



FreshairFitness

The outdoor gym specialists



Pioneers of outdoor gyms

Fresh Air Fitness are the pioneers of outdoor gyms in the UK, first introduced in 2007. Offering a variety of exercise options for all ages and abilities.

We have the largest product range in the UK offering a variety of exercise options for all ages and abilities. Every product has to earn its keep! Designed by our product development team, all equipment is made to the highest safety and quality standards, competitively priced and provides genuine physical benefits.

We have seen the benefits our gyms offer, improving fitness, reducing crime/anti-social behaviour and strengthening communities. No gimmicks, just safe, compliant equipment that is fun to use for fitter, healthier and happier communities.

4500+
Experienced

Outdoor gym installations across the UK!

100%
Specialists

Dedicated to design & development of outdoor gyms



Long warranties

With up to 25 years guarantee



Safe and secure

All our products exceed safety standards EN1176 & EN16630



Great value

Excellent quality and value for money



Great variety

Adults, Children and Accessibility

The UK's leading outdoor gym specialist

Getting Britain Fitter!

Award winning outdoor gym equipment for schools, parks, recreation grounds and more. Fresh Air Fitness offer a wide range of fully inclusive outdoor fitness equipment suitable for all ages and abilities, including products designed specifically for children, older people, disabled persons and those with special educational needs. We offer fully compliant, high quality fitness equipment with up to 25 years warranty.

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The benefits

For many people those first initial steps to becoming more physically active can be the hardest. Fresh Air Fitness can create the gateway to a healthier lifestyle for people of all ages. Being free, convenient and accessible to all, it removes many of the barriers that might otherwise prevent people from taking those first steps.



A fitter community

Free to use and accessible for all



Fit into any surface

Quick and simple Installation



State-of-the-art

Assembled using the latest production techniques



EACH PUBLIC INSTALLATION INCLUDES A FACILITY SIGN, PROVIDING FULL SAFETY INSTRUCTIONS

Outdoor gyms

Outdoor gyms have grown in popularity over recent years and can often be found in local parks and schools across the UK.

Just like an indoor gym, a well-designed outdoor gym will offer a range of equipment to provide different workout options catering to everyone's exercise needs. Improving physical and mental health.

Take a look at our products and ranges here:

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The benefits of an outdoor gym

- **No costly membership fees!**
Entire communities can use the equipment for free
- **There is no need for an instructor**
Equipment is safe and simple to use
- **Exercising in the fresh air**
Stimulates emotional wellbeing and delivers essential oxygen and vitamin D to the body
- **Users can incorporate the equipment into their regular workout** e.g. park run
- **Suitable for all abilities**
From the complete beginner to advanced users
- **Safe and easy to use**
Intuitive designs with clear instructional signs

Purpose built to be safe for everyone

Our range has been developed to be installed outdoors. Placed in one area or along a track as a trim trail, our gyms make exercise free and fun for all. They can be used by one person, in pairs, or with groups.

- **Inclusive and safe for all ages & abilities** – Specific children and accessible ranges available
- **Quality assured** – Equipment is rigorously tested via independent testing houses. Lab tested to 300,000+ cycles and field tested to 1 million+ cycles
- **Safe** – All equipment conforms to safety standards EN1176 & EN16630.

DOUBLE AIR WALKER



Why choose us?

Here at Fresh Air Fitness we are passionate about improving the health and fitness of the UK safely. From product design and development to installation and aftercare service, we offer full inhouse capability, so you can rest assured you're in safe hands.

We work tirelessly to ensure that every installation meets the needs of both the customer and the end user. With you every step of the way, from initial enquiry, through design to installation, we ensure that you are informed, advised and that your gym meets your needs.

Getting Britain Fitter



Designed and assembled in the UK



Product Development
Inhouse product development team, continuously improving existing products and developing new products.



Full-service offering
From design to install, including groundworks, surfacing and aftercare.



End user support
Lesson planners and animations for schools. Instructional videos and free App for parks.



Product Quality
Award winning products, built using the highest quality materials.



Market leading after sales support
Dedicated aftersales team. In-house maintenance team. 3000+ spare parts in our UK warehouse.

World class quality and standards

- Certified Akzo Nobel Interpon powder coating system. Equipment can be **installed into any location**, even by the sea.
- Tested to **300,000 user cycles** with 400kg loading.
- **High quality** stainless steel **tamper proof fixings**.
- Japanese steel bearings.
- **Internal limiters** for smooth movement, no bump stops or crush points.
- Metal foot-plates with **impact attenuating bumpers** on leading edges.
- The modular fixing system means the equipment can be moved or replaced easily.
- **Strong steel tube construction**, coated with solvent free zinc rich primer and thermoplastic powder coating.
- **Internal 'resister' bearings** for increased exercise value.
- **Attractive colours** that blend in well to the environment.
- Superior fixing posts with multiple welded stability bars to for guaranteed stability.
- Modular Design makes equipment far easier and more sustainable to replace, update or upgrade.
- **New Product Development** – Award winning UK based design team.
- **UK Based** – Products designed and built in the UK

Sectors we work with

- **Councils and Community Groups** – Parks / Recreation areas / Community areas / Trim trails
- **Education** – Primary, Secondary and SEN Schools / Colleges / Universities
- **Health** – NHS / Hospitals / Mental Health Trusts
- **Housing Associations** – Urban Regeneration / active ageing
- **Corporate Sites / Business Parks**
- **Hotels / Holiday Parks and Spas**
- **Blue Light / Military bases**
- **Prisons**

Warranty



Main Structural parts come with a 25 year warranty. We also provide 5 years warranty on paintwork, 2 years on bearings and 1 year on accessories.

