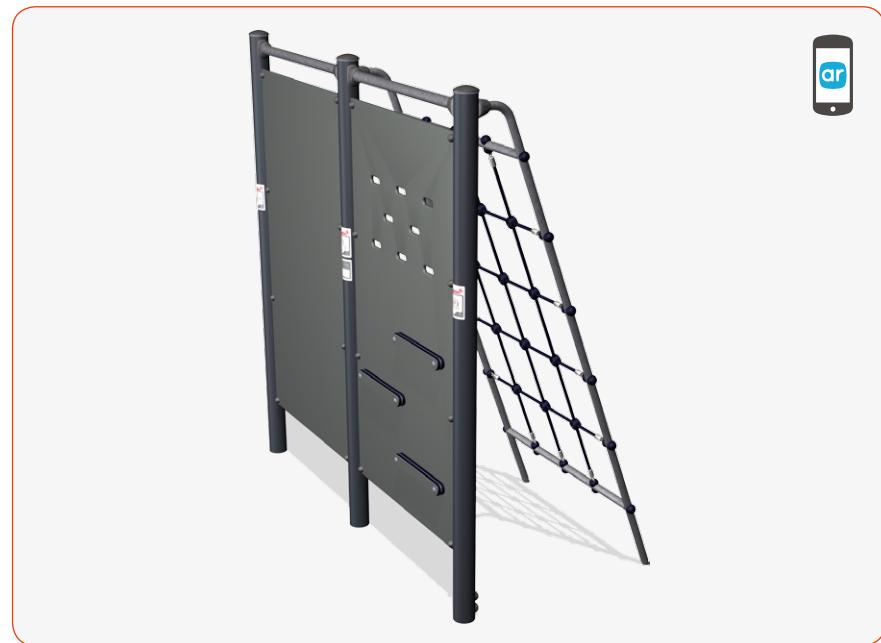
Over Under  
Over Under

NEW



## WORKOUT SYSTEMS

**FSW216**



Wall with Net  
Wall with Net



234 cm 240 cm  $21 \text{ m}^2$  518 x 468 cm

FSW21600-0901  
FSW21600-0900

**NEW**

**FSW215**



13+  
-  
40 cm 45 cm  
3 hrs.  
(0,11 | 0)  
 $28 \text{ m}^2$

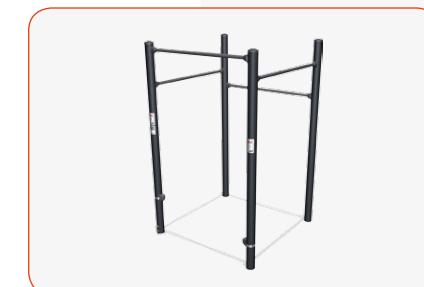
Balance Beam  
Balance Beam

**FSW217**



13+  
-  
133 cm 240 cm  
3 hrs.  
(0,17 | 0,07)  
 $26 \text{ m}^2$

**FSW218**



13+  
-  
133 cm 240 cm  $18.5 \text{ m}^2$  450 x 450 cm

Square Pull Up Station  
Square Pull Up Station

**FSW219**



13+  
-  
78 cm 78 cm  
7 hrs.  
(0,23 | 0,1)  
 $27 \text{ m}^2$

Combi Step  
Combi Step

**NEW**

## ADJUSTABLE EXERCISE EQUIPMENT

FST103



ADJUSTABLE

	13+		1 hrs. (0,51   0,51)	
	0 cm		145 cm	

Squat + Shoulder Press +  
Lat Pull Down

FST10300-0801

FST104



ADJUSTABLE

	13+		1 hrs. (0,51   0,51)	
	0 cm		150 cm	

Chest Press +  
Horizontal Row

FST10400-0801

FST105



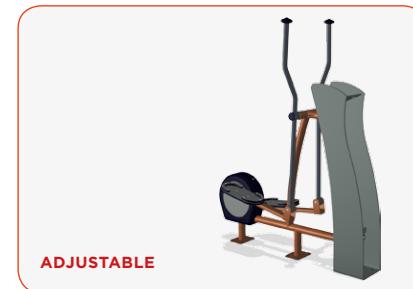
ADJUSTABLE

	13+		1 hrs. (0,51   0,51)	
	- cm		145 cm	

Upright Row + Press Down

FST10500-0801

FST108



ADJUSTABLE

	13+		4 hrs. (0,6   0,38)	
	53 cm		184 cm	

Cross Trainer

FST10800-0801

FST118



ADJUSTABLE

	13+		2 hrs. (0,68   0,68)	
	100 cm		143 cm	

Fitness Bike

FST11800-0801

