

the
**BIG
RIG**

Multi-Functional
Outdoor Gym



 **FreshairFitness**

Introducing The Big Rig

For people seeking a creative bodyweight workout



Provides unlimited opportunities to challenge everyone!



Multiple workouts to keep training interesting and fresh

Multiple
pull up bars

Ninja
rings

Pull down
challenger

User
guides

Chest
press

Set within an area of 42m²



Suitable for 15+ users at once



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

This ingenious rig combines 7 fixed workout stations with multiple pull up bars



Versatile full body training rig

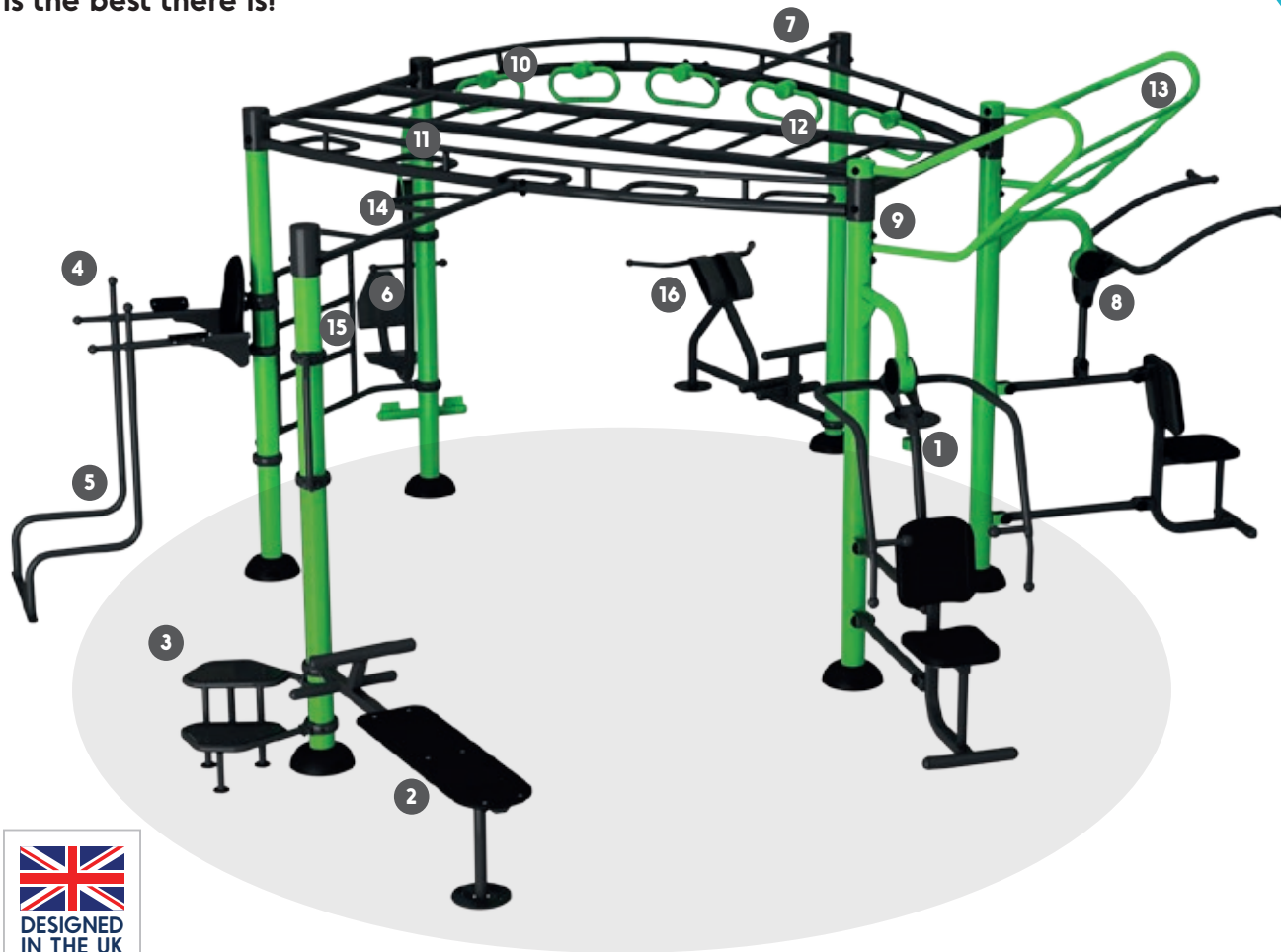


Build muscle and cardiovascular strength and tone



Equipment for balance and co-ordination workouts

Functional training is recognised as one of the best forms of exercise and strength building. Functional training in the fresh air is the best there is!



