

OUTDOOR ACTIVE

**FEEL FREE.
TAKE A DEEP BREATH.
STAY FIT.**

FRESH AIR. FREE MIND. TONED BO

EXERCISE IN THE FRESH AIR – IMPORTANT AT ANY AGE.

Exercise is healthy – for body and mind. And when it takes place outdoors, it can hardly be more beneficial to health – just 30 minutes a day strengthens the body.

There are numerous arguments that speak for the fact that exercising in the fresh air is healthy, helps to clear the mind and keeps the body fit:

- Performance and blood circulation of our body and brain are increased by better oxygen supply, this makes us mentally fitter and more concentrated.
- The cardiovascular system is stimulated, the body, the immune system and the defences are strengthened.
- Vitamin D stores are filled and stress is reduced – ultimately, fresh air makes you happy, because exercising in the great outdoors causes the body to produce more of its own hormone serotonin.



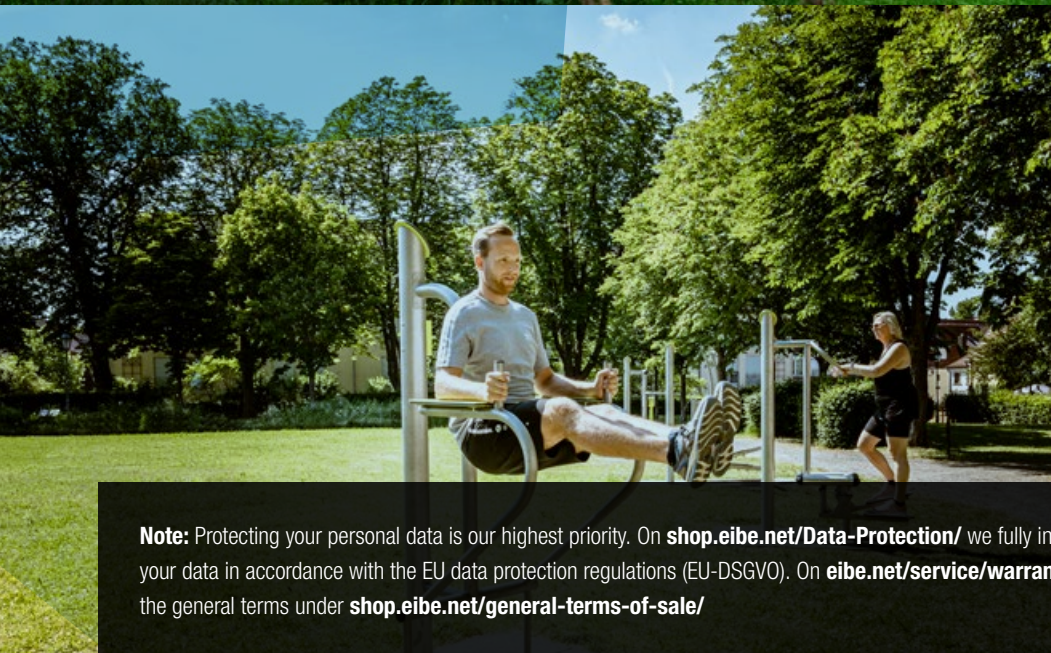
DY.

WE GET YOU MOVING!

Good resolutions often fail due to lack of motivation and opportunity. That's why it's important to have attractive offers that really whet people's appetite for activity – and are uncomplicated to take advantage of.

With well thought-out concepts from eibe, play, sports and relaxation worlds are created that inspire people of all ages with their versatility.

Depending on individual requirements, movement-activating spaces are created that meet both the need for activity and relaxation. eibe offers high-quality, well thought-out equipment and intelligent activity concepts that optimally promote movement and thus health.



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TOUGH TR



FITNESS PLAYGROUND

GET MOVING

Motivating young people to exercise? More important than ever in the digital age.

Exercise hardly ever takes place in the regular everyday lives of children and young people. Sitting in class for long periods of time, doing homework at their desks and spending their free time on computers, game consoles, smartphones, etc.: gaming, streaming, surfing, chatting.

Nowadays, inactive habits also shape the lives of our children and young people. Action-packed activities take place on the screen at best, while movement plays an ever smaller role in the real world of kids. The lack of sport and the refusal to exercise are a serious problem of

our sedentary times. While exercise still plays a relatively important role in childhood, the lack of exercise increases significantly from the age of 11. We at eibe wanted to do something about this unhealthy trend. We took a close look at the situation, needs and wishes of our kids. What does it take to get them off the couch, away from digital and social media and instead outdoors, moving around, having great fun that also makes them want to do more?

Challenge accepted: the eibe tough trail.

All



TOUGH TRAIL

TOUGH TRAIL

TOUGH TR

FITNESS PLAYGROUND

NOT FOR COUCH POTATOES

Nowadays, encouraging young people to exercise requires more than a football pitch or a “normal” playground – that’s more for the “little ones”. Action, fun, real challenge and the extra portion of adrenaline are in demand when it comes to keeping up with the fascinations on the screen.

Teenagers are cheeky, wild and non-conformist. Standing out, competing with others, going their own way, trying things out, looking for a challenge and gaining experience on their own – these are typical behaviours and at the same time important developmental characteristics of older children and teenagers.

Ninja Workout (made famous by the TV show Ninja Warrior), Freerunning, Parkour or Street Workout are

SHOW WHAT YOU ARE MADE OF

The sometimes spectacular-looking ascents, crossings and descents in various degrees of difficulty can be used to train different movement sequences: Shimmying, balancing, climbing, swinging – strength, coordination and dexterity are required to overcome the obstacles casually and safely. The young people learn to deal creatively with the abilities of their own bodies. Individual elements such as walls, cubes and platforms are reminiscent of real-life examples in the city: stairs, railings, park benches, walls. The aim here is to overcome obstacles that stand in the way skilfully and efficiently. The focus is on flow of movement and control.

Those who want to can compete with others in a speed contest.

intoxicating trend sports that have an inspiring, motivating and mobilising effect on young people because they particularly meet their wishes and needs in a sporting way.

We were inspired by these athletic locomotion arts in the development and design of our eibe tough trail.

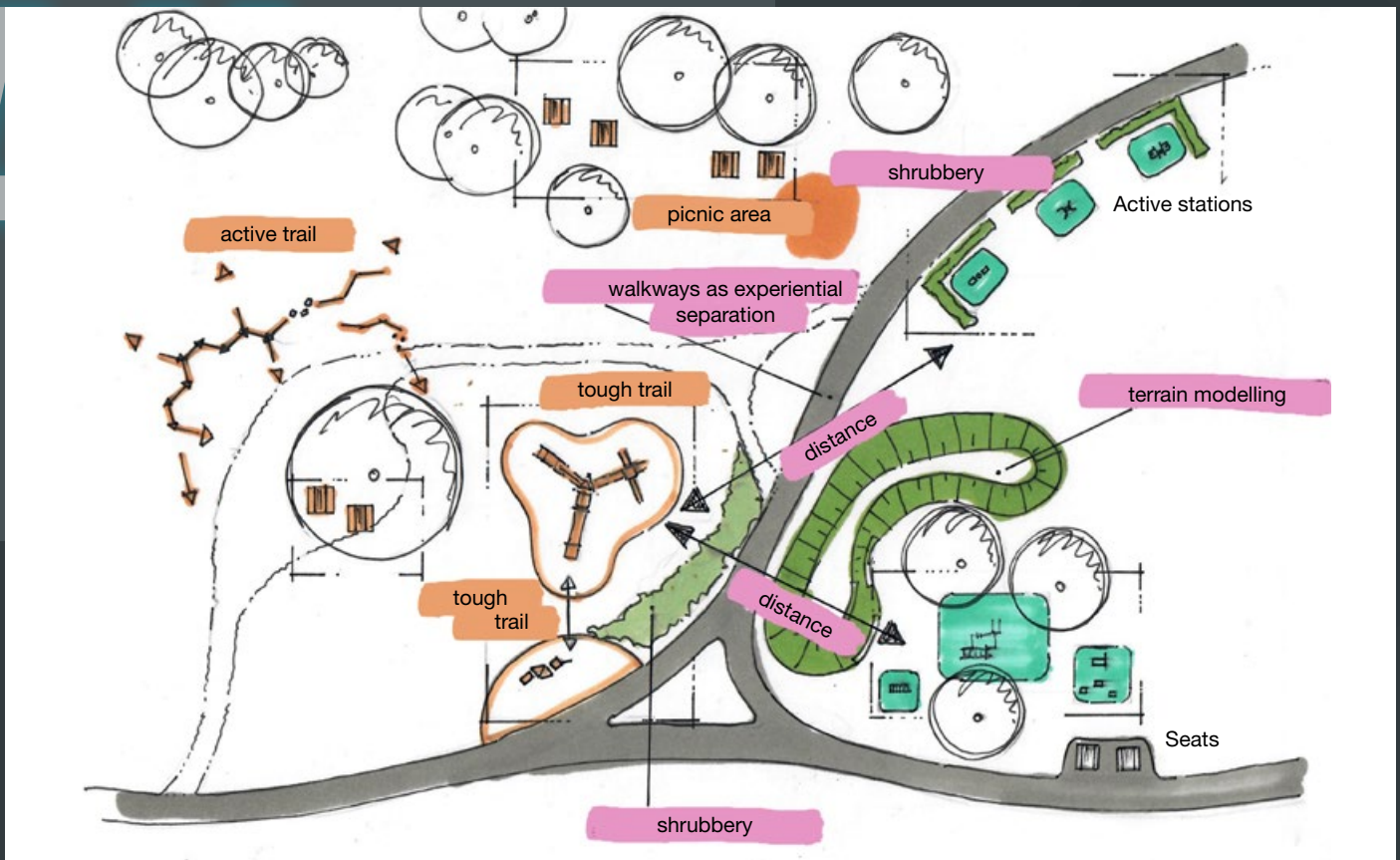
The innovative playful fitness trail with its modern edgy-dynamic design language and striking patterns such as graffiti, arouses curiosity, stimulates the urge to move and also attracts demanding teens to the fitness playground.

FIND YOUR WAY, DISCOVER YOUR POSSIBILITIES

On the tough trail, many kids can live out their fun in playful exercise at the same time. On their own, with each other or in competition – different difficulty levels allow every child and young person to use the equipment according to their own individual abilities.

- Modern, urban design
- Challenging, demanding ascents, transitions and descents for the 10+ target group
- Robust materials especially suitable for high use and a long product life span
- Tested safety: play equipment according to DIN EN 1176
- Three casual colour concepts to choose from





PLAY MEETS SPORTING CHALLENGE WITH FULL-BODY COMMITMENT – PLAY, SPORT AND CREATIVITY ON THE FITNESS PLAYGROUND

Monotonous playground equipment was yesterday. Today, the market has so much more to offer, as the “fitness playground” concept proves. It combines play fun with sporting activity and a pinch of creativity. Alone, together or in competition – how children and young people use the playground equipment is entirely up to them. This not only promotes their independence, but above all versatile movement. The tough trail range from eibe is ideal for equipping a fitness playground. From individual elements to complete play landscapes, it offers a wide range of play and sports combinations.

When combining fitness equipment (DIN EN 16630) and playground equipment (DIN EN 1176), care must be taken to ensure an appropriate separation between the fitness and play area. However, the standard does not give any more precise information on adequacy.

When planning multigenerational playgrounds, attention should be paid to spatial structuring according to age and safety needs. If the closest possible arrangement is favoured, a separation of the areas can also be achieved by the clever arrangement of the equipment. For example, more sport-oriented play equipment can be placed on the fitness equipment side and toddler equipment on the side facing away from the fitness equipment. Play and exercise zones arranged according to age and target groups offer attractive play and activity opportunities for all users and are adapted to their safety needs.

Additional safety is provided by access restrictions that make the equipment accessible only to the target group.

THE TOUGH TRAIL TURNS THE PLAYGROUND INTO AN EXCITING, ACTION-PACKED FITNESS EXPERIENCE FOR YOUNGSTERS AGED 10 AND UP.

TOUGH TRAIL

FITNESS PLAYGROUND



MOVEMENT SPACE – FITNESS PLAYGROUND

Public spaces, parks and sports and leisure facilities are being upgraded and offer a cross-generational programme for movement with the tough trail.

AIL



- 1 tough trail play unit Toprope
- 2 tough trail climbing element Climbing Cube
- 3 tough trail climbing element Free Solo



Video on
www.eibe.net





CHALLENGE ACCEPTED!

Focused, powerful, courageous – creative Ninja heroes show top athletic performances on the eibe tough trail, highly motivated and with a lot of fun in movement.



TOUGH TRAIL

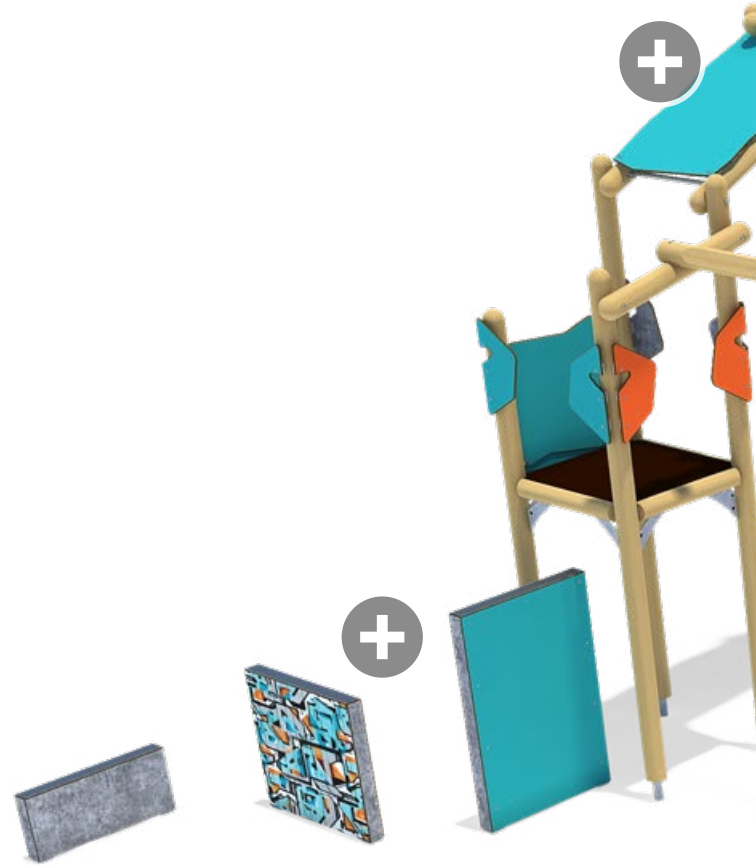
FITNESS PLAYGROUND

TOPROPE – CLIMBING TALENTS AHEAD

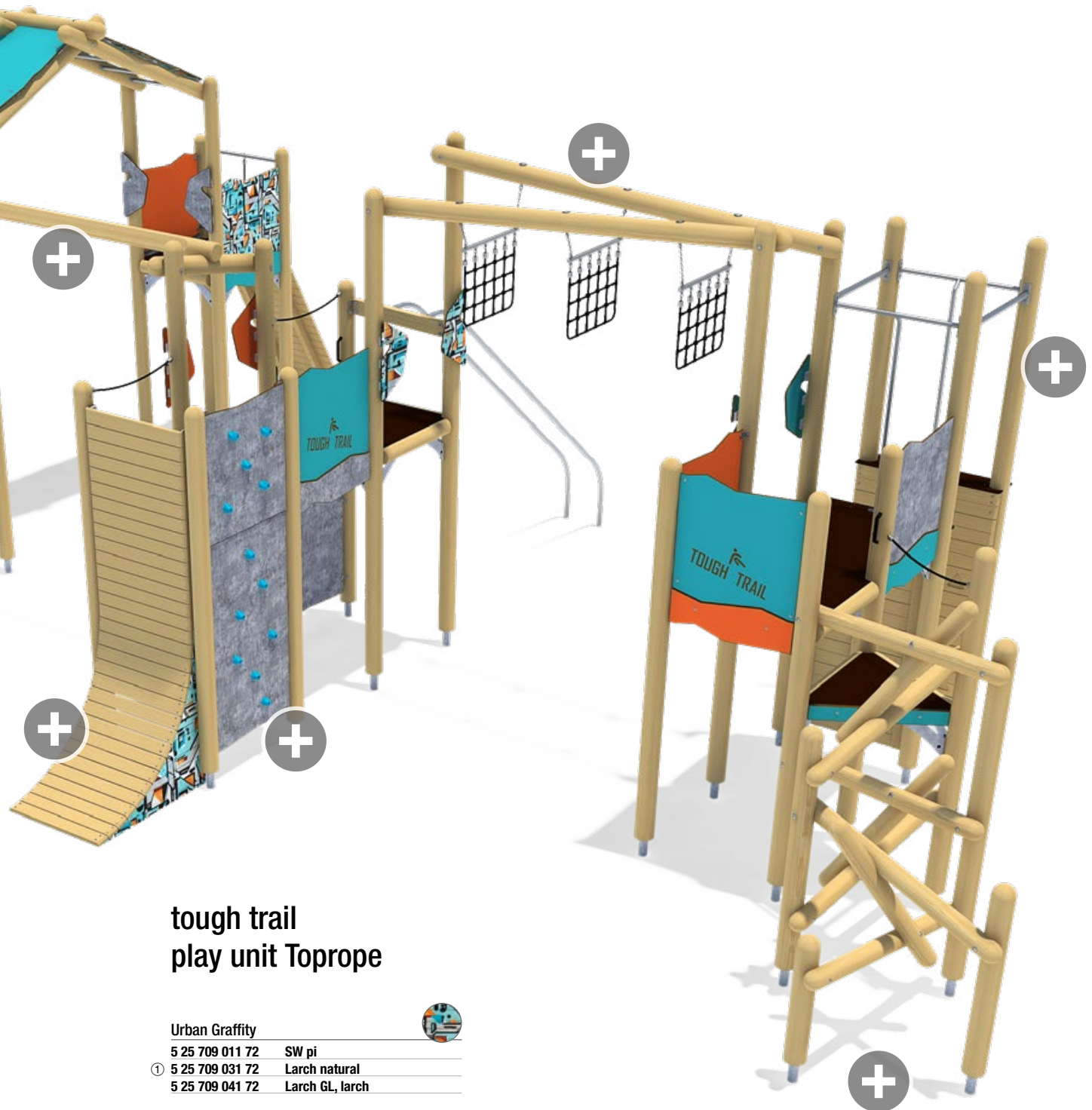
This is where climbing talents are trained! With its exciting ascents, the **Toprope** playground offers kids interested in climbing a variety of opportunities to playfully gain their first experience of heights and the technical demands of climbing and obstacle sports.

Thumbs-up to those who have made it over the steep climbing ramp, parcour walls, the tricky tangled climb or the climbing chimney with all their might! At the top, it's mainly grip strength that's needed. This is especially trained when shimmying under the hanging arch, through the net flag transition or over the suspended climbing posts.

With skill and creativity, you can climb wildly on the top rope.



AIL



tough trail play unit Toprope

Urban Graffiti

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TOUGH TRAIL

FITNESS PLAYGROUND



FUN & ACTION

TO GET YOUR ADRENALINE FLOWING

Watching others take on sporting challenges on screen is captivating, but getting active yourself and overcoming spectacular obstacles is fun and action up close.

Moving around athletically and creatively like the pros at Ninja Warrior, Freerunning or Street Workout, learning tricks and special moves, developing a positive body awareness, exploring limits and discovering one's own creativity – that's something for real adrenaline junkies and is extremely fun.

Whether the kids are tackling their own body skills alone on the climbing, dangling and balancing elements and pushing themselves to the next level of difficulty, or competing with others in a skill or speed competition, the eibe tough trail is all about fun and play. The innovative and visually attractive fitness playground with its diverse challenges was developed with special attention to the interests and wishes of today's children and young people and offers them an exciting approach to sport and exercise.



EXERCISE

BORN TO MOVE

We all know: Regular exercise, in everyday life or in sports, promotes the healthy development of our children, especially when it takes place in the fresh air.

Sport not only ensures physical health, young people benefit in different ways when they are physically active: Exercise makes people happy, acts as a stress valve, strengthens bones and muscles, promotes mobility and improves dexterity and coordination.

The foundation for a healthy lifestyle is laid at an early age. Children and adolescents who exercise a lot are also more active in adulthood and thus healthier.

Experts recommend at least 90 minutes of exercise a day for teenagers between the ages of 12 and 18. Ideally, part of this should be covered by everyday activities, for example on the way to school (cycling or walking). In most cases, however, this is

not enough, and physical activity should also play an important role in the children's leisure time.

The more varied the movement sequences are, the better:

Not only are different areas of the body trained, but also a variety of other skills, including balance, sense of direction, endurance, risk awareness and self-esteem.

Important types of movement that children and young people can train on the tough trail:

- CLIMBING AND SHIMMYING
- BALANCING
- SWINGING
- RUNNING AND JUMPING

AIL



STRENGTH & ENDURANCE

POWER MUSCLE WORKOUT

Is strength training suitable for children and adolescents? This question has been discussed controversially for a long time. In the meantime, however, many experts agree: controlled and guided strength training for children and adolescents can be quite useful. It is only harmful if it is done too intensively, too often or in the wrong way.