Awards and accreditations



Standards we comply with

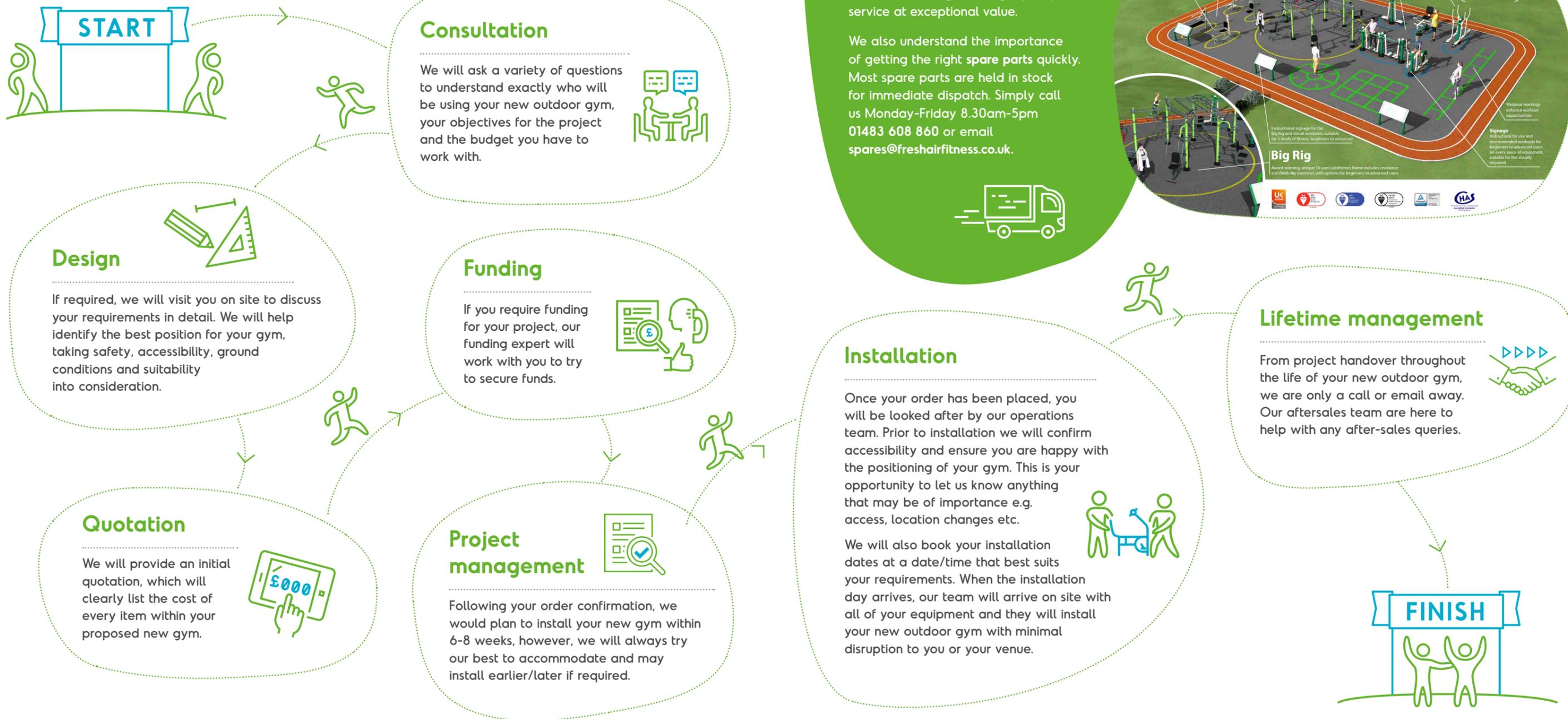


TRAINING RIG



How we work

With more than 4500 installations to date across the UK, we can be trusted to deliver. We always aim to beat expectations with an efficient, friendly service and, of course, exceptional equipment. We'll be with you every step of the way.



Good to know

Regular inspections and planned maintenance will extend the life of your outdoor gym and surfacing.



We supply maintenance packs with all installations, and also provide step by step guides on how to maintain your gym.

Alternatively we offer maintenance contracts, that provide a full range of professional inspection and maintenance services. Our inspectors are trained to offer fast, thorough and high quality service at exceptional value.

We also understand the importance of getting the right spare parts quickly. Most spare parts are held in stock for immediate dispatch. Simply call us Monday-Friday 8.30am-5pm 01483 608 860 or email spares@freshairfitness.co.uk.



AIR SKIER



The Air Skier has been specially designed for adults to improve flexibility, core strength and cardio fitness. Users can set their own pace, gently or vigorously swinging side to side. It's easy to use and a huge amount of fun.

1190 x 826 x 1381mm

AIR WALKER



Our Air Walker is easy to use and a huge amount of fun. Users can set their own pace, choosing a wide walk, stretching legs and developing flexibility in the hip joints or a shorter faster pace to build cardio strength. Users can also lean on the bar and raise both legs simultaneously to strengthen core muscles. Suitable for all abilities, very low impact on joints, excellent alternative to jogging.

1285 x 630 x 1158mm

DOUBLE AIR WALKER



Our hugely popular Double Air Walker is suitable for all abilities, beginners to advanced. It's easy to use and a huge amount of fun. One or two people can use the equipment at a time. Users can set their own pace, choosing a wide walk, stretching legs and developing flexibility in the hip joints or a shorter faster pace to build cardio strength.

2285 x 630 x 1158mm

ARM AND PEDAL BIKE



The Arm and Pedal Bike has been specially designed for adults to improve flexibility, core strength and cardio fitness. Suitable for all abilities, users can set their own pace, cycling legs and arms simultaneously or separately and in both a forward to reverse motion.

1312 x 480 x 1408

CARDIO COMBI



A combination of our 2 most popular pieces of outdoor gym equipment, allowing 4 people to exercise at once! The Cardio Combi combines the Double Air Walker with the Air Skier. Improving cardio strength, flexibility and balance.

3154 x 712 x 1158mm

DOUBLE CROSS COUNTRY SKIER



The Double Cross Country Skier has been especially designed to provide a full body workout. Just like cross-country skiing, users stand on the foot plates, moving legs forwards and back while using their arms to drive the handles forwards and back. Users can work individually or in pairs for some synchronised skiing! Builds stamina, balance and coordination

1965 x 620 x 1562mm

DOUBLE ROWER



Much like a rowing boat, the Double Rower has been especially designed to provide a total body workout. Sitting in the chair, clasping the handles, users pull back with the arms, extending the body before using the core, legs and arms to pull the body back to a starting position.

2738 x 962 x 1154mm

ELLIPTICAL CROSS TRAINER



Suitable for all abilities, our Elliptical Cross Trainer gets the whole body moving, providing an excellent cardiovascular workout. Easy-to-use, it is designed so that users can set their own pace and choose between forward or reverse motion to work different muscles.

1464 x 637 x 1541mm

ELLIPTICAL CROSS TRAINER





TABLE TENNIS TABLE



ROWER

RIDER



One of our most popular pieces of equipment, the Rider is easy-to-use and suitable for all abilities. Similar to a rower, but positioned upright, users push with their legs while pulling with their arms against resistance, moving their entire body up and down. Setting their own pace, moving as quickly or slowly as they choose, building cardio strength, stamina and muscular strength.

1570 x 492 x 1242mm

BICYCLE



Our Bicycle gives the rider the sense of using a familiar pedal bike in a static position. This cycling motion works the legs, strengthening and toning thigh and calf muscles and improving their flexibility. It will also get the heart rate up, burn calories and improve cardiovascular strength. The user can cycle at their own pace, making it suitable for all abilities, beginners to advanced. It's also great to use for a warmup.

