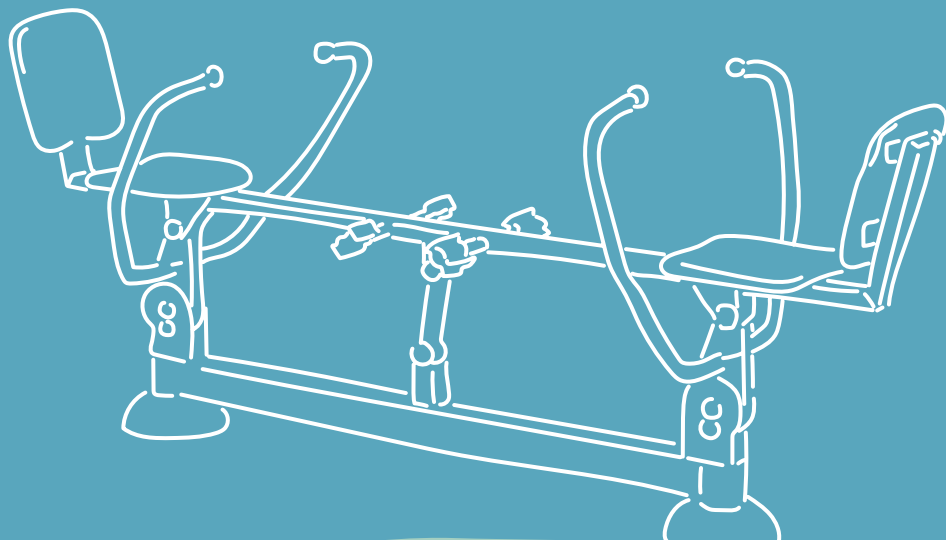


PLAY QUEST

Est 1991



GYM EQUIPMENT BROCHURE



t: 01745 561117 • e: sales@playquest.co.uk • w: www.playquest.co.uk



FRESH AIR FITNESS – OUTDOOR GYM EQUIPMENT

The Product

Create an Outdoor Gym or Outdoor Fitness Area with this range of professionally designed exercise equipment developed specifically for the outdoors, making them accessible to all.

The Places

The equipment is suited to a wide variety of locations. Many pieces of equipment have already been installed at: Public Playgrounds, Schools, Colleges, Universities, Recreation Areas, Holiday Parks, Business Parks, Community Areas, Hotels, Golf Courses, Cruise Ships, Military Bases and more!

The People

This equipment is suitable and accessible to all from children to the elderly and from beginners to the serious athlete.

Users do not need induction lessons for this equipment as the items are designed so that the users always work within their individual limits. Each piece has its own instruction panel and caution notice.

The Benefits

Free to use - Accessible to all - Health & Wellbeing - Promotes physical exercise - Low maintenance - Low carbon footprint - Promotes social engagement - Grants available - Vandal resistant construction.

Warranties

25 Year Guarantee on the main structural parts.
5 Year Guarantee on Paintwork*
1 Year Guarantee on Accessories, Plastic & Moving Parts

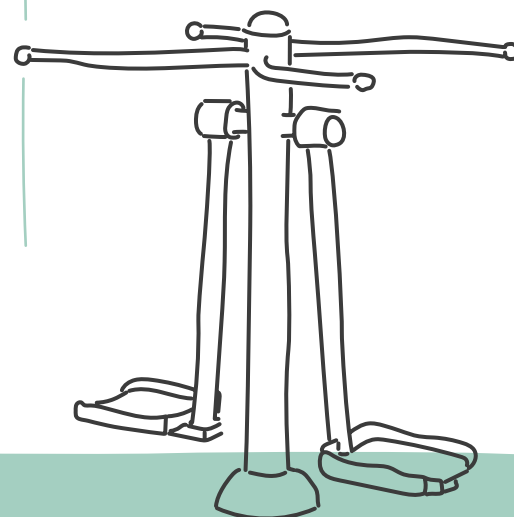
Our outdoor gym equipment conforms to the new European Standard EN16630 and also to EN1176.

Equipment is produced under ISO9001 for quality standards and management, and under ISO4001 for environmental protection.

Additional Points

There may be some design differences between the illustrations and the actual products. Standard equipment colours are Green and Beige, others available on request (at additional cost).

