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Fitstation

Product Code AMVOUT-FITSTATION

Price on Application



Dimensions:

Length	3000 mm
Width	1500 mm
Height	900 mm

Key Stage:

KS 3 KS 4

Play Values

This product supports the following areas of child development.

Stretching & Flexibility

Strength

Gross Motor Skills

Competitive Play

Description

FitStation enables 16 basic exercises to be carried out on the same unit.

Working out should be fun. This was the starting point of landscape architect Mikkel Hjort when developing the new multi-training facility FitStation. Being a former runner himself he knows how much it takes to build up ones body. Working with Thomas Nolan, his former coach and current partner in running coach business Running26, he decided to develop a workout station with 16 integrated exercises.

The workout stations were developed for Herning Fodboldeksperimentarium who wanted to develop an alternative football facility to challenge users beyond the traditional offers of football fields. The project has already been awarded 2 prizes: one from Herning municipal council in 2011 and a bronze medal from the International Olympic Committee in 2013.

Material

Rotation moulded polyethylene

Fixing

Fill with water/sand through integrated plugs or surface fixed