1017 x 499 x 1228mm

RECUMBENT BIKE



Our Recumbent Bike gives a similar workout to a bicycle but in a reclining position, with back rest supporting the back. Using this cycling motion works the legs, strengthening and toning thigh and calf muscles. It will also get the heart rate up, burn calories and improve cardiovascular strength. Suitable for all abilities, beginners to advanced. It's also great to use for a warm up.

1220 x 640 x 880mm

ROWER



Much like a rowing boat, the Rower has been especially designed to provide a total body workout. Sitting in the chair, clasping the handles, users pull back with the arms, extending the body before using the core, legs and arms to pull the body back to a starting position. Improving flexibility, core strength and cardio fitness. Suitable for all abilities, users simply set their own pace.

1397 x 962 x 1098mm

TWIST & STEP



Our Twist & Step provides two pieces of equipment in one and has been specially designed for adults to improve flexibility, core strength and cardio fitness. The twist element encourages hip twisting exercises, improving flexibility and core strength, whilst the stepper element provides a cardiovascular workout while strengthening the leg muscles and buttocks.

1842 x 647 x 1636mm

TABLE TENNIS TABLE



Suitable for children, teenagers and adults, our Table Tennis Table provides a huge number of physical benefits. Improving hand-eye coordination, physical agility, stimulating mental alertness and concentration. Playing burns energy, provides an excellent cardio workout and is fantastic for social interaction.

2740 x 1832 x 913mm

RECUMBENT BIKE



TWIST AND STEP

Strength



COMBI PULL DOWN & CHEST PRESS

COMBI PULL DOWN & CHEST PRESS



This strength building piece of equipment has been designed to offer the benefits of a chest press and a lat pull down on one frame. Known as the Combi, the back-to-back seats allow two people to workout at once. Working the chest, shoulder and arm muscles on one side, while working the lats and arms on the other.

2584 x 1098 x 1955mm

CHIN UP BARS



These double height Chin Up Bars offer a functional training frame for a variety of exercises. Users can perform overhand pull-ups, underhand pull-ups, chin-ups and hanging leg raises. A strenuous workout for strengthening and building muscles in arms, back and shoulders.

2965 x 168 x 2303mm

HORIZONTAL LADDER



Also known as the monkey bars, this is a strenuous exercise for arms and shoulders, swinging rung by rung along the ladder. Users can move at their own pace, building up the number of swings as their strength builds. Users can also perform knee or leg raises hanging from one rung for a strong core workout.

3136 x 1187 x 2293mm

PARALLEL GYM BARS



Our Parallel Gym Bars provide users with a range of functional/calisthenic training possibilities. Build upper body strength with push-ups, pull-ups, dips and v sits for beginners. For the advanced gymnasts elevated lifts, handstands, walking along the top of the bar will provide a more challenging workout.

2490 x 941 x 1450mm

PUSH UP AND DIP



This simple frame has been specially designed for functional training. Easy to use and suitable for all abilities, users select the bar height that is right for them and perform numerous exercises including push-ups, dips, knee raises, v lifts and much more. Providing a strenuous workout for the upper body.

1662 x 645 x 1458mm

SEATED LEG PRESS



Suitable for all abilities from beginners upwards, our Seated Leg Press provides an excellent workout for thighs, hips and buttocks. This simple yet effective piece of equipment is easy-to-use. Once seated, users simply push with their legs to move their seat away from the frame. Adding a resistance band will increase intensity.

2375 x 509 x 1900mm

TRIPLE PULL UP



Suitable for the more advanced functional trainers, our Triple Pull Up provides a strenuous exercise for arms and shoulders. Users can perform overhand pull-ups, underhand pull-ups, chin-ups and hanging leg raises. Strengthening and building muscles in arms, back and shoulders. 6 handles allow 3 people to exercise simultaneously or to compete!

1457 x 1270 x 2474mm

DOUBLE SIT UP BENCHES



Specially designed to provide a safe, yet intense core workout, our Double Sit Up Benches are suitable for all abilities from beginners upwards. Perfect for back extensions, crunches or twists, the benches allow users to work the length of their abdominal muscles. The frame can also be used for triceps dips, incline and decline press-ups.

Double: 1645 x 1590 x 682mm

Single also available:
Single: 1645 x 690 x 670mm

LEG LIFT STATION



Used for strength building, our Leg Lift Station is a versatile piece of equipment for 2 users at once. Users can perform knee raises and leg lifts. Beginners can start with knee raises, building strength and tone in the core and upper thighs, while the more advanced perform leg lifts, a much tougher exercise working the same muscles. The solid frame also has handles positioned at the back of the frame, perfect for neutral and lateral grip pull ups, while the handles at the front of the frame can be used for dips.

1309 x 278 x 2033mm

PUSH UP AND DIP



This simple frame has been specially designed for functional training. Easy to use and suitable for all abilities, users select the bar height that is right for them and perform numerous exercises including push-ups, dips, knee raises, v lifts and much more. Providing a strenuous workout for the upper body.

1662 x 645 x 1458mm



LEG LIFT STATION

Calisthenics Rigs

BIG RIG

Our award-winning Big Rig has been developed for functional training, the rig offers multiple body weight training opportunities and the unique workout stations positioned around the edge of the rig, provide everyone with further opportunities to build strength and fitness, even those new to fitness.

Battle ropes, fitness bands and punch bags can also be added, providing even more variety and further challenges to your workout.

Set within an area of 92m² and suitable for 17+ users at once, it's the perfect solution for parks, secondary schools, or sports teams and clubs who work out together.

L 5153mm x W 7537mm x H 2414mm

- 1 Pull Up Bar
- 2 Dorsal Raise Station
- 3 Hip Twister
- 4 Pull Down Challenger
- 5 Chest Press
- 6 Sit Up Bench
- 7 Step Up
- 8 Pull Up Station
- 9 Multi Use Frame
- 10 Leg Lift
- 11 Static Monkey Bars
- 12 Vertical Ladder
- 13 Horizontal Ladder
- 14 Ninja Rings
- 15 Leg Press
- 16 Flying Pull Up Bar

INSTRUCTIONAL SIGN

SIT UP BENCH

MULTI USE FRAME

CHEST PRESS

HORIZONTAL LADDER

BIG RIG

STATIC MONKEY BARS

PULL DOWN CHALLENGER

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

Calisthenics Rigs

TRAINING RIG

With 6 workout stations and more than 80 exercise options, the Training Rig is a serious piece of kit. Suitable for 8 users at once, it provides a challenging full body, calisthenics workout, suitable for beginners to advanced users. Build muscular strength, cardio fitness and tone fast!

