



Outdoor Fitness equipment

Catalogue of ideas for small public spaces



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www.en.outdoorfitness.pl



Welcome to the world of outdoor fitness !

Wouldn't it be wonderful to use urban space and adapt it better to human needs? Now it is possible. All we need to do is to get some fresh ideas and develop unused places.

We are presenting new solutions for developing untapped squares to multifunctional recreation places. Such solution is directed to everyone: seniors, adults, kids even handicapped people. Park,

school, beach or settlement are the places where you can find some unexploited space and arrange it to a fitness park.

You can improve people's lifestyle by changing your surrounding. We can help you with creating your local fitness park with pleasure.

Recreation for seniors and adults

Outdoor Fitness Center include almost maintenance-free devices which are resistant to weather conditions and physical damage. Devices were tested by thousands of users in over 600 places in Poland and Europe. Starmax is leading in devices production in Poland.

Quality, safety and design are our priority. It is possible to improve whole body parts with our devices: legs, arms, stomach, chest and back.

Devices are separated to two types: building muscles and cardio. Due to those features, everyone can get fit easily.

Due to this features they are designed mainly for seniors and enjoy popularity among this group of people. Outdoor Fitness is a novelty in Poland, however well - proven worldwide.

100%
Poland
product

more of
600
projects

comply with EN
16630
1176



Advantages of outdoor fitness:

1. They are available for everyone (kids and their parents, youths, senior and handicapped people)
2. Improves physical condition and coordination.
3. Makes people feel better.
4. To hush internally through outdoor activity.
5. Enables make and perpetuate relationship.
6. Correctly chosen exercises can be a kind of rehabilitation.
7. Impact on improving health .
8. Free entertainment.

Advantages for contractors

1. Short time of realization from 2 to 6 weeks.
2. Small cost of purchase. From 158 € net for one equipment.
3. Satisfaction from adult inhabitants, mainly seniors.

From idea to land development

We provide comprehensive management of the gym and the area around it. For smaller investments are made to the assembly of molded concrete foundations without additional conditions.

Larger projects can spice up with:

- Pavements and sidewalks,
- Benches and bicycle racks,
- Playgrounds for children,
- The path of health,
- Petanque,
- Information boards.

If necessary, update the maps for the architectural design and execute the project for construction or application works.

Frequently made surfaces are: natural gravel surfaces, concrete blocks and pavements safe: sand, gravel, polyurethane.



Laziska Gorne, safe surface

You can keep calm when kids are playing

Devices are created according to the newest safety regulations EN 16630:2015. Certificate is a protection for admin in case of any accident.

Solid sphere bearing

Lean out reduced to maximum 55 degrees (requirement of EN 16630:2015)

Foot sets rustproof aluminium or stainless steel

Pylon is carrying element, devices are mounted mutually to it

Clear manual, possible to place individual text

Seat rustproof aluminium or stainless steel.

Installation 30 cm under the surface requirement of EN 16630:2015 and EN1176-1



Examples of different colours other than the standard.



