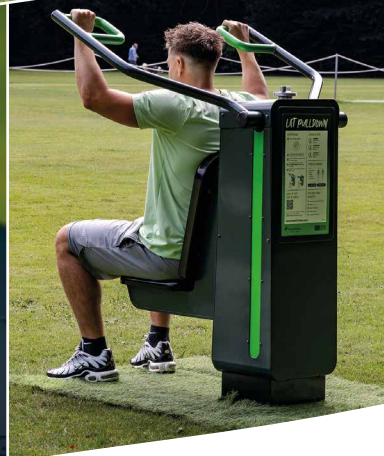


THE RESISTANCE RANGE

Indoor Performance. Outdoor Impact





THE FRESH AIR FITNESS RESISTANCE RANGE

Bringing the performance of an indoor gym to outdoor spaces. Engineered for functionality and durability, each product delivers unique and progressive training opportunities.

Designed to enhance parks, developments, and community spaces, the range supports councils, schools, and developers in creating accessible, high-quality fitness environments that inspire active, healthy lifestyles and long-term community engagement.

Resistance Range includes:

Strength

- Resistance Chest Press
- Resistance Shoulder Press
- Resistance Seated Row
- Resistance Lat Pulldown

Cardio

- Resistance Accessible Arm Bike
- Resistance Bike



Structural
warranty



Designed &
built in the UK

RESISTANCE STRENGTH

Four expertly engineered products, with adjustable weight stack, designed to deliver a complete upper-body workout in any public space. Built for durability and accessibility, they provide councils with a reliable, gym-quality solution for community fitness.

- Adjustable weight stack, fully enclosed for safe, adaptable training
- Multi-grip handles and ergonomic seat – for comfort and performance
- Slimline, space-saving design – suitable for all parks, trails and smaller sites
- Fully compliant with EN16630
- Low-maintenance with long warranty support, ensuring excellent value for public investment



Clear instruction panels
– supporting independent
use for all ability levels



Multi-grip handles for a
variety of training options

Vandal-resistant, durable
metal construction for
long-term reliability

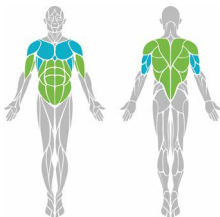
RESISTANCE CHEST PRESS

The Resistance Chest Press, featuring an adjustable weight stack, is purpose-built to develop strength and definition in the chest, shoulders, and arms. Just like an indoor gym chest press, you simply choose your desired resistance and begin your workout for an effective upper-body challenge.

- Build strength in the chest, shoulder and arms muscles
- Adjustable weight – increase or decrease the resistance as needed
- Progress your workouts and challenge yourself over time
- Suitable for people 1.4m+ and all abilities
- Low impact on joints
- 25 year structural warranty
- Low maintenance requirements
- Fully compliant with EN16630

MUSCLES WORKED

- Pectorals
- Triceps
- Deltoids
- Biceps
- Abdominals



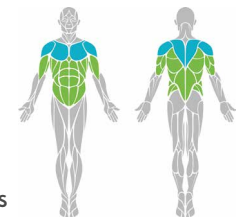
RESISTANCE SHOULDER PRESS

The Resistance Shoulder Press, equipped with an adjustable weight stack, is purpose-built to strengthen and define the shoulders and upper back. Just like a shoulder press in an indoor gym, simply adjust the dial to select your desired weight, and enjoy a challenging upper-body workout.

- Build strength in the shoulders, arms and upper back
- Adjustable weight – increase or decrease the resistance as needed
- Progress your workouts and challenge yourself over time
- Suitable for people 1.4m+ and all abilities
- Low impact on joints
- 25 year structural warranty
- Low maintenance requirements
- Fully compliant with EN16630

MUSCLES WORKED

- Pectorals
- Trapezius
- Deltoids
- Triceps
- Biceps
- Abdominals



RESISTANCE SEATED ROW

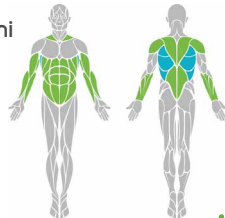
The Resistance Seated Row, equipped with an adjustable weight stack, is designed to build strength and definition in the back, biceps, and forearms. Just like a seated row in an indoor gym, simply adjust the dial to select your desired weight and enjoy a challenging upper-body workout.

