

Outdoor Gym

Sevenoaks Town Council - Option 2

5 New items
10 No. of users
25 Exercises



GREATNESS RECREATION PARK OUTDOOR GYM encourages users to come together and use the proposed gym equipment regardless of age or ability, encouraging the community to grow and develop together at a destination that all the family and friends can enjoy.

KOMPAN®

All items include instruction signs and unique QR codes

Leg lift & pull up

Cross trainer

Combi 1

Hand holds for accessibility

Bike

Inclusive double chest press

CARDIO
CALISTHENICS
STRENGTH TRAINING
RESISTANCE TRAINING

Use the free app to create your own workout

Wow! 10 levels of resistance for varied abilities

Wheelchair accessible pathway



- LIFETIME* WARRANTY**
- Galvanised structured parts
 - Steel posts
 - Cross Beams
 - Floor frames
 - Top brackets
 - Stainless steel hardware
 - EcoCore and other HDPE Panels
- *Lifetime of the product, until the product is uninstalled or taken out of use.



KOMPAN FIT APP

Available for download in App Store or Google Play

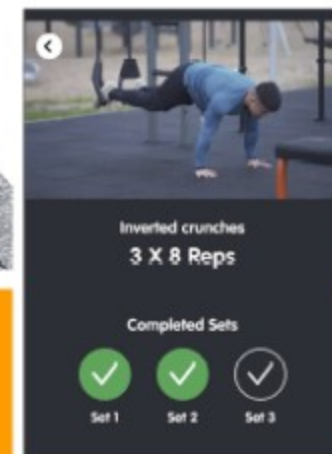


- Free App
- No adds
- No subscription required
- Digital Personal Trainer
- Guided workouts & exercises
- Connects users with KOMPAN fitness sites
- Exercise videos available
- Workouts tailored to each KOMPAN site

The Kompan App shows the user how to use the equipment and get an efficient workout. This is a great guide for the inexperienced user.



TO FIND OUT MORE ON HOW THE APP WORKS SCAN HERE!



FITNESS FOR ALL