

# the BIG RIG

Multi-Functional  
Outdoor Gym

 FreshairFitness





Multiple pull up bars

Chest press

Leg press

Pull down challenger

User guides

# Introducing The Big Rig

This ingenious rig combines 7 fixed workout stations and bars for 16+ users at once.



Versatile full body training rig



Build muscle and cardiovascular strength and tone



Develops balance, flexibility and co-ordination

For people seeking a creative bodyweight workout for the whole body



Designed in the UK



Challenging workout options for beginners to advanced



Workout options for the whole community, improving physical and mental health



Suitable for 16+ users at once



Potential to add, training straps, punch bags and battle ropes



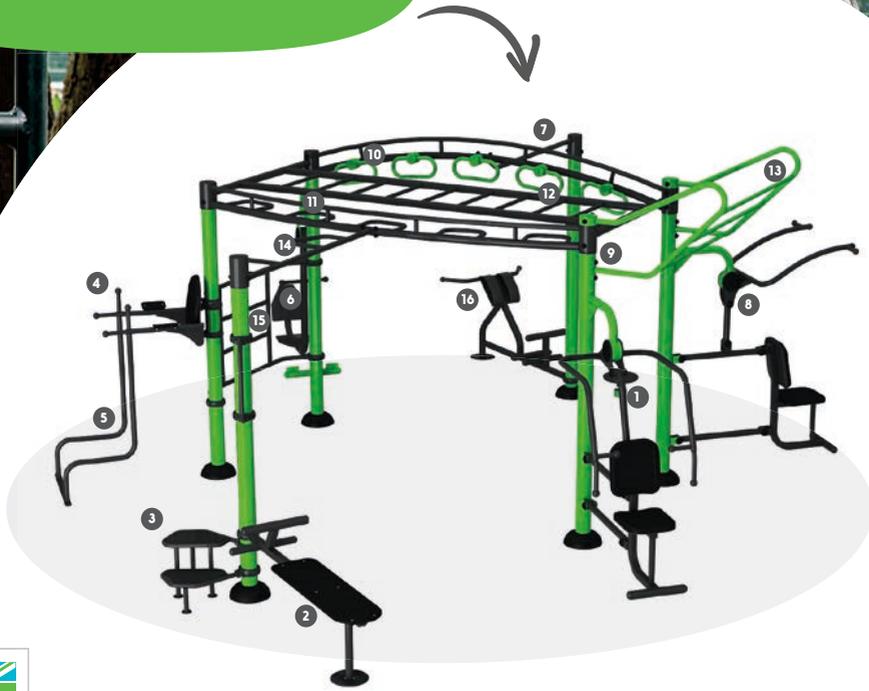
Set within an area of 92m<sup>2</sup>

# Functional Training

One of the best forms of exercise and strength building. Developing multiple muscle groups, building cardio and core strength, all in the fresh air.

Fitness at it's finest!

Plus multiple anchor points for users to attach their ropes/bags for addition training options.



Standard colourway above. Other colour options available.





# The Big Rig Guide

Get the most from your training rig.

## Key



## 1 Chest press

Seated chest press station

### Exercises:

- Dual arm press
- Shoulder press
- Single arm press
- Neutral grip

### Muscles worked:



## 2 Sit up bench

Single seat and foot holds

### Exercises:

- Crunches
- Press ups
- Russian twists
- Dips
- Leg raises

### Muscles worked:



## 3 Step up

Multi-height step platforms

### Exercises:

- Glute raises
- Step ups
- Squats
- Mountain climbers
- Raised lunges
- Plank
- Incline press ups / decline
- Dips

### Muscles worked:



#### 4 Leg lift

Handles, back rest and elbow rests

**Exercises:**

Knee lifts

Tricep dips

Leg lifts

**Muscles worked:**



#### 5 Multi use frame

Ergonomic low level frame

**Exercises:**

Incline press  
ups / decline

Triceps dips

**Muscles worked:**



#### 6 Leg press

Seat and foot plates.