FST128



ADJUSTABLE

	13+		0,5 hrs. (0,2   0,2)	
	- cm		48 cm	

Crank

FST12800-0801

FST220



	13+		1 hrs. (0,6   0,6)	
	27 cm		147 cm	

Twist + Step

FST22000-0801

FST221



	13+		1 hrs. (0,6   0,6)	
	29 cm		147 cm	

Twist + Wobble

FST22100-0801

## ADJUSTABLE EXERCISE EQUIPMENT

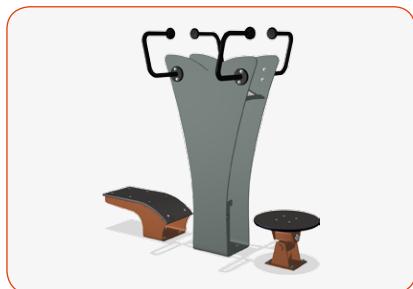
FST222



13+  
-  
72 cm 137 cm  
1 hrs.  
(0,48 | 0,48)  
14.7 m<sup>2</sup>  
380x475 cm

Twist + Swing FST22200-0801

FST224



13+  
-  
25 cm 137 cm  
1 hrs.  
(0,6 | 0,6)  
15.9 m<sup>2</sup>  
380x514 cm

Wobble + Step FST22400-0801

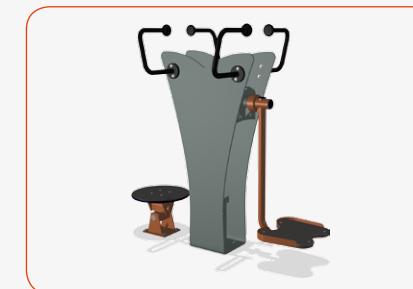
FST225



13+  
-  
72 cm 137 cm  
1 hrs.  
(0,48 | 0,48)  
15.1 m<sup>2</sup>  
380x481 cm

Step + Swing FST22500-0801

FST227

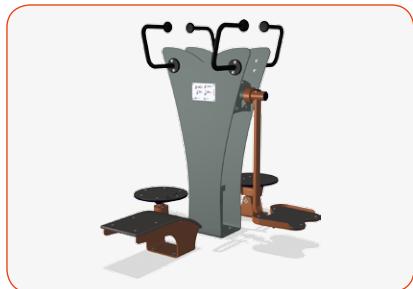


13+  
-  
72 cm 137 cm  
1 hrs.  
(0,48 | 0,48)  
14.7 m<sup>2</sup>  
380x473 cm

Wobble + Swing FST22700-0801



FST228



13+  
-  
72 cm 137 cm  
1,5 hrs.  
(0,73 | 0,73)  
17.9 m<sup>2</sup>  
514 x 475 cm

Wobble, Swing,  
Step & Twist FST22800-0801

FST513



13+  
-  
183 cm 190 cm  
2 hrs.  
(1,1 | 1,1)  
16.2 m<sup>2</sup>  
445 x 420 cm

Stretch Bar FST51300-0801

FST518



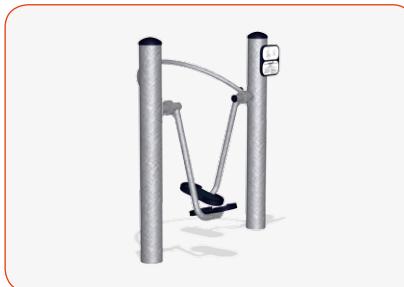
13+  
-  
40 cm 40 cm  
0,5 hrs.  
(0,25 | 0,25)  
11.6 m<sup>2</sup>  
414 x 328 cm

