



**FreshairFitness**

*The outdoor gym specialists*

**NEW!**

# Children's Fitness Rig 6 User Outdoor Gym

[www.freshairfitness.co.uk](http://www.freshairfitness.co.uk)

# The Children's Fitness Rig

This fantastic space saving frame, with 5 unique fitness stations, provides a variety of challenges and a huge amount of fun!

Suitable for 6 children to use at once, it offers physically-demanding activities for all abilities, building strength, fitness, co-ordination and flexibility. Installed into grass it can be used during break times and PE lessons, boosting activity throughout the day.



## Seated Leg Press

This simple yet effective piece of equipment is easy-to-use. Once seated, children use their legs to push their seat away from the frame using all their leg muscles.

## T'ai Chi Spinners

This clever station exercises the brain as well as the arms and shoulders. Much like rubbing their tummy and patting their heads, children can use the spinners in a variety of directions, moving both hands in the same or opposite directions. Children set their own speed, using shoulder and arm muscles whilst building the communication between the two sides of the brain, crucial for language development.

## Key benefits

- Improves flexibility, strength, technique and control
- Develops balance, agility and co-ordination
- Increases physical literacy and confidence in PE
- Use individually, in groups or as a class, great for team warm ups too!
- Raises the profile of PE at the school
- Fast 6-8 week installation
- 25 year warranty on main structural parts
- Various surfacing solutions available



Seated Leg Press

## Monkey Bars

A fantastic challenge for children! Working at their own pace, swinging from bar to bar, until they are able to traverse the entire length of the ladder. Developing strength, stamina, co-ordination and a huge sense of achievement as they go!



Monkey Bars



Air Skier

## Air Skier

One of our most popular pieces in the children's range, the Air Skier, provides the joy of swinging whilst standing! Children can set their own pace and position to swing back and forth, side to side, using their whole body.

## Inclusive Arm Bike

The Arm Bike is simple yet fun to use. Children will build their hand-eye coordination and balance skills. The handles turn forwards and backwards, working arms, shoulders and back. Also accessible to wheelchair users.



T'ai Chi Spinners



Inclusive Arm Bike

## Specification



Users: 6



Size: 12.18m<sup>2</sup>



Safe: Complies with EN1176



Warranty: 25 years on structural parts



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All our products exceed safety standard EN1176.

Fresh Air Fitness products are constantly being reviewed and developed.

For this reason actual product design and colours may vary slightly from those shown.