L 3700mm x W 3330mm x H 2307mm

- 1 Ninja Ladder
- 2 Wide Pull Up Bar
- 3 Leg Lift Station
- 4 Step Up
- 5 Push Up And Dip Station
- 6 Sit Up Bench
- 7 Pull Up Station
- 8 Anchor Point



NINJA LADDER



LEG LIFT STATION



STEP UP



PULL UP STATION



SIT UP BENCH



PUSH UP AND DIP STATION

Optional inclusivity attachment will make the Training Rig suitable for wheelchair users



Combining a variety of workout stations and multiple pull up bars for 8+ users at once



Versatile full body training rig



Build muscle, cardiovascular strength and tone



Develops balance, flexibility and co-ordination

For people seeking a creative body-weight workout for the whole body



Designed in the UK



Suitable for 8+ users at once



Challenging workout options for beginners to advanced



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



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



Set within an area of 46m²

Flexibility & balance

LEG STRETCH



Specially designed for adults to warm up and warm down before and after a workout, this multi-functional piece of equipment plays an important role in an outdoor gym. With 3 levels, users can select the best height for stretching leg muscles. Our Leg Stretch can also be used for push-ups and dips mid-workout.

900 x 785 x 1100mm

T'AI CHI SPINNERS



Our T'ai Chi Spinners offer a number of benefits, exercising the brain as well as the body. Designed to promote flexibility and co-ordination in wrists, arms and shoulders, they improve circulation and offer a great warm-up. Easy-to-use, the wheels move independently allowing arms to work clockwise or anticlockwise, excellent for mental agility.

1274 x 1058 x 1518mm

BALANCE BEAMS



These versatile Balance Beams come as a set of 3 and offer an array of exercise options. Walking the length of them will build balance and co-ordination skills. Hopping and jumping over them will really get that heart rate up, building cardio strength. They can also be used for incline push-ups and triceps dips. A full body workout suitable for beginners to advanced athletes.

3051 x 1880 x 314mm

HIP TWISTER



Specially designed to improve flexibility and range of movement around waist and hips, the Hip Twister is easy to use and suitable for all abilities. Users set their own pace twisting side to side slimming and toning their waist. The Hip Twister is also fantastic for warming up and cooling down the body. Suitable for 3 users at once.

1800 x 1800 x 1453mm

T'AI CHI SPINNERS



HIP TWISTER

LEG STRETCH



Accessible

ACCESSIBLE ARM & PEDAL BIKE



The Accessible Arm & Pedal Bike is suitable for wheelchair users. The clever design enables the user to position their chair in front of the frame and use the equipment whilst seated. A simple yet effective low impact exercise. Develops strength and tone in the arms and legs while stimulating blood flow and improving co-ordination, cardiovascular strength and core stability.

898 x 486 x 1306mm

ACCESSIBLE COMBI



The Accessible Combi is a strength building piece of equipment developed for use with a wheelchair. It has a Chest Press on one side of the frame, working the chest, shoulder and arm muscles and a Lat Pull Down on the other, working the lats and arms. The user simply positions their chair under the side they wish to use. 2 people can use this simultaneously.

2354 x 1098 x 1856mm

T'AI CHI SPINNERS



Our T'ai Chi Spinners offer a number of benefits, exercising the brain as well as the body. Designed to promote flexibility and co-ordination in wrists, arms and shoulders, they improve circulation and offer a great warm-up. Easy-to-use, the wheels move independently allowing arms to work clockwise or anticlockwise, excellent for mental agility.

1274 x 1058 x 1518mm

ACCESSIBLE COMBI



Fresh Air Fitness The outdoor gym specialists



INCLUSIVE TRAINING RIG

The Training Rig can be purchased with the Inclusivity attachment. These parallel bars have been designed to allow wheelchair access. Users position themselves between the bars and perform dips, v sits, leg raises, assisted squats and heel raises.

L 3916 x W 4153 x H 2307



ACCESSIBLE COMBI



ACCESSIBLE ARM & PEDAL BIKE

Children's

Our range of Children's outdoor gym equipment, is specifically designed for primary school aged children. Outdoor exercise is proven to enhance fitness and stimulate emotional wellbeing, while working on specific physical benefits including muscle strength, flexibility, balance and co-ordination.

This gender-neutral equipment is loved by children and can be used as part of PE lessons or general play times. Every gym comes with a teacher support package, which includes lesson planners, trackers and instruction guides giving ideas and recommendations on how to get the best out of the equipment. Plus our unique 'How-to' instructional animations, designed specifically to appeal to younger children.

We have a wealth of experience working with local authorities, PTAs, governing bodies and teachers to install outdoor gyms in schools across the UK. Safety, quality and long warranties come as standard – as does our full attention and advice throughout.

CHILDREN'S T'AI CHI SPINNERS



CHILDREN'S DOUBLE AIR WALKER



Our most popular piece of equipment, specially designed for children under the age of 11, is the Double Air Walker. Suitable for all abilities from beginners upwards, it is easy-to-use and an enormous amount of fun. This piece really gets the heart racing, and at the same time works all the major muscle groups in the lower part of the body. It can be used by 1 child or by 2 at once.

2285 x 630 x 1000mm

CHILDREN'S BIG SIX



Accessible, six-user whole body fitness frame. Combining 4 of the most popular products into one dynamic frame for 6 children to exercise at once. Children can swing, run and cycle arms, developing fitness, balance and flexibility.

4975 x 1090 x 1276mm

CHILDREN'S AIR SKIER



The Air Skier, provides the joy of swinging whilst standing! Specially designed for children under the age of 11, children can set their own pace and position to swing back and forth or side to side. Suitable for all abilities from beginners upwards, the Air Skier is easy-to-use and gives a full body workout.

1153 x 826 x 1068mm

CHILDREN'S ARM AND PEDAL BIKE



Specially designed for children under the age of 11, our arm and pedal bike is suitable for all abilities from beginners upwards. Easy-to-use, it is designed so that children can build their hand-eye co-ordination and balance skills. Cycling with their legs while turning the handles, working arm, leg and core muscles.

1148 x 478 x 1108mm

CHILDREN'S BALANCE BEAMS



Hugely versatile and simple to use, our Balance Beams provide the opportunity for numerous exercises during a PE class or sports day. Not only can children practise balancing along them, they can work individually or in pairs for bunny hops, single leg balance or touch downs to name but a few.

3051 x 1925 x 314mm

CHILDREN'S SEATED LEG PRESS



Specially designed for children under the age of 11, our seated leg press is suitable for all abilities from beginners upwards. 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. Kids working opposite each other naturally encourages bigger, longer presses!