Sit-Up Bench FST51800-0801



## EXERCISE EQUIPMENT

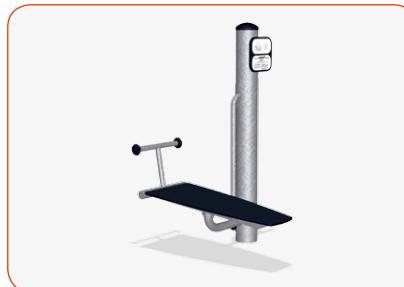
**KPX120**



13+  
-  
80 cm 159 cm  
5 hrs.  
(0,69 | 0,42)  
17,9 m<sup>2</sup>  
480x451 cm

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

**KPX121**



13+  
-  
43 cm 159 cm  
3 hrs.  
(0,35 | 0,21)  
12,5 m<sup>2</sup>  
416x376 cm

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

**KPX122**



13+  
- cm 161 cm  
3 hrs.  
(0,35 | 0,21)  
9,4 m<sup>2</sup>  
331x360 cm

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

**KPX123**

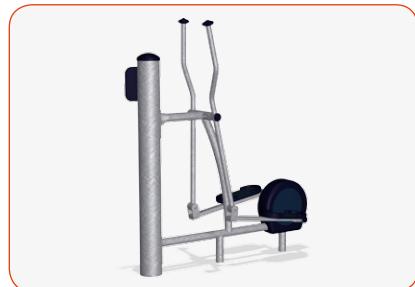


13+  
-  
22 cm 159 cm  
4 hrs.  
(0,35 | 0,21)  
12,3 m<sup>2</sup>  
437x338 cm