Air Skier	3	Recreation & Leisure Pack	8	Resistance Squat Station	13
Arm & Pedal Bike	3	The Big Rig	8	Seated Chest Press	13
Elliptical Cross Trainer	3	Open Space Gym	9	Resistance Stepper	13
Air Walker	3	Fitness Gym Package	9	Seated Leg Press	13
Arm & Pedal Bike Disabled Use	3	Starter Gym Package	9	Self Weighted Rower	14
Children's Cardio Combi	4	Special Needs Gym Package	9	Strength Tester	14
Cross Country Skier	4	Hip Twister	10	Sit Up Bench	14
Chin Up Bars	4	Parallel Bars	10	Tai Chi Spinners	14
Double Air Walker	4	Leg Lift Station	10	The Bike	15
Double Cross Country Skier	5	Pull Down & Chest Press Combi	10	Triple Pull Up	15
Double Sit Up Boards	5	Pull Down & Chest Press		The Rider	15
Double Rower	5	Combi - Disabled	11	Twist & Step	15
Elliptical Cross Trainer	5	Push Up & Dip Station	11		
Primary School Gym - Pack 1	6	Pull Down Challenger	11		
Primary School Gym - Pack 2	6	Recumbent Bike	11		
School Gym Packages	6	Resistance Bench Press	12		
Primary School Gym - Pack 3	7	Resistance Leg Press	12		
Primary School Gym - Pack 4	7	Resistance Bicep Curl	12		
Secondary School Gym	7	Resistance Shoulder Press	12		



A lot of our equipment includes items that contain moveable/wearing parts that are only guaranteed for 12 months after installation - based on normal wear & tear.

*T&C's apply to all of our guarantees - please get in touch for more details

AIR SKIER

ID: 6601

Age Range: 7 to Adult
Item Size: 1050 x 900 x 1440mm
Overall Area Required: 4m x 4m
Childrens version also available



By swinging both legs together from side to side, the Air Skier strengthens and develops the lower abdomen hips and thighs, improves balance and co-ordination through "core" activation.

An excellent warm-up and work-out for skiers, but can also provide gentle exercise for fitness beginners.

Please note that this item requires 1 fixing post - at additional charge.

ARM & PEDAL BIKE

ID: 6604

Age Range: 7 to Adult
Item Size: 1.5m x 1m
Overall Area Required: 4m x 4m
Childrens version also available



A cycling and upper arm exercise rolled into one.

Co-ordination between leg and arm movement encourages balance whilst exercising too.

Please note that this item requires 2 fixing posts - at additional charge.



AIR WALKER

ID: 6602

Age Range: 14 to Adult
Item Size: 990 x 320 x 1450mm;
Overall Area Required: 4m x 4m



This universally popular apparatus provides excellent cardiovascular exercise whilst developing the leg muscles.

Allows a full range of movement in the hip joint, improving flexibility and strength without any impact or stress to joints and back.

Suitable for those for whom jogging and power walking are not suitable.

Please note that this item requires 1 fixing post - at additional charge.

ARM & PEDAL BIKE DISABLED USE

ID: 6651

Age Range: 7 to Adult
Item Size: 1m x 1m;
Overall Area Required: 3m x 3m



With the same type of actions as the Arm & Pedal Bike, this items is suitable for use by people in wheelchairs.

This piece provides a great way to exercise arms whilst providing those who require it, the option to also extend the muscles in their legs. This not only improves co-ordination but also helps to promote balance and core stability.

The cycling motion helps to increase blood flow in the lower half of the body.

Please note that this item requires 1 fixing post - at additional charge.

CHILDREN'S CARDIO COMBI

ID: 6643

Age Range: 5 to 11

Item Size: 3190 x 712 x 1244mm

Overall Area Required: 4m x 4m



A combination of our 2 most popular pieces of Children's outdoor gym equipment, allowing 4 children to exercise at once!

The Children's Cardio Combi combines the Children's Double Air Walker with the Children's Air Skier.

Specially designed for children under the age of 11, so that they can develop strength, flexibility, control and balance.

Please note that this item requires 2 fixing posts - at additional charge.

CHIN UP BARS

ID: 6631

Age Range: 14 to Adult

Item Size: 4000 x 110 x 2300mm

Overall Area Required: 8m x 4m

Critical Fall Height: 2.2 m



A strenuous but excellent exercise for strengthening and building muscles in arms and shoulders.

The bars are set at different heights to allow either an unassisted lift starting with arms straight and feet off the ground, or an assisted lift starting with the feet on the ground and beginning with a jump.

This item may require safety surround surfacing.

Please note that this item requires 2 fixing posts - at additional charge.