Users body provides resistance,  
or add bands to increase difficulty

**Exercises:**

Dual leg press

Single leg press

**Muscles worked:**



## 7 Pull up bar

Wide 1.4m bar

### Exercises:

Narrow and wide pull ups

Underhand chin ups

Hanging leg and knee raise

Beginners can use bands for assisted pull ups

### Muscles worked:



Arms



Chest



Core



Back



## 8 Pull down challenger

Seat with twin pull down handles

### Exercises:

Lat pull down

Neutral grip pull down

Reverse pull down

### Muscles worked:



Arms



Back



Shoulders



## 9 Hip twister

Rotating standing plate and supporting handles

### Exercises:

Hip twisters

Half squat twists

### Muscles worked:



Core



Legs





## 10 Ninja rings

Arc design & moving bars give an even greater challenge

### Exercises:

Traversing swing

### Muscles worked:



## 11 Static grips

Wide bars for static pull ups or traversing

### Exercises:

Traversing

Static pull ups

Close grip pull ups

Lateral swing

### Muscles worked:



## 12 Monkey bars

11 bar horizontal ladder

### Exercises:

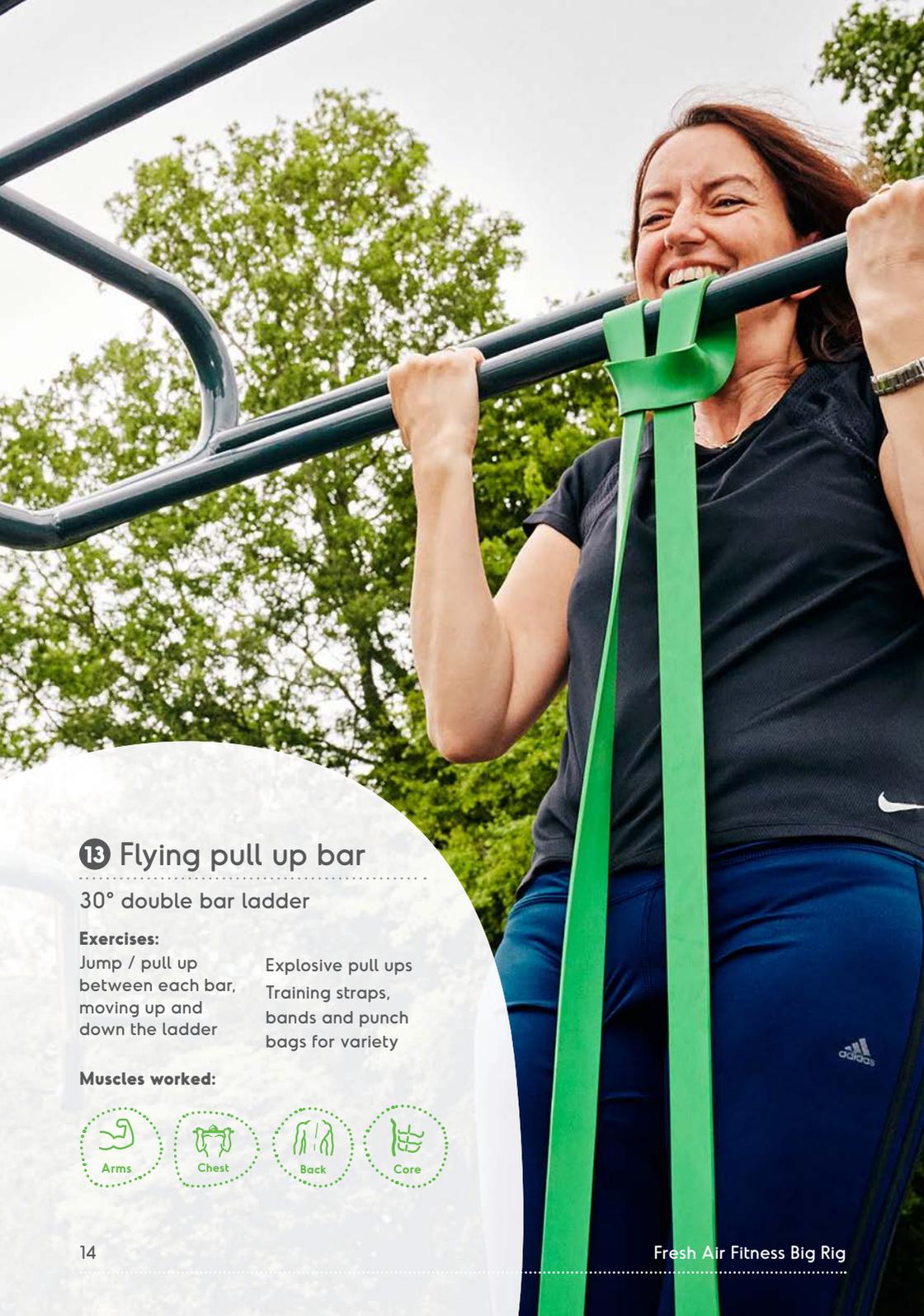
Pull ups

Monkey bars

Hanging leg raises

### Muscles worked:





### 13 Flying pull up bar

30° double bar ladder

**Exercises:**

Jump / pull up between each bar, moving up and down the ladder  
Explosive pull ups  
Training straps, bands and punch bags for variety

**Muscles worked:**



### 14 Pull up station

Static handles; position hands front facing or side facing

**Exercises:**

Pull up  
Chin ups  
Neutral grip pull up

**Muscles worked:**



### 15 Vertical ladder

Multi-level bars for stretching & strength building

**Exercises:**

Inverted row  
Sit ups  
Crunches  
Knee drives  
Raised feet push ups  
Stretch

**Muscles worked:**



### 16 Dorsal raise station

Dorsal raise frame

**Exercises:**

Back extensions  
Wide grip dips  
Side crunches

**Muscles worked:**





**CASE STUDY:**

# Rushmoor Borough Council

## Multi-Site Outdoor Gym Programme

### The Background

Rushmoor Borough Council wanted to improve the fitness facilities within 2 communities. The council were looking to create outdoor gym facilities that would be popular with young people in the community, but still easily accessible to users of all ages and abilities. Something simple to use, that would provide fast results.