2375 x 463 x 1900mm

CHILDREN'S CARDIO COMBI



A combination of our 2 most popular pieces of Children's outdoor gym equipment, allowing 4 children to exercise at once! The Children's Cardio Combi combines the Children's Double Air Walker with the Children's Air Skier. Specially designed for children under the age of 11. Children develop strength, flexibility, control and balance.

3190 x 712 x 1244mm



CHILDREN'S ARM AND PEDAL BIKE

CHILDREN'S ELLIPTICAL CROSS TRAINER



Specially designed for children under the age of 11, our cross trainer is suitable for all abilities from beginners upwards. Easy-to-use, it is designed so that children can set their own pace and choose between forward or reverse motion to work different muscles. Kids love mastering the challenge of co-ordinating arms and legs simultaneously!

1464 x 637 x 1436mm

CHILDREN'S DOUBLE CROSS COUNTRY SKIER



Children can work at their own pace, moving their arms and legs back and forth working a variety of muscle groups. Kids love to work in pairs and together they can master the challenge of co-ordinating both their arms and legs together.

1720 x 546 x 1346mm

CHILDREN'S ROWER



Much like a rowing boat, the Children's Rower has been especially designed to provide a total body workout, developing upper body and core strength, balance, flexibility and of course, cardio fitness. Suitable for all abilities, children simply set their own rowing pace.

1080 x 860 x 1079mm

CHILDREN'S MONKEY BARS



The Children's Monkey bars provide a fantastic challenge for children of primary school age. They will relish the chance to develop their skills at traversing the length of the bars, building their stamina and strength over time.

2970 x 3136 x 2293mm

CHILDREN'S HIP TWISTER



Specially designed for 3 children to use, our Children's Hip Twister is suitable for all abilities from beginners upwards. It has been designed to allow children to work in a group, but to twist independently within their own ability. Twisting has never been so much fun!

1601 x 1429 x 1453mm

CHILDREN'S RIDER



One of our most popular pieces of equipment in the children's range, the Rider, is easy-to-use and suitable for all abilities. Similar to a rower, but positioned upright, children use their entire body to move the seat and handles up and down. Children can set their own pace, building cardio strength, stamina and muscular strength. Specially designed for children under the age of 11.

1416 x 492 x 972mm

TABLE TENNIS TABLE



Suitable for children and adults, our Table Tennis Table provides a huge number of physical benefits improving hand eye coordination and physical agility, as well as stimulating mental alertness and concentration. Playing burns off a huge amount of energy, provides an excellent cardio workout and is fantastic for social interaction.

2740 x 1832 x 913mm

CHILDREN'S T'AI CHI SPINNERS



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. Easy-to-use, children can set their own speed and motion, working shoulders and arm muscles whilst building the communication between the two sides of the brain, crucial for language development.

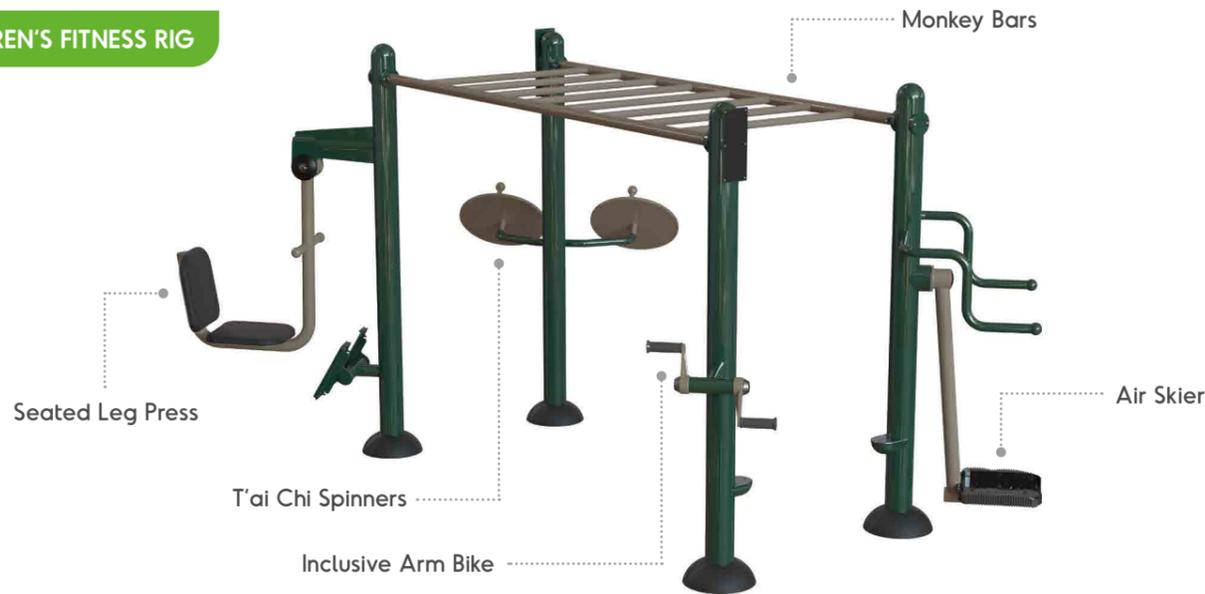
1272 x 1058 x 1268mm

"96% of children said having an outdoor gym makes school a better place to be."



CHILDREN'S HIP TWISTER

CHILDREN'S FITNESS RIG



Designed and built in the UK exclusively for primary schools, this space saving rig provides a gym for 6 children to use at once.

Developed to include some of the most popular pieces within our children's range, the Children's Fitness Rig comes with 5 unique fitness stations offering a variety of physically-demanding activities for all abilities.

5 Fitness Stations Include:

- Air Skier
- Monkey Bars
- Seated Leg Press
- T'ai Chi Spinners
- Inclusive Arm Bike

The rig improves strength, stamina, technique, flexibility, balance and co-ordination while developing physical literacy and confidence in PE for all children, there truly is something for everyone.

Installed into grass it can be used during break times and PE lessons, boosting activity throughout the day.

- Improves flexibility, strength, stamina, 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 warmups too!
- Raises the profile of PE at the school

3866 x 2383 x 1900mm



CHILDREN'S FITNESS RIG

FAQs

What are the warranties for your equipment?

Our fitness equipment is robust and built to last with a range of warranties covering main structural parts, paintwork, bearings and accessories. 25 years on structural parts, 5 years on paintwork, 2 years on bearings, 1 year on accessories.

Can you help us to secure funding for the project?

Yes! We are pleased to be able to offer funding support to community groups, schools and charities, and can provide a dedicated funding expert to help you. They have a wealth of experience in securing funds for all types of organisations.

Which products are best for me?

Our sales team are trained to identify which products would meet the needs of the people using the equipment. We have over 50 different pieces of equipment in our range. We also have a range of package offers available. For more information, call our sales team to talk through the various options 01483 608860.