CROSS COUNTRY SKIER

ID: 6610

Age Range: 14 to Adult

Item Size: 2 x 1

Overall Area Required: 4m x 4m



Similar to the Elliptical Cross Trainer, the movement on the Cross-Country Skier is less arduous and great for less agile users.

Simply stand on the unit and let your feet slip back and forth whilst controlling the movement through the handles.

Please note that this item requires 2 fixing posts - at additional charge.

DOUBLE AIR WALKER

ID: 6603

Age Range: 7 to Adult

Item Size: 1975 x 530 x 1335mm

Overall Area Required: 4m x 4m

Childrens version also available



This universally popular apparatus provides excellent cardiovascular exercise while developing the leg muscles.

Allows a full range of movement in the hip joint improving flexibility and strength, without any impact or stress to joints and back.

Please note that this item requires 3 fixing posts - at additional charge.

DOUBLE CROSS COUNTRY SKIER

ID: 6611

Age Range: 7 to Adult

Overall Area Required: 5m x 4m

Childrens version also available



Like the single Cross-Country Skier but for 1 or 2 users.

It makes exercise fun, while providing a full body cardiovascular workout.

Great for working in pairs and encouraging social interaction.

Please note that this item requires 1 fixing post - at additional charge.

DOUBLE SIT UP BOARDS

ID: 6614

Age Range: 14 to Adult

Item Size: 1505 x 1040 x 580mm

Overall Area Required: 4m x 4m



The design and construction of these sit-up boards helps to encourage correct action and to prevent lower back strain, whilst at the same time putting the abdominal muscles through a fuller range of movement from extension to contraction. Suitable for all abilities.

Please note that this item requires 4 fixing posts - at additional charge.

DOUBLE ROWER

ID: 6642

Age Range: 14 to Adult

Item Size: 2200 x 700 x 1200mm

Overall Area Required: 5m x 3m



The Double Rower can be used singularly or by two people.

This equipment provides all the benefits of rowing whilst encouraging social interaction and making it fun to use.

Please note that this item requires 2 fixing posts - at additional charge.

The back support prevents any over extension of the back.

ELLIPTICAL CROSS TRAINER

ID: 6615

Age Range: 7 to Adult

Item Size: 1135 x 575 x 1440mm;

Overall Area Required: 4m x 4m

Childrens version also available.

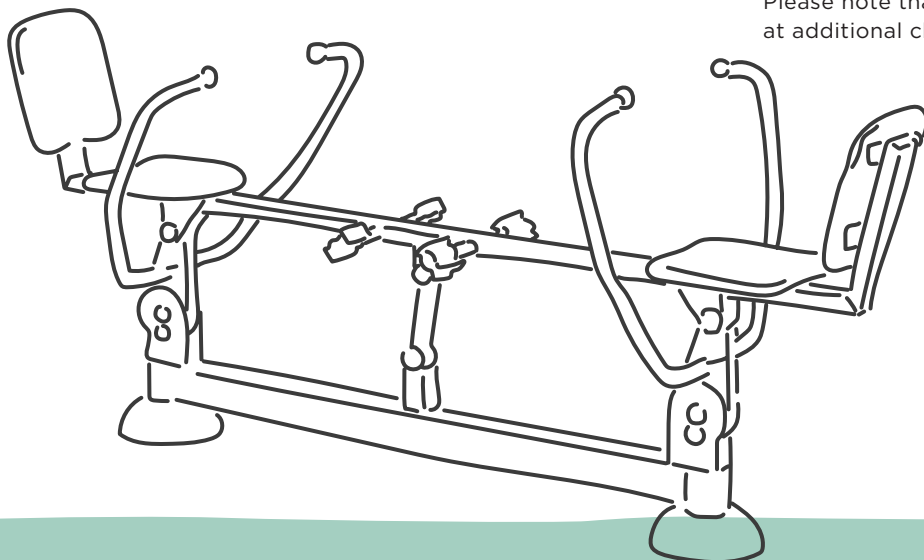


The elliptical cross trainer provides an excellent full-body cardiovascular work-out.

It helps to improve co-ordination and balance while providing low impact exercise for legs and arms.

Excellent work-out for those recovering from injury.

Please note that this item requires 2 fixing posts - at additional charge.



