



playfit® motivated fitness



playfit parcours® - Fitness Venues

The attractive stainless steel **playfit®** equipment is intended for outdoor installation.

There are practically no limits to the areas of application and types of location. This is because the devices are "all-weather machines" and simple to operate. Regardless of individual training ambitions and fitness levels, people of all ages can use the equipment in everyday clothing, in normal office wear, or streetwear.

playfit® equipment can also bring young and old people together. They can meet casually and, if they feel like it, strike up conversations while training together on the machines. So a **playfit®** trim-trail need not be regarded purely as a training area in its own right but also as a location for facilitating communication between generations.



Over the years the **playfit®** system has not only established itself at a municipal level, e.g. in public spaces and sports grounds. Operators of social-care facilities such as senior residences, sheltered workshops, clinics, and other health care facilities, housing associations, corporate facilities, hotels, and theme parks have come to recognize the benefits that this system offers. Thanks to their very attractive design, the machines are "landscape-neutral" in almost all settings.



playfit®

Selected Partnerships:



Keep fit with playfit®



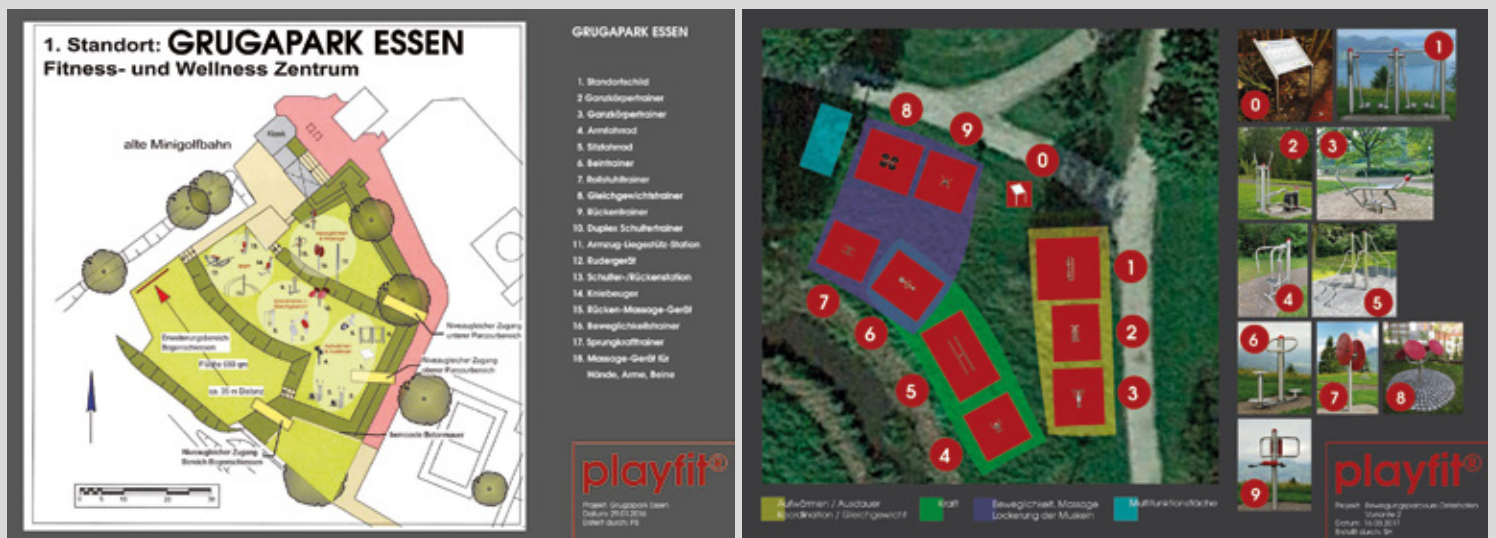
For some time now the development of outdoor-exercise areas and attractive open spaces in cities and municipalities has gained more and more public attention and support especially in the media and in the trade press in particular. In fact, in the last few years public parks and green spaces in residential areas have become increasingly popular for such recreational activities.