Green – yellow



Blue – white



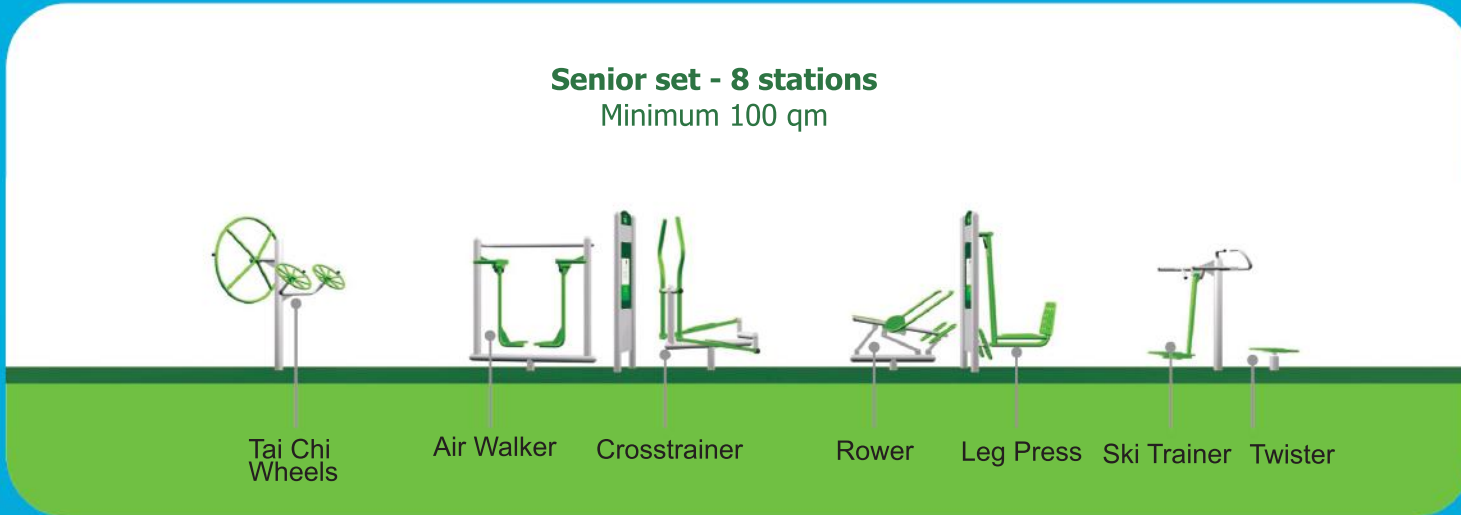
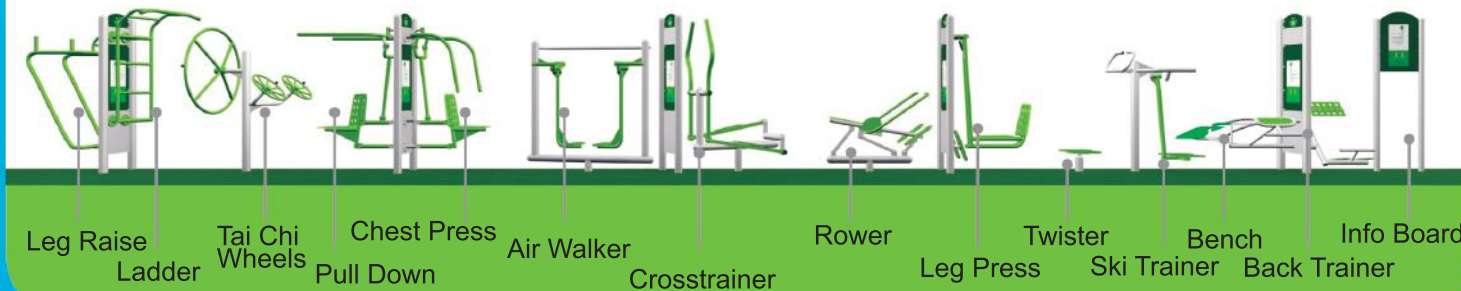
Brown – green



Violet – yellow

Full Set - 14 stations and information board.

Minimum 150 qm.



Outdoor Fitness as an integration place for handicapped and nonhandicapped people

NEW

Outdoor Fitness Integration places provide an opportunity to focus on one square, both current users and persons with disabilities. In order to avoid creating squares designed exclusively for a specific audience, series of devices "for all" have been developed.

The devices were constructed on the basis of already existing solutions, used so far by the company in constructions of the outdoor gym devices.

Recently we had conducted discussions with the potential users and took the advantage of our seven-

year experience in practice. This ensures that our solutions are functional, safe and reliable.

We hope that thanks to this initiative we will contribute to increasing mutual acceptance, greater understanding and more frequent contacts between the specified communities. Our goal is to create the opportunity of giving the best possible development for all users.

Integration set

Minimum 130 qm



OFC**Air Walker OFC-02**

Device category:
Blood circulation, Coordination

Training effect:
Training of muscles of the whole legs and hips, delicate for joints. In addition, it improves the sense of equilibrium.

Method of use:
Place both legs on pedals and firmly grab the handle. Move your legs back and forth.

Exercise difficulty: Easy

Size: 157 x 143 cm
Configuration: Single Air Walker or with Crosstrainer OFC-05

**Crosstrainer OFC-05**

Device category: Coordination

Training effect:
Delicate training for leg and hip muscles joints. Additionally, shoulder and arm muscles training. Positively affects fatty tissue burning.

Method of use:
Stand on pedals and firmly grab both holders with your hands. Move the legs forward and backwards, and at the same time help yourself with hands interchangeably pulling and pushing the sticks.

Exercise difficulty: Easy

Size: 205 x 139 cm

Configuration : Single Crosstrainer or set with Air Walker OFC – 02 and pylon OFC - 01

**Ladder OFC-03**

Device category: Building muscles

Training effect:
Option 1: Effective strengthening of arms and elbows
Option 2: Muscle stretching

Method of use:
Option 1: Pull-ups on a bar: Grab the bar's holder and pull your body to the breast height, avoiding pendulum movement. Then slowly lower yourself.
Option 2: Muscle stretching: Place your foot on the step at the level of your waists. Bend to the foot on the step and to the foot on the floor.

Exercise difficulty: Average to hard

Size: 170 cm x 87 cm

Configuration: with Pylon OFC-01 i Leg raise OFC-06

**Leg raise OFC-06**

Device category: Building muscles

Training effect:
Effective strengthening of bottom abdomen muscles.

Method of use:
Lean against the supports with your hands, with your back to the device. Grab the holders. Thighs horizontally, calves vertically. Pull the pelvis and the legs to the torso and then lower them.

Exercise difficulty: Hard

Size: 143 cm x 105 cm

Configuration: with Pylon OFC-01 and Ladder OFC-03

OFC



Bench OFC-04

Device category: Building muscles

Training effect:

Strengthening of straight and slanting abdomen muscles .