Rushmoor councillors liked the Big Rig and saw the potential for a whole-body workout: strength training and cardio. Popular with young people and adults alike, the Big Rig would be the ideal solution for both parks in the Borough.



"I enjoy using the equipment 2-3 times each week. I have felt an improvement in my strength and flexibility."

**Margaret**

### The Location

One Big Rig was installed in Manor Park, a popular park near the centre of Aldershot, whilst the other was installed at King George V Park, Farnborough.

### The Challenges

Both parks, particularly Manor Park, are busy parks with lots of footfall every day. Therefore, precautions were needed to ensure the installation could be completed without causing too much impact on the community and people using the park.

"I really love this piece of equipment. It's unlike any other outdoor gym I've seen. I come down here 3 or 4 times a week, it always seems busy but it doesn't affect my workout as there's so many different exercises to do."

**Matt**



Heras fencing was erected to make the area safe, and the installation team, who are experienced in working whilst taking consideration of their surroundings, ensured everyone's safety throughout the process.

In addition, the area of installation at King George V Park was very sloped. The council wanted the gym located close to the play park and so after finding the most appropriate location, the installation team needed to grade the area so that the Big Rig could be installed successfully.

### The Solution

At Manor Park, the Big Rig was sited in adjacent to the main path. We installed the Big Rig with wetpour surfacing, including a wetpour path leading to the main path that runs around the park. This provided a long-lasting aesthetic and effective finish to the gym as well as easy access all year round.

A Big Rig was installed into King George V Park, with grass tile surfacing which allows the grass to grow through the holes, protecting the ground around the equipment from wear and bald spots.

Both sites were fitted with signage boards, providing instructions for using the equipment safely and circuit training classes for different fitness levels.

### The Result

The two gyms have been incredibly well received by both the communities.