How much maintenance does the equipment require?

Our equipment requires very little maintenance. Full instructions are provided to keep the equipment in good condition.

Do you offer a maintenance service?

Yes. We offer a Maintenance Service Agreement. Please speak to one of our team for further information.

Is the equipment suitable for older people?

Yes. We have a wide range of equipment suitable for all ages and abilities. Our equipment is great for users with joint and mobility issues. We have installed outdoor gyms into care/nursing homes and day centres.

Do you have equipment ranges suitable for teenagers?

Yes. We have a range of products suitable for use by children aged 11-18 (Key Stage 3 & 4).

At what age can you use the adult range of equipment?

The adult range can be used from 11 years of age, however, we understand that kids will be kids and therefore all products are safe for children to play on.

Does your equipment come with instructions for users?

Yes. Each product comes with its own label attached offering instructions for safe use. The labelling on Fresh Air Fitness equipment is clear, easy to understand and gives guidance for different ability levels. They have also been designed to help the visually impaired.

Does Fresh Air Fitness equipment comply to the latest safety standards?

Yes. All equipment has been tested and conforms to the latest safety standards EN1176 & EN16630.

Does your equipment require any safety surfacing by law?

Most of our equipment falls below the critical fall height requirement for safety surfacing, meaning they can be installed into any level surface. The Big Rig and some of our taller pieces require additional surfacing if installed into concrete or tarmac.

All our Children's range falls below the critical fall height requirement for safety surfacing. Because of this, the equipment can be installed into any ground surface providing the area is level.

What kind of ground surface can the equipment be installed into?

Our equipment can be fixed into nearly any surface including grass, concrete and tarmac.

What surfacing is applied to the area around the equipment?

The area around the equipment can be finished with grass wear mats (tiles) when installed into grass. Other surfacing solutions that are used include rubber crumb (wet-pour), shredded rubber mulch, or tarmac. Wet-pour and rubber mulch can be used when equipment is installed into grass or tarmac. Fresh Air Fitness can provide groundworks as well as surfacing for your outdoor gym.

How quickly will the equipment be installed?

Installation usually takes place 6-8 weeks from the date we receive your order, however, we will always try to accommodate your needs and will work with you to find a date and time that suits you.





There is no compliance requirement for safety surfacing when installing into grass, generally this is added purely for aesthetic reasons to protect high footfall areas.

Fresh Air Fitness can install equipment into most existing surfaces e.g. grass, tarmac, existing wet pour.

Handy to know – the floor must be reasonably level and it can be installed into gently sloping areas.



Surfacing solutions

Your new gym can be installed into an array of different existing surfacing types including, grass, tarmac, wet pour, rubber mulch and concrete. Our team of surfacing experts are also able to install the following surfacing as part of your outdoor gym package:

Grass tiles

If you plan to install your gym into grass, we highly recommend installing grass tiles/mats. These black rubber mesh mats are embedded into the ground, allowing the grass to grow through them. They are tough enough to allow a lawn mower to run over them, protect children from falls and prevent 'bald spots' forming in the grass. This popular option is also our most cost effective.



As important as the safety surface itself is to ensure that a suitable base is laid underneath the safety surface. We recommend a compacted stone base and, whilst more expensive in the short term, provides a hard wearing, permeable base layer.

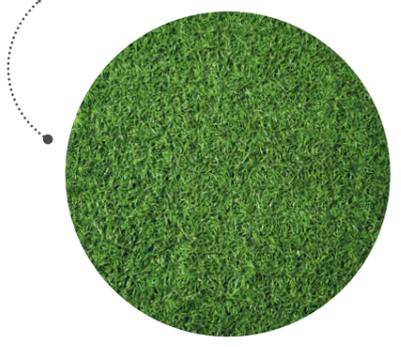
Rubber mulch

This is made from rubber chips, bonded together to provide an impact absorbent safety surface. Made from a coated re-cycled shredded rubber, it looks a little like bark. Rubber mulch is more cost effective than:



Artificial grass

Simple to upkeep with year round vibrancy, artificial grass is available in a range of textures and shades.



Wet pour

Wet pour is made from black or coloured rubber crumbs, providing an impact absorbent safety surface.



Tarmac

Low maintenance and hard wearing, we can add tarmac beneath each piece of equipment or as a fresh surface beneath your entire gym.



User support



How to's

Simply search Fresh Air Fitness on YouTube, use our QR code or follow the link below



www.youtube.com/c/FreshAirFitnessOutdoorGymEquipment

Workout signs

Our circuit sign gives 3 step-by-step guides for working out on the Big Rig whatever your ability; beginners, intermediate and advanced. Work your way round the rig, training the full body, building strength, tone and stamina.

Labelling

Each piece of equipment comes with a specific user guide label, including an illustration, instructions for use and workout suggestions for different ability levels. These labels are attached to the product along with a general safety label. Our labels are etched with white writing to aid the visually impaired.



App

As well as a handy gym location finder, our free App provides users with a variety of support including instructional user video and workout guides. Keeping gyms in use and ensuring everyone is getting the maximum benefit from them.

Social sites

Follow us on Twitter, Facebook, LinkedIn and Instagram. See our latest installations, product launches and exciting news.

facebook.com/freshairfitnesspage
twitter.com/FA_Fitness

Schools

Lesson planners, progress trackers and animations to support teaching staff to run PE lessons and use during general playtime.

Teaching support

To support your teaching staff to introduce your gym into the PE curriculum seamlessly, we supply a variety of lesson plans, user guides and even animations including:

- PE class plans
- A variety of ways to use each piece of equipment
- Warm up and cool down ideas
- Progress trackers, to track the progress and development of every child in your school

User guides

These handy booklets provide all the information you need, product by product, to use each piece of equipment safely. It also includes warm up and cool down ideas and different ways in which you can use each piece of equipment to get maximum benefit.



PE lesson plans

The lesson plan has been carefully developed for children to develop their fitness and technique over a 6-week period.

Each week the children will be encouraged to use the equipment in a slightly different way, building technique while developing fitness. Teachers can track the progress and development of every child in your school.

PE circuit classes

These plans provide a class of 30 a full PE lesson. Keeping everyone active and engaged.

YouTube

We have also created a series of cartoon style animations. These explain how to use the equipment safely and effectively, and how each product will benefit the body. Freely accessible, this is a fantastic resource for pupils and staff.



Technical information & warranty

Warranty

Fresh Air Fitness equipment comes with a 25 year guarantee on structural parts, a 5-year guarantee on paint and finishes and a 2-year guarantee on bearings and moving parts. Plastic parts and accessories are covered for one year.