Method of use:

Lie down on the bench, face up. The legs should be bent at knees, lean your feet against the lower crossbar. Put your hands under your head. Lift the torso in the following order: first the head then the shoulders and then the rest of your body. A torso twist can be performed at the end. Slowly lower your torso to the bench. Make full, smooth movements.

Exercise difficulty: Hard

Size: 43 cm x 152 cm

Configuration: with Pylon OFC-01 and BackTrainer OFC-08



Back Trainer OFC-08

Device category: Building muscles

Training effect: Strengthening of back extensors, bicep muscles of thighs and buttocks

Method of use:

Lean your hips against the bench, face pointed down. Lean the legs against the crossbar. Cross your hands on the chest. Lower and lift your thorax smoothly, slowly and fully.

Exercise difficulty: Medium

Size: 77 cm x 77 cm

Configuration: with Pylon OFC-01 and Bench OFC-04



Rower OFC-011

Device category: Blood circulation, Coordination

Training effect:

One of the most comprehensive devices. Practically it activates all parts of the body. Excellent exercise for boosting the efficiency of the organism.

Method of use:

Locate your feet on the pedals, catch the handle with both hands. Pull the handle to the belly straightening your legs in the same time. Return to the starting position.

Exercise difficulty: Medium

Size: 131 cm x 115 cm

Configuration: Single Rower or with Pylon OFC-01 and Leg Press OFC-07



Leg press OFC-07

Device category: Building muscles

Training effect:

Strengthening all muscles of legs and calves.

Method of use:

Sit stably on the saddle and place both legs on the pedals. Straighten the legs pushing yourself away from the device and bend them at knees Again.

Exercise difficulty: Average

Size: 103 cm x 101 cm

Configuration: With Pylon OFC-01 and Rower OFC-11



Twister OFC-09

Device category: Coordination

Training effect:
Aids the activity of hip joints and of the lumbar spine. Trains the sense of balance and affects the abdomen muscles.

Method of use:
Take a position on one of the discs with both legs, grab the holder with your hands and then move your hips in a uniform fashion from the right side to the left.

Exercise difficulty: Easy

Size: 178 cm x 84 cm

Configuration: With Twister OFC-10



Ski Trainer OFC-10

Device category: Building muscles, Coordination

Training effect:
Trains the hip muscles. Aids the activity of hip joints and of the lumbar spine. Trains the sense of balance and affects the abdomen and back muscles.

Method of use:
Set both legs on the feet and firmly grab the holders. Move the legs to the right and left performing a pendulum movement.

Exercise difficulty: Easy

Size: 178 cm x 103 cm

Configuration: With Twister OFC-09



Pull Down OFC-12

Device category: Building muscles

Training effect:
General training of upper back and arm muscles.

Method of use:
Sit stably (face or back to the instrument) and grab the holders. Pull the holders to the body and back to the almost straightened elbows. In order to diversify the exercises, different body positions can be assumed whilst holding the holders.

Exercise difficulty: Medium to hard

Size: 152 cm x 84 cm

Configuration: With Pylon OFC-01 and Chest Press OFC-13



Chest Press OFC-13

Device category: Building muscles

Training effect:
Strengthening breast, shoulder and arm muscles.

Method of use:
Take a seat on the saddle. Lean and grab the both sticks with your hands (vertical or horizontal sticks). Press the sticks away from each other and return to the initial position.