Since the Hamburg based company **playfit®** was set up in 2005 it has supplied training-equipment for 2000 locations throughout Germany and other EU countries, Switzerland, UK, and even to Africa.

playfit® is one of the market leaders in this segment and, through its wide range of developmental activities in this field, participation in case studies and events, has contributed significantly to the growing acceptance of outdoor fitness parks, outdoor gyms and multi-generational exercising-areas.



playfit® outdoor-gyms and the recently introduced **playfit®** to go gym-stations also provide cities and municipalities attractive opportunities with regard to town planning and for developing tourism. Additionally, in combination with outdoor-gyms, jogging and walking tours can be routed past points of interest as pro-active „sightseeing tours“.





playfit® Main Functions

WARM UP	Recommended measure for preventing injuries
CO-ORDINATION BALANCE	For improved motor skills and the prevention of falls
STRENGTH	For improved body tension, good posture and the prevention of injury
STAMINA	For strengthening physical performance and recovery with a preventative effect on the cardiovascular system
FLEXIBILITY STRETCHING OF THE FASCIA	For improved flexibility and for safe execution of movements
MASSAGE/ INVIGORATION OF THE FASCIA	To relax the muscles, release tension on a long-term basis and for general wellbeing For the prevention of overexertion after extensive strength and endurance training

Sign Board



SIGN BOARD

Made of stainless steel,
Device-specific text panel
made of composite
aluminium plate

JS-0589DII

Instruction Sign



INSTRUCTION SIGN

Made of stainless steel,
Device-specific text panel
made of composite
aluminium plate