But it doesn't have to be training with weights in the gym to strengthen your "powerhouses". Holding and strengthening exercises with one's own body weight are very suitable for children and young people, and of course classic disciplines such as ball sports, swimming or athletics strengthen physical fitness in a very effective way. Of course, the "normal risk of injury" cannot be ruled out here either.

To improve strength and endurance, children and young people should work the large muscle groups two to three days a week. The muscular fitness achieved through exercise stabilises the musculoskeletal system, prevents postural damage, increases bone density, reduces the risk of obesity and ultimately protects against injuries.

The eibe tough trail offers kids lots of possibilities for strength training with their own weight. Whether it's shimmying under the climbing arch, "on all fours" through the spider wall, with coordination and stamina over the net flag, swing or liana crossing – on the obstacles in different difficulty levels, the youngsters playfully learn to assess their own abilities and risks. They can thus train their strength, stamina and flexibility without worrying about being overtaxed.

TOUGH TR

FITNESS PLAYGROUND

NEW

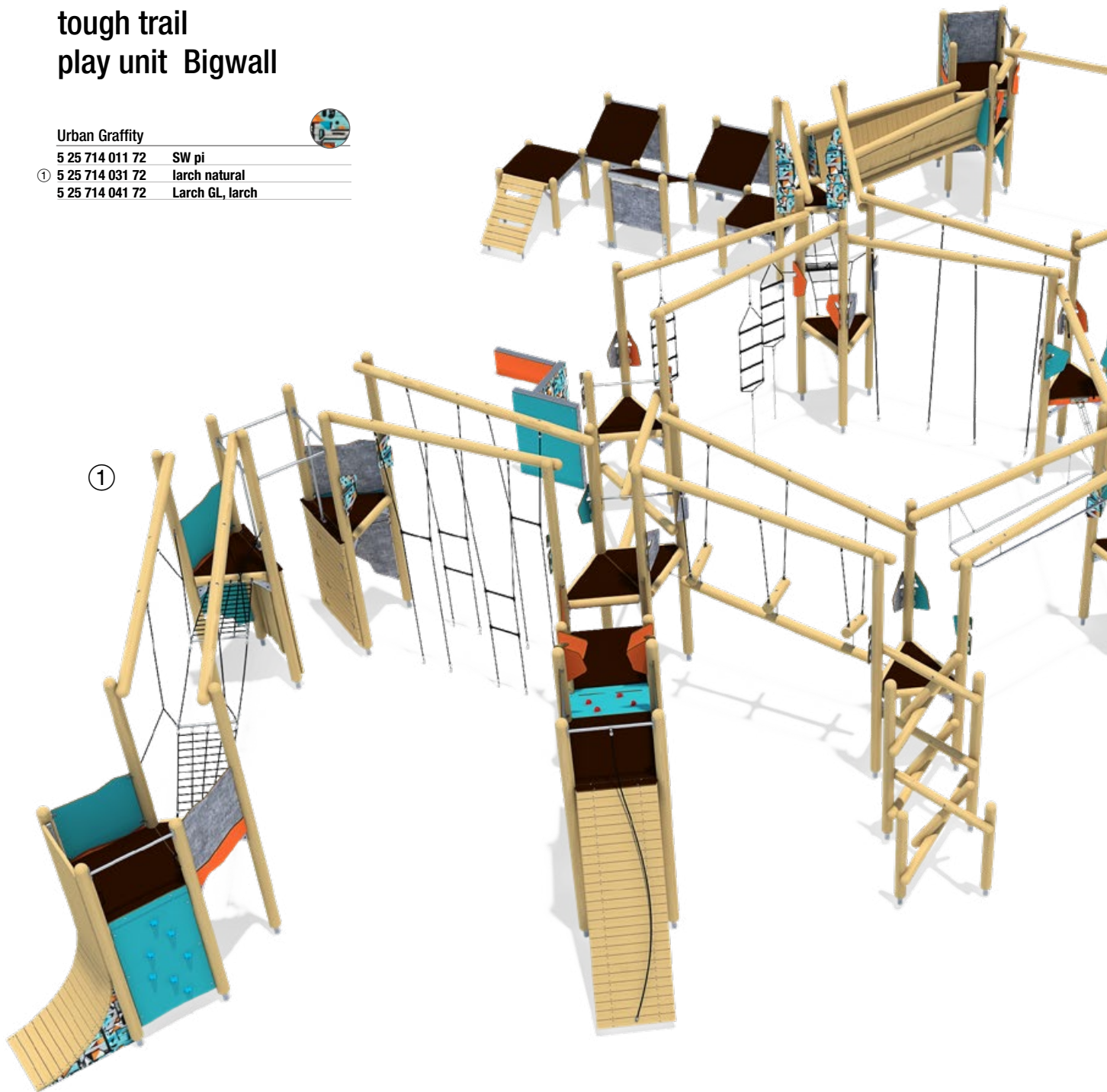
tough trail play unit Bigwall

Urban Graffiti

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①

AIL



LET AMBITION TAKE YOU!

DARE TO TAKE ON THE ULTIMATE TRAIL CHALLENGE IN THE BIGWALL.

The **Bigwall** is the largest of the tough trail play units. It combines elements from all action-packed trend sports into one course. Whether you want to gain your first Parcours experience or are already familiar with this type of sport, the different levels of difficulty allow for continuous improvement.

Over the Overhang Climb, through the Canyon Jump or over the Slackline - on your way from one obstacle highlight to the next, you will always discover new training routes. The complex layout of the structure and over 30 obstacles guarantee almost endless climbing fun.

Training on the Bigwall strengthens all your muscle groups from the fingers to the tips of your feet. With body tension, coordination, balance and concentration, you train your body, strengthen self-confidence and self-awareness and overcome your fear of heights. Whether you tackle the challenge alone, or compete with friends, class or club - challenge and fun with an extra dose of adrenaline is guaranteed.

TOUGH TR

FITNESS PLAYGROUND

IT ROCKS EVERY RECREATIONAL FACILITY, SPORTS COMPLEX AND PUBLIC PARK

The **Rockmaster** unit is the top highlight among fitness playgrounds and is hard to beat when it comes to variety of movement. Designed as an obstacle course, it is perfect for time and skill competitions alone or in teams.

The Rockmaster is all about the art of moving forward – with skill, brains, creativity and, of course, full physical effort, the young obstacle course athletes and freerunners master steep ramps, sloping jumping blocks, hanging slabs or nets and wind their way between liana ropes. The spectacular ascents and transitions are designed in various degrees of difficulty so that the young athletes can playfully progress to the next training level.



AIL



tough trail play unit Rockmaster

Java Concrete

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Urban Graffiti

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5 25 705 041 72	Larch GL, larch



Black Pattern

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Duisburg



PERFECTLY STAGED

The play unit Jump Contest in the middle of the residential quarter is the play and exercise highlight right on the doorstep for young residents. Here, they find exciting age-appropriate challenges made especially for them.

Admiring glances from the neighbours for such athletic ability are guaranteed!

TOUGH TR

FITNESS PLAYGROUND

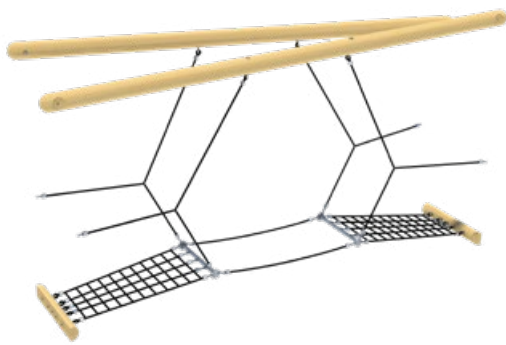


OVERHANG CLIMB - WITH STRENGTH AND CONCENTRATION AGAINST GRAVITY

On the Overhang Climb, the more experienced kids can face the special challenges of climbing on an overhang. Not only physical strength is required here, but also the skilful and economical use of one's own reserves must be learned. Climbing in the horizontal is a power-sapping affair and requires special concentration, a lot of body tension and the right technique for positioning the hands and feet. Those who overcome this overhang will take any cliff!



AIL



CANYON JUMP - READY FOR THE JUMP OVER THE CANYON?

Challenge accepted! Dare and overcome the 1.40 m distance over the canyon. With a bit of courage, concentration and balance, the canyon jump from one net to the other is sure to succeed.

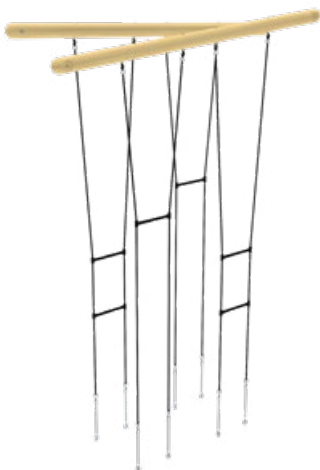
ROPE MAZE - CREATIVELY THROUGH THE LIANA THICKET

Here comes the jungle section of the tough trail. Balancing, climbing, winding - over the top, through the bottom - it doesn't matter which technique is used, the main thing is to use the whole body on the creative way through the tough trail jungle. The crosswise tensioning of the ropes offers the kids a multitude of possibilities when crossing the obstacle. The Rope Maze trains body coordination, flexibility and concentration skills in particular.



ROPE CLIMB - MUSCLE STRENGTH IN LEGS AND FEET

When climbing, the leg muscles should do most of the work because they are much more developed than the arm muscles. The climber uses the arms mainly to stabilise and maintain balance. Therefore, when climbing on the rock or bouldering wall, the concentration is especially on the kicking muscles. The Rope Climb can be climbed from all sides. The training requires hand-foot coordination, builds body tension and strengthens muscle power in legs and feet.



TOUGH TR

FITNESS PLAYGROUND

POWERFUL AND FULL OF ENERGY

The tough trail takes the form of a real power animal. On the climbing route through the **Scorpion Trail**, the Ninja athlete has to summon up all his muscle power and endurance. Even Ninja-trained kids are guaranteed to find challenges on this trail. As aggressive and strong-willed as the scorpion, you start your tour either on the Climbing Wall or on the Sloped Platforms. Once you've done that, you overcome the challenging obstacles with body tension and coordination. At the end of the trail, you mobilise all your energy and jumping power on the No-hand Rest. The Scorpion Trail is perfect for a competition between professionals: Start at the same time at the two opposite entrances. Who will be the first to make it to the end of the trail?



NEW

tough trail play unit Scorpion Trail

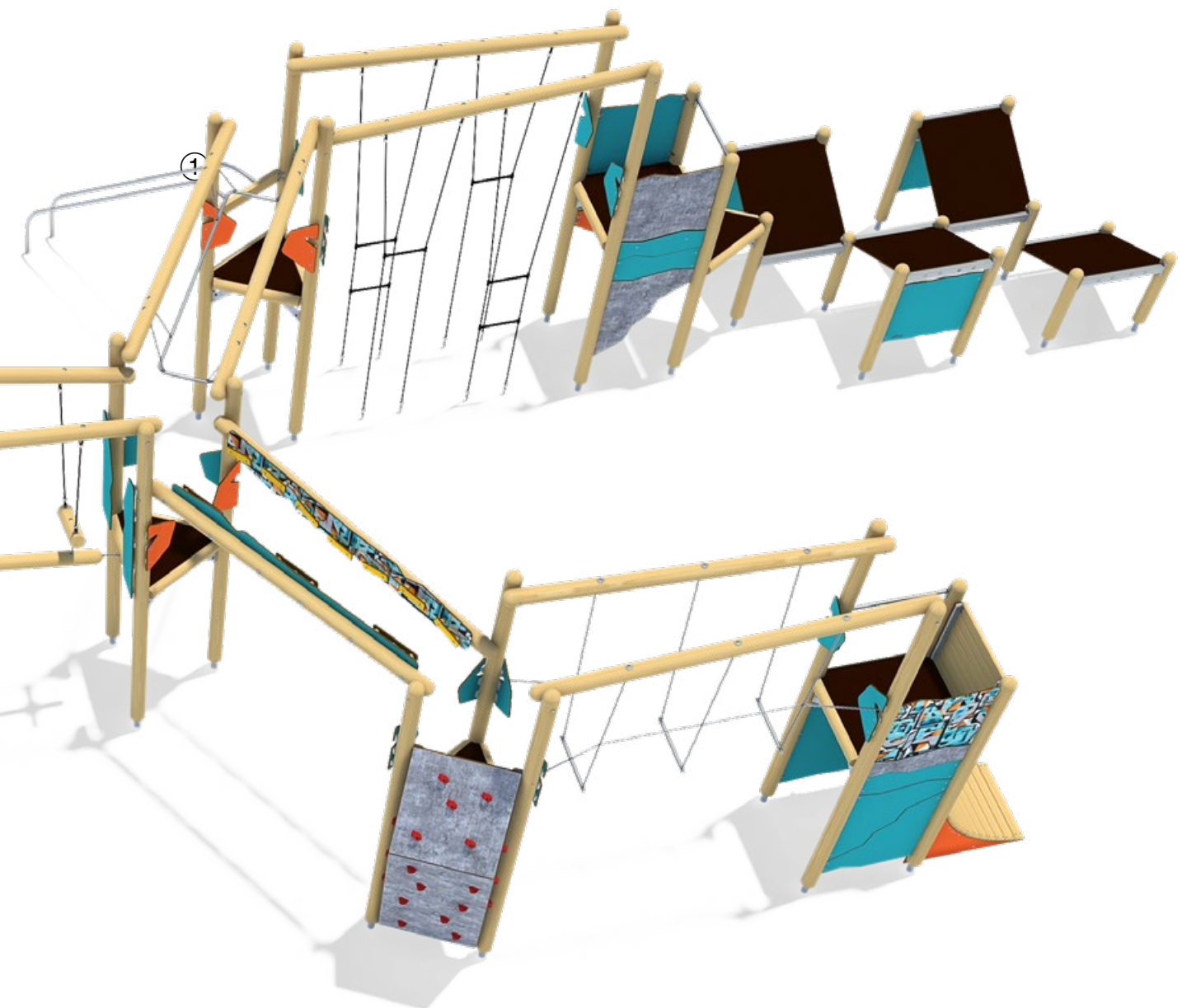
Urban Graffiti



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TOUCH TR

FITNESS PLAYGROUND



| Piatra Neamt Rumänien

AIL



RELEASE YOUR ENERGY

Turntillburn is the play unit for all those who want to work out and train their motor skills at the same time. Here, everyone can try out according to their own mood and abilities.

Climbing through the swinging slabs or over the hanging and clamping transition trains the body awareness, while the climbing path requires strength in fingers and hands. At the climbing chimney, the spider is our movement model. The mounted climbing aids facilitate the ascent at the lower difficulty level. By the way, height measurements mark the climbing steps.



tough trail play unit Turntillburn

Java Concrete

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Urban Graffiti

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Black Pattern

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TOUCH TR

FITNESS PLAYGROUND



MOTOR SKILLS & COGNITIVE TRAINING

WITH SKILL AND BRAINS

Motor skills are the totality of all actions of the musculature. We need them for overall movement, e.g. running, jumping, hopping (gross motor skills) as well as for hand-finger coordination, foot-toe movement and all facial movements (fine motor skills). Without these skills, we cannot cope with our everyday lives and they are also a basic prerequisite for sporting activities.

We can train our gross and fine motor skills, as well as the necessary conditional and coordinative abilities, through a lot of movement, sport and targeted training. This includes balance training, building up muscle tension, and increasing endurance. The more varied and diverse the movements, the greater the positive effects on the motor skills of children and young people.

The lifestyle habits of today's kids, with sitting too often and for too long and spending hours with electronic media, stimulates the senses in favour of the sense of hearing and sight, while other senses are neglected.

This often leads to deficits in important skills such as coordination, orientation, dexterity, reaction and rhythm. The challenging, exciting obstacle and individual elements of the eibe tough trail compensate for this. Here, not only motor skills can be trained, but also cognitive, intellectual skills such as attention, cognitive ability, judgement, differentiation and coupling ability of children and young people.

AIL



SOCIAL INTERACTION

RESPECT, TOLERANCE AND FAIR PLAY

Team sports are about having fun together, sharing positive experiences, learning from each other, respecting each other, coping with defeats and many other things that are part of a healthy personality development of children and young people. Values such as respect, tolerance and fair play are particularly easy to convey when playing and doing sport together. The children and young people learn to fit into a group, to pursue a common goal and to deal with successes and defeats. These positive experiences and learning effects do not only occur in classic team sports. These valuable team experiences and learning processes can also be made in the playground, the school playground,

a skate or bike park, etc. The sense of community is especially important in trend sports such as parkour, freerunning or Ninja Workout.

At a fitness playground like the eibe tough trail, children and teenagers meet in different environmental situations, with similar or very different abilities, interests and an age range between 10 and 17. The teenagers exercise alone, in groups or compete on the equipment.

The tough trail offers the opportunity to get in touch with others and overcome obstacles together.



STRESS RELIEF

STAY COOL!

Regular exercise is good for the psyche. This is especially true for young people.

Whether it's stress at home, pressure to perform at school or conflicts in the group, these problems cannot always be compensated for to a sufficient degree by activities on the screen or smartphone. This can lead to fear of failure, reduced willingness to learn, concentration problems and even serious illnesses such as depression.

Especially during adolescence, physical activity contributes to better emotion control and to reducing tension and stress. Sport gives teenagers the opportunity to release excess energy. A sense of achievement and the feeling of being able to

feel one's own body brings about positive mood changes. Social skills are strengthened through contact with peers, which makes it possible to deal with success and defeat in a stress-free way. Through the positive influences on the psyche, sport contributes to the prevention of antisocial behavior.

The versatility of the movements, the challenges in terms of strength, endurance, motor skills and creativity and, last but not least, the great look of the obstacles and climbs of the eibe tough trail certainly make kids want to move and offer them a playful, sporty balance to everyday life that simply puts them in a good mood.

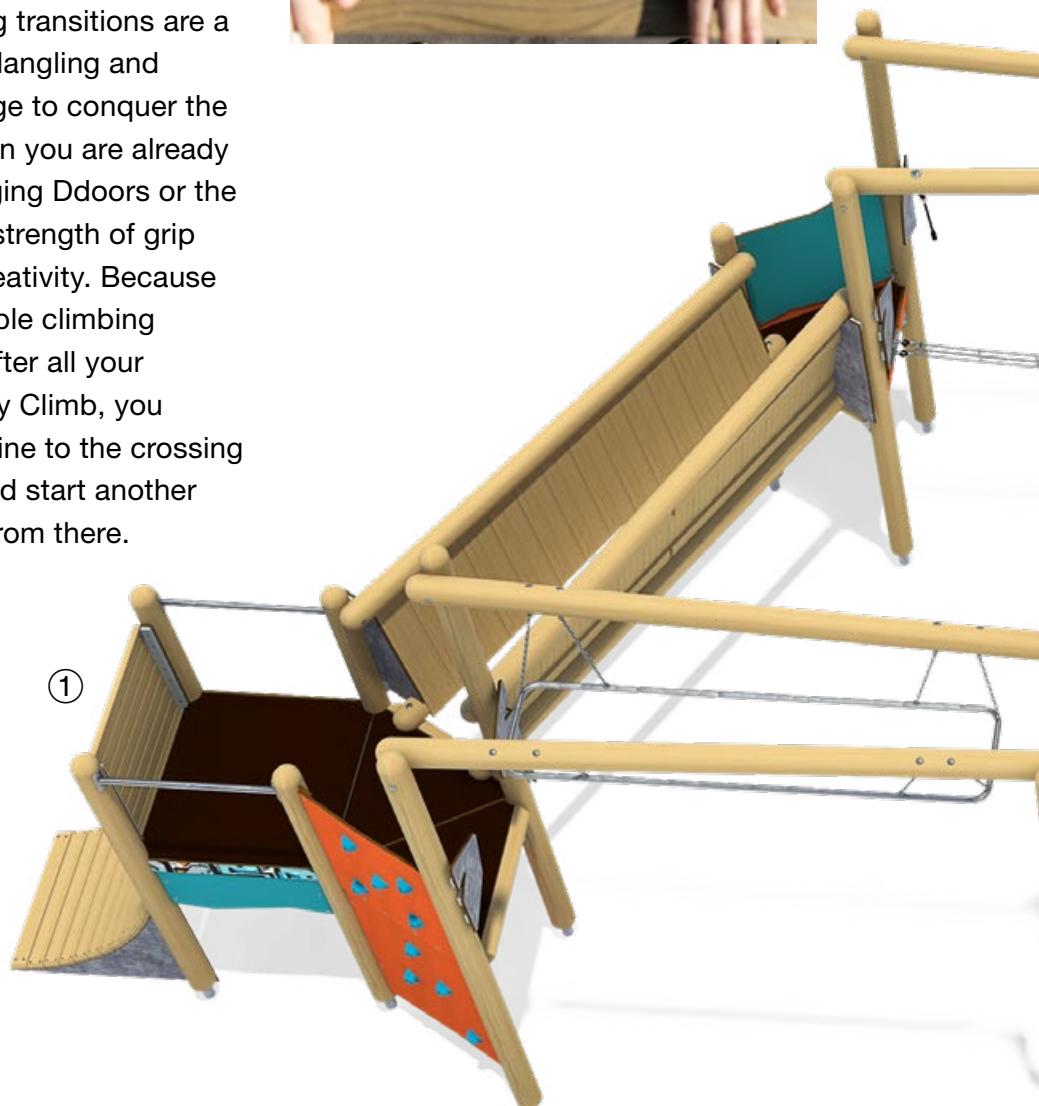
TOUGH TR

FITNESS PLAYGROUND

ENDLESS NINJA CLIMBING FUN

Five ascents, eight obstacles in different difficulty levels in the layout of a lying eight, the symbol for infinity. The **Figure of Eight** unit is the tough trail for literally endless climbing pleasure.