SCHOOL GYM PACKAGES

Several very good reasons to install outdoor gym equipment within your school are:

- Helps to encourage health and fitness in a safe environment.
- Provides a fitness facility at low cost.
- Creates an additional outdoor classroom.
- Very popular during break time.
- Meets OFSTED requirements to make good use of land.
- Provides a training facility for teams and sports clubs.
- Helps make exercise fun.
- Introduces children to gym style exercise.
- Encourages social interaction.
- Represents excellent value for money, high benefits at low cost, within a limited space.



PRIMARY SCHOOL GYM – PACK 1

ID: 6801

Age Range: 7 to 11

Our most popular package, the Primary School Gym Package is designed to encourage younger children to enjoy exercise.

It's ideal for play time or a structured PE class and set out as a trim trail or gym package.

Includes: Air Skier, Double Air Walker, Tai Chi Spinner and The Rider.

All these items will be 'Children's Versions' of the adult equipment, for use by Primary School pupils - Key Stage 2 only (7-11).

Approximately 24sq/m of wear surfacing will be needed for these items if a wear surface is required - 6sq/m per item.

This package includes the 7 Fixing Posts required. Optional Extra - 2 x 1.8m Recycled Plastic Balance Beams



PRIMARY SCHOOL GYM – PACK 2

ID: 6811

Age Range: 7 to 11

The Primary School Gym Pack 2 has 3 additional items to the standard Primary School Pack, and is designed to encourage younger children to enjoy exercise.

It's ideal for play time or a structured PE class and set out as a trim trail or gym package.

Includes: Air Skier, Arm & Pedal Bike, Double Air Walker, Elliptical Cross-Trainer, Seated Leg Press, Tai Chi Spinners, and The Rider.

All these items will be 'Children's Versions' of the adult equipment, for use by Primary School pupils - Key Stage 2 only (7-11).

Approximately 42sq/m of wear surfacing will be needed for these items if a wear surface is required - 6sq/m per item.

This package includes the 12 Fixing Posts required. Optional Extra - 2 x 1.8m Recycled Plastic Balance Beams



PRIMARY SCHOOL GYM – PACK 3

ID: 6812

Age Range: 7 to 11

Our latest addition to the collection, the Primary School Gym Pack 3 is a '5-item package' - designed to encourage younger children to enjoy exercise.

It's ideal for play time or a structured PE class and set out as a trim trail or gym package.

Includes: Arm & Pedal Bike, Elliptical Cross-Trainer, Seated Leg Press, Tai Chi Spinners, and The Rider.

All these items will be 'Children's Versions' of the adult equipment, for use by Primary School pupils - Key Stage 2 only (7-11).

Approximately 30sq/m of wear surfacing will be needed for these items if a wear surface is required - 6sq/m per item.

This package includes the 8 Fixing Posts required. Optional Extra - 2 x 1.8m Recycled Plastic Balance Beams



PRIMARY SCHOOL GYM – PACK 4

ID: 6813

Age Range: 7 to 11

The Primary School Gym Pack 4 has a total of 9 items - and is designed to encourage younger children to enjoy exercise.

It's ideal for play time or a structured PE class and set out as a trim trail or gym package.

Includes: Air Skier, Arm & Pedal Bike, Double Air Walker, Double Cross-Country Skier, Elliptical Cross-Trainer, Hip Twister, Seated Leg Press, Tai Chi Spinners, and The Rider.

All these items will be 'Children's Versions' of the adult equipment, for use by Primary School pupils - Key Stage 2 only (7-11).

Approximately 54sq/m of wear surfacing will be needed for these items if a wear surface is required - 6sq/m each item.

This package includes the 17 Fixing Posts required. Optional Extra - 2 x 1.8m Recycled Plastic Balance Beams



SECONDARY SCHOOL GYM

ID: 6802

Age Range: 14 to Adult

The items within this package have been chosen to be used as a break time play and exercise facility, or to enable schools to create an outdoor classroom for a PE class.

As most of these items can be used by 2 people at the same time, this package also allows for interaction and socialising between the users.

Includes: Arm & Pedal Bike; Chin-up bars; Double Air Walker; Double Cross-Country Skier; Pull Down Challenger; Seated Chest Press; Seated Leg Press; Strength Trainer and The Rider.

This package includes the 19 Fixing Posts required.

The Chin-Ups will require a safer surfacing underneath (28sq/m) - 7m x 4m.

Approximately 166sq/m of wear surfacing will be needed for these items if a wear surface is required.



RECREATION & LEISURE PACK

ID: 6806

Age Range: 14 to Adult

This is our most comprehensive package with a full range of equipment for all ages and abilities.

