

Training Rig

 **FreshairFitness**
The outdoor gym specialists

Multi rig with 6 workout stations
for functional body-weight
training



www.freshairfitness.co.uk

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!



Suitable for 8 users at once

Standard colourway shown. Other colour options available



Multiple anchor points to attach ropes, bags, bands etc. for additional training options



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



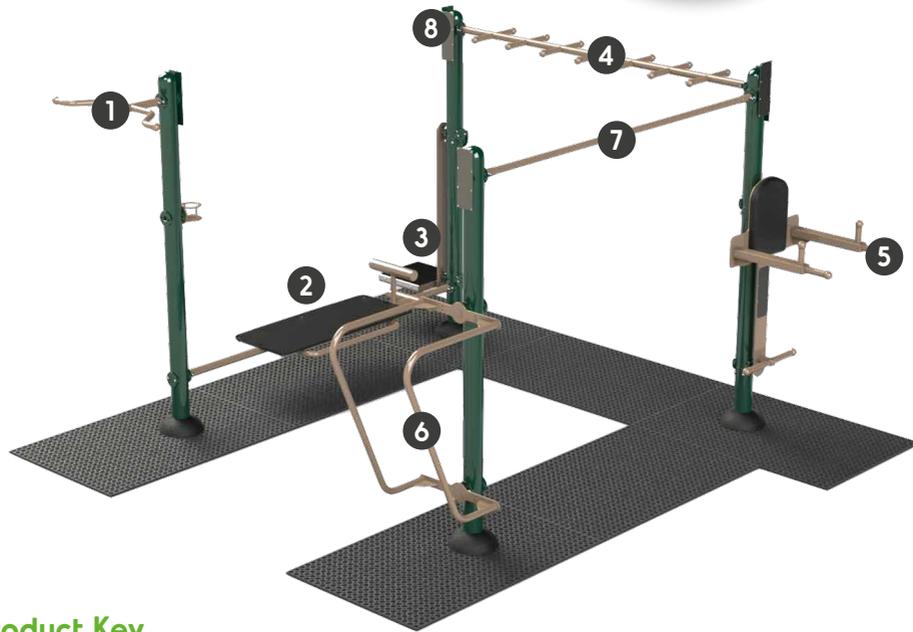
Workout options for the whole community, improving physical and mental health



Set within an area of 46m²

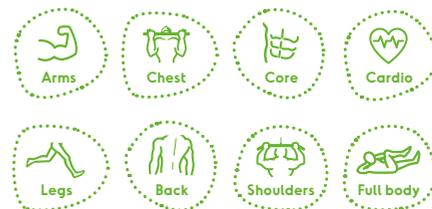
Workout guide

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



Product Key

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



1 Pull Up Station

Static handles; position hands front facing or side facing

Exercises:

- Pull up
- Neutral grip pull up
- Chin up
- Bands can attach for beginners

Muscles worked:



2 Sit Up Bench

Single seat with foot holds & Dip Bars

Exercises:

- Crunches
- Russian twists
- Reverse crunch
- Tricep dips

Muscles worked:



3 Step Up Platform

Square non slip static platform

Exercises:

- Step ups
- Mountain climbers
- Box jumps
- Dips
- Glute raises
- Incline press ups/ decline press ups

Muscles worked:



5 Leg Lift Station

Handles, back rest and elbow rests

Exercises:

- Knee lifts
- Leg lifts
- Tricep dips

Muscles worked:



4 Ninja Ladder

11 bar horizontal ladder

Exercises:

- Traversing
- Hanging leg/knee raises
- Neutral grip chin up

Muscles worked:



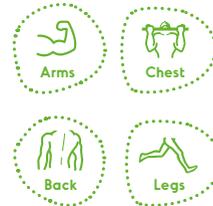
6 Push Up & Dip Station

Versatile frame for a variety of exercises

Exercises:

- Press ups
- Dips
- Stretch
- Assisted squats

Muscles worked:





7 Wide Pull Up Bar

2.4m bar for a variety of exercises

Exercises:

- Narrow and wide pull ups
- Chin ups
- Hanging leg and knee raise
- Beginners can use bands for assisted pull ups
- Hang punch bag from here too!

Muscles worked:



8 Training Strap Anchor Point

Anchor training straps and perform a wide range of exercises

Battle ropes, training bands and punchbags can also be attached at various points across the product for even more variety.



Strength and Cardio Package

Why not complete your outdoor gym with our Strength and Conditioning Bundle. Training Rig, Air Skier, Double Air Walker and Rider, perfect for strength, cardio and flexibility training.



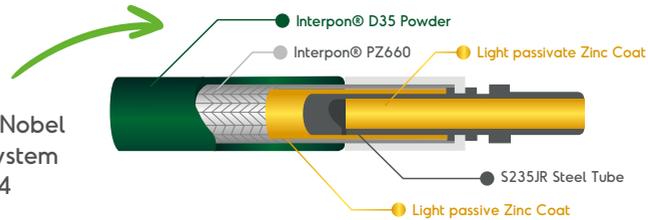
Product Specifications

Dimensions

3700 x 3330 x 2307mm

Material

3mm stell finished with Akzo Nobel G4m Graded powder coat system using Interpon PZ660 and D34



Foundation

Concrete and fixing posts

Safety Assurance

EN16630 compliant – no crush points, entrapments, or sharp edges

Metal graded handgrip for holding – no need for rubber handles

50mm welded ball sockets – reduced risk of injury



25 Year Warranty

On all main structural parts

Safety Signs

The Training Rig is supplied with a free safety sign when installed into public parks.

The product also comes complete with individual signs and QR codes at each workout station, providing instructions for use, workout guidelines and links to our free 'how-to' videos.



"This is a fantastic, versatile rig. Perfect for circuit training my bootcamp class for a full body workout."

Charlotte Randall,
Fit In The City





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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.