Those who can't get enough of Ninja sport will push themselves to their individual limits on this endless trail. The exciting transitions are a particular challenge to your dangling and balancing skills. If you manage to conquer the Wobbly Frame at first go, then you are already a real professional. The Hanging Ddoors or the Net Swings require not only strength of grip and body control but also creativity. Because there is more than one possible climbing technique on this element. After all your physical effort in the Chimney Climb, you shimmy back over the Slackline to the crossing point of the figure of eight and start another round in the Figure of Eight from there.





NEW

tough trail play unit Figure of Eight

Urban Graffiti



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TOUGH TR

FITNESS PLAYGROUND



| Kemnath

AIL



FOCUS ON THE NEEDS OF YOUNG PEOPLE.

The tough trail in the town of Kemnath is one of the first in Germany and a pioneer among fitness playgrounds. It is a great example for playground projects in public spaces that also have teenage users in mind when it comes to planning playgrounds. Here, on the Eisweiher grounds in Kemnath, a place has been created where they have space for extensive physical activity and action-packed play.



TOUGH TR

FITNESS PLAYGROUND

POWERHOUSE IN A SQUARE

Exciting power moves and movement-animating challenges on all four sides are what the **Runout** play unit offers the young obstacle runners.

The facility, which is easily visible from all sides, is accessed over two challenging balance climbs or on the climbing walls with various climbing aids. Once you have climbed the power square, you set about overcoming the four challenging obstacles: with skill, strength and creativity over the dangling and gripping transition, the climbing path, through net flags and hanging slabs – this is where real obstacle athletes are trained.

Exhausted and relaxed, you go down the handrail slide.

tough trail play unit Runout

Java Concrete

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Urban Graffiti

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Black Pattern

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| Grundschule Kampern

AIL



TOUGH TR

FITNESS PLAYGROUND



CLIMBING WALK – POWER GRIP

The athlete hangs only with his fingers on the narrow hand holds and moves from bar to bar. The Climbing Walk offers two climbing routes with different levels of difficulty - different heights, distances and arrangements of the handholds make this transition an exciting and challenging obstacle.

HANGING DOORS – CONCENTRATION AND COORDINATION

The Hanging Doors are vertically suspended obstacles that can only be overcome with simultaneous use of arms and legs. The hands grip the doors and the feet press against the doors from both sides at the same time.



ROPE SWING – TARZAN-STYLE MOVEMENT

At the Rope Swing, the young athletes swing like Tarzan from rope to rope to the next platform. The aim is to cross the ropes quickly and with a lot of momentum. In the process, the kids train strength and mobility and also improve their body awareness.





SPIDER WALL – UP AND OVER THE OBSTACLES

The Spider Wall, made famous by the TV series Ninja Warrior, is often one of the last obstacles of the competition. This climb is a challenge for the entire body due to constant tension. In order for the athletes to move well, the palms of the hands and soles of the feet are permanently pressed outwards. By shifting the pressure to the hands, the feet can jump further and vice versa. The

difficulty is to push upwards. Two levels of difficulty allow young athletes to slowly progress to the next level.

The height measurements on the inside of the spider walls are designed to encourage a competitive nature.

TOUGH TRAIL

FITNESS PLAYGROUND

FLOATING BEAM – MASTER THE CHALLENGE WITH CREATIVITY

Courage and a little patience are required at the Floating Beam. The most difficult transition of the tough trail may only work on the second or third try. Whether shimmying or monkey-style, with legs and feet clutching the post - with creativity and stamina, young Ninja athletes can master this challenge.



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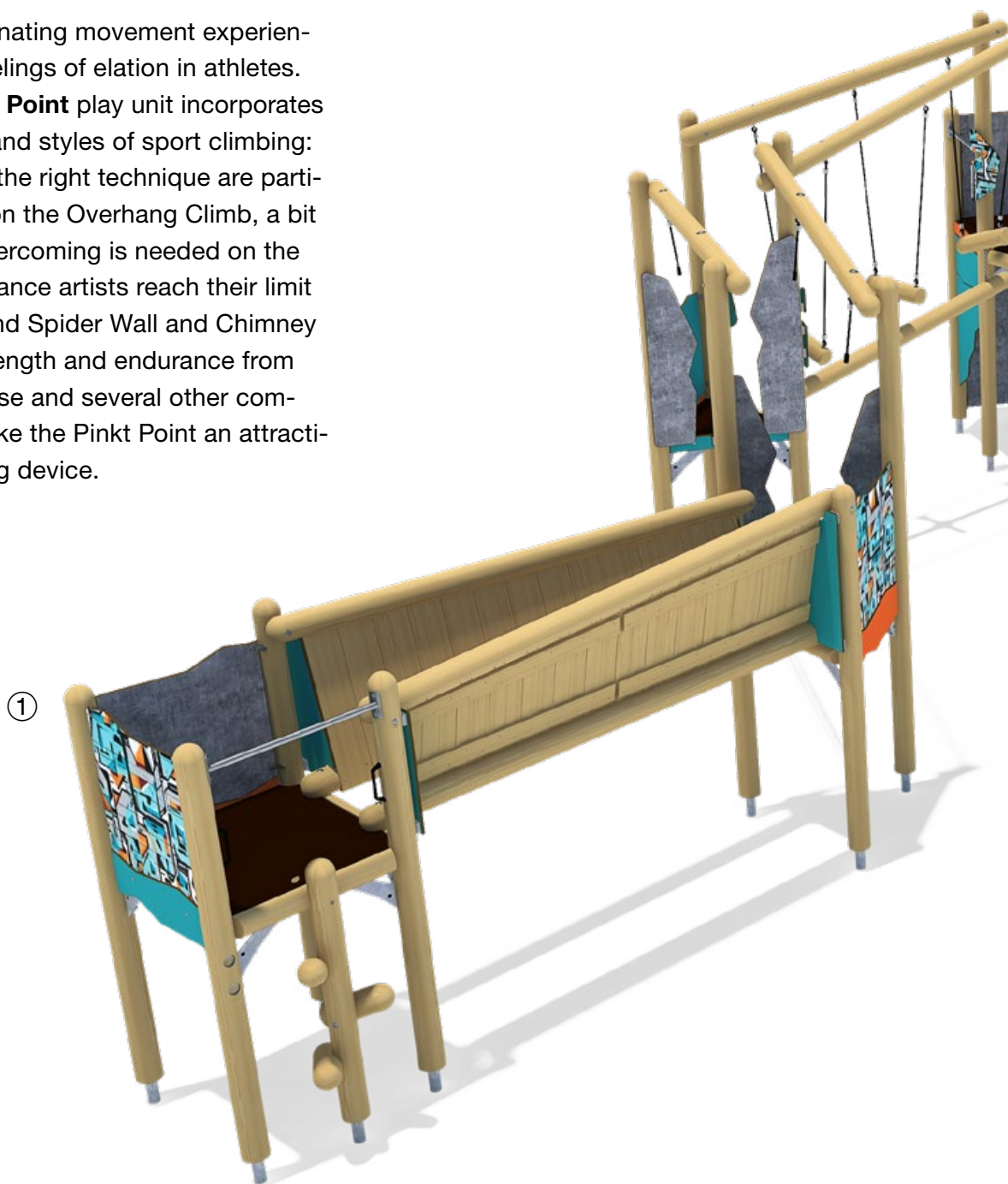


TOUGH TR

FITNESS PLAYGROUND

THE FASCINATION OF CLIMBING

Climbing is a fascinating movement experience that triggers feelings of elation in athletes. The compact **Pink Point** play unit incorporates various elements and styles of sport climbing: Body tension and the right technique are particularly important on the Overhang Climb, a bit of courage and overcoming is needed on the Canyon Jump, balance artists reach their limit at the Slackline, and Spider Wall and Chimney Climb demand strength and endurance from climbing fans. These and several other complex obstacles make the Pink Point an attractive climbing training device.



AIL



NEW

tough trail play unit Pinkpoint

Urban Graffiti

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TOUGH TRAIL





TOUGH TR

FITNESS PLAYGROUND



tough trail play unit Triangle of Forces

Java Concrete

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Urban Graffiti

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Black Pattern

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AIL

THREE SIDES, THREE CHALLENGES – OR ONE BIG ONE?



Children can really let off steam on the **Triangle of Forces** play unit. Overcoming the individual elements requires coordination, strength and endurance.

Obstacles such as liana crossing, hanging ropes and a climbing chimney can be tackled individually by each child. The swings, the climbing arch and the handrail slide also offer plenty of freedom in their use. In this way, each child can take on exactly the challenge he or she feels up to. And who knows, maybe one or the other climbing monkey will even outgrow himself in the process.



TOUGH TR

FITNESS PLAYGROUND

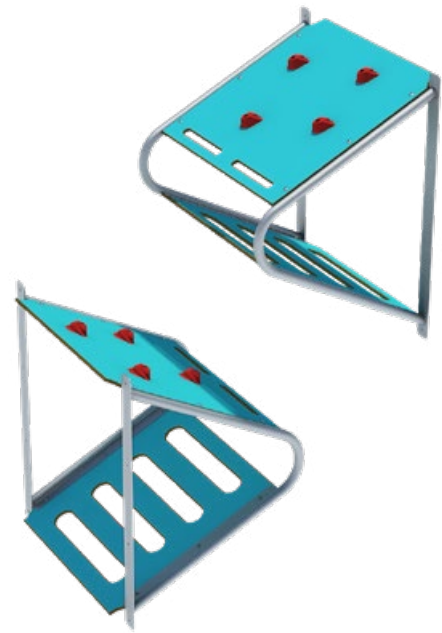


NET WAVE - CONCENTRATED UP AND DOWN

Like on a narrow hiking trail, you go up and down over the three sloping climbing nets. If you want to cross the obstacle standing upright, you need surefootedness, good balance and body tension, just like when hiking in the mountains. At the first attempt, you can also move forward on all fours in a clever way.

OVERHANG STEPS - OVERHANG CLIMBING FOR EXPERIENCED CLIMBERS

These sloping overhang climbing steps have it all. The Overhang Steps bridge two platforms with a height difference of 50 cm. Whether you powerfully work your way up from below over the overhang or climb from one of the platforms to the opposite step, both variants require body tension, coordination and concentration as well as a bit of courage, because there are no handrails on the Overhang Steps element. An obstacle for tough trail professionals!

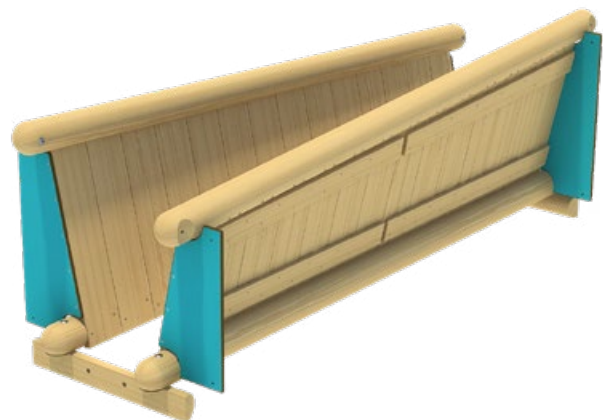


CHIMNEY CLIMB - WITH FULL BODY EFFORT THROUGH THE CHIMNEY

Chimneying, stemming and bridging are climbing techniques to move forward or upwards in narrow spaces, e.g. a crevice. The tough trail Chimney Climb element is a horizontal chimney that can be climbed through using these techniques.

In chimneying, the climber presses the back against one wall and at the same time braces the feet against the opposite one. With balanced pressure on both sides, you move forward sideways. With the hands on one wall and the feet on the other, move forward in a bridging position. When stemming, you support yourself with your hands and feet on the

opposite walls, build up pressure and body tension, and slowly work your way across the chimney.



TOUGH TR

FITNESS PLAYGROUND



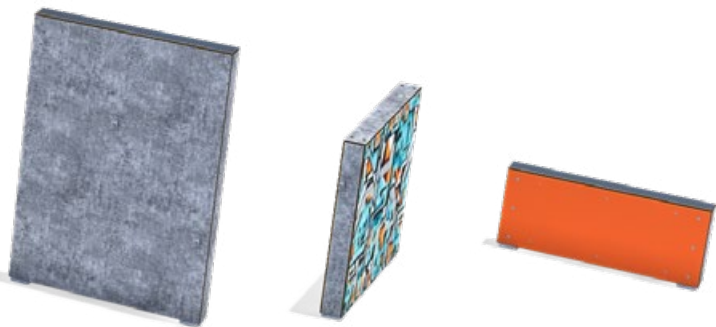
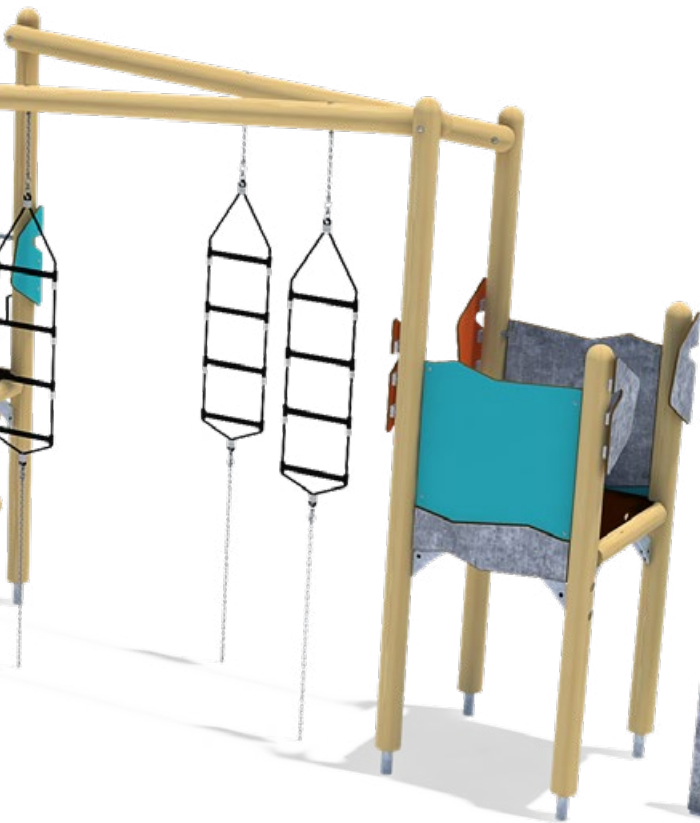
THE PATH IS THE GOAL

The run over the obstacles of the compact tough trail **Urban Climbing** unit could be very similar in the city, over walls, stairs, railings or benches.

Dare the Cat Leap or Gap Jump and reach the first platform of the trail over the No-hands Rest. With the muscle strength of your arms

and hands, a cool wall hop, as well as a lot of practice and patience, you will eventually overcome the Warped Wall. Put your body under tension, focus on the next obstacle and balance over the net wave with concentration. Use your strength skilfully and hang with stamina over the Wobbly Frame. Take a short

AIL



breather on a platform, shake out your hands and arms, relax your body and continue: Through the Wobbly Ladders or down the Rail Slide to start a new attempt, another path through the Urban Climbing trail.

NEW

tough trail play unit Urban Climbing

Urban Graffity

5 25 710 011 72 SW pi

① 5 25 710 031 72 Larch natural

5 25 710 041 72 Larch GL, larch



TOUGH TR

FITNESS PLAYGROUND

HIGHER, FASTER, FURTHER

Why not bounce onto the **Jump Contest** play unit: With a few flank jumps over the wall element, then jumping with one leg, both legs or with the help of the arms over the sloping jumping blocks onto the first platform of the Jump Contest. Bounce training increases speed, keeps muscles supple and agile and ensures stable joints. Jumping over the obstacles and crossing the challenging transitions and climbs of the Jump Contest requires not only bounce and endurance, but also dexterity and coordination.



Duisburg



Scope of delivery deviates from the image

AIL



tough trail play unit Jump Contest

Java Concrete

5 25 701 011 00	SW pi
5 25 701 031 00	Larch natural
5 25 701 041 00	Larch GL, larch



Urban Graffiti

5 25 701 011 72	SW pi
① 5 25 701 031 72	Larch natural
5 25 701 041 72	Larch GL, larch



Black Pattern

5 25 701 011 91	SW pi
5 25 701 031 91	Larch natural
5 25 701 041 91	Larch GL, larch



TOUGH TR

FITNESS PLAYGROUND



WHO MAKES IT UP THE RAMP?

The **Base Climb** play unit not only makes little Ninja athlete's hearts beat faster, but youngsters can also excel at it. This is due not only to the play unit's modern look, but above all to its open use. Ramp, climbing wall or throwing element? How you get up to the playground is up to your own creativity – as is how you get down. The necessary physical activity makes it an ideal addition to any fitness playground.



tough trail play unit Base climb

Java Concrete

- 5 25 700 011 00 SW pi
- 5 25 700 031 00 Larch natural
- 5 25 700 041 00 Larch GL, larch



Urban Graffiti

- 5 25 700 011 72 SW pi
- ① 5 25 700 031 72 Larch natural
- 5 25 700 041 72 Larch GL, larch



Black Pattern

- 5 25 700 011 91 SW pi
- 5 25 700 031 91 Larch natural
- 5 25 700 041 91 Larch GL, larch



CLIMBING, JUMPING, RESTING

Without any supporting climbing aids or handholds, you overcome the walls and cubes in different heights. For example, by pulling yourself up a wall with all your strength or overcoming the obstacle with a flank jump. The versatile climbing elements can be used for climbing, balancing or as a place to sit and catch your breath. The chill-out platform is the power bank for hardy trail climbers. Here you can take a short break to recharge your batteries and concentration or exchange ideas with others. The walls of the climbing elements are made of sustainable softwood, coated with wear-resistant high-pressure laminate (HPL) for long-lasting climbing fun.

NEW

tough trail Seat platform Resting Point

5 25 708 153 00	Java Concrete
5 25 708 153 72	Urban Graffiti
5 25 708 153 91	Black Pattern



tough trail climbing element Climbing Cube

5 25 708 153 00	Java Concrete
5 25 708 153 72	Urban Graffiti
5 25 708 153 91	Black Pattern



tough trail climbing element No-hands Rest

5 25 706 153 00	Java Concrete
5 25 706 153 72	Urban Graffiti
5 25 706 153 91	Black Pattern



tough trail climbing element Free Solo

5 25 707 153 00	Java Concrete
5 25 707 153 72	Urban Graffiti
5 25 707 153 91	Black Pattern



TOUGH TRAIL



Click here for
the reference



| Krimpen aan den IJssel, NL



CINEMATIC STUNTS ON THE NEW TOUGH TRAIL IN KRIMPEN AAN DEN IJSSEL

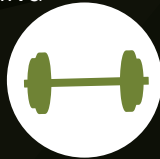
Young people showed great enthusiasm for athletic movement at a workshop with a professional freerunner at the eibe tough trail in the park of a residential area in the Dutch town of Krimpen aan den IJssel. After the training session with the pro, the group proudly presented their remarkable skills at the photo shoot: artistic flips, breathtaking jumps and creative runs over the challenging obstacles.

„At this tough trail course, teenagers can learn about freerunning in an easily accessible and safe way. You can practice and expand your skills from easy to difficult. It also provides a great opportunity to give freerunning workshops to a wide audience.“

Arjoen Besorak, freerunner and coach at United Elements.

NATURAL

TYPE OF TRAINING



TYPE OF TRAINING



MUSCLE GROUPS



EXERCISES

NATURAL FITNESS – THE FITNESS CLASSIC RELAUNCHED

YOUR OWN BODY, THE BEST TRAINING TOOL

More than 50 years after the successful public fitness campaign „Get-fit“ (Trimm-dich) in Germany, various types of full-body workouts are now among the most popular fitness activities besides endurance sports such as jogging and (Nordic) walking. The eibe Natural Fitness concept combines both training components endurance and strength training.

A publicly accessible exercise trail offers people of all ages and fitness levels a low-threshold, attractive opportunity to do something for their own well-being. As a course or circuit along a running route, it is an ideal supplement to train muscular fitness using the own body weight in addition to endurance – in the fresh air, without effort and free of charge.

FITNESS



NATURAL FITNESS

A SPORTING SUCCESS STORY

In the 1970s, the major campaign „Get fit with sport „ (Trimm Dich durch Sport) of the German Olympic Sports Confederation (DSB today DOSB) was intended to raise awareness among people in Germany for better health through exercise. With considerable success: according to surveys, a few

years after the start of the campaign, more than 70 percent of the population were active in sports. The idea was thus a huge success and paved the way for subsequent fitness and wellness trends.