JS-0589D

Walker



STAMINA

Co-ordination
Balance
Mobility
Strength
for

Legs
Lower Back



JS-0231D

Elliptical



STAMINA

Co-ordination
Strength
for
Whole Body



JS-0922DIII

Arm Cycle



STAMINA

Mobility
Strength

for

Whole
Upper Body



JS-0672D

Sit and Cycle



STAMINA

Strength

for

Legs



JS-0555D

Rider



STAMINA

Mobility
Strength

for

Upper Body
Legs



JS-0828D

Sit and Row



STAMINA

Mobility
Strength

for

Arms
Shoulders
Back



JS-0541D

Ski Walker



STAMINA

Co-ordination
Strength

for

Whole Body



JS-0265D

Balance Trainer



CO-ORDINATION/ BALANCE

Body tension
Strength

for

Whole Body



JS-6014D

Motofit



CO-ORDINATION/ BALANCE

Mobility

for

Whole
Upper Body



JS-6015D

Slackline Post



CO-ORDINATION/ BALANCE

Mobility

for

Whole Body



JS-0310D

Balance-Parcours



CO-ORDINATION/ BALANCE

for

Whole Body



JS-0258D

Sit and Pull



STRENGTH

Mobility

for

Arms
Shoulders
Back



JS-0558D

Sit and Push



STRENGTH

Mobility

for

Arms
Shoulders
Chest



JS-0559D

Stand and Pull



STRENGTH

Mobility

for

Arms
Shoulders
Chest
Back



JS-0561D

Jump and Reach



STRENGTH/SPRINGINESS

Co-ordination
Mobility

for

Whole Body



JS-0520D

Parallel Bars



STRENGTH

Body tension
Mobility

for

Whole Body



JS-0205D

Lift-Up Press-Up Trainer

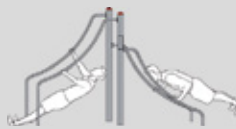


STRENGTH

Mobility

for

Shoulders
Arms
Back
Chest



JS-0238D

Leglift Press-Up Twin-Trainer



STRENGTH

Mobility

for

Whole Body



JS-0239D

Sit-Up Bench



STRENGTH

for

Stomach



JS-0829D

Bar 4 Level



STRENGTH

Body tension
Mobility

for

Whole Body



JS-0141D

Multifunction Unit



STRENGTH

Body tension
Mobility

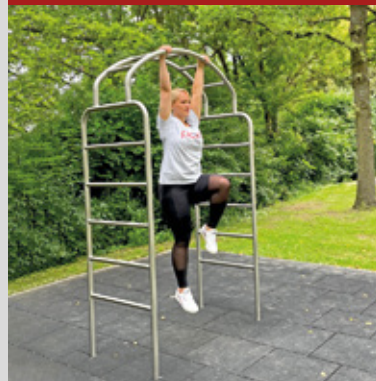
for

Whole Body



JS-0235D

Multifunction Unit MICRO



STRENGTH

Body tension
Mobility

for

Whole Body



JS-1910D

Sit-Up Back-Stretch Twin-Trainer



STRENGTH

Mobility

for

Stomach
Back



JS-0253D

Leg Press



STRENGTH

Stamina

for

Legs
Bottom
Stomach
Torso



JS-0568D

Step Trainer



STRENGTH

Stamina
Balance
Mobility

for

Legs
Bottom



JS-0212D

Handstand Press-Up Trainer



STRENGTH

Co-ordination
Balance
Mobility

for

Whole Body



JS-0217D

Leg Press Power



STRENGTH

for

Legs
Bottom
Back
Torso



JS-0537D

Handgrip Strength Trainer



STRENGTH

Mobility

for

Hands
Arms



JS-0214D

Twister



MOBILITY/ STRETCHING

Loosening the muscles
Balance
Strength

for

Back
Stomach
Hips



JS-0234D

DUPLEX Twister



MOBILITY/ STRETCHING

Loosening the muscles
Strength

for

Back
Stomach
Hips



JS-0234C

Taiji Massage Machine



MOBILITY/ STRETCHING

Co-ordination
Massage

for

Shoulders
Hands



JS-0285D

DUPLEX Taiji Massage Machine



MOBILITY/ STRETCHING

Co-ordination
Massage

for

Shoulders
Hands



JS-0285C

Happy Big Wheel



MOBILITY/ STRETCHING

Co-ordination

for

Whole Body



JS-0299D

Drive In and Turn

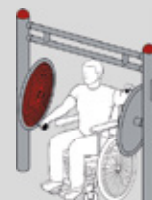


MOBILITY/ STRETCHING

Co-ordination
Strength

for

Whole
Upper Body



JS-0683D

Slalom Trainer



MOBILITY/ STRETCHING

Co-ordination
Strength

for

Torso
Stomach
Legs



JS-0264D

Waist Back Massage Machine



FASCIA TRAINING / MASSAGE

Strength

for

Back
Hips
Legs



JS-0502D

Massage Rub Machine



FASCIA TRAINING / MASSAGE

Co-ordination
Balance
Strength

for

Hands
Arms
Legs



JS-0503D

Massage Stretch Machine



FASCIA TRAINING / MASSAGE

Mobility

for

Upper Body
Legs



JS-0246D

SIGNAGE

SIGN BOARD



In accordance with the DIN EN 16630:2015 safety standard, a signboard, clearly recognisable as such, is required where outdoor-fitness equipment is installed.

INSTRUCTION SIGN



These should be located next to the devices and include clear operating instructions showing three different levels of difficulty (Basic-Intermediate-Advanced) and self-explanatory graphics to allowing workouts according to users individual abilities.

QUALITY & SAFETY

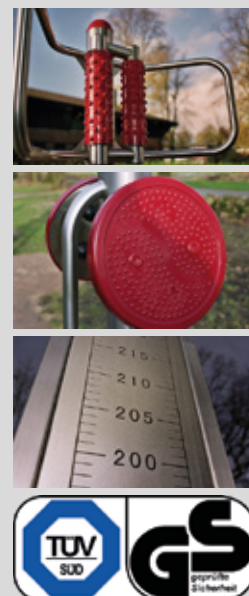
The **playfit®** concept is based on two fundamental factors:

1 The equipment is easy to use and allows highly effective and challenging exercises.

The equipment is easy to operate intuitively for almost all potential user groups - with beneficial effects for users with regard to physical and psychological well-being.

2 Attractive design, superb quality and certified safety.

playfit® stainless steel equipment not only looks very attractive but is ergonomically designed to cater to a broad range of users. To ensure consistently high levels of quality and compliance with the safety-relevant requirements applicable for installing such equipment in public spaces **playfit®** devices are tested and certified in accordance with the latest safety norms (DIN EN 16630:2015). The certification procedure is carried out by one of the major German monitoring organisations TÜV SÜD. In addition, the equipment also bears the German GS label for "certified safety".



ADDITIONAL SERVICES

Making a success of your **playfit®** outdoor-gym requires thorough planning. Benefit from our experience gained from our involvement in planning and development for more than 2000 of sites where **playfit®** equipment has been installed.

We can also provide support during the design, planning and implementation stages. In addition, you can benefit from our expertise in the form of recommendations for the sustainable and long-term operation of your **playfit®** outdoor-gym.

During the decision-making processes our support includes:

- On-site appointments
- Needs analysis
- Preparing supporting documents and assistance for choosing equipment combination as per intended user-groups
- Providing general site-plans
- On-going support during implementation process
- Providing advice for inauguration and media notices



playfit®

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Print: April 2023