- Build strength in the back, biceps and core
- Adjustable weight – increase or decrease the resistance as needed
- Progress your workouts and challenge yourself over time
- Improve balance and flexibility
- Suitable for people 1.4m+ and all abilities
- Low impact on joints
- 25-year structural warranty
- Low maintenance requirements
- Fully compliant with EN16630



MUSCLES WORKED

- Latissimus Dorsi
- Trapezius
- Biceps
- Abdominals
- Rhomboids



RESISTANCE LAT PULLDOWN

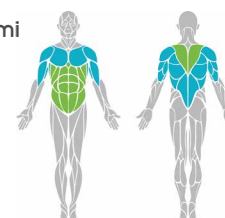
The Resistance Lat Pulldown, featuring an adjustable weight stack, is designed to strengthen the back, biceps, and core – just like the equipment you'd find in an indoor gym. Simply choose your desired weight, then perform a series of reps and sets to progressively build muscle and strength over time.

- Build strength in the back, biceps and core
- Adjustable weight – increase or decrease the resistance as needed
- Progress your workouts and challenge yourself over time
- Improve balance and flexibility
- Suitable for people 1.4m+ and all abilities
- Low impact on joints
- 25-year structural warranty
- Low maintenance requirements
- Fully compliant with EN1163



MUSCLES WORKED

- Latissimus Dorsi
- Rhomboids
- Biceps
- Triceps
- Trapezius
- Abdominals



RESISTANCE CARDIO

Two expertly engineered products, designed to provide progressive resistance, created by the user. The harder you pedal the harder the resistance, providing a challenging cardio workout.

- Suitable for all fitness levels, from beginners to advanced
- 25-year structural warranty
- Low maintenance requirements
- Fully compliant with EN16630

Ergonomic handles for user comfort

Vandal-proof, durable metal construction

Smooth, quiet and safe operation

Slimline, space-saving design with minimal footprint



RESISTANCE BIKE

The Resistance Bike provides progressive resistance, offering an excellent cardiovascular workout, much like a stationary bike in an indoor gym. It helps improve heart health, burn calories, and build strength and tone in the legs while increasing flexibility and balance. Users simply pedal at their own pace – the faster they cycle, the greater the resistance – making it suitable for all fitness levels, from beginners to advanced. It's also great to use for a warm-up.

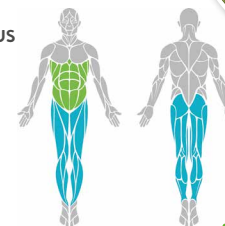
- Excellent cardiovascular work out, elevating the heart rate
- Height-adjustable seat, suitable for users of all heights
- Cycle in a forwards motion or in reverse
- The faster you go, the harder the workout!
- Multi-grip handle for comfort
- Low impact on joints
- Suitable for people 1.4m+
- Fully compliant with EN16630

Height-adjustable seat, suitable for users of all sizes



MUSCLES WORKED

- Gluteus Maximus
- Quadriceps
- Hamstrings
- Calves
- Abdominals



Clear instruction panel for safe use and effective workouts

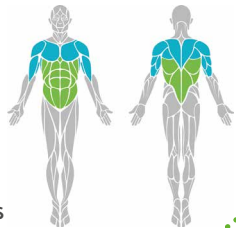
RESISTANCE ARM BIKE (ACCESSIBLE)

The Resistance Arm Bike, featuring in-built, progressive resistance, is suitable for both able-bodied users and those using wheelchairs. Its clever, inclusive design allows users to stand or position their chair in front of the frame and operate the equipment while seated. The simple yet effective low-impact hand pedals improve cardiovascular fitness while building strength and tone in the arms, and enhancing coordination, flexibility, and core stability.

- Excellent cardiovascular work out, elevating the heart rate
- Cycle in a forwards motion or in reverse.
- The faster you go, the harder the workout
- Low impact on joints
- Suitable for wheelchair and non-wheelchair users
- Suitable for people 1.4m+
- Fully compliant with EN16630

MUSCLES WORKED

- Triceps
- Biceps
- Deltoids
- Trapezius
- Lats
- Abdominals



Users pedal at their own pace – the faster they turn the handles, the greater the resistance – making it suitable for all fitness levels, from beginners to advanced. It also serves as an excellent warm-up option.



Resistance Range

Each product from the Resistance Range can be sold separately or as part of a full outdoor gym solution, complimenting the rest of the Fresh Air Fitness product range perfectly. Fresh Air Fitness offers a full inhouse service, from consultation, through installation, surfacing and beyond.

Warranty information

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.

Package offers

For our latest package offers, visit our website www.freshairfitness.co.uk

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**Structural
warranty**



**Designed &
built in the UK**

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 brochure.