In the following decades, the Get-fit movement was pushed back by new fitness trends and



Fun and joy of movement, according to the own ability, should be the motivators for the training with eibe Natural Fitness.

The classic circuit stretches over three to five kilometres. Along the way, the athlete is accompanied by 14-20 exercise stations. These, set up at a distance

of about 200 metres, are designed in such a way that all three training phases – warm-up, training, recovery – are taken into account during a run. Thanks to the large number of exercise variations, there is no chance of boredom even with long-term training.

FITNESS

the increasingly popular fitness studios and almost fell into oblivion. However, the basic idea of strengthening one's own health through low-threshold exercise offers in public spaces has survived until today. Under names such as Outdoor Fitness or Multigenerational Park, new spaces for

mass sports have emerged that take up the successful concept of the Get-fit in a modern guise. With Natural Fitness, the Get-fit trail is now also making its well-deserved comeback at eibe.



Training components of the exercises:

- Warm-up
- Mobilisation
- Coordination
- Strength
- Speed
- Endurance
- Stretching

NATURAL FITNESS



| Budel, NL



NATURAL FITNESS: THE DUSTY IMAGE LEFT BEHIND

The exercise stations of the eibe fitness trail have been optimised and redesigned according to current sports science findings. The modern design and the natural appearance of the particularly robust robinia wood give the oldie a new appearance in a fashionable look.

The outstanding properties of the wood species robinia make it particularly suitable for use in natural surroundings. The wood is very resistant and can be used without impregnation. It withstands the weather without developing mould and it has a natural resistance to fungi and insects. With the combination of stainless steel elements, the eibe fitness stations are low-maintenance and easy to care for. The units are available in robinia wood natural and oiled.



NATURAL FITNESS

NATURAL

JUMP FIT!

Higher, faster, further – bounce enables us to lift off the ground and move away. It is important in many sports. For better bounce, the leg and gluteal muscles in particular need to be trained. But leg training is not only beneficial for improving bounce:

- strengthening other muscles such as the gluteal, abdominal and back muscles.
- particularly high release of muscle-building hormones (because of the large muscle group)
- increased calorie consumption
- promotes body tension and stability
- improves posture through a stable pelvis

The exercises at the hurdle race, flank jump and leapfrog stations strengthen the leg and buttock muscles. Depending on the exercise variant, the arm and torso muscles are used in a supporting role. With the frog hop and the flank or forward jump, the athletes also train coordination and endurance.

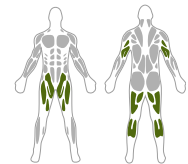
Fitness trail leapfrog

5 52 073 053 00
5 52 073 063 00

NEW



Endurance
Strength



Strength
Coordination
Endurance



FITNESS

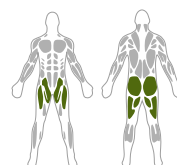
Fitness trail hurdle run

5 52 082 053 00
5 52 082 063 00

NEW



Endurance
Strength



Warm-up ●
Strength ●●
Coordination ●●●●●
Endurance ●●
Speed ●

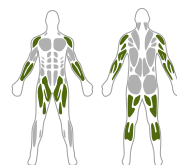
Fitness trail flank leap

5 52 074 053 00
5 52 074 063 00

NEW



Endurance
Strength



Warm-up ●
Strength ●●
Coordination ●●●●●
Endurance ●●

NATURAL

THE POWER IN THE CENTRE!

The torso is the centre of our body and at the same time a muscular power centre. Strong muscles in the region ensure a stable, upright posture, relieve the spine and make us efficient and resilient in everyday life and in sports.

The core muscles include the abdominal and back muscles, as well as parts of the gluteal and thigh muscles. The training of our core

- results in an optimal transfer of strength between the upper and lower body,
- prevents back pain and tension,
- stabilises us when lifting weights,

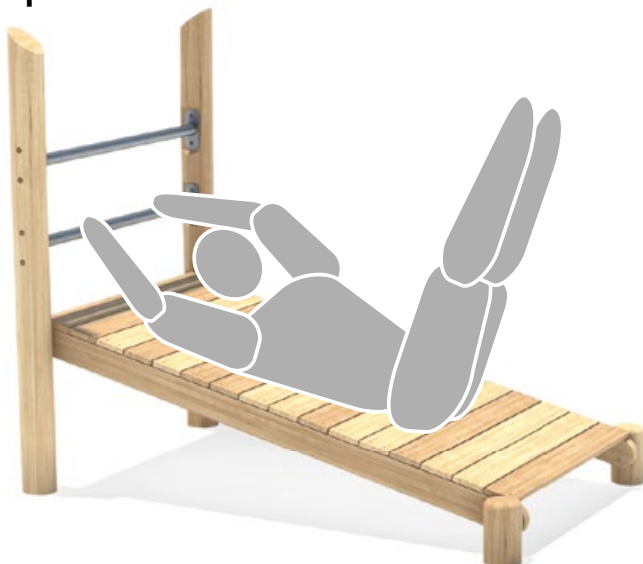
- keeps our organs in place and
- relieves the intervertebral discs.

The eibe fitness stations offer a variety of training possibilities for the trunk muscles. Sit-ups, crunches or push-ups are effective workouts to activate the muscles of our core. Thanks to different exercise variations, you can train according to your individual fitness level.

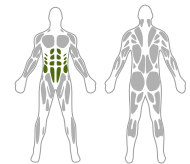
Fitness trail sit-up bench sloped

- 5 52 083 053 00
- 5 52 083 063 00

NEW



Strength



Strength



FITNESS



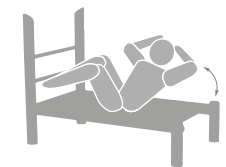
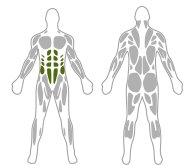
Fitness trail sit-up bench straight

- 5 52 084 053 00
- 5 52 084 063 00

NEW



Strength



Strength



MAINTAINING PHYSICAL FITNESS



Den Haag, NL



[Click here for the reference](#)

MOTIVATION TO EXERCISE RIGHT OUTSIDE THE FRONT DOOR

Invest a few minutes every day in your own fitness, close to home and at no cost. The eibe Natural Fitness parcours in The Hague offers residents of the surrounding neighbourhoods a low-threshold exercise programme. After work, school or university, a round of fitness in the fresh air, in this place it doesn't take much effort. At the exercise stations, the athlete determines the intensity of his workout by choosing the type of exercise and the number of repetitions, depending on his own fitness level.

NATURAL

STRONG SHOULDERS

Our shoulders are the interface between the torso and the arms and are involved in many everyday and sports movements. The shoulder joint is considered the most mobile joint in humans, but this makes it particularly susceptible to injury.

An effective whole-body workout should include the shoulder area in a gentle way.

Strong shoulder muscles

- protect the sensitive muscle joint from injury and wear and tear,
- ensure mobility when carrying out everyday movements,
- relieve the arm muscles,

- prevent poor posture and
- support the upper spine.

Shimmy is a whole-body exercise focusing on shoulder stabilisation, grip strength, coordination and body tension. Through simple but targeted exercises on the wall bars, arms, upper body, legs and torso can be trained very well.

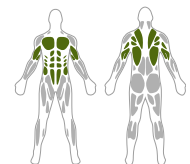
Fitness trail rung ladder

- 5 52 086 053 00
- 5 52 086 063 00

NEW

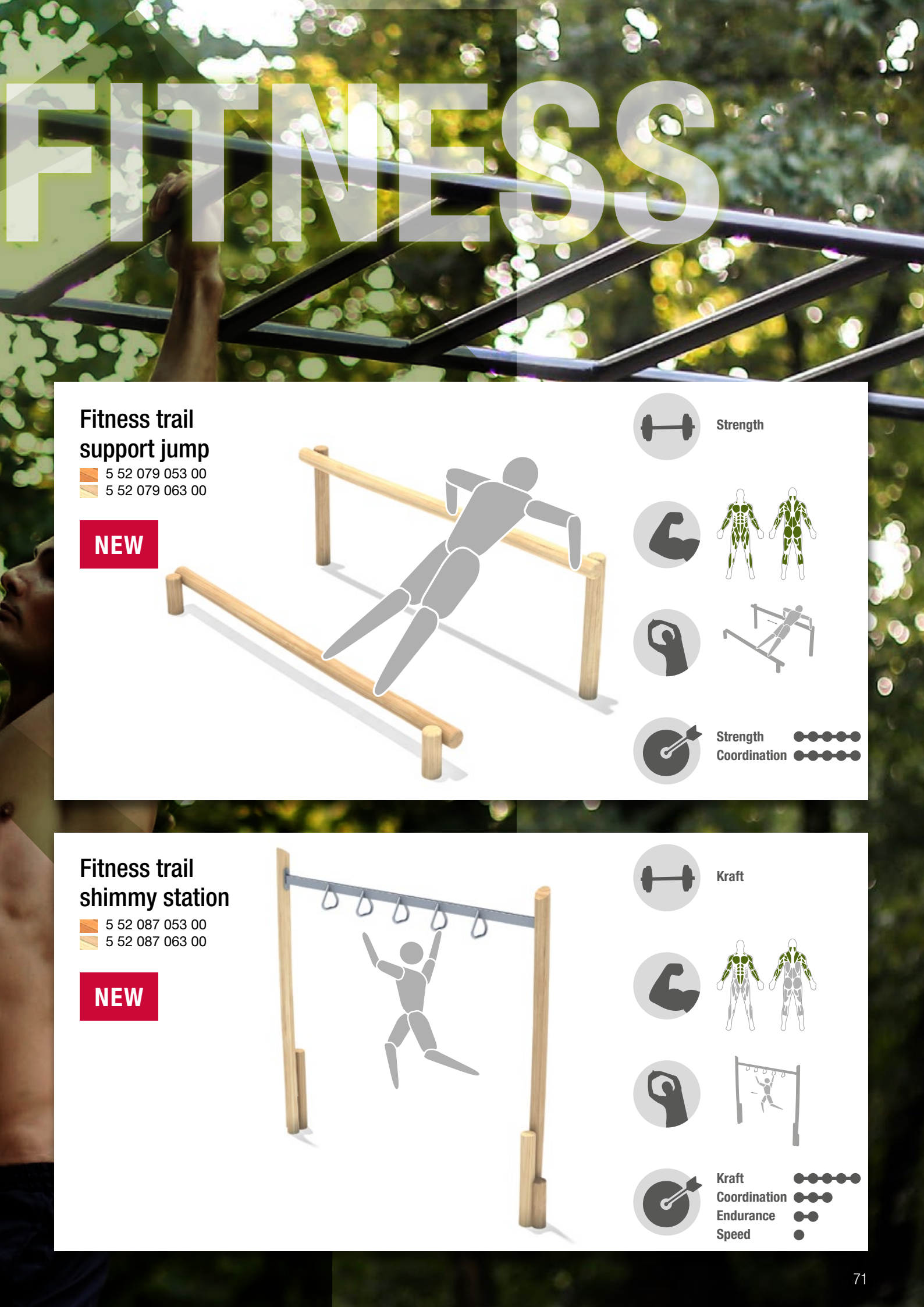


Strength



Strength
Stretching



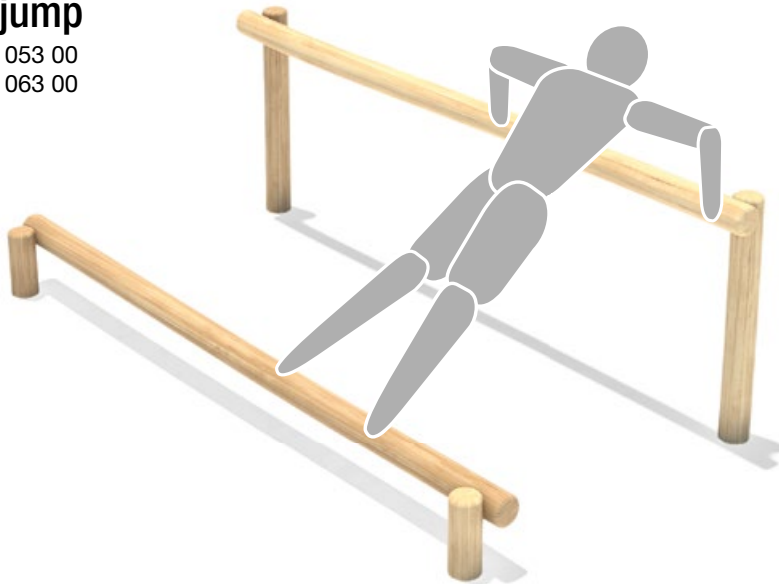


FITNESS

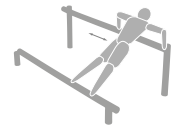
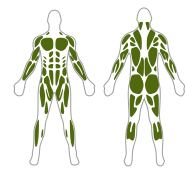
Fitness trail support jump

5 52 079 053 00
5 52 079 063 00

NEW



Strength



Strength
Coordination



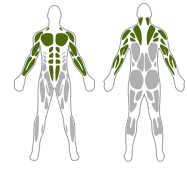
Fitness trail shimmy station

5 52 087 053 00
5 52 087 063 00

NEW



Kraft



Kraft
Coordination
Endurance
Speed



NATURAL FITNESS

POWER TRIO ARMS, CHEST AND BACK

Strong arms and shoulders, broad chest, stable back – a well-trained upper body is not only an ideal of beauty, but also supports us powerfully in everyday and sports movements and increases our well-being. A holistic workout of the upper body muscles has many positive effects:

- More strength endurance and performance in everyday life
- Prevention and relief of tension in the neck and shoulder area
- Protection of sensitive joints, relief of intervertebral discs
- Increased performance in other sporting disciplines

Pull-ups are an effective basic exercise for the upper body. When done correctly, they help to build muscular arms, a strong back and increase grip strength. By varying the type of grip, grip width and number of repetitions, it is easy to get started with continuous increases.

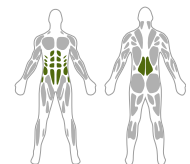
Fitness trail pull-ups trainer with rings

5 52 076 053 00
5 52 076 063 00

NEW



Strength



Strength ●●●●●
Endurance ●
Coordination ●

FITNESS



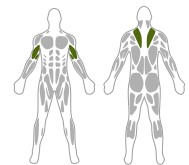
Fitness trail upper body station

- 5 52 075 053 00
- 5 52 075 063 00

NEW



Strength



Strength
Coordination



THE CITY, A PLACE OF MOVEMENT AND ENCOUNTER FOR ALL GENERATIONS.

SUSTAINABLE MOVEMENT CONCEPTS FROM EIBE FOR THE CITY OF THE FUTURE.

Our realised projects on the theme of movement in the city can be found here.

TOUGH TRAIL

NATURAL FITNESS

CALISTHENICS



Demographic development, major changes in everyday life and in leisure time make it necessary to place the promotion of physical activity in the focus of sustainable urban development. Cities and municipalities are responsible for implementing planning concepts that promote play, sport and physical activity. One example of such a concept is the multigenerational park.

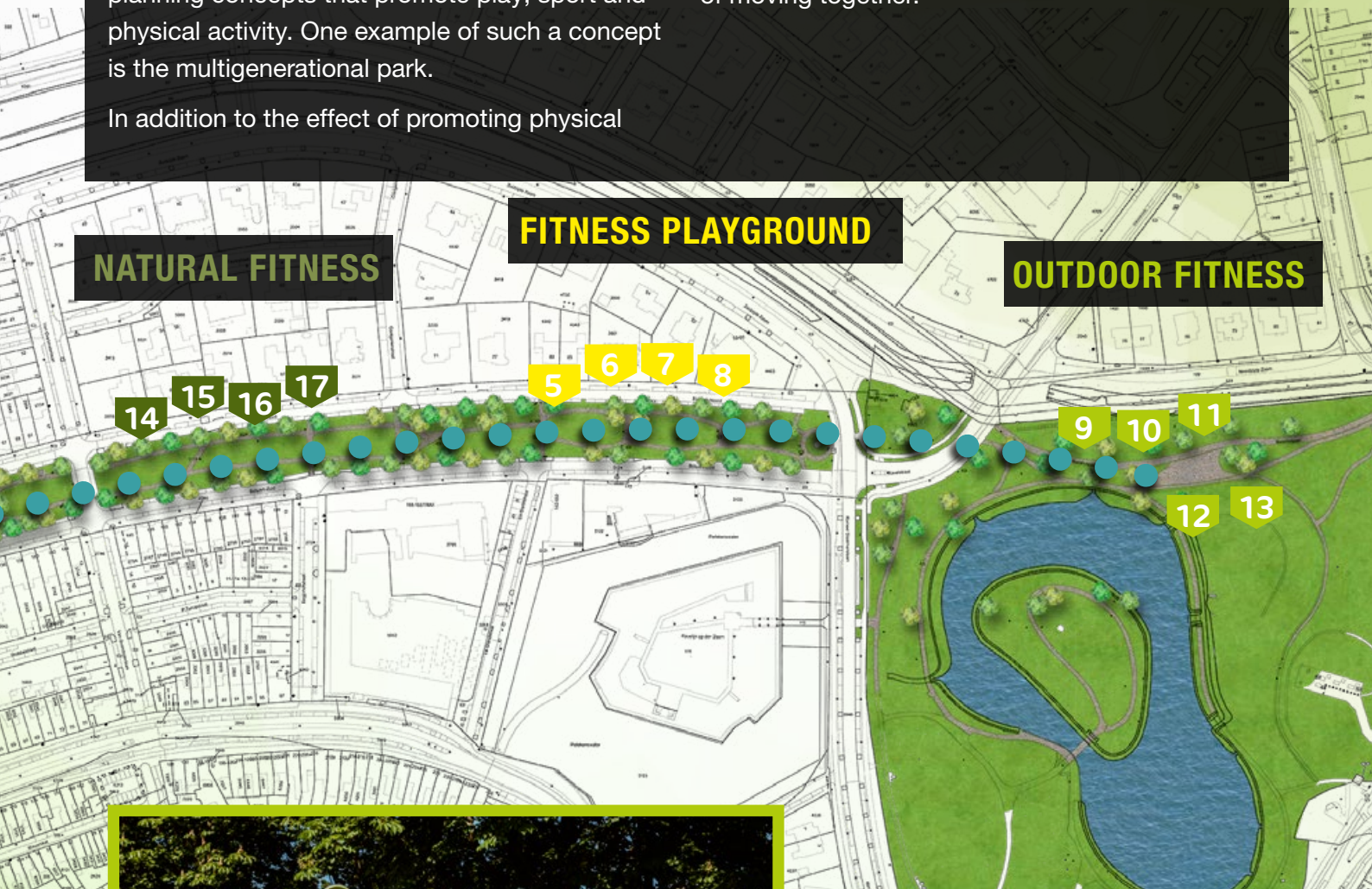
In addition to the effect of promoting physical

activity, it also supports social interaction. There are exercise opportunities for all ages and fitness levels. The focus of this holistic movement concept is not on maximum performance, but on improving mobility, performance and the fun of moving together.

NATURAL FITNESS

FITNESS PLAYGROUND

OUTDOOR FITNESS



NATURAL

NATURAL FITNESS

STAY MOBILE

Our physical mobility depends on our joints and muscles working well together. Mobility training aims to increase the range of motion of the joints and the surrounding muscles, as well as to activate the fascia tissue. This is important to stay fit and pain-free at any age.

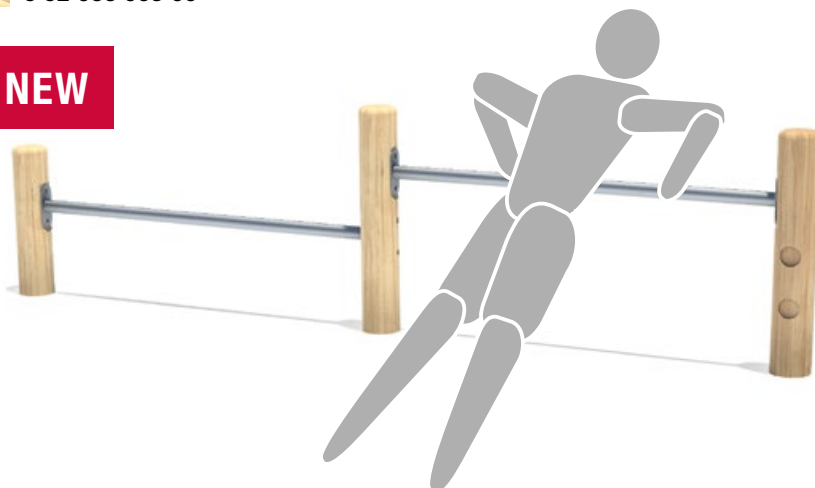
- Improvement of performance and performance level
- Optimisation of movement sequences
- Mobilisation of the muscular system and fascia tissue
- Stabilisation of the joints
- Increasing speed
- Release of tension, alleviation of pain

A mobility workout includes a warm-up, stretching exercises and body weight exercises. The eibe fitness trail with its versatile exercise stations offers athletes a variety of ways to incorporate mobility training into their fitness programme. Training signs at the stations provide helpful information on training components, muscle groups and execution recommendations.