Includes: Arm & Pedal Bike; Air Skier; Double Air Walker; Double Cross-Country Skier; Double Rower; Double Sit-up Boards; Pull Down Challenger; Push Up & Dip Station; Seated Chest Press; Seated Leg Press; Strength Trainer; Tai Chi Spinners and Twist & Stepper.

Includes the 27 Fixing Posts required.



the bike

THE BIG RIG

ID: 6821

Age Range: 14 to Adult

Item Size: 7.3m x 5.7m

Overall Area Required: 10m x 9m

Critical Fall Height: 2.7m

Amount of Surfacing Required: Loose fill: 27m³ | Synthetic: 90m²

- Chest Press
- Sit-Up Bench
- Step-Up
- Leg Lift
- Multi-Use Frame
- Leg Press
- Pull-Up Bar
- Pull-Down Challenger
- Hip Twister
- Ninja Rings
- Static Monkey Bars
- Horizontal Ladder
- Flying Pull-Up Bar
- Pull-Up Station
- Vertical Ladder
- Dorsal Raise Station



The Big Rig combines 7 fixed workout stations with multiple pull-up bars. This makes The Big Rig ideal for Secondary Schools, Open Parks, Parish Councils, etc.

The Big Rig combines a versatile full body training station, with multiple workouts to keep you training fresh and interesting. The equipment is designed to help build and tone muscle, increase cardiovascular strength and assist in balance and co-ordination workouts too.

Suitable for users over the age of 15 - there is potential to add additional training items - such as straps, punch bags, etc. The Big Rig can also be extended to a full outdoor gym with products from our large range of Outdoor gym equipment.

The Big Rig can be installed into grass, concrete or tarmac with protective Grass Mats, Wetpour or PlayBond safer surfacing. EN16630 Compliant - No crush points, entrapments or sharp edges.

OPEN SPACE GYM

ID: 6809



Age Range: 14 to Adult

This package is designed for robustness and for energetic use. Each unit is also suitable for all ages as the resistance is self managed to prevent injury. Great as a fitness park or trim trail installation.

Includes: Leg Lift Station; Pull Down Challenger; Push Up & Dip Station; Seated Chest Press; Seated Leg Press; Strength Trainer; Triple Pull Up and Twist & Stepper.

Includes the 14 Fixing Posts required.

FITNESS GYM PACKAGE

ID: 6809



Age Range: 14 to Adult

Critical Fall Height: 2.3 m

This package has been put together for a good cardio and strength workout. Great for parks or schools to use in a PE lesson.

Includes: Double Sit Up Boards; Horizontal Ladder; Leg Lift Station; Leg Stretch; Pull Down Challenger; Push Up & Dip Station; Seated Leg Press; Seated Chest Press and Triple Pull Up.

May require safer surfacing around the Horizontal Ladder (32sq/m). The Fitness Gym is safe on grass.

This package includes the 20 Fixing Posts required.

STARTER GYM PACKAGE

ID: 6804



Age Range: 14 to Adult

The Starter Package provides a mixture of cardiovascular, flexibility, and strength workout - along with a social aspect too.

Includes: Air Skier; Hip Twister; Push Up & Dip Station; and The Rider. This package includes the 8 Fixing Posts required.

Approximately 36sq/m of wear surfacing will be needed for these items if a wear surface is required.

SPECIAL NEEDS GYM PACKAGE

ID: 6803



Age Range: 14 to Adult

This package contains a range of safe exercise equipment for teenagers and adults with special needs and requirements.

These units combine repetitive motions with low-impact movement which is a great way to assist people with special needs to release their energy.

This package includes: Arm & Pedal Bike; Cross-Country Skier; Double Rower; Side-Surfer; The Bike and Twist & Stepper.

This package includes the 15 Fixing Posts required.

HIP TWISTER

ID: 6619

Age Range: 7 to Adult
Item Size: 1360 x 1360 x 1310mm;
Overall Area Required: 4m x 4m
Childrens version also available.



This gentle exerciser is designed to improve flexibility and range of movement of hips and waist.

Good for warm-up and cool down routines and for toning obliques.

Three people can exercise together, and the less strenuous nature of this exercise allows for social interaction.

Please note that this item requires 4 fixing posts - at additional charge.

PARALLEL BARS

ID: 6623

Age Range: 14 to Adult
Item Size: 2500 x 550 x 1665mm;
Overall Area Required: 6m x 4m



This classic piece of gym equipment can be used for a variety of exercises, especially push-ups and dips as well as hand walking along its length to build upper body strength.