Maintenance

Although our product has a very low maintenance requirement, regular maintenance checks are essential to keeping the equipment safe for use and in good working order. When your installation is complete, we will provide you with a maintenance guide.



Maintenance contracts

A maintenance contract offers the peace of mind that equipment is checked by our team of specialists on behalf of your organisation. We offer various packages to suit your requirements. For further information, please **01483 608860** or email us at service@freshairfitness.co.uk



Testing

Produced under ISO9001 for quality standards and management and ISO14001 for environmental protection.

- ✓ Our equipment is made from strong 3mm steel tubing assembled using the latest production techniques such as robot welders and an automated paint coating production line, which is the final stage of our corrosion protection system.
- ✓ All parts are tested on our multi-function machine, testing tensile strength and pressure, to a maximum force of 100kN.
- ✓ All metal parts are tested in our salt spray machine that uses a 5% NaCl solution or NSS in accordance to ISO9227 for 3000 hours (car manufacturers test vehicles to 1000 hours).
- ✓ All plastic and rubber parts are tested for resilience to Ultra Violet light, humidity and extreme temperature degradation for 3000 hours in specialised testing chambers. The test range is 20-98% humidity and -30° to 60°C.
- ✓ Our equipment is tested well beyond the required standard by an independent testing house. It must pass a minimum of 300,000 cycles using 400kg weights (100kg and 10 times more than the European standard). Every product must also pass an 8-point quality control process.
- ✓ The equipment is also tested using a drop tester. A 150kg weight is repeatedly dropped from a height of 1m with degradation recorded.
- ✓ Static load testing of 500kg is used to test structural integrity and the test lasts for 3000 hours.

Galvanised v non-galvanised outdoor gym equipment

Before choosing your outdoor gym provider it is essential that you understand how they protect their products from rust. Some may state that they galvanise their product, but they may purchase the individual components pre-galvanised and then weld them together, leaving weak spots, allowing rust to develop over time.

What is galvanisation?

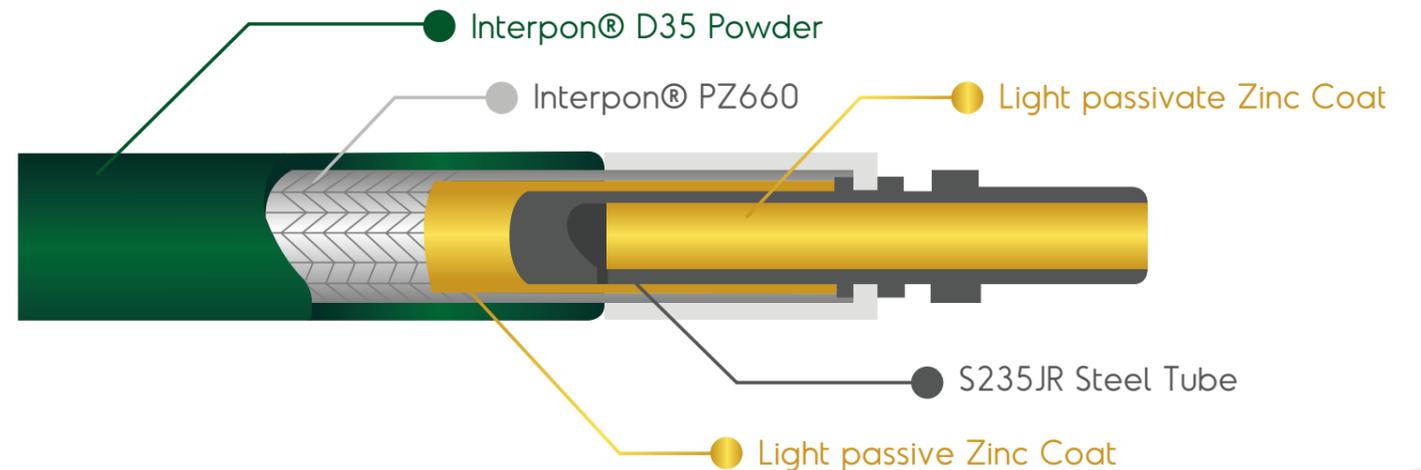
Galvanising is the process of applying a protective zinc coating to steel or iron. Covering the entire surface with a layer of zinc prevents rusting.

Hot-dip galvanizing (HDG) submerges the entire product in a bath of molten zinc, ensuring every surface is completely covered and gives a relatively thick coating.

Hot-dipping complete outdoor gym equipment frames is also expensive and difficult to do, because of their size and often awkward shapes. Many companies therefore opt to buy tubes of iron or steel that are pre-galvanised before welding parts together. This means the welded areas of the products are not galvanised, creating weak spots on the frame and therefore increasing the chance of rust dramatically.

Is there an alternative?

Yes. A coated paint system. This will give the same protection against rust as HDG, ensuring every surface of the product is completely protected from rust.



Equipment paint process

Fresh Air Fitness use this comprehensive coated paint system on every product in the range. Developed by AkzoNobel this process mimics that of hot dip galvanisation, giving an extended life expectancy, up to 15 years in a corrosive environment next to the sea.

Like all things, preparation is the key, therefore we start our paint process by shot blasting the material to SA2.5, this gives our powder the best surface to adhere to. We follow this with a light zinc passivate wash. This gives a base coat to the insides of the metalwork to stop any corrosion.