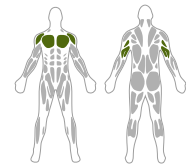
Fitness trail push-up station

- 5 52 088 053 00
- 5 52 088 063 00

NEW



Strength



Strength ●●●●●
Coordination ●
Endurance ●

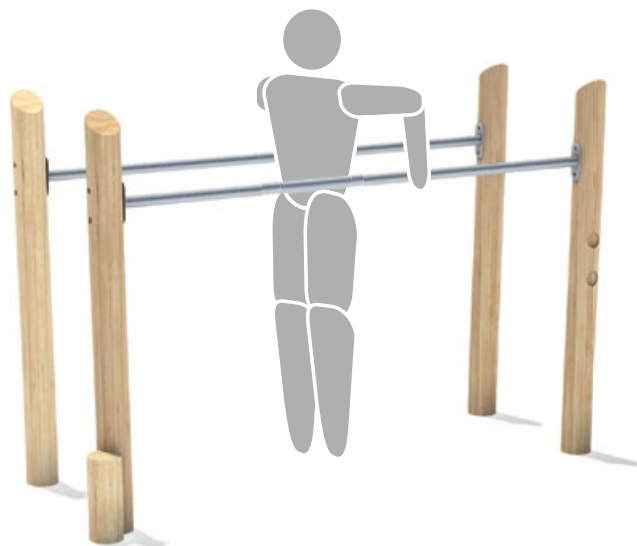
FITNESS



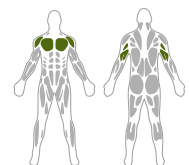
Fitness trail bars

- 5 52 080 053 00
- 5 52 080 063 00

NEW



Strength



Warm-up ●
Strength ●●●●●●
Coordination ●●●●●●
Endurance ●

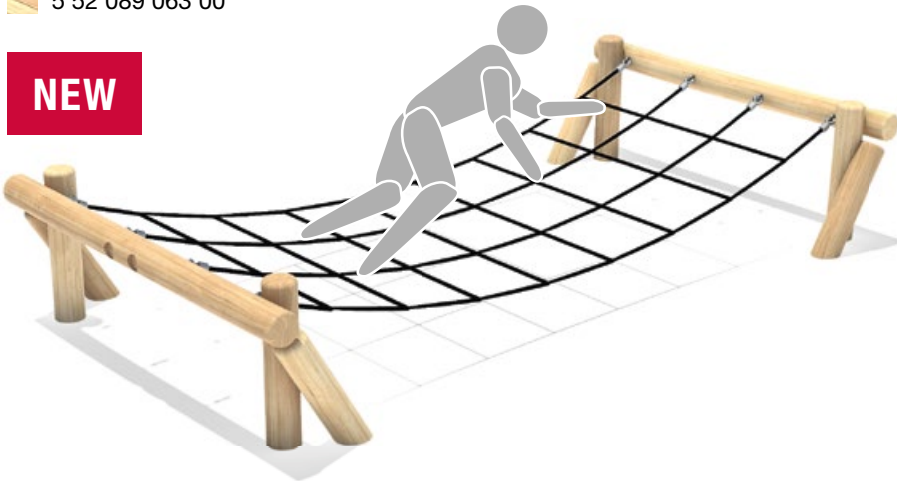
NATURAL

NATURAL FITNESS

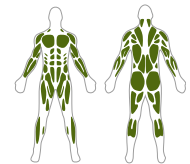
Fitness trail climbing net

5 52 089 053 00
5 52 089 063 00

NEW



Endurance



Coordination
Speed



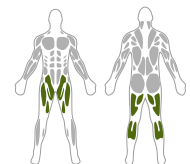
Fitness trail balancing beam

5 52 077 053 00
5 52 077 063 00

NEW



Endurance
Strength



Warm-up
Coordination
Endurance
Speed



FITNESS

STAY DYNAMIC IN SPORT AND IN EVERYDAY LIFE

Good coordination helps us to get through everyday life injury-free and dynamically. Regular coordination training is therefore important at any age. It teaches skills that help us move more economically, prevent injuries and protect our joints:

- Orientation
- Differentiation
- Reaction
- Rhythm
- Coupling

- Balance
- Transition

Exercises such as the standing balance, counter-rotating arm circles or the one-leg stand are possible without any aids. At the eibe fitness stations, the balance beam, the climbing net or the pole slalom are perfect for an effective coordination workout.

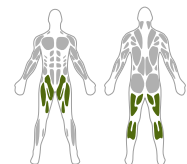
Fitness trail slalom run

5 52 085 053 00
5 52 085 063 00

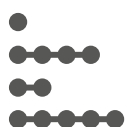
NEW



Endurance



Warm-up
Coordination
Endurance
Speed



NATURAL FITNESS

NATURAL FITNESS

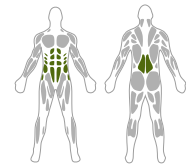
Fitness trail abdominal trainer

5 52 078 053 00
5 52 078 063 00

NEW



Strength



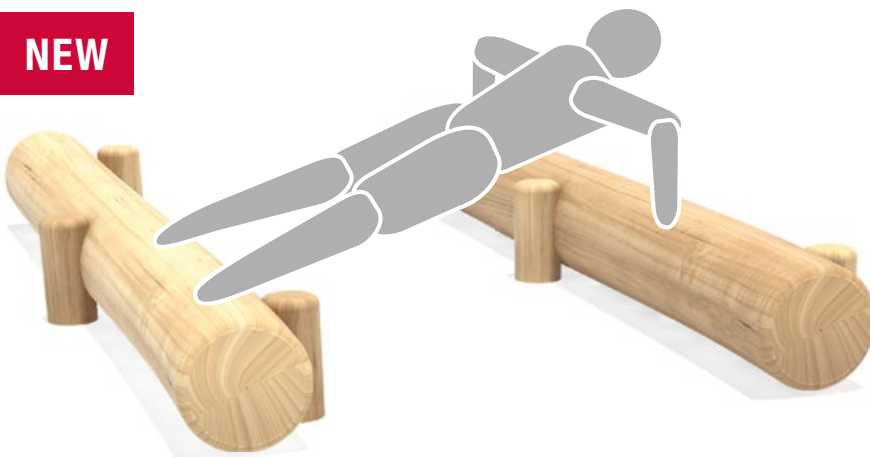
Strength
Endurance



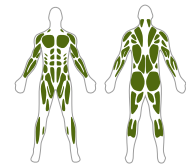
Fitness trail double beam

5 52 081 053 00
5 52 081 063 00

NEW



Strength





Strength
Coordination
Endurance



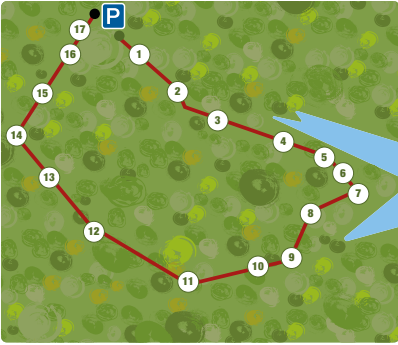
FITNESS

Fitness trail training sign stations site map

NEW

-  5 52 119 053 00
-  5 52 119 063 00

Site plan




eibe

- 1 Arm circles
- 2 Bending and stretching
- 3 Knee bobs
- 4 Arm circles with torso rocking
- 5 Lateral trunk swing
- 6 Back jump
- 7 Shoulder circles
- 8 Flank jump
- 9 Upper body trainer with rings
- 10 Pull-up trainer
- 11 Balance beam
- 12 Lifting arms and swinging torso
- 13 Abdominal trainer
- 14 Double bar
- 15 Cross support
- 16 Parallel bars
- 17 Lateral leg raise

eibe

Station
Abdominal trainer


Exercise
Sit-ups



Repetitions
2-3 sets of 5-10 repetitions

Training components
Strength

beanspruchte Muskelgruppe





Starting position
Sitting on the high bar, lock your feet under the lower bar. Now touch your feet with your hands.

Execution
Lean back and extend your arms backwards. Then return to the starting position.

Attention
Tense the abdominal muscles and avoid a hollow back.

The station is intended for people whose goal is to train their abdominal muscles. The station is suitable for people who want to train their abdominal muscles. The station is suitable for people who want to train their abdominal muscles.

Fitness trail training sign abdominal trainer

-  5 52 099 053 00
-  5 52 099 063 00

You can find the matching training sign for each station online.



PROPER TRAINING

Getting fit, shaping up, staying healthy - these are common motivators to start exercising. To ensure that the workout brings the desired results and the effort is rewarded with success, it is advisable to take a look at your own fitness level, state of health and desired training goals beforehand. Often, additional adjustments to lifestyle and dietary habits are helpful in achieving the set goals.

The correct execution of exercises and the adherence to certain training structures are essential in order to avoid injuries, overstraining and frustration due to the lack of training

success. eibe Natural Fitness offers a training sign for each fitness station with a descriptive illustration of the correct execution of exercises, the training components and the muscle groups addressed. A labeling of the devices with exercise instructions is required according to DIN EN 16630. Therefore, a training sign should be ordered and placed at each station.

WAIUPRAL FINNEMSS

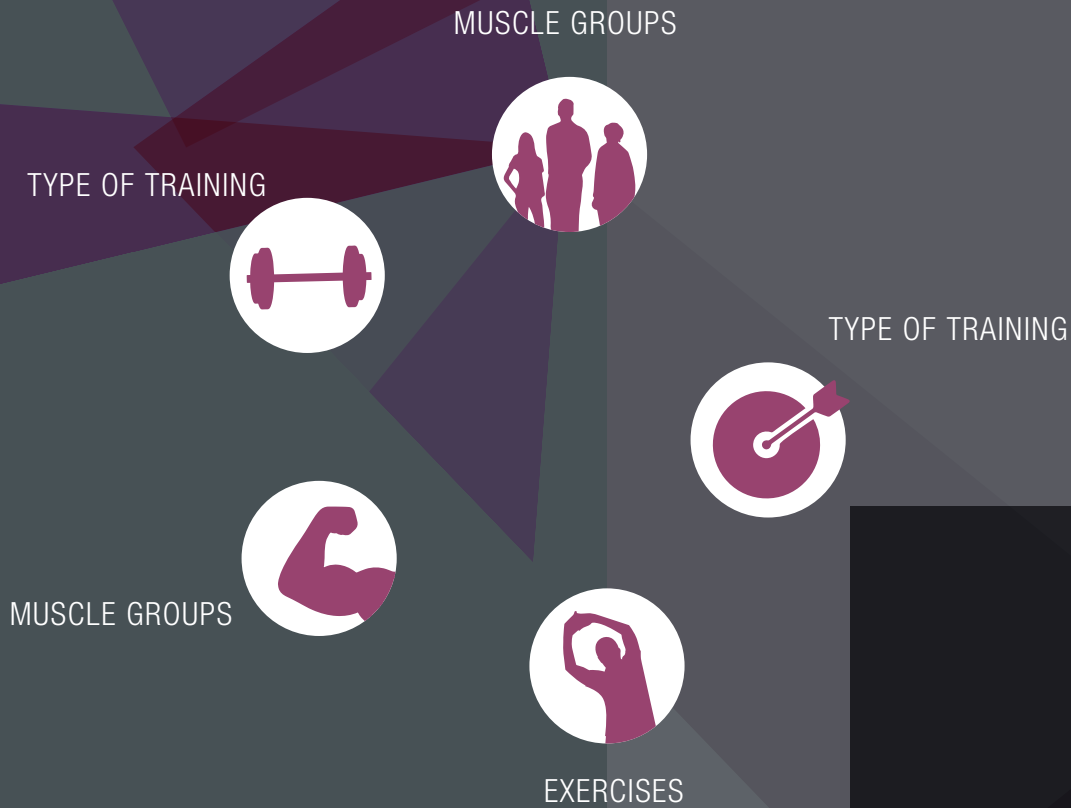




Waddinxveen, NL



CALISTHENICS



CALISTHENICS & STREET WORKOUT

IDEAL TRAINING PLATFORM FOR EVERYONE!

In the fitness sector, the trend is going back to the roots: out of the gyms and towards crisp outdoor training for an extensive full-body workout. Training with one's own body weight is more popular than ever among both professional and recreational athletes. Fresh air and sunshine have a positive effect on the body and mind. The outdoor fitness range from eibe with its Calisthenics & Street Workout product line as a platform for outdoor training ensures that municipal facilities, clubs, schools

and universities become an attractive meeting point for training enthusiasts of all ages and fitness levels. The compact combination of training elements creates unique outdoor fitness facilities that provide the ideal conditions for a balanced workout. In addition to the callisthenics equipment, additional modules such as pull-up trainers and the like round off the holistic eibe Calisthenics range and offer the right solution for everyone. This variety has a motivating effect on athletes of all ages.

NICS



CALISTHENICS & STREET WORKOUT

BASIC IDEA OF THE SPORTS CALISTHENICS & STREET WORKOUT TREND

Callisthenics is a form of bodyweight training in which the entire musculature of the body is activated and trained with the help of targeted bodyweight exercises – the body serves as a weight or counterweight. The exercises can be done without any aids on pull-up bars, parallel bars, monkey bars or wall bars. As the Calisthenics exercises are characterised by smooth movements, different muscle groups are addressed and optimally supported in interaction with the joints. The core muscles in particular (= centre of the body: abdominal, back and hip muscles) are stressed and strengthened in almost every exercise, which helps to improve body stability and coordination.



The following training goals are improved and trained through the Calisthenics exercises:

- **MAXIMUM STRENGTH**
- **POWER DURATION**
- **COORDINATION**
- **BODY CONTROL**
- **BODY TENSION**
- **EXPLOSIVE FORCE**
- **EXTENSION**

WHY THIS TREND INSPIRES THOUSANDS THE ADVANTAGES ARE OBVIOUS

- **One training device for all.**

The structure of the stations allows for suitable functional exercises for every training level and every training goal.

- **Success with basics.**

With classics such as push-ups, pull-ups, dips, monkey swings, squats, lunges and core training, excellent training effects can be achieved.

- **A holistic outdoor sports concept.**

Fitness in the fresh air provides the absolute energy kick and is accessible to everyone at any time, without the need to go to the gym.

- **Social interaction and variety.**

Users motivate each other. Functional training, CrossFit, Freeletics, Calisthenics, BodyWeightTraining – everything is possible, everything is fun!

- **No weights, no excuses.**

Training with your own bodyweight is enormously effective without much effort and gets your body in shape.

- **Functional training surface included.**

The recommended fall protection floor becomes a functional training surface and is particularly suitable for pressure, abdominal and leg exercises, yoga, stretching and much more.

CALLISTHENICS

DIN EN 16630: 2015 SITE-BOUND FITNESS EQUIPMENT

SAFETY REQUIREMENTS: All eibe Calisthenics equipment and its modules comply with the requirements of DIN EN 16630 for site-bound outdoor fitness equipment. Fitness equipment is not intended for installation in the immediate vicinity of children's playgrounds in accordance with the EN 1176 series of standards. Please note that an appropriate distance to playgrounds must be maintained (cf. DIN EN 16630:2015 safety requirements).

AREA OF APPLICATION: The equipment is intended for young people and adults or users with a body height of at least 1.40 metres. According to the definition of DIN EN 16630, Calisthenics equipment is not playground equipment for children (EN 1176 series of standards), stationary indoor training equipment (EN 957 series of standards) or freely accessible multisport equipment (EN 15312), even if it meets the requirements of each of these standards (cf. DIN EN 16630:2015 scope of application).

Movement space:

Space around the fitness equipment is required for safe use.

Exercise space:

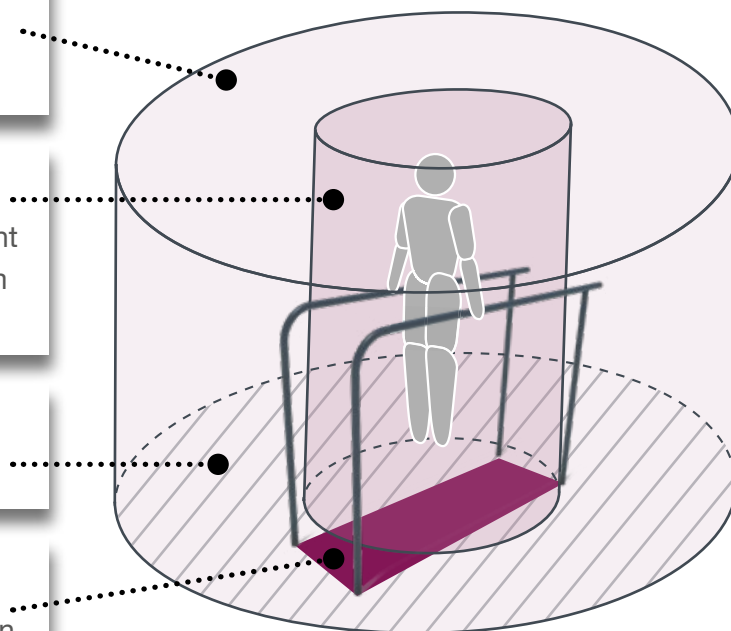
Space in, on or around the fitness equipment that users of the equipment need to perform their exercises.

Movement area:

Floor space of movement space

User position:

Area of a piece of fitness equipment that can be occupied by a user standing, sitting, lying or hanging.



Based on DIN EN 16630:2015

The term "callisthenics" comes from Greek and means "beautiful strength". The idea was taken up and revolutionised in American cities at the beginning of the 21st century. A new sport was born on scaffolding and stair railings: the "street workout". In the course of this, small sports parks with wall bars, pull-up bars and parallel bars were created.

CALISTHENICS

CALISTHENICS & STREET WORKOUT

CALISTHENICS FACILITIES MAKE EVERY LOCATION A PLACE OF ENCOUNTER

Young and old, amateurs and professionals, residents and guests – they all benefit from the appeal of this professional and low-maintenance all-rounder: a professional training platform for the ambitious athlete, an exercise offer at universities and schools to increase learning performance, for the outdoor area of fitness studios, for sports clubs with a holistic approach or for cities that want to create a new exercise meeting place for their residents.

UNIVERSITIES AND SCHOOLS

Fit for learning.

Brain training is also sport and highly demanding. Everyone should give their mind a break and get moving instead. After a training session in the fresh air, you are fit again for the following mental exercise.

Social interaction instead of individual training.

Fitness parks create new meeting places where mutual motivation and team building are strengthened.

Physical education in the open air.

The Calisthenics equipment is immediately available and does not have to be set up and dismantled; the sports lesson can be individually designed - and all that in the fresh air.

CITIES AND MUNICIPALITIES

Holistic outdoor sports concept.

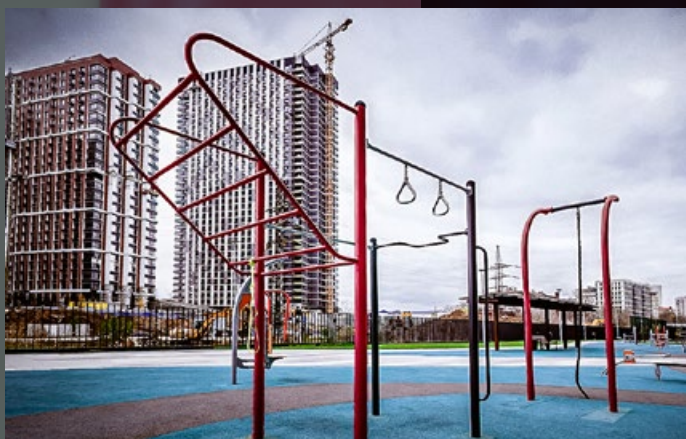
Callisthenics facilities are available to everyone at any time, without obligation and free of charge. With the facilities, you create a meeting place for generations.

Exercise during the lunch break.

Employees of surrounding companies are given the opportunity to exercise during their lunch break. A joint workout promotes team spirit. The productivity of each individual increases after a sports session.

Designed for high usage pressure.

Material selection and construction guarantee the highest stability and quality.



MINICS

SPORTS CLUBS

Whole-body training.

Away from training individual muscle groups: at the Calisthenics facilities, the whole body is worked.

Suitable for all ages.

Sports clubs have people of all ages. Callisthenics facilities offer a platform where everyone can exercise together. Training together promotes team spirit and brings members closer together.



FITNESS STUDIOS AND LEISURE CENTRES

Options for every type of fitness.

Callisthenics, functional training, freeletics, TRX training, CrossFit, climbing, boxing, athletics and many more.

Indoor training when the weather is nice?

It's nice weather outside, and no one wants to workout in the gym. With the Calisthenics equipment, professional training can also be done outdoors.