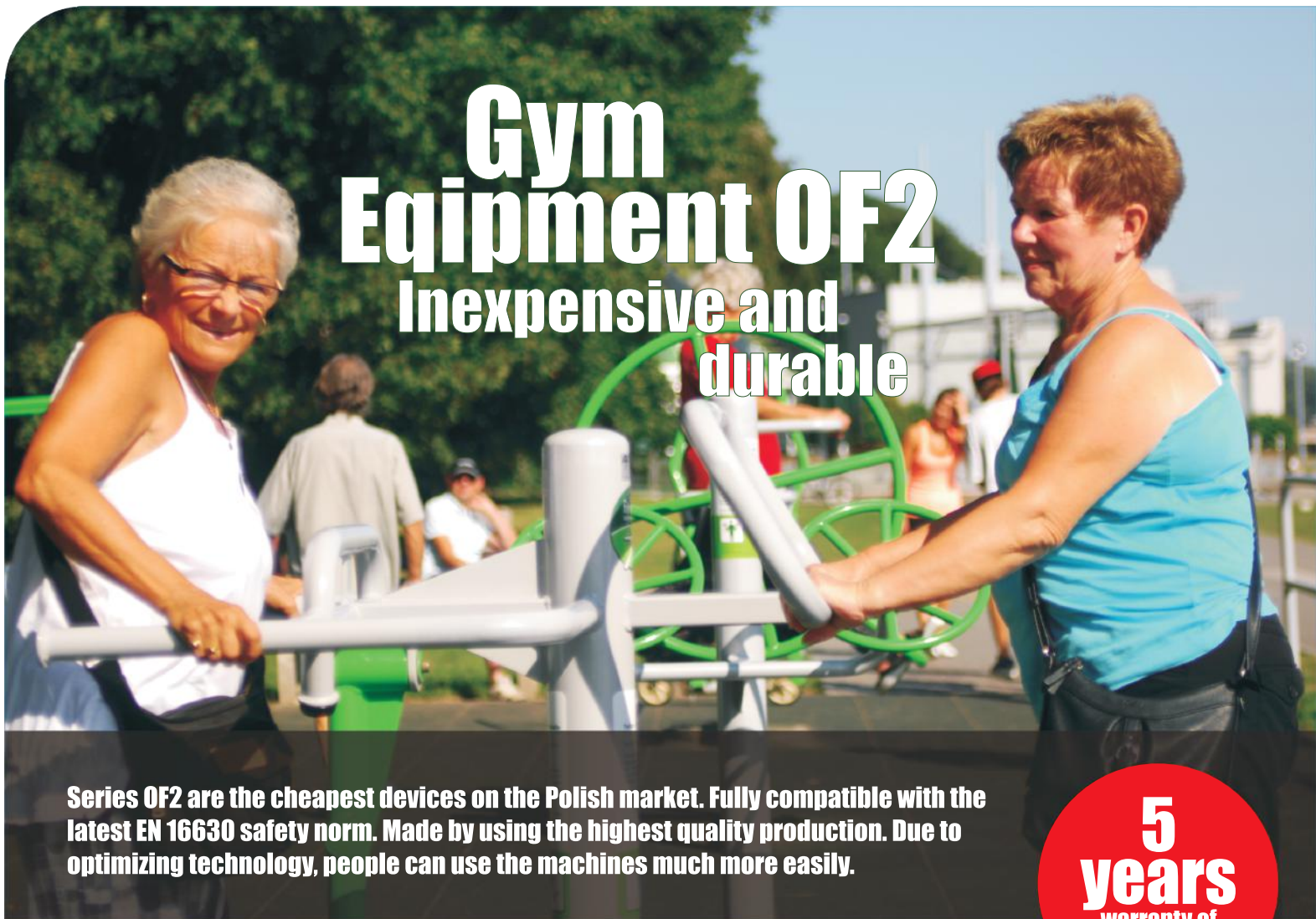
Exercise difficulty: Medium to hard

Size: 143 cm x 84 cm

Configuration: With Pylon OFC-01 and Pull Down OFC-12

Gym Equipment OF2

Inexpensive and durable



Series OF2 are the cheapest devices on the Polish market. Fully compatible with the latest EN 16630 safety norm. Made by using the highest quality production. Due to optimizing technology, people can use the machines much more easily.

5 years
warranty of the constructions



Pull Down OF2-14

Device category: Building muscles

Training effect:
General training of upper back and arm muscles.

Method of use:
Sit stably (face or back to the instrument) and grab the holders. Pull the holders to the body and back to the almost straightened elbows. In order to diversify the exercises, different body positions can be assumed whilst holding the holders.

Exercise difficulty: Medium to hard

Configuration: double Pull Down, single Pull Down, Pull Down with Chest Press



Chest Press OF2-15

Device category: Building muscles

Training effect:
Strengthening breast, shoulder and arm muscles.

Method of use:
Take a seat on the saddle. Lean and grab the both sticks with your hands (vertical or horizontal sticks). Press the sticks away from each other and return to the initial position.

Exercise difficulty: Medium to hard

Configuration: double Chest Press, single Chest Press, Chest Press with Pull Down

OF2



Air Walker OF2-01

Device category: Blood circulation, Coordination

Training effect:

Training of muscles of the whole legs and hips, delicate for joints. In addition, it improves the sense of equilibrium.

Method of use:

Place both legs on pedals and firmly grab the handle. Move your legs back and forth.

Exercise difficulty: Easy

Configuration: Single Air Walker or with Crosstrainer



Crosstrainer OF2-06

Device category: Coordination

Training effect:

Delicate training for leg and hip muscles joints. Additionally, shoulder and arm muscles training. Positively affects fatty tissue burning.

Method of use:

Stand on pedals and firmly grab both holders with your hands. Move the legs forward and backwards, and at the same time help yourself with hands interchangeably pulling and pushing the sticks.

Exercise difficulty: Easy

Configuration : Single Crosstrainer or set with Air Walker



Tai chi wheels big and small OF2-04 i OF2-03

Device category: Blood circulation

Training effect:

Exercise upper parts of the muscle. It uprates the efficiency of the upper limbs and the muscles of the shoulder girdle. Excellent general practice.

Method of use:

1. Catch the small wheel with both hands and rotate to the left or right.
2. Catch the big wheel with one hand and rotate to the left or right. Adjust the speed of movement.

Exercise difficulty: Easy

Configuration: Big wheel and small wheels, Double big wheels, double small wheels.



Leg raise OF2-07

Device category: Building muscles

Training effect:

Effective strengthening of bottom abdomen muscles.

Method of use:

Lean against the supports with your hands, with your back to the device. Grab the holders. Thighs horizontally, calves vertically. Pull the pelvis and the legs to the torso and then lower them.

