

# Zone Gyms

## Strength zone

This strength focused zone is in our core 'strength' colourway. It's designed to cater for everyone from inactive to superactives with an energy generating piece, users can charge their phones and measure the hits of the gym. The wide range of equipment right up to our inclusive callisthenics rig provides the best opportunities for individual training, classes and spin off activities creating a hub for the community.

- A GRASS MAT
- B MULCH
- C BLACK WET POUR
- D COLOUR WET POUR  
More options are available

### 1 Activate App



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

### 2 Smart



Smart counts hits of the gym and feeds into dashboard

### 3 Energy generating



Generates human powered electricity

### 4 Inclusive fitness



All equipment is designed in accordance with Inclusive Fitness Guidelines (IFI)

### 5 Advanced



### 10 British-made

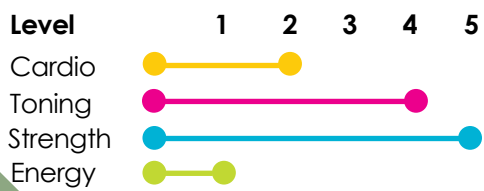
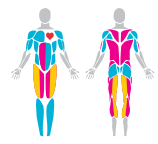


People can scan their workout whilst using this gym



### 12 Interactive Signage

### 9 Full body



### 8 Great for progression



### 8 Class Space



### 6 Great for inactives

- 2 x Leg Press/ Bench ●●
- Triple Pull Up Bar ●
- The Inclusive Rig ●
- Features: monkey bars, multiple pull ups, swedish walls, plyometric platform, rope fixings and leg raise
- Double Pull Up Bar ●
- Triple Step Up ●
- Overhead Ladder ●
- Chest Press/ Seated Row ●
- Lat Pull Down/ Shoulder Press ●
- Bench ●●
- Class Space & Welcome Sign

### Equipment List:

- Smart Energy Hand Bike ●●
- Plyometric Boxes ●
- Pull Up/ Assisted Pull Up ●●
- Dips/ Leg Raise ●
- 2 x Sets Parallel Bars ●

No. of Users	Min Area	Min Surfacing
40+	17.5 x 17.5m	306m <sup>2</sup>



# Key Equipment:

TGO908 Energy Hand Bike



**Features**

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

**Benefits**

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

TGO510 Inclusive Rig



**Features**

- ✓ 4ft, 5ft, 6ft pull ups
- ✓ Lower features for wheelchair access
- ✓ Gym attachments can be added

**Benefits**

- ✓ Good transition piece for older children
- ✓ Great for trainers

TGO503 Triple Pull Up Bar



**Features**

- ✓ Advanced exercise features
- ✓ Correct grip diameter

**Benefits**

- ✓ Great for trainers
- ✓ Good for TRX bands

TGO800 Dips/Leg Raise



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

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

TGO825 Lat Pull Down/Shoulder Press



- ✓ Wide seats and stainless steel handles
- ✓ User increased resistance

- ✓ Good introduction to upper body strength
- ✓ Great for progression

TGO810 Pull Up / Assisted Pull Up



**Features**

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

**Benefits**

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