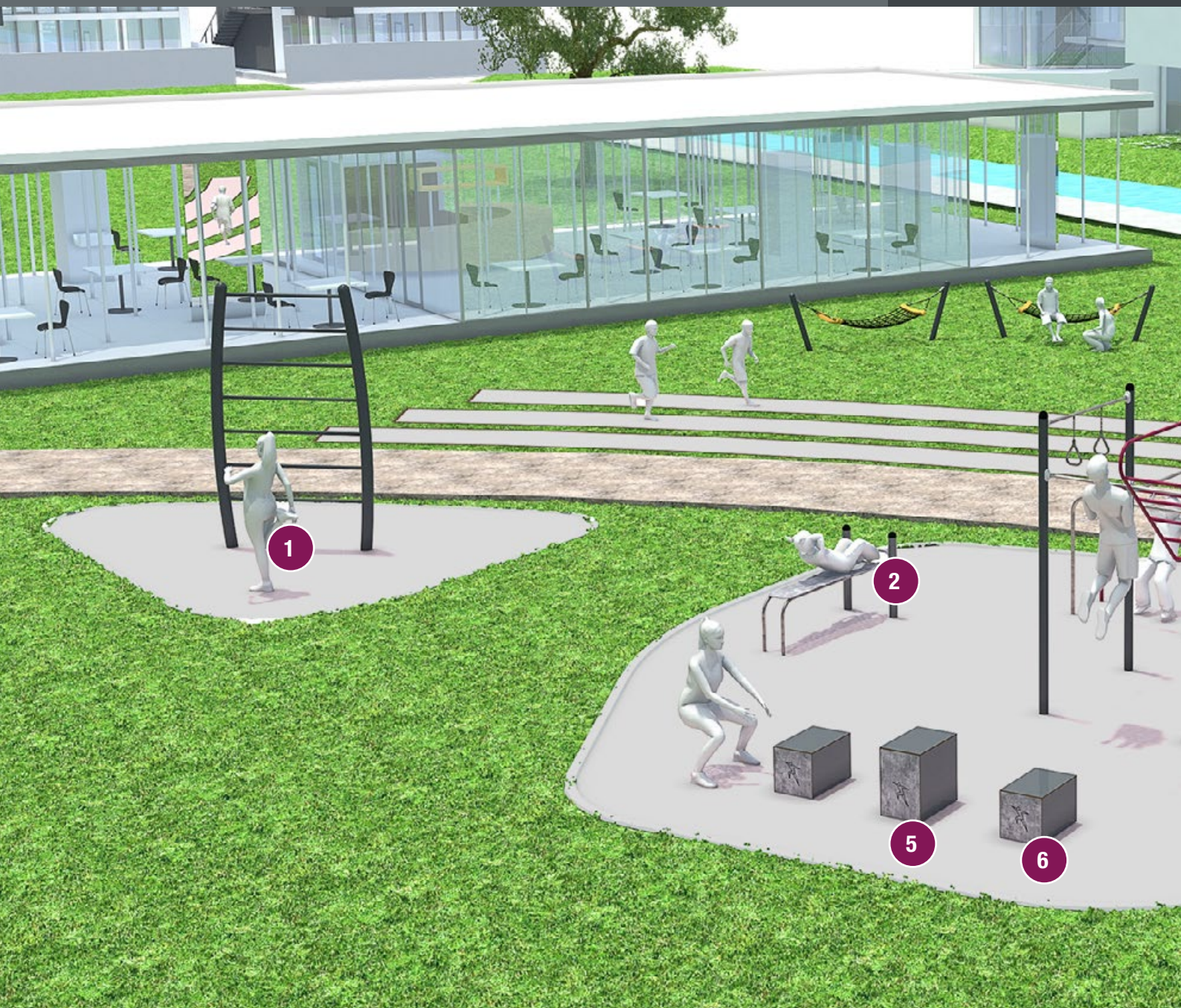
Additional material offers variety.

Thera bands, TRX, sling trainers, pull-up bands, gymnastic rings, punching bags and other accessories complete the sporty programme of the eibe Calisthenics series. Thanks to the well-thought-out construction, the Calisthenics equipment can be ideally integrated into the rehabilitation area.

Upgrading of existing facilities.

In addition to the classics such as basketball and beach volleyball courts, the Calisthenics range completes every facility in terms of a holistic range of exercise.

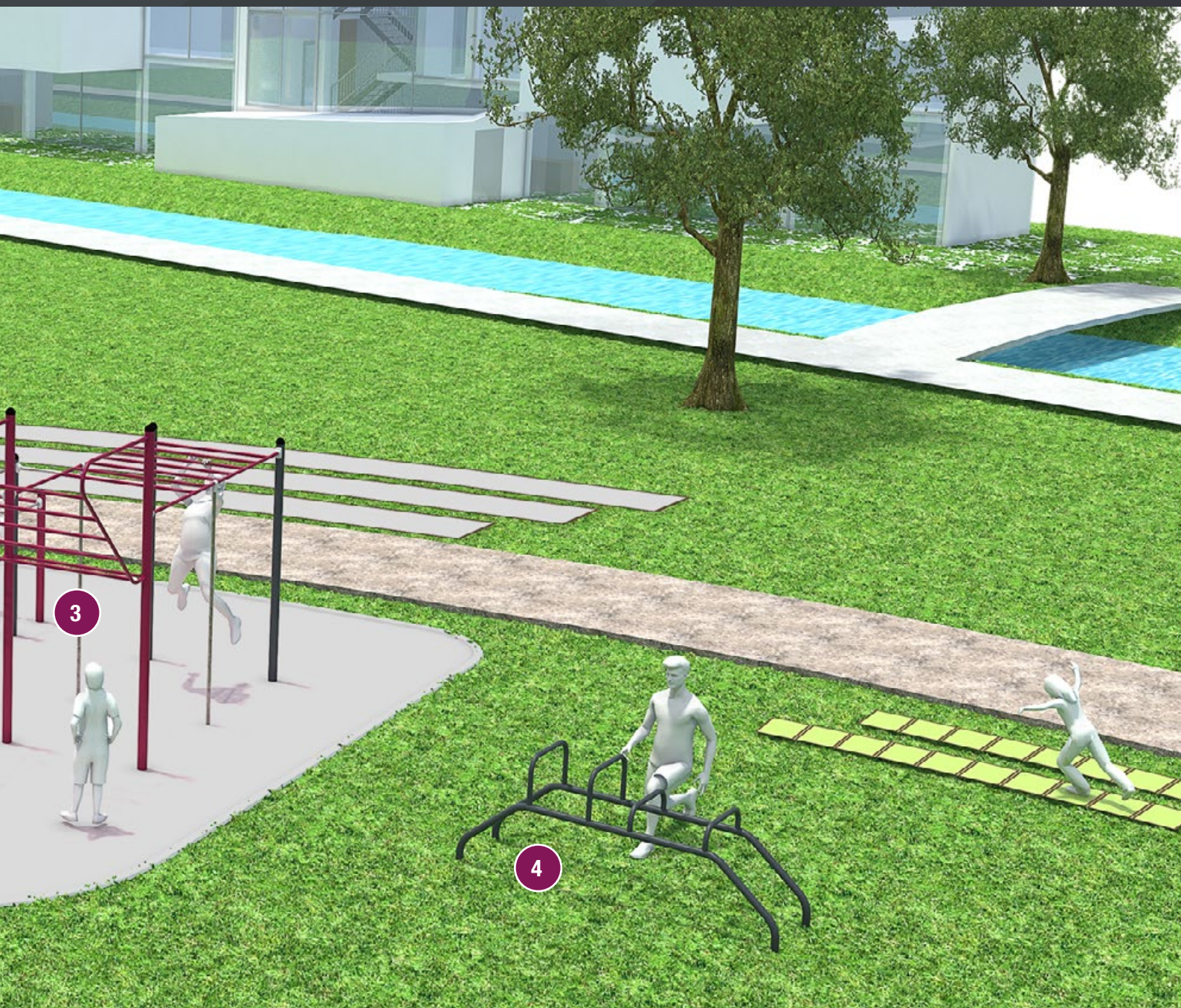
CALISTHENICS & STREET WORKOUT



TRAINING EQUIPMENT AND ACTIVITY CONCEPTS FOR THE PUBLIC SPACE

With the eibe Calisthenics facilities, cities and towns give the public free access to fitness parks and thus support the awareness for more movement.

NICS



1 Calisthenics rung ladder

2 Calisthenics sit-up bench

3 Calisthenics unit Maxi 02

4 Calisthenics dip-trainer

5 Calisthenics jumping box large

6 Calisthenics jumping box small

CALISTHENICS

CALISTHENICS & STREET WORKOUT



HOLISTIC SPORTS OFFER

Your special requirements and wishes are the focus of eibe's planning for your fitness park.

NICS



1 Calisthenics combi push-ups unit

2 Calisthenics combination rung ladder

3 Calisthenics rowing station

4 Calisthenics unit Mini 01

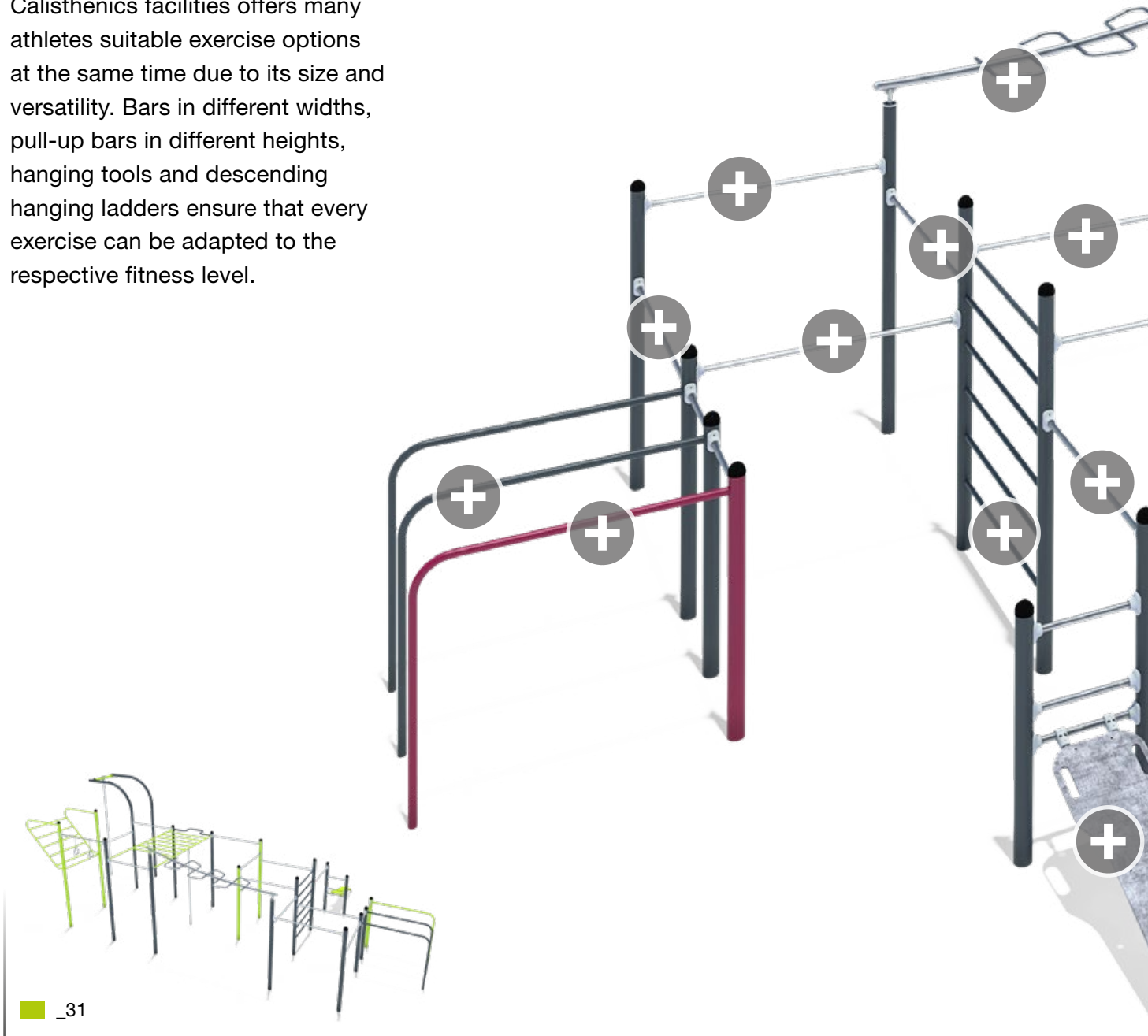
5 Calisthenics bars

6 Calisthenics jumping box large

7 Calisthenics jumping box small

ONE DEVICE – COUNTLESS OPTIONS FOR TRAINING EXERCISES

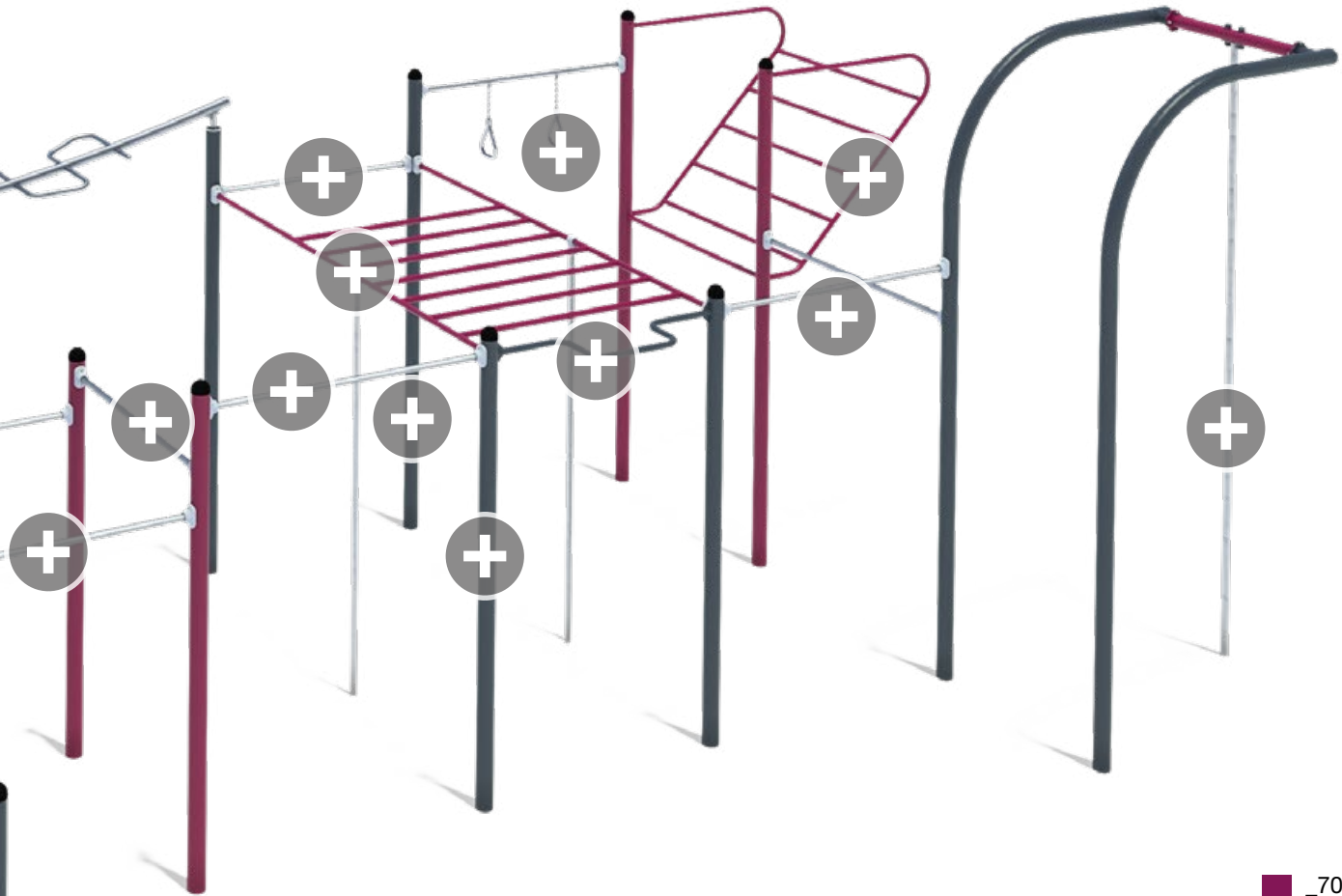
The fitness wonder among the eibe Calisthenics facilities offers many athletes suitable exercise options at the same time due to its size and versatility. Bars in different widths, pull-up bars in different heights, hanging tools and descending hanging ladders ensure that every exercise can be adapted to the respective fitness level.



■ _31

You can find all exercises on our webshop under Calisthenics.

NICS



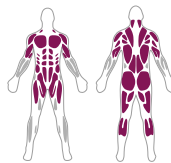
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Calisthenics unit Extreme

■ 5 52 058 70
■ 5 52 058 31



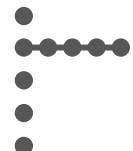
Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance
Stretching



TRAINING CIRCUIT

Circuit training, also called station training, consists of several stations arranged in a circle. The exercises in the circuit aim to use and strengthen all the major muscle groups. A training circuit should contain at least five and a maximum of twelve exercises. Circuit training should include both endurance and strength exercises. The alternating use of the upper and lower body or the leg, abdominal, back and arm parts creates a varied whole-body workout. Previously stressed muscles can recover despite further physical exertion. Circuit training is suitable for everyone, as exercises and repetitions can be adapted to the training level of each individual and thus, individual training goals can be achieved.

The eibe training circuit is divided into three difficulty levels. The user progresses to the next fitness level through exercise variation and progression.

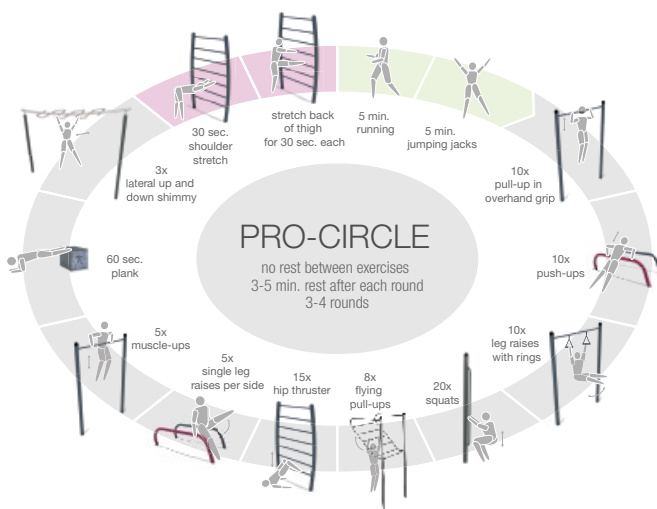
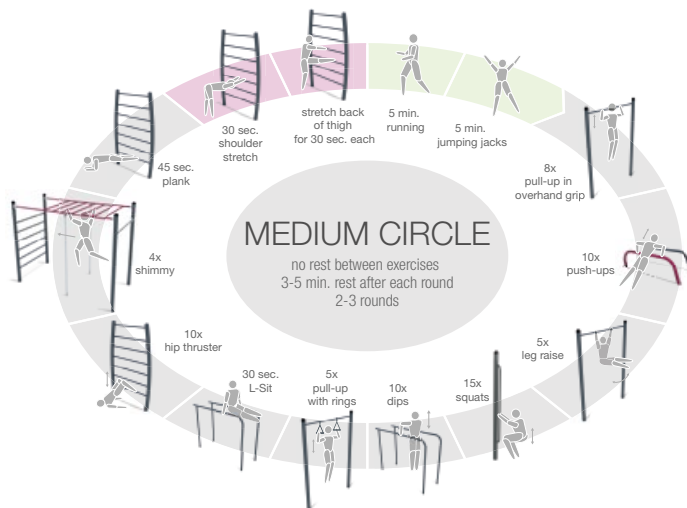
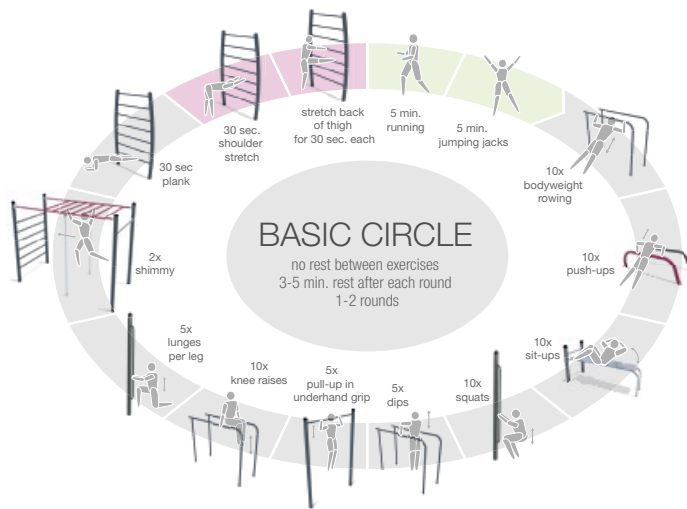
- **BASIC**
- **MEDIUM**
- **PRO**

The eibe training circuit consists of a total of 14 exercises. The difficulty level can be increased by the exercise execution, the intensity and the number of repetitions.

A key success factor in circuit training is the omission of breaks. The body always remains in motion during the cycle. The main target muscles previously used are given time to regenerate during the following exercise. The pulse remains relatively constant during the training session and does not drop after each set.

After a complete round, a short break of 3-5 minutes is recommended.

NICS



Use of the equipment only for young people and adults from a height of 1.40 m and a maximum body weight of 140 kg.

Make sure that you are medically fit before using the equipment.

Avoid overexertion when using the equipment.

» Improve strength, coordination, stability and mobility through natural movement patterns.

» Individual adaptation of circuit, exercises and number of repetitions to the respective fitness level.