Exercise difficulty: Medium to hard.

Configuration: Double leg raise, Single leg raise.

OF2



Bench OF2-05

Device category: Building muscles
Training effect:
Strengthening of straight and slanting abdomen muscles

Method of use:
Lie down on the bench, face up. The legs should be bent at knees, lean your feet against the lower crossbar. Put your hands under your head. Lift the torso in the following order: first the head then the shoulders and then the rest of your body. A torso twist can be performed at the end. Slowly lower your torso to the bench. Make full, smooth movements.

Exercise difficulty: Hard.

Configuration: double Bench, single Bench



Stretching Triangle OF2-10

Device category: Stretching
Training effect: To stretch your arms, back, and leg muscles.

Method of use:
1. Rest your heel firmly on the bar with both legs straight. Stay away gradually torso to the legs and then based the feet on the ground. Repeat on the other leg. You will feel the stretching of the biceps and spine.
2. Hold the bar and do fallout trunk with straight legs, chest gradually get close to the ground. You will feel the stretching of the shoulders and back.

Exercise difficulty: Average

Configuration: single Stretching Triangle



Rower OF2-13

Device category: Blood circulation, Coordination

Training effect:
One of the most comprehensive devices. Practically it activates all parts of the body. Excellent exercise for boosting the efficiency of the organism.

Method of use:
Locate your feet on the pedals, catch the handle with both hands. Pull the handle to the belly straightening your legs in the same time. Return to the starting position.

Exercise difficulty: Medium

Configuration: single Rower



Leg Press OF2-08

Device category: Building muscles

Training effect: Strengthening all muscles of legs and calves.

Method of use:
Sit stably on the saddle and place both legs on the pedals. Straighten the legs pushing yourself away from the device and bend them at knees Again.

Exercise difficulty: Medium

Configuration: double Leg Press, single Leg Press



Twister OF2-11

Device category: Coordination

Training effect:
Aids the activity of hip joints and of the lumbar spine. Trains the sense of balance and affects the abdomen muscles.

Method of use:
Take a position on one of the discs with both legs, grab the holder with your hands and then move your hips in a uniform fashion from the right side to the left.

Exercise difficulty: Easy

Configuration: Tripple Twister or Twister with Ski Trainer



Ski Trainer OF2-12

Device category: Building muscles, Coordination

Training effect:
Trains the hip muscles. Aids the activity of hip joints and of the lumbar spine. Trains the sense of balance and affects the abdomen and back muscles.

Method of use:
Set both legs on the feet and firmly grab the holders. Move the legs to the right and left performing a pendulum movement.

Exercise difficulty: Easy

Configuration: double-sided, one-sided, or Ski Trainer with Twister



Rider OF2-02

Device category: Building muscle

Training effect:
Strengthen the waist shoulders, upper back and shoulder and leg muscles.

Method of use:
Sit on the seat. Put your feet on the pedals, grab hands behind both handles. Pull the handle to the abdomen straightening your legs. Return to the starting position.

Exercise difficulty: Easy to medium.

Configuration: single rider



Street Workout Parkour

Poland, Gdansk, Krosienki st.

Street workout & parkour - trening with your own body weight

Street workout is nothing less than strength training with your own body weight, which is a callisthenic training on the basis of gymnastic exercises. Such training is performed outdoor rather than in the indoor gym. Callisthenic exercises can be traced back to the ancient times and mainly practiced by soldiers and prisoners. However, exercising using your body weight has been a complementary activity to a number of sports disciplines for many years now. can be combined in sets of various sizes depending on your needs. The components and equipment are construed in such a way that allows shaping practically any muscle group.

Every facility is equipped with an information board with a number of various exercises, which will make it easier for beginners to start their practice.

Parkour is a dynamic physical activity that involves overcoming architectural obstacles in the run using your only body. Parkour is a set of skills to overcome barriers, obstacles and space. It is aimed at the development of basic movement skills, including developing balance, speed, strength, endurance, courage and overcoming the fear of heights and space.

1Move Street Workout – we are one of the first manufacturers of such equipment in Poland. We create our facilities mainly with these young people in mind, who want to take care of their bodies and be fit not necessarily by spending their time in the indoor gym. The street workout equipment is a come back to forgotten fitness paths, which allowed for varied and creative training. Street workout facilities fill in the gap between outdoor gyms and playgrounds.

1Move offers a set of steel components and equipment for street workout. Thanks to the system solutions they

can be combined in sets of various sizes depending on your needs. The components and equipment are construed in such a way that allows shaping practically any muscle group.

Every facility is equipped with an information board with a number of various exercises, which will make it easier for beginners to start their practice.

Technical information

Massive metal equipment and components are made of steel to ensure the maximum durability in various weather conditions and to ensure resistance to vandalism. Poles are powder coated and bars are hot dip galvanized. Basic colours of the elements are black and grey. We also lacquer elements with the colors of the customer's choice. The delivery time is from four to six weeks.