The truly athletic may want to try more strenuous or adventurous exercises.

Bars can be set at any width to accommodate wheelchair users for pull-ups.

May need to be installed with a safer surfacing surround.

Please note that this item requires 4 fixing posts - at additional charge.

LEG LIFT STATION

ID: 6621

Age Range: 14 to Adult
Item Size: 735 x 605 x 1690mm;
Overall Area Required: 4m x 4m



Used to perform knee raises and leg lifts to strengthen abdomen and upper thighs.

Suitable for teenagers and adults.

Please note that this item requires 2 fixing posts - at additional charge.

PULL DOWN & CHEST PRESS COMBI

ID: 6641

Age Range: 14 to Adult
Item Size: 3m x 1m approx.;
Overall Area Required: 6m x 3m



This item combines the Pull Down Challenger and Seated Chest Press into one unit.

The Pull Down Challenger side provides a excellent work-out for the arms, shoulders and back - to assist in building strength and stamina.

The Seated Chest Press side helps to develop power and strength in the arms, chest, shoulders, and back. This gives strenuous work-out that can be assisted by pushing up with the legs.

This unit combines two of our most popular items into one - ideal for areas where space is limited.

Please note that this item requires 3 fixing posts - at additional charge.

PULL DOWN & CHEST PRESS COMBI – DISABLED

ID: 6652



Age Range: 14 to Adult

Overall Area Required: 4m x 4m

This item combines the Pull Down Challenger and Seated Chest Press into one unit that is suitable for wheelchair users.

The user can use the items on both sides without having to leave their wheelchair.

The Pull Down Challenger side provides an excellent workout for the arms, shoulders and back - to assist in building strength and stamina.

The Seated Chest Press side helps to develop power and strength in the arms, chest, shoulders, and back.

This unit is ideal for areas where space is limited.

PUSH UP AND DIP STATION

ID: 6625



Age Range: 14 to Adult

Item Size: 1880 x 550 x 1710mm

Overall Area Required: 5m x 4m

Two sets of parallel bars set at different heights allow for push-up and dip exercises and inclined press ups or assisted squat, a strenuous exercise to develop strength in arms and shoulders.

Can also be used for knee raises.

A simple and versatile piece of equipment.

Please note that this item requires 1 fixing post - at additional charge.

PULL DOWN CHALLENGER

ID: 6624



Age Range: 14 to Adult

Item Size: 4m x 1m approx

Overall Area Required: 6m x 3m

This classic piece of gym equipment can be used for a variety of exercises, especially push-ups and dips as well as hand walking along its length to build upper body strength.

The truly athletic may want to try more strenuous or adventurous exercises.

Bars can be set at any width to accommodate wheelchair users for pull-ups.

May need to be installed with a safer surfacing surround.

This item may require safety surround surfacing.

Please note that this item requires 4 fixing posts - at additional charge.

RECUMBENT BIKE

ID: 6645



Age Range: 11 to Adult

Item Size: TBC

Overall Area Required: 4m x 3m

The recumbent bike is a bicycle that allows the user to sit in a laid-back reclining position. These are extremely popular because the rider's back is fully supported.

Our Recumbent Bike gives the rider a workout similar to a bicycle but in a laid back position, giving more support to the body. Using this cycling motion works the legs, strengthening and toning thigh and calf muscles.

It will also get the heart rate up, burn calories and improve cardiovascular strength. The user can cycle at their own pace, making it suitable for all abilities, beginners to advanced.

It's also great to use for a warm-up.

Please note that this item requires 2 fixing posts - at additional charge.

RESISTANCE BENCH PRESS

ID: 6661

Age Range: 11 to Adult

Item Size: TBC

Overall Area Required: 4m x 3m



Just like a bench press found in an indoor gym, the outdoor Resistance Bench Press allows the user to set the required difficulty level 1-11. Suitable for all abilities with a choice of intensity levels.

The Resistance Bench Press is clearly labelled with safety-in-use guidance and with suggested workouts to help users get the greatest benefit.

Please note that this item requires 2 fixing posts - at additional charge.

RESISTANCE BICEP CURL

ID: 6662

Age Range: 11 to Adult

Item Size: TBC

Overall Area Required: 3m x 3m



Primarily working the biceps, forearms and upper back along with the chest and core.

Suitable for all abilities with a choice of intensity levels.

Please note that this item requires 1 fixing post - at additional charge.