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





The Big Rig Guide

Get the most from your training rig.

Key



Arms



Chest



Core



Cardio



Full body



Legs



Back



Shoulders

Chest Press 1

Seated chest press station

Exercises:

Dual arm press High grip/incline
Single arm press Neutral grip

Muscles worked:



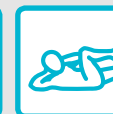
Sit up bench 2

Single seat and foot holds

Exercises:

Crunches and Russian twists
Leg raises
Press ups
Dips
Heel taps

Muscles worked:



Step up 3

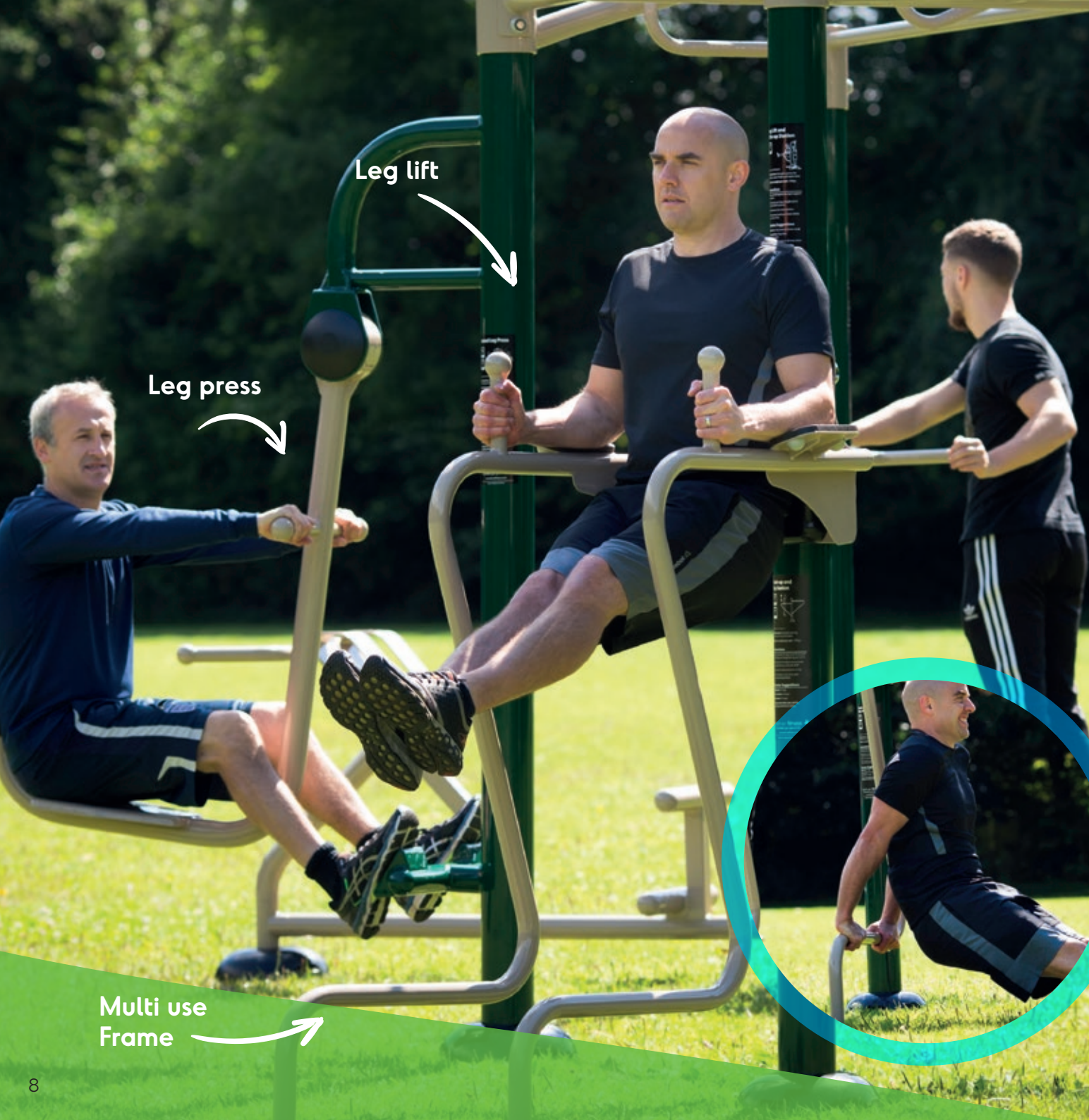
Multi-height step platforms

Exercises:

Glute raises
Squats
Raised lunges
Incline Press ups / decline
Step Ups and knee drive
Mountain climbers
Plank
Dips