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

## EXERCISE EQUIPMENT

**KPX125**



13+  
-



55 cm



184 cm



365x449 cm



13,1 m<sup>2</sup>

**Cross Trainer**  
Powder Coated Grey

KPX125-3617  
KPX125-3617G

13+  
-



109 cm



159 cm



453x372 cm

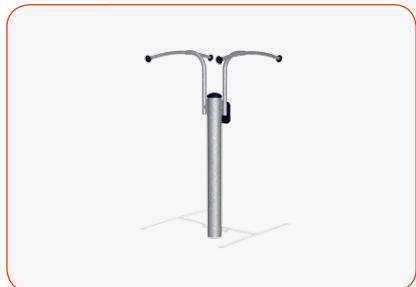


14,8 m<sup>2</sup>

**Push Up Bars**  
Powder Coated Grey

KPX126-3617  
KPX126-3617G

**KPX128**



13+  
-



104 cm



204 cm



405x407 cm

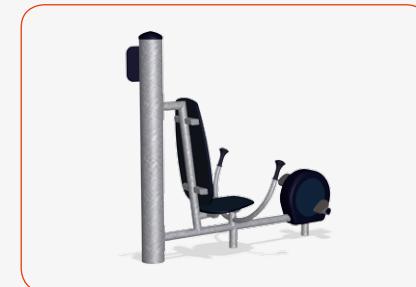


14,4 m<sup>2</sup>

**Upper Body Trainer**  
Powder Coated Grey

KPX128-3617  
KPX128-3617G

**KPX129**



13+  
-



36 cm



159 cm



379x465 cm

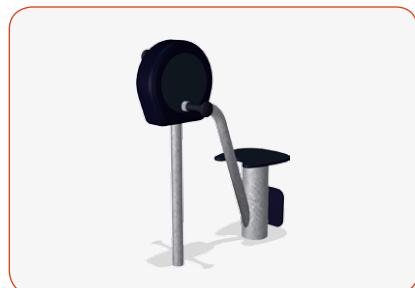


13,6 m<sup>2</sup>

**Power Bike**  
Powder Coated Grey

KPX129-3617  
KPX129-3617G

**KPX130**



13+  
-



51 cm



120 cm



400x348 cm

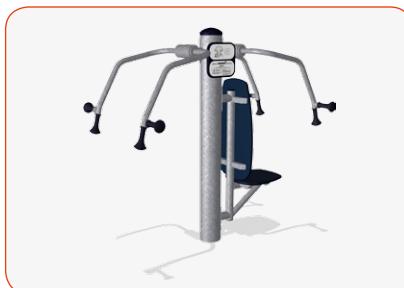


11 m<sup>2</sup>

**Hand Bike**  
Powder Coated Grey

KPX130-3617  
KPX130-3617G

**KPX131**



13+  
-



44 cm



159 cm



463x403 cm



16,4 m<sup>2</sup>

**Double Chest Press**  
Powder Coated Grey

KPX131-3617  
KPX131-3617G

**KPX132**



13+  
-



63 cm



81 cm



387x453 cm

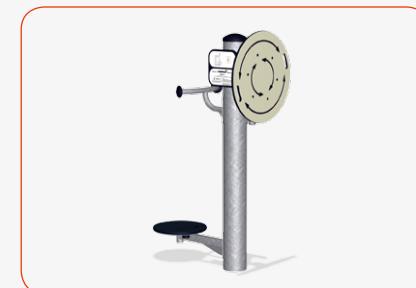


17 m<sup>2</sup>

**Triple Bars**  
Powder Coated Grey

KPX132-3617  
KPX132-3617G

**KPX220**



13+  
-



22 cm



161 cm



392x360 cm



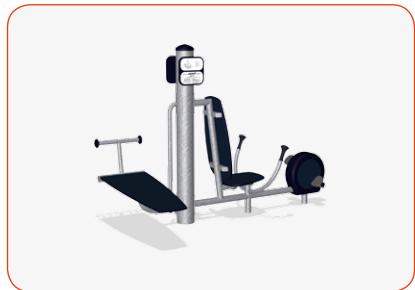
11,5 m<sup>2</sup>

**Flex Wheel & Body Flexer**  
Powder Coated Grey

KPX220-3617  
KPX220-3617G

## EXERCISE EQUIPMENT

KPX222



13+  
-



43 cm



159 cm



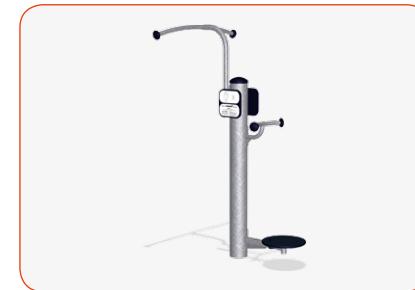
17.6 m<sup>2</sup>



416x524 cm

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

KPX224



13+  
-



54 cm



204 cm



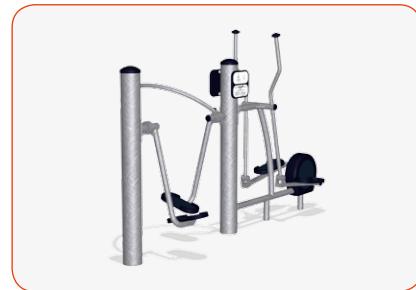
13.5 m<sup>2</sup>



421x407 cm

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

KPX225



13+  
-



80 cm



184 cm



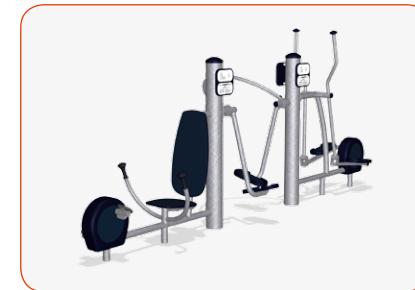
21.9 m<sup>2</sup>



480x575 cm

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

KPX320



13+  
-



80 cm



184 cm



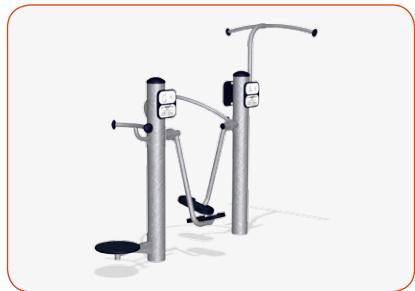
26.4 m<sup>2</sup>



480x724 cm

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

KPX323



13+  
-



80 cm



204 cm



21.1 m<sup>2</sup>



480x547 cm

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

PX7701



13+  
-



- cm



- cm

2 hrs.  
(0 | 0)