We guarantee transport and installation all around Poland. Your own installation is possible. We offer shock absorbing surface. Our equipment and components comply with Polish and European safety measures.

1MOVE

Examples of devices offer:

Street Workout



Horizontal Ladder



Vertical Ladder



Gymnastic Rings

High Bars



Low Bars



Wave Bar



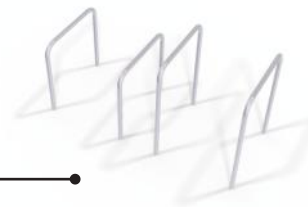
Pole Dance



Parkour



Low Rails



High Bars 240x270



100 cm Walls



70 cm Walls



Slanted Wall



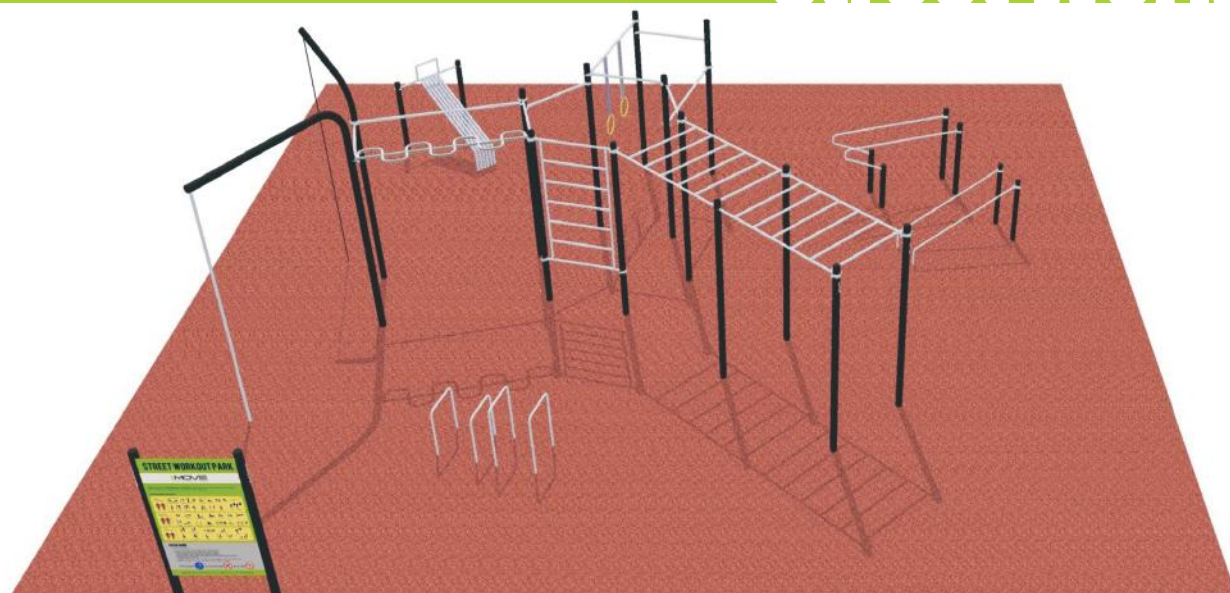
Box 100x120x150



Concrete Blocks



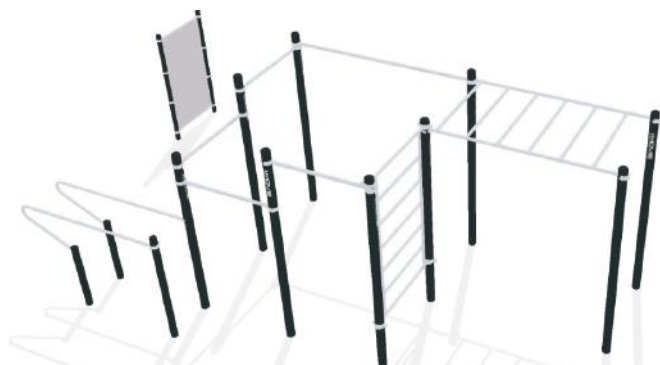
Street Workout



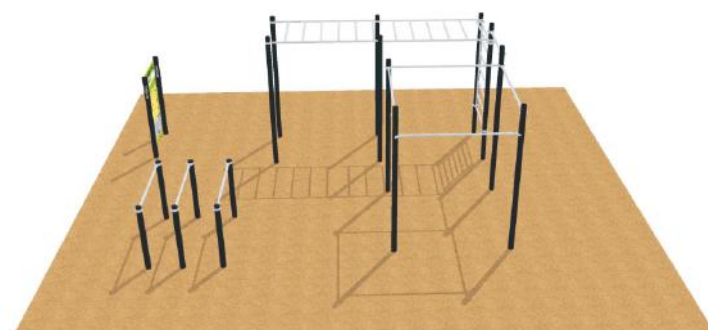
Street Workout Full

Full set at the minimum area of 11x12 m: Horizontal Ladder x 2, Vertical Ladder, High Crossbars 2 pcs., Low Crossbars 3 pcs. Workout Tower, Workout Triangle, Parallel Handrails, Oblique Handrails, Low Handrails, Oblique Bench, Gymnastic Rings 2 pcs. , Punching Bag, Information Board