Muscles worked:





Leg lift

Leg press

Multi use
Frame

Leg lift ④

Handles, back rest and soft touch elbow rests

Exercises:

Knee lifts
Leg lifts
Dips
Press ups

Muscles worked:



Multi use frame ⑤

Ergonomic low level frame

Exercises:

Triceps dips
Incline press ups / decline

Muscles worked:



Leg press ⑥

Seat and foot plates. Users body provides resistance

Exercises:

Dual leg press
Single leg press

Muscles worked:



Pull up bar 7

Wide width bar 1.3 metres

Exercises:

Narrow and wide pull ups
Underhand chin ups
Hanging leg raise and knee raise

Muscles worked:



Pull down challenger 8

Seat with twin pull down handles

Exercises:

Lat pull down
Neutral grip pull down
Reverse pull down

Muscles worked:



Hip twister 9

Rotating standing plate
and supporting handles

Exercises:

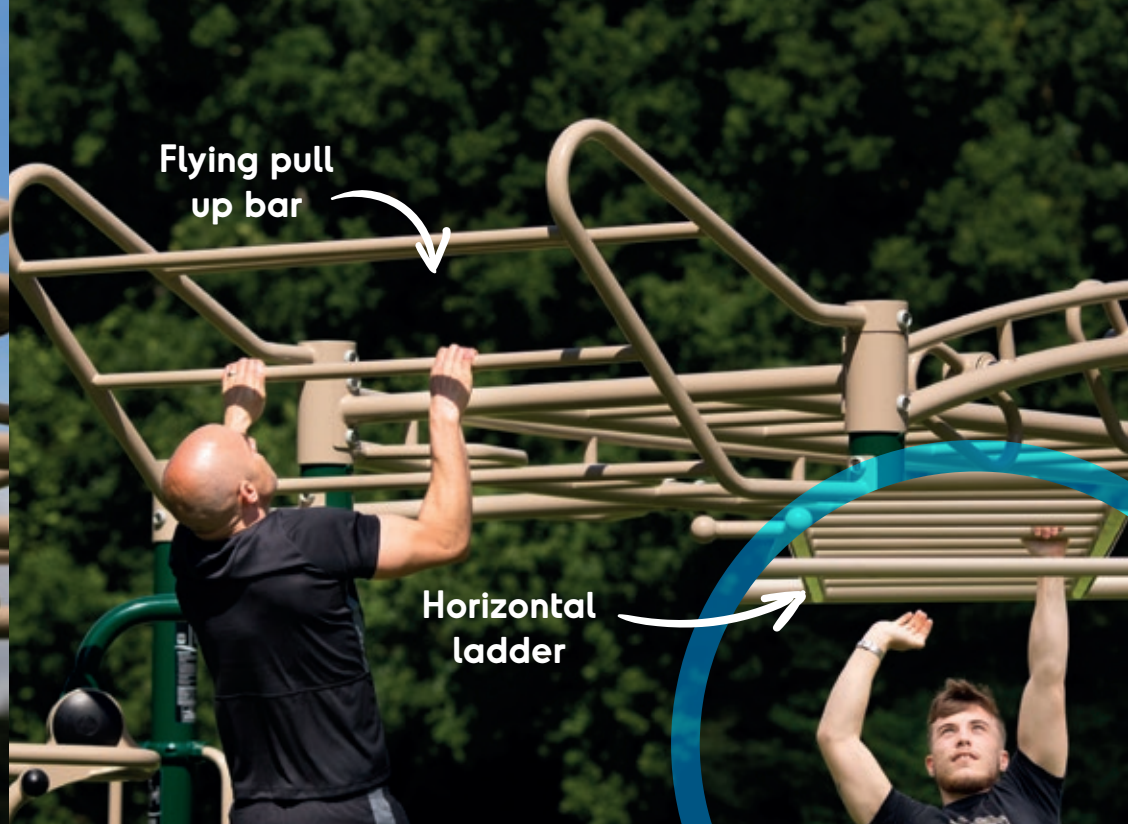
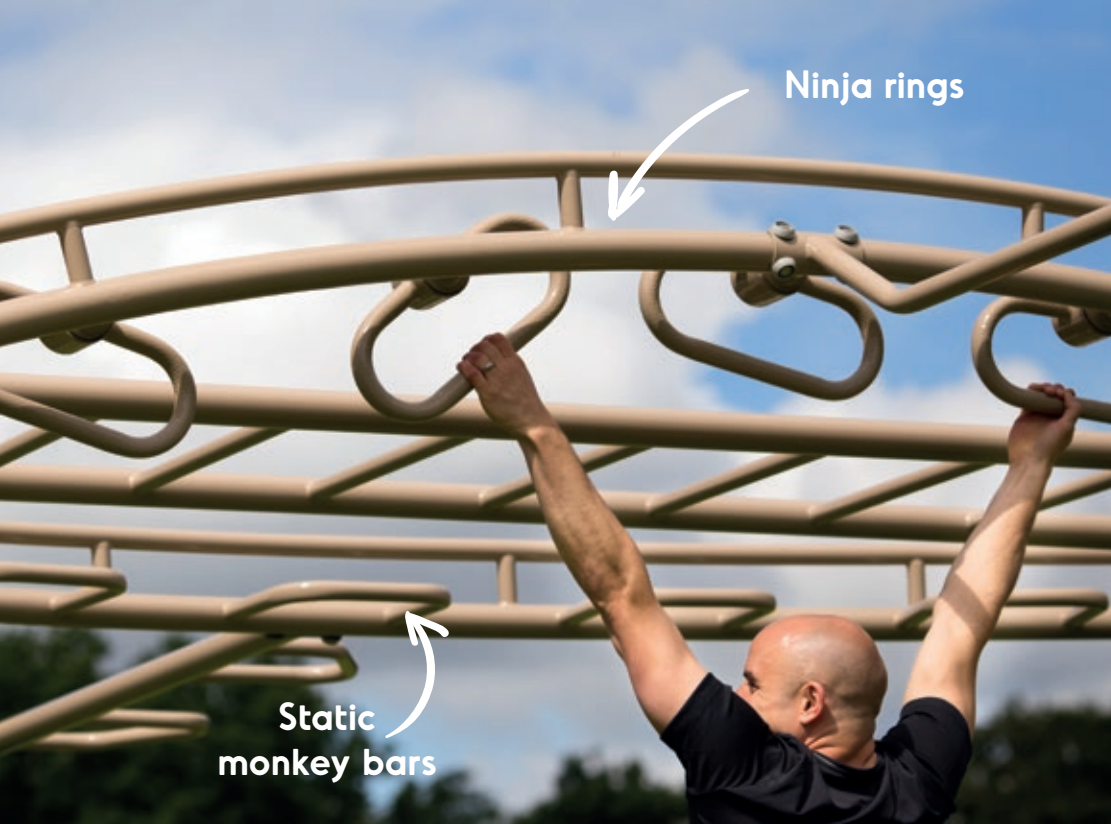
Hip twisters
Half squat twists