» Train all muscle groups and pay attention to clean exercise execution – quality over quantity!

» Muscle building through progression: Based on the basics learned, steady and progressive increase to the next training level.

» Alternating training of different muscle groups.

Fitness park name:

Location:

Phone number & URL page maintenance staff:

Emergency number:

POWERED BY

eibe
complete inspiration

Calisthenics training sign

5 52 072 0

CALISTHENICS & STREET WORKOUT

COMPACT CALISTHENICS COMBINATIONS

The Maxi 01 Calisthenics equipment is space-saving and yet equipped with all the essential training elements for strengthening the trunk, leg and arm muscles. Several users exercise here at the same time, which motivates and enhances the team spirit. Pull-ups and various handsprings strengthen the arm and torso muscles.

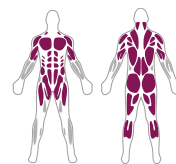
The Maxi 02 Calisthenics unit is a compact training unit on which both beginners and professional athletes can perform demanding exercises with their own body weight. The exercises can be adapted to the individual training level. For example, a beginner can try the straight pull-up ladder, whereas an experienced athlete can perform flying pull-ups on the angled ladder.

Calisthenics unit Maxi 01

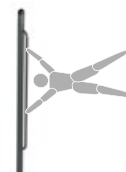
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Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance
Speed
Stretching



NICS

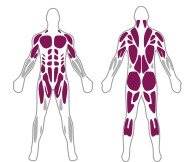


Calisthenics unit Maxi 02

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Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance
Speed
Stretching



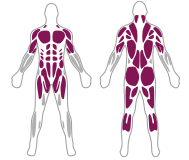
CALISTHENICS & STREET WORKOUT

Calisthenics unit Midi 01

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Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance
Speed
Stretching

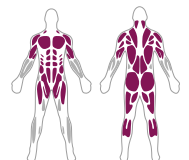


Calisthenics unit Midi 02

5 52 055 70
5 52 055 31



Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance
Speed
Stretching





MUSCLE BUILDING WITH PROGRESSION – THE KEY TO SUCCESS



Progression in training means achieving an increase in efficiency by varying the exercises and their intensity – without the use of additional weights. So the progression is probably the most important factor when it comes to building muscle and strength.

On the double bar of the Midi 01 Calisthenics equipment, the training focus is on arm and shoulder muscles with exercises such as dips and L-sits. The horizontal cube with height-adjusted

bars enables progressive muscle development for every fitness level. The Midi 02 Calisthenics equipment is a real powerhouse. One training session uses many muscle groups: sit-ups and crunches on the abdominal board strengthen the abdominal muscles and support a stable back. A climbing workout on the vertical rope challenges the arm and leg muscles in particular. On the wall bars, versatile exercises such as Bulgarian squats or planks provide a balanced whole-body workout.

CALISTHENICS & STREET WORKOUT

TRAINING IN A SMALL SPACE



To start an effective whole-body workout, even a small amount of available space is sufficient. How often, how long and intensively

you exercise is up to each athlete. This makes callisthenics ideal for beginners. It is important that all basic exercises are performed cleanly and in a controlled manner. This lays a good foundation for an efficient workout and prevents injuries caused by incorrect stress.

The typical basic exercises of Calisthenics are:

- **PULL-UPS**
- **PUSH-UPS**
- **SQUATS**
- **DIPS**
- **HANGING LEG RAISES** (leg lifts)

When space is at a premium, the Mini 01 Calisthenics equipment is ideal. It forms a solid basis for effective Calisthenics training – pull-up bars at different heights and a human flag bar.

The Calisthenics equipment Mini 02 offers two additional modules to the classic Calisthenics equipment: training rings and an inclined rung ladder for flying pull-ups or various chin-ups.

Exercising on the free-hanging rings is a real challenge for the trainee at the beginning, as a lot of body control is required to compensate for the swinging. The instability of the rings makes exercises more challenging and strenuous, and muscle coordination is improved.



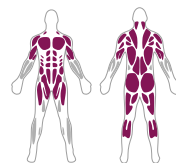
NICS

Calisthenics unit Mini 01

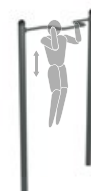
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Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance
Speed
Stretching

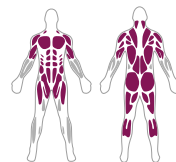


Calisthenics unit Mini 02

5 52 053 70
5 52 053 31



Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance
Speed
Stretching



GALISTHEMING



Ochsenfurt



Click here for
the reference

A FITNESS STUDIO BY THE RIVER

As part of an urban development project, the town of Ochsenfurt in Bavaria created a sports and family park with high recreational value in a natural park landscape. The eibe Calisthenics facility Extreme, the largest equipment in the eibe Calisthenics range, is very popular with citizens and visitors. Fitness-conscious people, sports groups of all ages, school classes and

clubs make active use of the facilities on the small river island and get enthusiastic about healthy exercise in the fresh air and in green surroundings.

The eibe Calisthenics facility complements the recreational offer of sports field, open space, seating and a barbecue area.

CALISTHENICS & STREET WORKOUT

THE IMPORTANCE OF STRETCHING

At least 430 muscles are active in our body when we move. For everyday movements to run smoothly and function well, our muscles need to be strong, enduring and stretchable. Muscle stretching before and after strength training is an important part of the workout. It helps minimise the risk of injury from muscles that are not loosened. Joints, ligaments, tendons and muscles are prepared for the load and regenerated after the workout.

Positive effects of stretching:

- Increase of blood circulation and metabolism of the muscles.
- Improvement and promotion of mobility
- Acceleration of regeneration
- Increase of the general well-being

- Preparation of the musculature for an upcoming load
- Improve elasticity of muscles, ligaments and tendons

Types of stretching

In order to improve the flexibility of the body and stretch muscles, ligaments and tendons, there are two common methods of stretching:

- Static stretching: holding tension
- Dynamic stretching: soft rocking movements

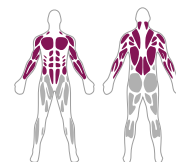
The choice of the right stretching method should be based on the sport, the training goal and phase, the load and the area of use.

Calisthenics rowing station

5 52 070 0



Teenagers
Adults
Seniors



Strength
Stretching



Strength
Coordination
Endurance
Stretching



NICS

Static stretching: The muscle to be stretched is slowly brought into a stretching position and held for a longer period of time (about 30-90 seconds). There is no movement during the stretching position. Two to three repetitions per muscle group are recommended.

Example exercise: From a standing position with legs extended, reach the toes or the floor with the fingertips. Hold this stretch for several seconds.

Note: Static stretching is used after training or on non-training days to support the muscular recovery processes and is not suitable for preparing for the upcoming workout. Static stretching before training reduces performance and increases the risk of injury.

Dynamic stretching: This method involves alternately stretching and loosening the muscle. Typical for this is rhythmic and soft rocking movements. In contrast to static stretching, the body does not come to a standstill during the stretching process. It is important to avoid swinging and jerky movements.

Example exercise: In the starting position of a lunge with the leg set backwards, try to get lower and lower to the floor in a rocking movement. The constant rocking in the stretching position creates a noticeable stretch in the back of the thigh.

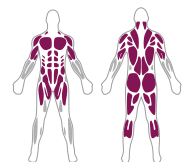
Note: Dynamic stretching is suitable as preparation for intensive muscle work. It is part of the warm-up of a training session, warms up the structures and muscles of the body and increases mobility in the short term.

Calisthenics rung ladder

■ 5 52 071 0



Teenagers
Adults Seniors



Strength
Stretching



Warm-up
Strength
Coordination
Endurance
Stretching



CALISTHENICS & STREET WORKOUT

PULL-UP – THE DIFFERENT GRIP POSITIONS



The classic in Calisthenics & street workout training is the pull-up trainer. Pull-ups are considered a full-body workout because they effectively train the entire upper body, especially the back muscle (latissimus) and the biceps, regardless of the grip width.



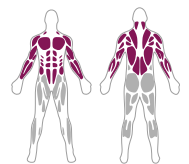
When performing pull-ups, there are different variations in terms of grip type and grip width: upper, lower or hammer grip, wide, shoulder-width or tight grip – the tighter the grip, the greater the strain on the upper arm muscles. Alternating between the different variations of grip types and grip widths during training provides additional training stimuli and enables asymmetrical strain on the individual muscle parts.

Calisthenics pull-up trainer

5 52 060 0



Teenagers
Adults
Seniors



Strength



Strength
Coordination
Endurance



NICS

Pull-up upper grip (Pull-ups)



Definition: In the pull-up, the palms of the hands face away from the body while the user grips the pull-up bar.

Grip width: at least shoulder width.

Difficulty: high

The inward rotation of the forearms prevents the biceps from working optimally. The upper arm spokes muscle, which could support the work alongside the latissimus, is not strong enough for this in many people.

Muscle group used: This grip variation strengthens the upper back, especially the latissimus.

Chin-up underhand grip (Chin-ups)



Definition: In the chin-up, the palms of the hands face the body.

Grip width: shoulder width (+/- one hand width).

Difficulty: easy

Suitable for beginners as the chin-up is much easier to perform due to the cooperation of the biceps.

Muscle group used: This exercise is particularly suitable for arms training because it trains the triceps and biceps as well as the back and shoulder muscles.

Hammer grip



Definition: The palms face each other, and the thumbs face the exerciser (prerequisite is a hammer grip bar).

Grip width: Depends on training equipment.

Difficulty: medium

A mix of upper and lower grip.

Muscle group used: Strengthening of latissimus and arm muscles (biceps).

CALISTHENICS & STREET WORKOUT

THE IMPORTANCE OF AN UPPER-BODY WORKOUT



Effective upper body workout stabilises and supports the spine, promotes an upright gait and thus helps prevent back pain. A strong upper body results from a combination of targeted exercises for shoulder, back and arm muscles.

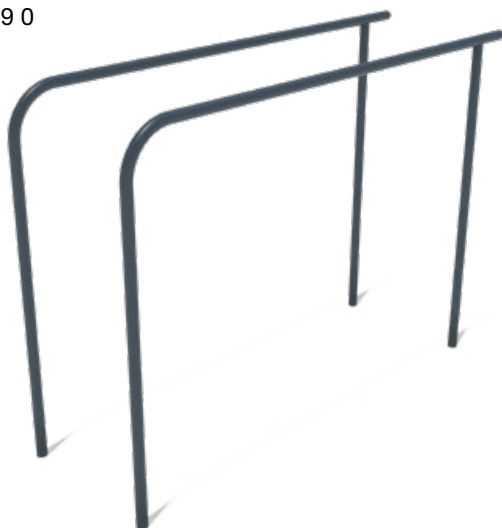
Alternating between different variations of grip types and grip widths during the workout provides additional training stimuli and enables the individual muscle parts to be worked symmetrically.

Strong upper body muscles have a positive effect on our health:

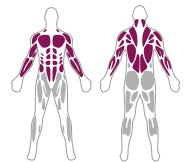
- Upright posture and stabilisation of the spine.
- Strengthening of tendons and ligaments and prevention of injuries
- Reduction of disease risks such as diabetes, cardiovascular problems and osteoporosis
- Converting fat mass into muscle mass

Calisthenics bars

5 52 059 0



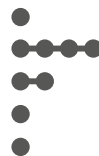
Teenagers
Adults
Seniors



Strength



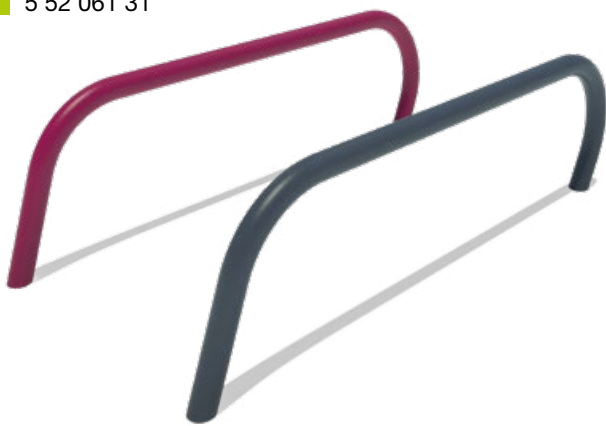
Warm-up
Strength
Coordination
Endurance
Stretching



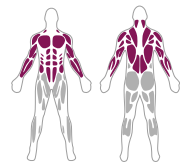
NICS

Calisthenics parallets

■ 5 52 061 70
■ 5 52 061 31



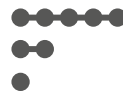
Teenagers
Adults Seniors



Strength

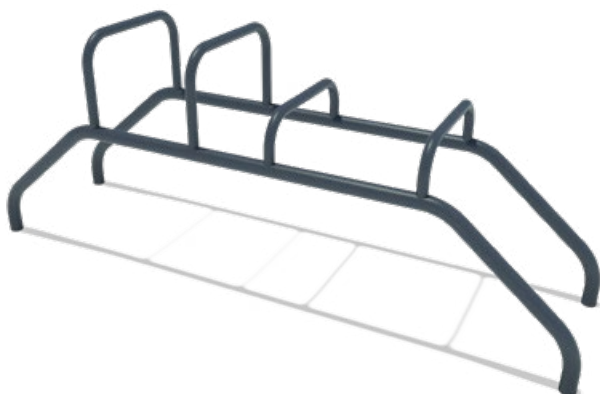


Strength
Coordination
Endurance

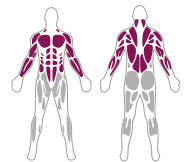


Calisthenics dip-trainer

■ 5 52 063 0



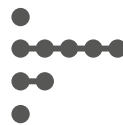
Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance



CALISTHENICS & STREET WORKOUT

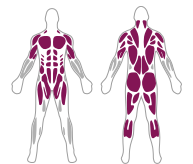


Calisthenics combination rung ladder

- 5 52 062 70
- 5 52 062 31



Teenagers
Adults Seniors



Strength



Strength
Coordination
Endurance
Speed



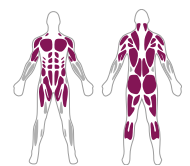
NICS

Calisthenics climbing rope

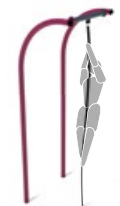
■ 5 52 066 70
■ 5 52 066 31



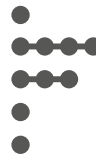
Teenagers
Adults Seniors



Strength



Aufwärmen
Kraft
Koordination
Ausdauer
Schnelligkeit

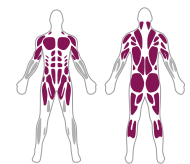


Calisthenics climbing pole

■ 5 52 067 70
■ 5 52 067 31



Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance
Speed



CALISTHENICS

CALISTHENICS & STREET WORKOUT

ABDOMINAL MUSCLE TRAINING – A HOLISTIC STRENGTH TRAINING PROGRAMME

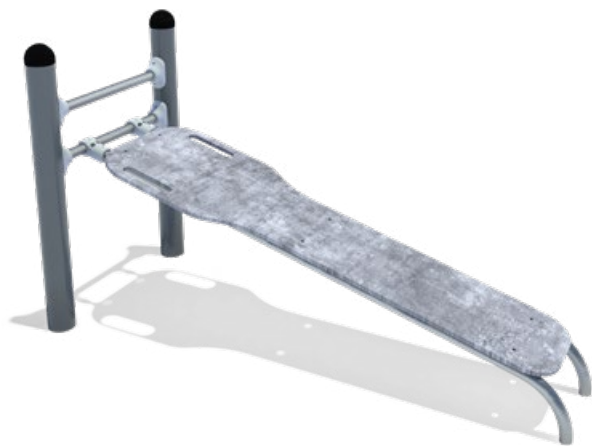


Our abdominal muscles form the centre of the body and play an important role in supporting the back. By actively strengthening both muscle groups, the abdomen and the back, the entire musculoskeletal system is stabilised and relieved. Back pain, for example, can be alleviated and injuries prevented.

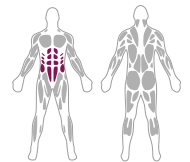
Whether straight or inclined, the sit-up bench is the perfect training tool to support the strengthening of the trunk and back muscles with exercises such as sit-ups or leg lifts. The inclined position of the workout bench increases the resistance of the exercise execution and thus increases the degree of difficulty.

Calisthenics sit-up bench sloped

- 5 52 064 80
- 5 52 064 31



Teenagers
Adults Seniors



Strength



Strength
Stretching



NICS

Calisthenics

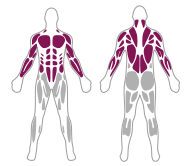
Combi Push-ups unit

■ 5 52 068 80

■ 5 52 068 31



Teenagers
Adults Seniors



Strength



Strength
Coordination
Endurance
Stretching



Calisthenics

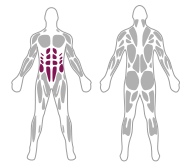
sit-up bench

■ 5 52 065 80

■ 5 52 065 31



Teenagers
Adults Seniors



Strength



Strength
Stretching



CALISTHENICS

CALISTHENICS & STREET WORKOUT

STRONG LEG MUSCLES – THE POWER PACKAGE FOR THE BODY



Leg training should never be neglected during a workout. In addition to building up the muscles of the upper body and working on problem areas such as the abdomen and buttocks, we also need strong leg muscles so that our bodies can fulfil elementary functions and tasks. The leg muscles consist of different muscle groups that have to work together to enable an upright posture and locomotion and to maintain balance.

Exercises such as squats, lunges or hip thrusts strengthen not only the leg muscles but also the gluteal, abdominal and back extensor muscles, thus promoting and training the entire basic body tension.

A lack of balance between the lower and upper body muscles results in poor posture. Strengthened gluteal and hamstring muscles stabilise the pelvis and back and thus prevent postural defects such as a hollow back.

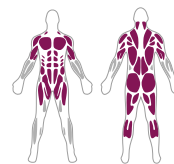
The largest muscle group in our body offers plenty of workout effects. It takes a lot of energy to move them. In addition to regular movement, targeted leg muscle training can significantly increase our overall calorie consumption. Well-trained leg muscles not only burn a lot of energy during the workout, but the afterburn effect also ensures that the basal and work metabolic rates are increased at rest.

Calisthenics jumping box large

- 5 52 051 80
- 5 52 051 0



Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance
Speed
Stretching



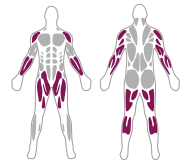
NICS

Calisthenics flank jump

■ 5 52 069 0



Teenagers
Adults Seniors



Strength



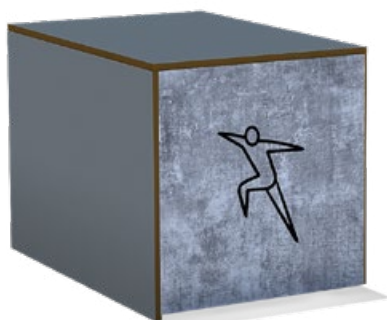
Warm-up
Strength
Coordination
Endurance



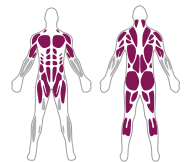
Calisthenics jumping box small

■ 5 52 050 80

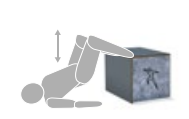
■ 5 52 050 0



Teenagers
Adults Seniors



Strength



Warm-up
Strength
Coordination
Endurance
Speed
Stretching



GALISTHEMINGS



| Giebelstadt



OUTDOOR



ACTIVE STATIONS

THE OUTDOOR FITNESS STUDIO

Exercising in the fresh air is proven to be healthier than indoors. The immune system is significantly strengthened. Our musculoskeletal system ensures that we can stand, walk and move, it defines the posture and the fixed shape of the body. The active musculoskeletal system includes muscles, tendons and skin as well as bones, joints, intervertebral discs and ligaments. An upright gait, locomotion, grasping and holding

are only possible thanks to this complex system – the best reason to give it maximum attention and keep it healthy and strong.

The eibe active stations complement the fitness programme as classic equipment to achieve training goals such as more endurance, strength, coordination, speed and mobility.

