



playfit[®]

outdoor - fitness



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:





playfit® Main Functions

playfit®: Better health for mind and body with playfit®. Whether exercising alone or in groups, under guidance or individually, using fitness equipment is fun and appeals to people with different exercising goals and objectives and according to their individual ability. Each piece of equipment offers a variety of training options, from low-intensity exercise to challenging workouts.

Walker



STAMINA

Co-ordination
Balance
Mobility
Strength
for



JS-0231D

Legs
Lower Back

Elliptical



STAMINA

Co-ordination
Strength
for



JS-0922DIII

Whole Body

Arm Cycle



STAMINA

Mobility
Strength
for



JS-0672D

Whole
Upper Body

Sit and Cycle



STAMINA

Strength
for



JS-0555D

Legs

Rider



STAMINA

Mobility
Strength
for



JS-0828D

Upper Body
Legs

Sit and Row



STAMINA

Mobility
Strength
for



JS-0541D

Arms
Shoulders
Back

Ski Walker



STAMINA

Co-ordination
Strength
for



JS-0265D

Whole Body

Bike Trainer



STAMINA

Strength
for



JS-0251D

Legs
Lower Back

Balance Trainer



CO-ORDINATION/ BALANCE

Body tension
Strength

for
Whole Body



JS-6014D

Motofit



CO-ORDINATION/ BALANCE

Mobility

for
Whole 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-6015D

Drive In and Pull



STRENGTH

Mobility

for
Arms
Shoulders
Back



JS-0558C

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

Inclusion Bars



STRENGTH

Body tension
Mobility

for
Whole Body



JS-0205C

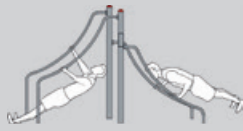
Lift-Up Press-Up Trainer



STRENGTH

Mobility

for
Shoulders
Arms
Back
Chest



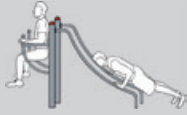
JS-0238D

Leglift Press-Up Twin-Trainer



STRENGTH

Mobility
for
Whole Body



JS-0239D

Sit-Up Bench



STRENGTH

for
Abs



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 MEDIUM



STRENGTH

Body tension
Mobility
for
Whole Body



JS-0129D

Multifunction Unit MICRO



STRENGTH

Body tension
Mobility
for
Whole Body



JS-1910D

Sit-Up Back-Stretch Twin-Trainer



STRENGTH

Mobility
for
Abs
Back



JS-0253D

Leg Press



STRENGTH

Stamina
for
Legs
Bottom
Abs
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 Trainer



STRENGTH

for
Legs
Bottom
Back
Torso



JS-0537D

Handgrip Strength Trainer



STRENGTH

Mobility
for
Hands
Arms



JS-0214D

Powerbench



STRENGTH

Body tension
Mobility

for
Whole Body



JS-0202D

Press-Up Trainer



STRENGTH

Mobility

for
Whole
Upper Body



JS-0853D

Twister



MOBILITY/ STRETCHING

Loosening the muscles
Balance
Strength

for
Back
Abs
Hips



JS-0234D

DUPLEX Twister



MOBILITY/ STRETCHING

Loosening the muscles
Strength

for
Back
Abs
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

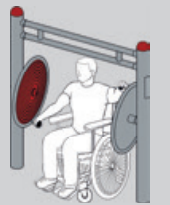
Drive In and Turn



MOBILITY/ STRETCHING

Co-ordination
Strength

for
Whole
Upper Body



JS-0683D

Slalom Trainer



MOBILITY/ STRETCHING

Co-ordination
Strength

for
Torso
Abs
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
Stretching

for
Upper Body
Legs



JS-0246D

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 more than 3000 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“.

1. Standort: GRUGAPARK ESSEN Fitness- und Wellness Zentrum

alte Minigolfbahn
Kiosk
Erweiterungsbereich
Fläche 650 qm
ca. 30 m Ost-West
Neuangelegter Zugang
Bereich Panoramabereich
Neuangelegter Zugang
oberer Panoramabereich
bestehende Betonmauer

GRUGAPARK ESSEN

1. Standortschild
2. Ganzkörpertrainer
3. Ganzkörpertrainer
4. Armfahrrad
5. Sitzfahrrad
6. Beintrainer
7. Rollstuhltrainer
8. Gleichgewichtstrainer
9. Rückentrainer
10. Duplex Schültertrainer
11. Armzug-Liegestütz-Station
12. Rudergreif
13. Schulter-/Rückenstation
14. Kniebeuger
15. Rücken-Massage-Gerät
16. Beweglichkeitstrainer
17. Sprungkrafttrainer
18. Massage-Gerät für Hände, Arme, Beine

playfit®
Projekt: Grugapark Essen
Datum: 20.01.2016
bestell-nummer: 78

■ Aufwärmen / Ausdauer
Koordination / Gleichgewicht

■ Kraft

■ Beweglichkeit, Massage
Lockerung der Muskeln

■ Multifunktionsfläche

playfit®
Projekt: Bewegungscouroute Osterhofen
Vorserie 2
Datum: 16.02.2017
bestell-nummer: 91

SIGNAGE

SIGN BOARD




In accordance with the 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.

Happy Big Wheel playfit® Training Options




BASIC 1 - 20 repetitions

Before you start, make sure that you can comfortably reach one of the spherical hand grips when it is positioned above you at its highest point. Take one grip in each hand and relax your shoulders by lowering your elbows. Turn the wheel to and fro slowly in a semicircle, moving your hips in each direction at the same time.



INTERMEDIATE 1 - 20 repetitions for each direction / hand

Position yourself sideways on to the rotating wheel and place one foot in front of the other. Hold the spherical hand grip with the hand nearest to the rotating wheel and turn the wheel in a forward direction. At the same time, shift your weight onto the front leg and, when moving back again, onto the rear leg. Carry out these rotations smoothly and evenly. Face the other way and repeat exercise in the opposite direction.



ADVANCED 1 - 5 repetitions for each direction

Take one spherical hand grip in each hand. Turn the wheel in one direction. Continue to hold each hand grip and turn your body in small steps around your own axis allowing the hand grips to rotate at the same time. Carry out these rotations smoothly and evenly. Change direction as often as possible.

**MOBILITY
CO-ORDINATION**

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 (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 3000 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



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