- m<sup>2</sup>



- cm

**Roof** PX770100-00  
Powder Coated Grey PX770100-00G



## PLAY SPORTS

FRE2110



COSMOS Pitch 12 x 20m

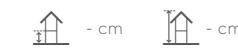
COSMOS Pitch 12 x 24m

COSMOS Pitch 15 x 30m

COSMOS Pitch 16 x 28m

COSMOS Pitch 16 x 32m

COSMOS Pitch 19 x 36m



FRE2110-3317

FRE2111-3317

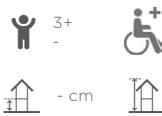
FRE2113-3317

FRE2114-3317

FRE2115-3317

FRE2116-3317

FRE2210



COSMOS Multi Goal, 3m

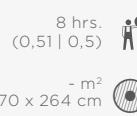


FRE2210-3317

FRE2211

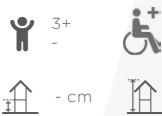


COSMOS Multi Goal, 5m



FRE2211-3317

FRE2213



COSMOS Multi Goal, 12m



FRE2213-3317

FRE2214



COSMOS Freestanding Mini Goal



FRE2214-3317

## ACTIVE HANGOUTS

BLX4103



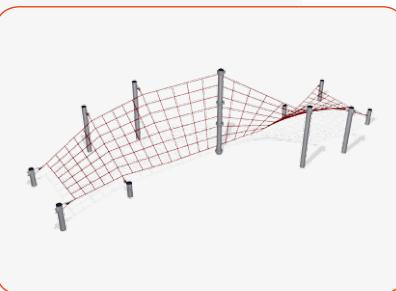
8+  
8-15

300 cm  
300 cm

20 hrs.  
(1,05 | 0,32)



COR22901



5+  
5-12

729 x 591 cm  
33.9 m<sup>2</sup>

18 hrs.  
(8,45 | 6,5)

250 cm  
70.6 m<sup>2</sup>

ELE500007



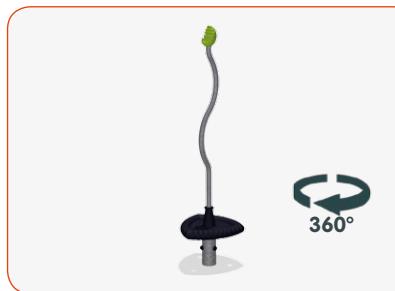
6+  
6-15

44 cm  
44 cm



2 hrs.  
(0,11 | 0,09)

GXY8014



6+  
6-12

100 cm  
169 cm  
9.7 m<sup>2</sup>

1 hrs.  
(0,38 | 0,3)



BLOQX 3  
BLOQX 3

BLX410301-3717  
BLX410302-3717

● Corkscrew Play Net  
with Steel Posts

COR22901101

Wacky Spinner  
Wacky Spinner

ELE500007-3717BL  
ELE500007-3717E

● Spica 1

GXY801421-3717

GXY916



6+  
6-15

100 cm  
60 cm

2 hrs.  
(0,61 | 0)

606 x 606 cm  
28.9 m<sup>2</sup>

GXY926



6+  
6-15

150 cm  
201 cm

9 hrs.  
(3,17 | 1,02)

553 x 1122 cm  
45.8 m<sup>2</sup>

FRE3045



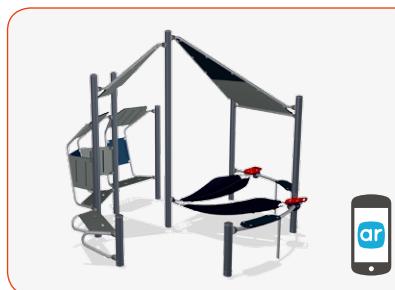
3+  
-

80 cm  
80 cm

1 hrs.  
(1,2 | 0)

1080 x 330 cm  
33.3 m<sup>2</sup>

PCM704



4+  
4-15

59 cm  
290 cm  
33 m<sup>2</sup>



Supernova, Lime  
Supernova, Blue

GXY916012-3417  
GXY916000-3417

● Miram

GXY926000-3717

Grasshopper,  
Set of six

FRE3045-3517

Double Meeting Point with  
Movable Hammocks

PCM704-0902

NEW

# BUILT TO LAST

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## 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

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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.



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