FITNESS



ACTIVE STATIONS

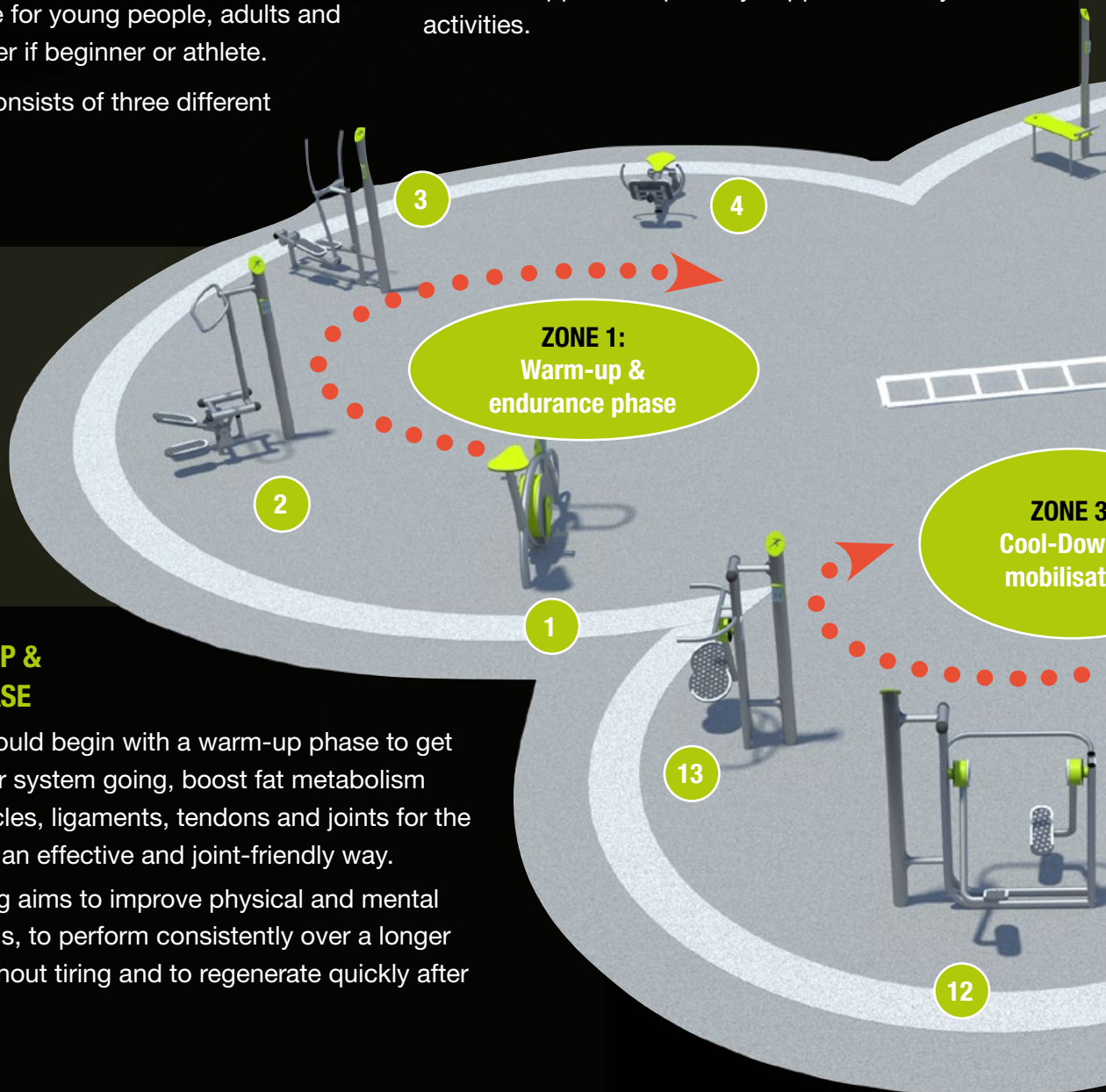
CIRCUIT TRAINING

With the large selection of active stations and training targets, the circuit offers the greatest possible training variety and diversity. This circuit training is suitable for young people, adults and seniors – no matter if beginner or athlete.

The eibe circuit consists of three different zones:

EXERCISE – STRENGTH – MOBILISATION

represent an optimal workout combination, through which all large muscle groups are challenged. Our active stations each have their focus in these areas – but the boundaries are intentionally fluid. Because a holistic approach optimally supports healthy activities.



ZONE 1: WARM-UP & ENDURANCE PHASE

Every workout should begin with a warm-up phase to get the cardiovascular system going, boost fat metabolism and prepare muscles, ligaments, tendons and joints for the upcoming load in an effective and joint-friendly way.

Endurance training aims to improve physical and mental endurance – that is, to perform consistently over a longer period of time without tiring and to regenerate quickly after exertion.

ZONE 2: WEIGHT TRAINING

Weight training serves to improve overall body stability and resilience as well as good posture. However, it is not only about targeted muscle building, but also about improving maximum and rapid strength as well as strength endurance.

ZONE 1: WARM-UP & ENDURANCE PHASE

Active stations:

- 1 Bicycle
- 2 Stepper
- 3 Cross trainer
- 4 Rowing bench

ZONE 2: WEIGHT TRAINING

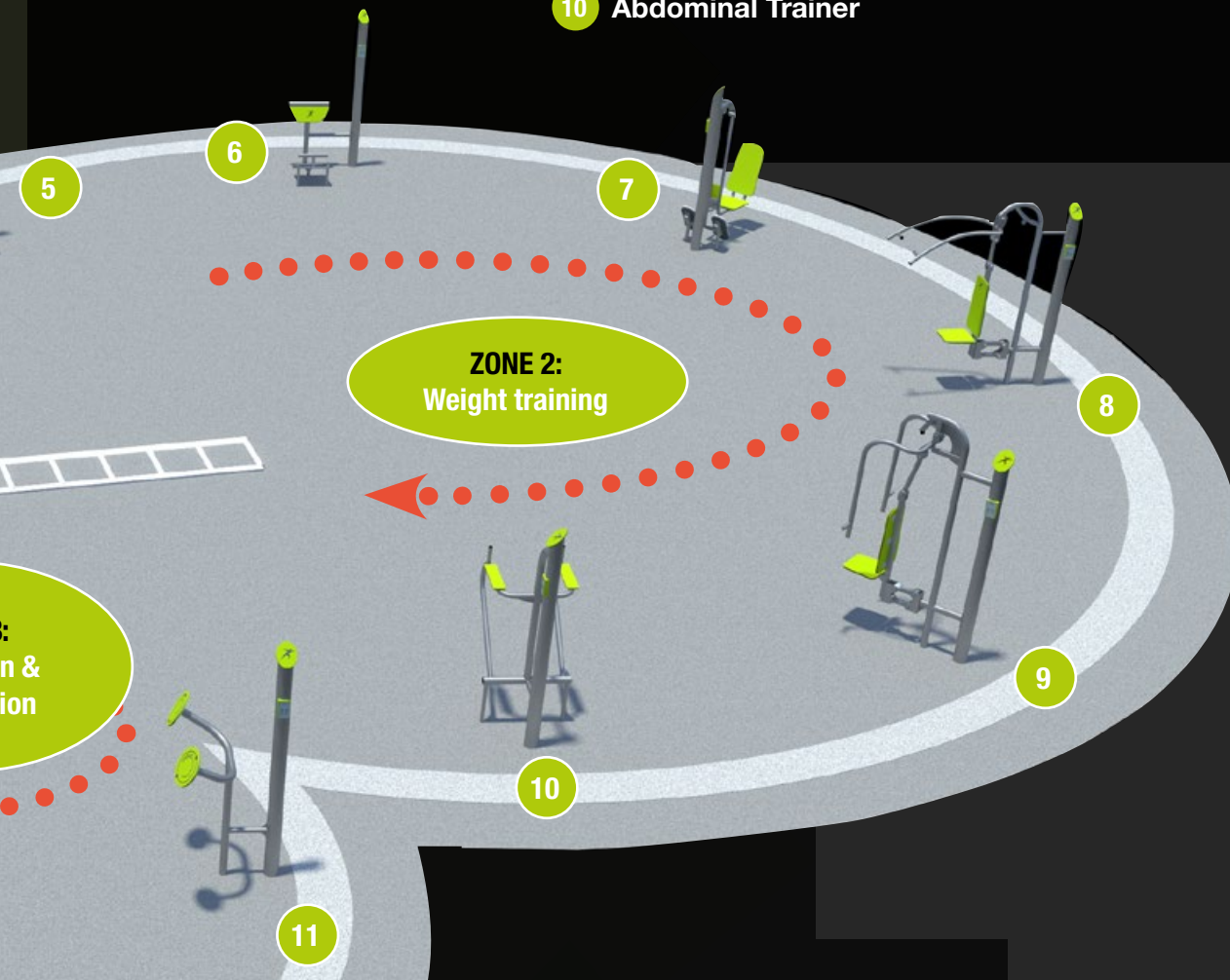
Active stations:

- 5 Sit-Up Bench
- 6 Back trainer
- 7 Leg press
- 8 Pull-Down
- 9 Chest Press
- 10 Abdominal Trainer

ZONE 3: COOL-DOWN & MOBILISATION

Active stations:

- 11 Tai-Chi Plate
- 12 Leg exerciser
- 13 Hip trainer



ZONE 3: COOL-DOWN & MOBILISATION

Our modern, high-tech society forces many of us to sit most of the time in everyday life – an insufficient amount of movement is an unhealthy consequence.

We increasingly lose our natural mobility. Our body is underchallenged, we literally rust. To counteract this process, the aim of mobilisation training should be to improve general mobility. This means mobilising the joints with targeted exercises over as large a range of motion as possible.

Just as important as the warm-up is the cool-down phase. The heated body is slowly cooled down, stressed muscles relax, and the increased heart rate settles down – the entire body regenerates. Ultimately, better training results can be achieved and injuries prevented.

OUTDOOR

ACTIVE STATIONS

DESIGNED FOR OUTDOOR USE – FUNCTIONALITY, QUALITY & SAFETY.

All eibe active stations naturally comply with the requirements of DIN EN 16630 for site-bound fitness equipment in outdoor areas. eibe guarantees the DIN-compliant signage of the course and the individual pieces of equipment. Please note that a defined distance to playgrounds must be maintained. Information on safety areas, installation and floor coverings is provided in the assembly instructions.



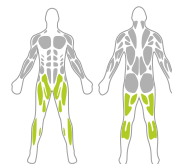
FITNESS

active-station leg trainer

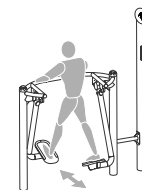
5 54 027 0



Teenagers
Adults
Seniors



Mobilisation



Warm-up
Coordination
Endurance
Speed



ACTIVE STATIONS

**THE ACTIVE STATIONS ARE AIMED AT EVERYONE,
WHO WANTS TO EXERCISE OUTDOORS.**

Everyone has the courage to try out the active stations. Whether beginner or advanced user, the motivation threshold is low with the eibe active stations. An individual adaptation to the requirements and fitness level of each user as well as to his or her training level is necessary to achieve maximum training success – the type of load, duration, scope and intensity can be individually adapted through different numbers of sets and repetitions.

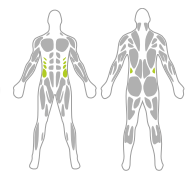


active-station hip trainer

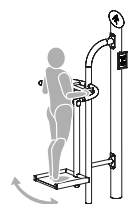
5 54 028 0



Teenagers
Adults
Seniors



Mobilisation



Warm-up
Coordination
Endurance
Speed



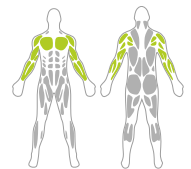


**active-station
TaiChi**

5 54 031 0



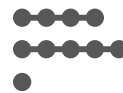
**Teenagers
Adults
Seniors**



Mobilisation



**Warm-up
Coordination
Endurance
Speed**



ACTIVE STATIONS

OUTDOOR FITNESS

THE CORRECT PERFORMANCE OF THE EXERCISE IS A MUST FOR MUSCLE BUILDING.



Correct performance of the exercise is an important part of the training, as it allows the target muscle to be trained better – this leads to more effective muscle building. Incorrect exercise performance brings with it certain health risks. Lack of flexibility

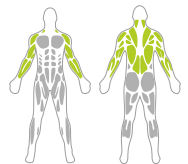
often means that exercises cannot be performed correctly – but flexibility is a prerequisite for correct and clean performance of the exercise. In order to avoid mistakes during exercises, information boards on the eibe active stations show possible mistakes and also the used muscles.

active-station rowing seat

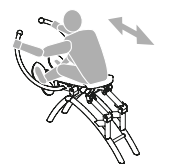
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Teenagers
Adults
Seniors



Endurance
Strength



Warm-up
Coordination
Endurance
Speed



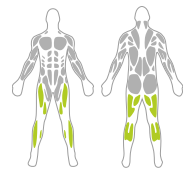


**active-station
bicycle**

5 54 037 0



**Teenagers
Adults
Seniors**



Mobilisation



**Warm-up
Coordination
Endurance
Speed**



OUTDOOR FITNESS

| Den Haag, NL



FITNESS OASIS IN THE CITY

In the middle of the city of The Hague, between office buildings and an inner-city residential area, is the eibe movement park with 8 movement stations. Fitness-conscious citizens of all ages and fitness levels can find a sporty balance here during their lunch break, after work, school or university. The inhibition threshold to start exercising is low.

There is no need for much preparation and the training is free of charge. A fitness round at the active-stations trains endurance, mobility and muscle strength. Just 15 minutes a day will noticeably increase your well-being and fitness level.

[Click here for the reference](#)



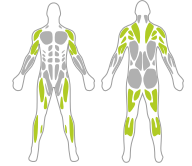
ACTIVE STATIONS

active-station cross trainer

5 54 034 0



Teenagers
Adults
Seniors



Endurance
Mobilisation



Warm-up
Coordination
Endurance
Speed



active-station stepper

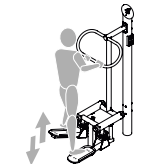
5 54 035 0



Teenagers
Adults
Seniors



Endurance



Warm-up
Coordination
Endurance
Speed



FITNESS



THE MUSCULOSKELETAL SYSTEM OF THE HUMAN BODY



Well-trained muscles take on important functions in our organism that go far beyond mere movement: They protect our internal organs, burn nutrients and generate energy for all movements, produce messenger substances, regulate brain function, support the immune system and keep us warm. So it is definitely worth investing in this powerhouse of our body with a fun workout at any age.

The multitude of active stations offers users a whole range of training options, through which various exercises can be performed for specific muscle groups and thus support the important function of the muscles.

ACTIVE STATIONS

COORDINATION, ENDURANCE, MOBILITY



Holistic and health-promoting sport includes both cardio or endurance

training with its positive, lasting effect on our cardiovascular system, as well as moderate weight training for all muscle groups.

It is important to combine endurance and weight training in the right way. If this is done, strong synergy effects occur, which ensure that we can get the best out of both types of training.

This is the only way to achieve a positive and holistic effect on the body.

The equipment of the active stations promotes coordination, endurance, mobility, strength and speed – the so-called basic motor skills – through gentle sequences.

In this way, the musculoskeletal system is strengthened in the long term, posture improves, complaints disappear, and the entire organism benefits from balanced movement.



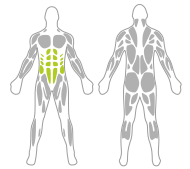
FITNESS

active-station sit-up bench

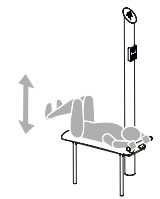
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Teenagers
Adults
Seniors



Strength



Strength
Coordination
Endurance

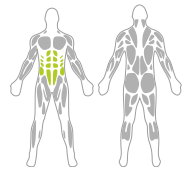


active-station abdominal trainer

5 54 029 0



Teenagers
Adults
Seniors



Strength



Strength
Coordination
Endurance



ACTIVE STATIONS

OUTDOOR

EXERCISING OUTDOORS WITH OTHERS MOTIVATES AND BRINGS PEOPLE TOGETHER.



A fitness park ideally brings people of different ages and fitness levels together.

In public spaces, the eibe active stations prove to have another strong advantage: since the active stations are aimed at all generations and at a broad

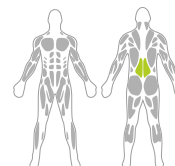
user and target group – regardless of their physical condition – they are a popular place for people of different ages and increase the attractiveness of the respective area. If there is also an opportunity to relax, this creates cross-generational activity islands that offer social interaction – and are also healthy!

active-station back trainer

5 54 040 0



Teenagers
Adults
Seniors



Strength



Strength
Coordination
Endurance



FITNESS



active-station leg trainer

5 54 030 0



Teenagers
Adults
Seniors



Strength



Strength
Coordination
Endurance



OUTDOOR FITNESS



Acholshausen



EXERCISE, FUN AND RECREATION FOR ALL GENERATIONS

Situated directly on a beautiful and popular bicycle path, the municipality has created a multigenerational recreational area that completely delights visitors from young to old. In addition to the 10 eibe active-stations, there is a bocchia court, an adventure playground, a Kneipp basin and numerous seating areas embedded in a green, natural landscape. Combined with a family bike tour or simply as an afternoon excursion, the multigenerational park in the small village of Acholzhausen is a great destination that offers everyone a wide range of exercise with a very special recreational value.



ACTIVE STATIONS

OUTDOOR FITNESS

DEMOGRAPHIC CHANGE – SPORT IN OLD AGE PROMOTES HEALTH

We want to maintain physical mobility and mental fitness as far as possible into old age because they are decisive factors for a good quality of life. The simplest and most effective way to achieve this goal is regular and balanced exercise.

At work, at school, in our leisure time, we sit more and more, physical exertion is hardly necessary for our everyday life, an achievement of modern man that is not good for our organism. Our bodies are not made for sitting and permanent immobility.

They are simply underchallenged. Unfortunately, diseases of civilisation such as obesity, high blood pressure, diabetes and others have long since become the accepted norm, even among children.

We can effectively counteract these negative consequences of our modern lifestyle through sport so that health, strength and performance can be maintained well into old age.

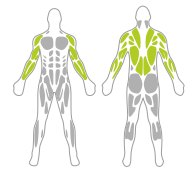
active-station

pull down

5 54 032 0



Teenagers
Adults
Seniors



Strength



Strength
Coordination
Endurance



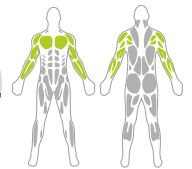


**active-station
chest press**

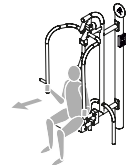
5 54 039 0



Teenagers
Adults
Seniors



Strength



Strength
Coordination
Endurance



OUTDOOR

ACTIVE STATIONS

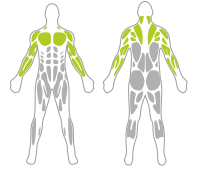
active-station shoulder wheel

5 54 043 0

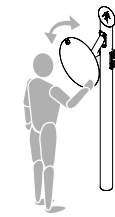
NEW



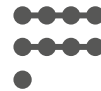
Teenagers
Adults
Seniors



Mobilisation



Warm-up
Coordination
Endurance



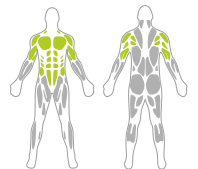
active-station: diptrainer

5 54 046 0

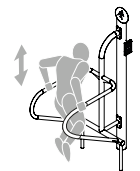
NEW



Teenagers
Adults
Seniors



Strength



Strength
Endurance



FITNESS

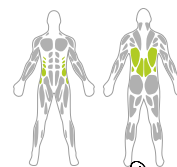
active-station abdominal twist standing

5 54 044 0

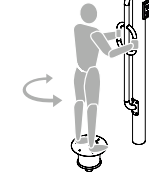
NEW



Teenagers
Adults
Seniors



Strength



Strength
Coordination
Endurance



active-station abdominal twist seated

5 54 045 0

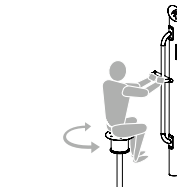
NEW



Teenagers
Adults
Seniors



Strength



Strength
Coordination
Endurance



ACTIVE STATIONS

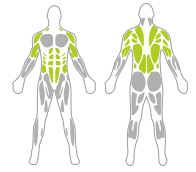
active-station pull-up trainer

5 54 042 0

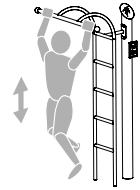
NEW



Teenagers
Adults
Seniors



Strength



Strength
Endurance



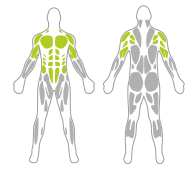
active-station back Inclusion

5 54 041 0

NEW



Teenagers
Adults
Seniors



Strength
Endurance
Mobilisation



Warm-up
Strength
Coordination
Endurance





You can find more combination stations online

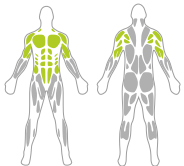
**active-station
combination I hips & twist**

5 54 047 0

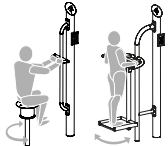
NEW



Teenagers
Adults
Seniors



Strength
Mobilisation



Strength
Coordination
Endurance



OUTDOOR FITNESS





BRITISH SPORTS



You can find everything about popular sports, from chess to table tennis, online





JOIN IN!

Not necessarily top performances, but the joy of exercise and the good feeling of doing something for the own health, to increase fitness and to find a balance to the daily school or work routine, these are frequent motivations for people to exercise in one form or another. Popular or recreational sport, organised e.g. in clubs and sports groups or practised individually, should reach as many people as possible, regardless of age, origin, fitness level or individual prerequisites. Fun, relaxation and a good attitude to life are important factors in popular or recreational sport. The sports landscape for this is diverse. With its outdoor sport range, eibe wants to contribute to diversity and especially to a low-threshold offer for everyone.



TRAMPOLINE



JUMPING FITNESS WITH FUN FACTOR

Trampolining is a holistic fitness workout that is easy on the joints. It uses many muscle groups, trains coordination and balance, strengthens the back muscles and thus reduces the risk of injury.

An optimal preparation training for the eibe tough trail.



You can find our complete trampoline range in our webshop





OUTDOOR ACTIVE

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