RESISTANCE LEG PRESS

ID: 6663

Age Range: 11 to Adult

Item Size: TBC

Overall Area Required: 4m x 3m



The Resistance Leg Press has been specially designed for adults to build strength and tone in the legs.

Suitable for all abilities with a choice of intensity levels.

The Resistance Leg Press is clearly labelled with safety-in-use guidance and with suggested workouts to help users get the greatest benefit.

Please note that this item requires 2 fixing posts - at additional charge.

RESISTANCE SHOULDER PRESS

ID: 6664

Age Range: 11 to Adult

Item Size: TBC

Overall Area Required: 3m x 3m



The Resistance Shoulder Press has been specially designed for adults to build strength and definition in the shoulders.

Suitable for all abilities with a choice of intensity levels.

The Resistance Shoulder Press is clearly labelled with safety-in-use guidance and with suggested workouts to help users get the greatest benefit.

Please note that this item requires 1 fixing post - at additional charge.

RESISTANCE SQUAT STATION

ID: 6665

Age Range: 11 to Adult

Item Size: TBC

Overall Area Required: 4m x 3m



The Resistance Squat Station has been specially designed for adults to build muscular strength in the legs and quads while increasing cardio strength.

Suitable for all abilities with a choice of intensity levels.

The Resistance Squat Station is clearly labelled with safety-in-use guidance and with suggested workouts to help users get the greatest benefit.

Please note that this item requires 1 fixing post - at additional charge.

RESISTANCE STEPPER

ID: 6666

Age Range: 11 to Adult

Item Size: TBC

Overall Area Required: 4m x 3m



The Resistance Stepper has been specially designed for adults to build cardio fitness while increasing strength and tone in the legs. Simply select your workout level 1-11 for a tough lower body workout.

The Resistance Stepper is clearly labelled with safety-in-use guidance and with suggested workouts to help users get the greatest benefit.

Please note that this item requires 1 fixing post - at additional charge.

SEATED CHEST PRESS

ID: 6627

Age Range: 14 to Adult

Item Size: 3m x 1m approx

Overall Area Required: 6m x 3m



This apparatus develops power and strength in the arms, chest, shoulders, and back. A strenuous work-out that can be assisted by pushing up with the legs.

Please note that this item requires 3 fixing posts - at additional charge.

SEATED LEG PRESS

ID: 6630

Age Range: 7 to Adult

Item Size: 1900 x 375 x 1655mm

Overall Area Required: 4m x 4m

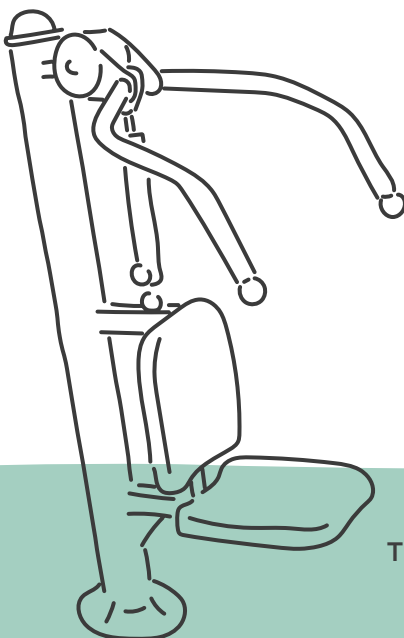
Childrens version now also available.



Excellent work-out for thighs and hips without any of the risks to the knee joints associated with traditional squats. Suitable for all ages (7+) and abilities.

Increase speed and/or the number of repetitions for more strenuous exercise. Can be used individually or by two people together for paired exercise.

Please note that this item requires 1 fixing post - at additional charge.



SELF WEIGHTED ROWER

ID: 6626

Age Range: 14 to Adult

Item Size: 1200 x 790 x 820mm;

Overall Area Required: 5m x 4m



The rowing action is known to be one of the best forms of full-body exercise, working arms, shoulders, chest, back, legs and abdomen.

The self-weighted rower offers cardiovascular and toning benefit for all ages. The back support prevents over extension.

Please note that this item requires 2 fixing posts - at additional charge.

STRENGTH TESTER

ID: 6639

Age Range: 14 to Adult

Item Size: 1360 x 1360 x 1310mm

Overall Area Required: 3m x 3m



It's like arm wrestling but with a built in handicap/advantage. Two people compete with each other to turn their wheel against their opposite number.