Other exemplary sets of street workout/parkour:



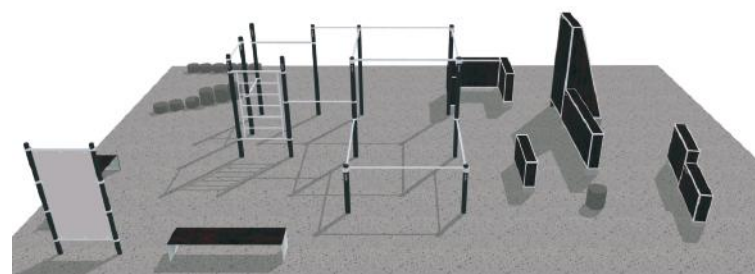
Street Workout Start



Street Workout Medium



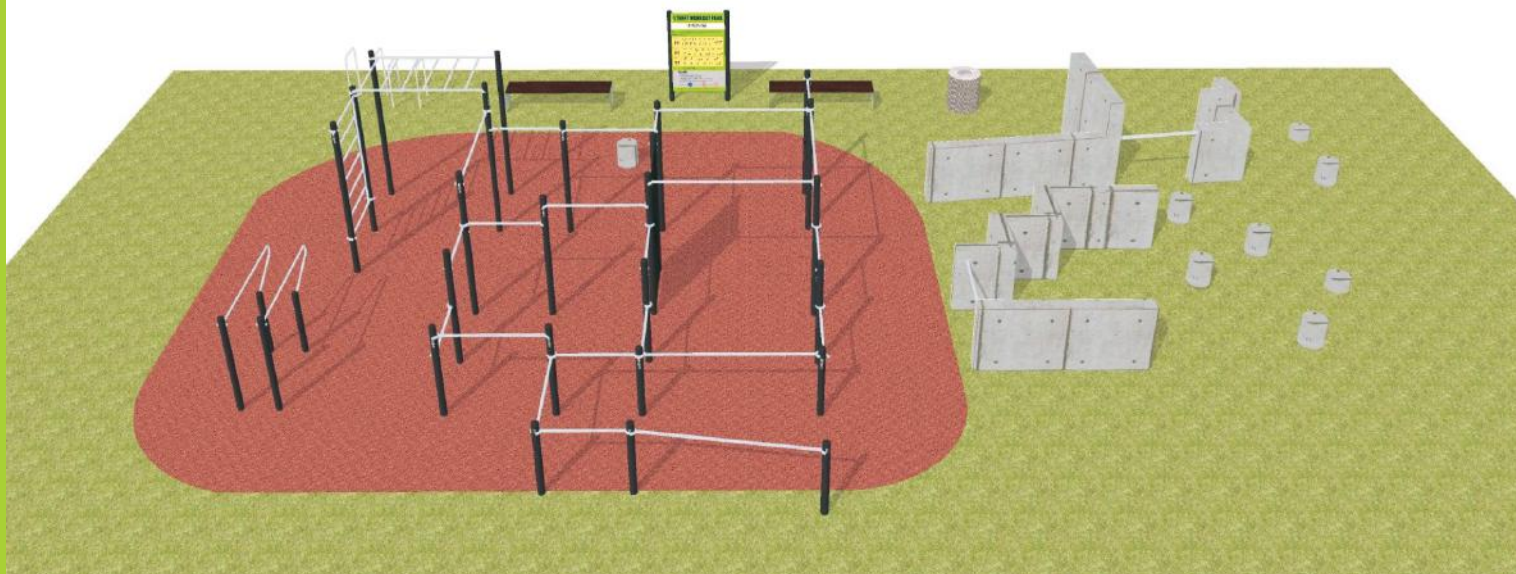
Parkour+SW Start



Parkour Full

Call for data sheets with the dimensions and specifications

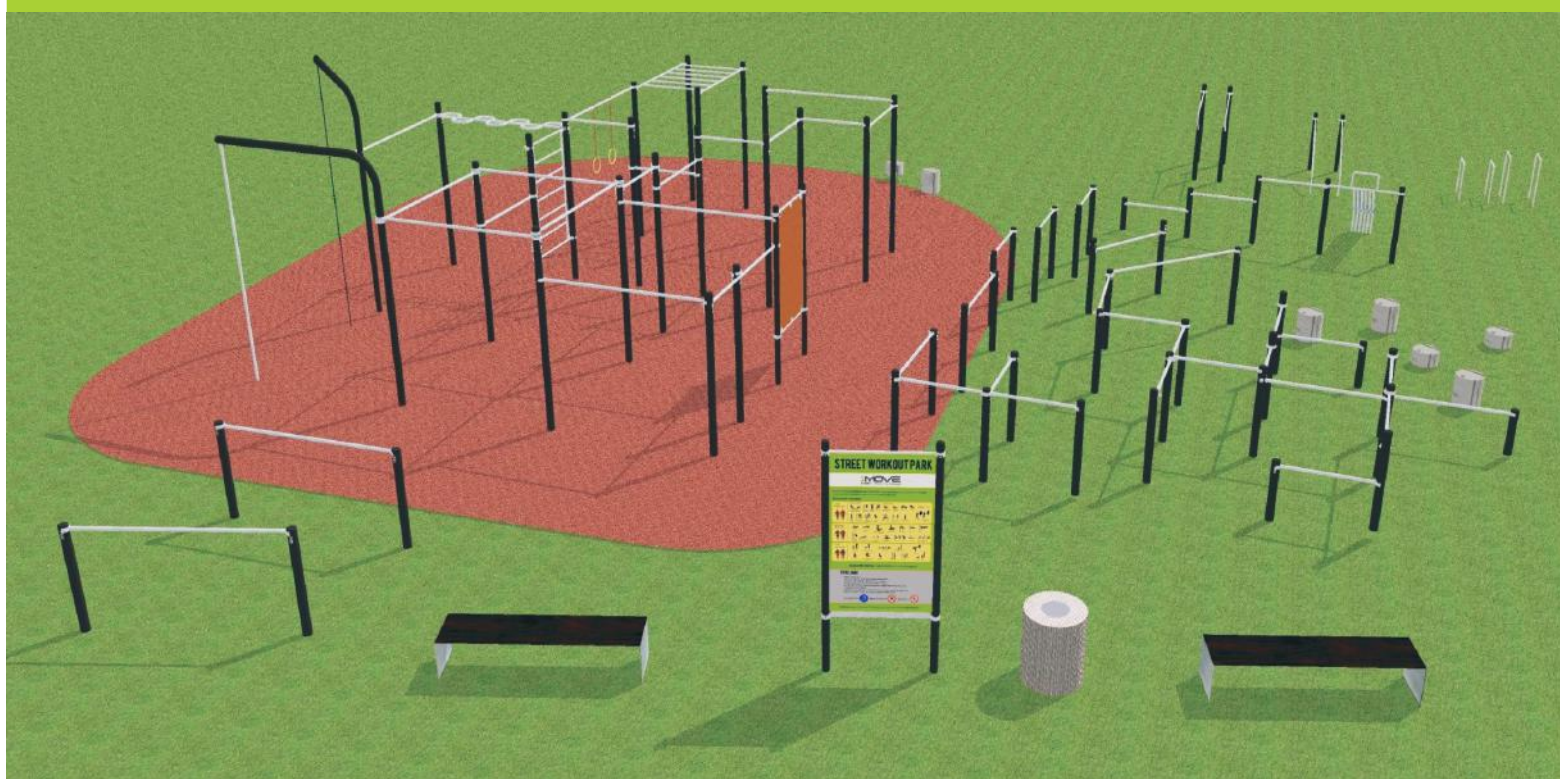
Parkour



Parkour+Freerunning Maxi

Parkour+Freerunning Maxi set – minimal area 14 x 22: Vertical Ladder, Horizontal Ladder, High Parallel Bars, Low Rails, Low Bars, Concrete Walls, Concrete Cylinders 13pcs. Information Board, Optional 2 Benches, Optional: Rubbish Bin x 1.

In case of the devices over 1 meter high, the safety surface is obligatory.



Parkour+Workout Full

Parkour + Workout Full Set – minimal area 20 x 22 meters includes: Horizontal Ladder, Vertical Ladder, Wave Bar, Gymnastic Rings, Pole Dance, Rope, High Bars, Low Bars, Concrete Cylinders, Oblique Bench, High Parallel Bars, Sloped Parallel Bars, Low Rails, an information board, Optional: rubbish bin x 1, Optional: 2 Benches and Information Board.

In case of the devices over 1 meter high, the safety surface is obligatory.

tel. +48 600 278 852 or pawel.bogusz@1move.pl

1MOVE



Szczecin, Przygodna st. (Poland), the surface of the stones

Technical Information

Standard colours are grey and green. There is a possibility to paint custom colours. Examples are shown on page 2.

Devices are available all the time. In case of dimensional or unusual orders expectation time ranges from 4 to 6 weeks.

Installation requirements:

Excavation for foundation, concrete spilling, inserting anchors with template. When concrete gets hard, screwing on devices.

Surface requirements:

Most devices don't need safe surface. It can be grass, cobblestone or broken stone. There is no requirement to install safety surface.

We are saving wisely, never at the expense of the quality.

Massive metal devices are made of thick steel. This guarantees maximum protection in different weather conditions and vandalism attempts.

Devices are made according to the newest safety regulations of outdoor fitness and playgrounds – the EN 16630, DIN 79000 i PN-EN 1176-1:2009 norms, which is proved by TÜV REINLAND certificate awarded by independent certification unit. Thanks to this we're sure, that our devices are safe for kids and adults.

As a manufacturer we can guarantee the availability of each spare part and long-term service. In case of failure the unit can be removed, repaired, repainted and installed once again. Standard warranty is 2 years.



Contact

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Your local distributor