To celebrate their opening, Fresh Air Fitness hosted a Launch Package. An official opening event run by a personal trainer, where the community saw and tried the various exercises they could do using the Big Rig. Followed with a series of circuit training classes, open to all, for free, each Saturday morning over 3 months. Working closely with Rushmoor Borough Council, these events were advertised through multiple social platforms and more traditional printed formats, ensuring a great turnout. We are delighted that both sites have been so popular and seen such regular use since their installation.

**"Our Outdoor Gym Programme has been a wonderful success. Both sites have already seen a huge amount of use, with people of all ages using the Big Rigs to workout out regularly throughout the week. Fresh Air Fitness have been a pleasure to work with, I cannot fault their service and their equipment is second to none. We plan to install Big Rigs at a further sites in the near future and I have already recommended Fresh Air Fitness to numerous councils and local schools. Every park and playing field should have one!"**

**Martin Sterio, Health & Physical Activity Officer & Leisure Projects**



**CASE STUDY:**

# Sandhurst School

The multiple benefits of the Big Rig within a secondary school setting.

## The Background

Sandhurst School is a secondary school in Berkshire, England with over 1000 pupils. In 2018, the senior management team were looking for an innovative outdoor gym solution that would appeal to a wide section of the students, to be installed in a space that was unused. The local leisure centre, located next to the school, also wanted to make use of the new facility and so the solution needed to be suitable for their clients as well.

## The Solution

After completing a site visit, and further discussion with school, it was agreed that the Big Rig would be a fantastic solution. With 16 user stations and a wide variety of exercise options, there would be real variety for all ages and abilities. The Big Rig was fitted with a mulch surface which not only ensured that the installation complied with the relevant European safety standards relating to fall heights, but also made the site aesthetically pleasing.

We are delighted with the final results of the outdoor gym at Sandhurst Secondary School. Seeing our outdoor gym equipment used and enjoyed so much is wonderful, and to add to the facility a year later is a testament to the benefits it provides.

**Tom Willock, Managing Director**

## The Result

The Big Rig was extremely popular with the students, teaching staff and members of the local leisure centre.

The school used the Big Rig during PE lessons, as part of an after school club and during break times through the day.

Due to its popularity, a year after it's installation the school added further outdoor gym equipment to compliment the facility.

All equipment is suitable for ages 11+ and all abilities, from complete beginners to the most experienced, perfect for the school and leisure centre member.

## The Benefits

- The school now has a well-used facility catering for the whole school with a 23 user capacity
- Pupils are building cardiovascular and muscular strength while developing balance, co-ordination and flexibility
- The facility is now being used during lessons, for research, as part of general break and leisure time, and as an afterschool club
- The gym will also improve physical literacy, social interaction and confidence for teenagers
- The equipment can be used by all abilities and ages 11+ providing an additional facility for customers of the local leisure centre and personal trainers alike
- Regularly working out at the gym in the fresh air will support good mental health and a lifelong enjoyment of physical activity
- With a 25 years guarantee, the new gym has provided an additional sports facility for hundreds of children both now and in future years

# Further information

## Fitness Rig Dimensions:

Width 7423mm x  
Depth 5754mm x  
Height 2592mm

## Material:

3mm steel finished with  
Akzo Nobel Interpon  
powder coating system

## Foundation:

Concrete and fixing posts.

## Safety Assurance:

EN16630 Compliant - No  
crush points, entrapments  
or sharp edges.

## Growing The Big Rig:

The Big Rig can also be  
extended to a full outdoor  
gym with products from  
our large range of Outdoor  
gym equipment.

## Surfacing solutions:

The Fitness Rig can be  
installed into grass,  
concrete or tarmac with  
protective grass matting,  
wet pour or rubber mulch.

## 25 Year Warranty

## Signage:

Multiple options available,  
speak to us to find out more.



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Fresh Air Fitness products are constantly being reviewed and developed.  
For this reason the actual product design may vary slightly from that  
shown in the catalogue. 25 years warranty for structural parts.