Muscles worked:



Pull up bar

Pull down challenger



Ninja rings 10

Arc design & moving bars give an even greater challenge

Exercises:

Traversing swing

Muscles worked:



Static monkey bars 11

Wide bars for static pull up or traversing

Exercises:

Basic monkey bars
Static pull ups
Close grip pull ups
Lateral swing

Muscles worked:



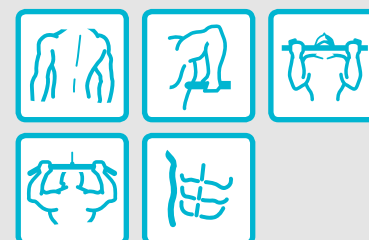
Horizontal ladder 12

11 bar ladder

Exercises:

Pull ups
Monkey bars
Hanging leg raises

Muscles worked:



Flying pull up bar 13

45° triple bar ladder

Exercises:

Jump / pull up between each bar, moving up and down the ladder
Explosive pull ups

Muscles worked:





Horizontal ladder

Pull up station

Dorsal Raise

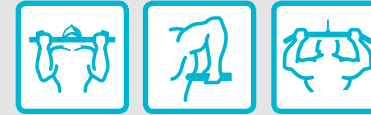
Pull up station 14

Static handles; position hands front facing or side facing

Exercises:

Pull up
Neutral grip pull up
Chin ups

Muscles worked:



Vertical ladder 15

Multi-level bars for stretching & Strength building

Exercises:

Inverted row
Sit ups, crunches
Knee drives

Raised feet push ups
Stretch

Muscles worked:



Dorsal Raise station 16

Dorsal raise frame

Exercises:

Back extensions
Wide grip dips
Side crunches

Muscles worked:



Further information

Fitness Rig Dimensions:

Width 7302.5mm x
Depth 5696.9mm x
Height 2722.5mm

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.

Signage:

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

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



T 01483 608860

F 01276 66785

E sales@fresh-airfitness.co.uk

www.fresh-airfitness.co.uk

 @FA_Fitness

 @freshairfitnesspage

Unit 2K, Albany Park,
Frimley Road, Frimley,
Surrey GU16 7PL



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.