Different sized wheels provide slightly different exercises or allows people of unequal strength to compete with each other. This item is fun to use and encourages social interaction. However it can also be used singularly as an arm and shoulder stretching exercise.

Please note that this item requires 1 fixing post - at additional charge.

SIT UP BENCH

ID: 6629

Age Range: 14 to Adult

Item Size: 1505 x 1040 x 580mm

Overall Area Required: 4m x 4m



The sit-up bench can either be used for performing classic sit-ups with the feet hooked underneath the bar, working abdomen and upper thighs or in the reverse position holding the bar with the hands and raising the legs for a different work-out to the same muscle groups.

Please note that this item requires 4 fixing posts - at additional charge.

TAI CHI SPINNERS

ID: 6631

Age Range: 7 to Adult

Item Size: 1170 x 885 x 1345mm

Overall Area Required: 4m x 4m

Childrens version also available.



These Tai Chi Spinners are designed to promote flexibility and co-ordination in wrists, arms and shoulders as well as improving circulation and providing an excellent warm-up.

Suitable for all ages as well as wheel-chair bound users and an excellent physiotherapy routine.

Please note that this item requires 1 fixing post - at additional charge.

THE BIKE

ID: 6640

Age Range: 7 to Adult

Item Size: 1200 x 790 x 820mm

Overall Area Required: 4m x 4m



A classic leg cycling motion that increases the blood flow in the legs.

With limited resistance this unit is great for all users.

Please note that this item requires 2 fixing posts - at additional charge.

THE RIDER

ID: 6633

Age Range: 7 to Adult

Item Size: 880 x 460 x 1180mm

Overall Area Required: 4m x 4m

Childrens version also available.



Similar to a rowing machine but in a more upright position, the Rider gives a full-body cardiovascular and toning workout, pushing with the legs while pulling with the arms against resistance.

Works the arms, shoulders, back, abdomen and legs with low impact exercise.

Please note that this item requires 2 fixing posts - at additional charge.

TRIPLE PULL UP

ID: 6640

Age Range: 14 to Adult

Item Size: 1750 x 1750 x 2230mm

Overall Area Required: 4m x 4m



A strenuous exerciser for arms and shoulders but one of the best for muscle development. A variation on the classic chin-up bar, it allows 3 people to exercise simultaneously or to compete!

Please note that this item requires 1 fixing post - at additional charge.

TWIST AND STEP

ID: 6635

Age Range: 14 to Adult

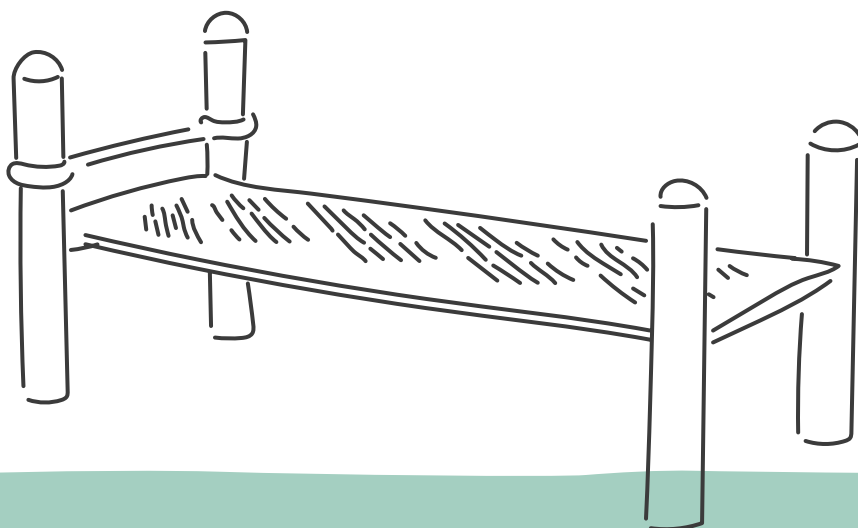
Item Size: 1300 x 600 x 1600mm

Overall Area Required: 4m x 4m



The Twist and Step promotes two different exercises for two users. The twist element encourages hip twisting exercises whilst the stepper element strengthens the user's leg muscles. A social piece for use by up to two people at a time.

Please note that this item requires 2 fixing posts - at additional charge.



PLAY QUEST

Est 1991



THE MARKET LEADER IN
RECYCLED PLASTIC PLAY EQUIPMENT

t: 01745 561117 • e: sales@playquest.co.uk • w: www.playquest.co.uk