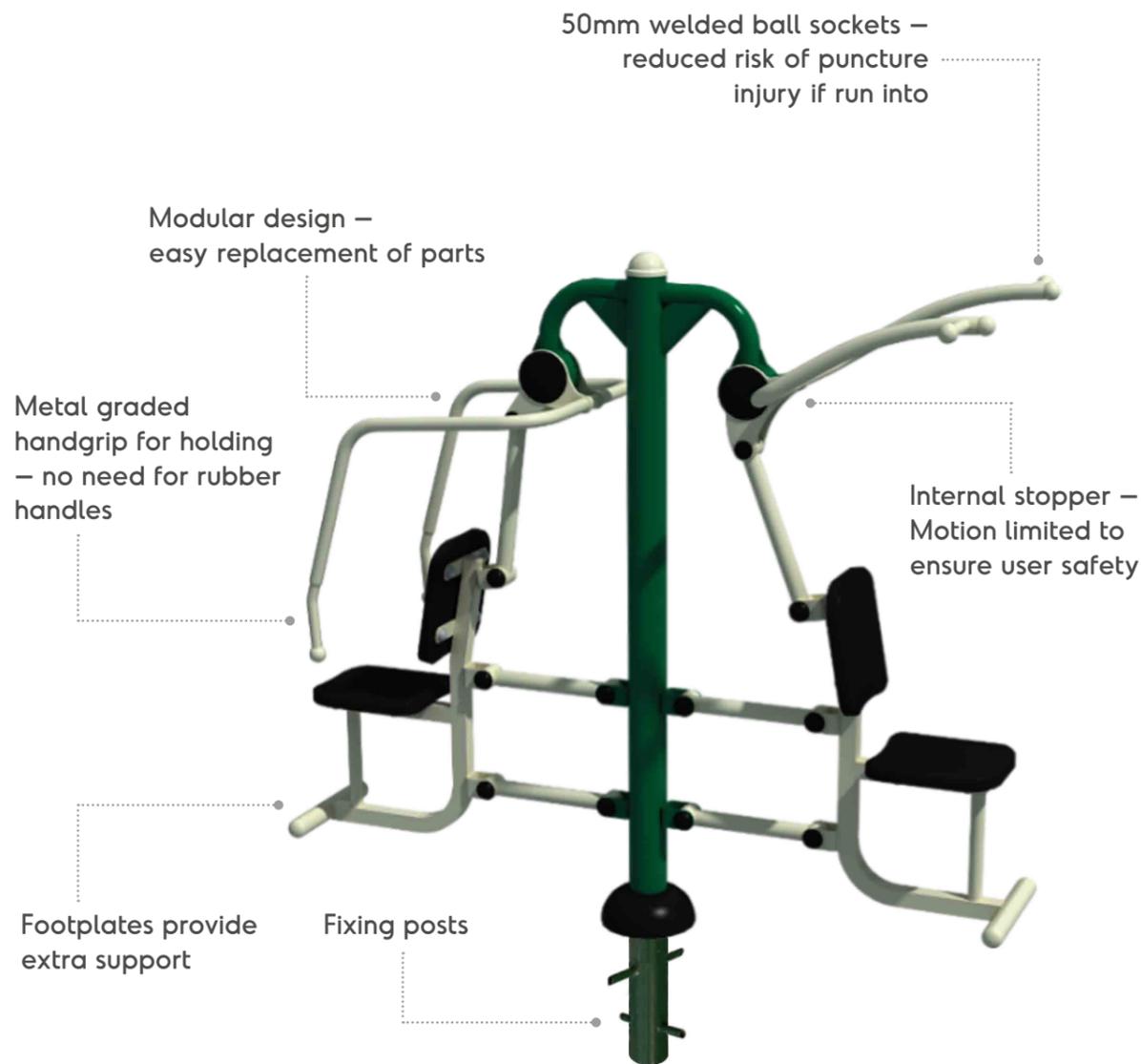
The equipment is then ready for Akzo Nobel powders. We start with Interpon® PZ660 with a coating thickness of 70µm ±10µm. We follow this with Interpon® D35 Powder to a thickness of 70µm ±10µm.

This paint process provides a smooth finish for the final layer of powdered paint ensuring a high quality, smooth finish on the final product.

	Powder Coating	Galvanisation	Pre-galvanised steel / iron
Process	1 layer of Interpon® PZ660 followed by Interpon® D35 powder coating	Hot-dipped in a bath of molten zinc	Hot-dipped or electroplated in sections prior to welding
Paintwork life expectancy	15 years	15 Years+	5 years
Risk of rust to joints	No	No	Yes
Risk of rust to frame	No	No	Yes
Risk of paint imperfection	No	Yes	Yes

Product safety features

Each product has been cleverly designed with safety and longevity at the forefront. Keeping your community safe and your outdoor gym in good working order, maximising its use across its full lifespan.

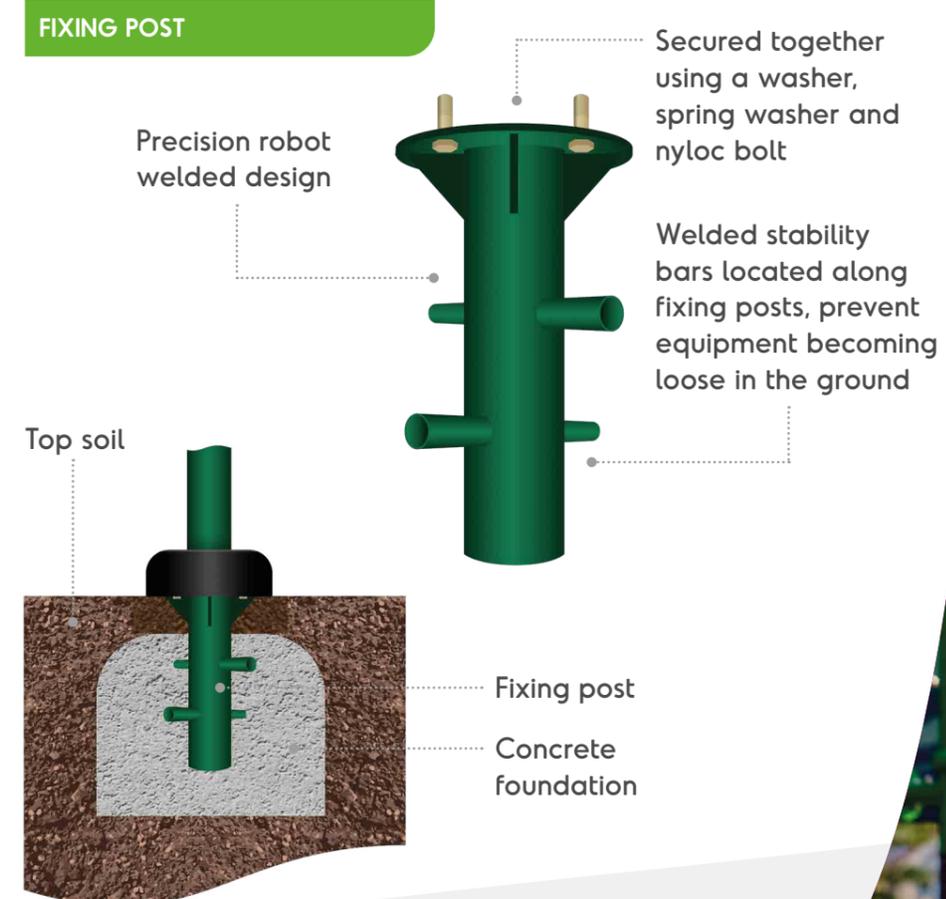


Product installation

Our products are installed using fixing posts. This simple yet effective design carries numerous benefits. Fixing posts are installed below ground level and the equipment simply attaches to it.

The benefits

Fast, seamless installation. Equipment can be interchanged and moved, and should anything go wrong, our team can simply swap the product, no need to dig anything up or damage the surface.





CASE STUDY:

Rushmoor Borough Council

Multi-Site Outdoor Gym Programme



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

Margaret

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.

The location

One Big Rig was installed in Manor 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 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 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 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

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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.

