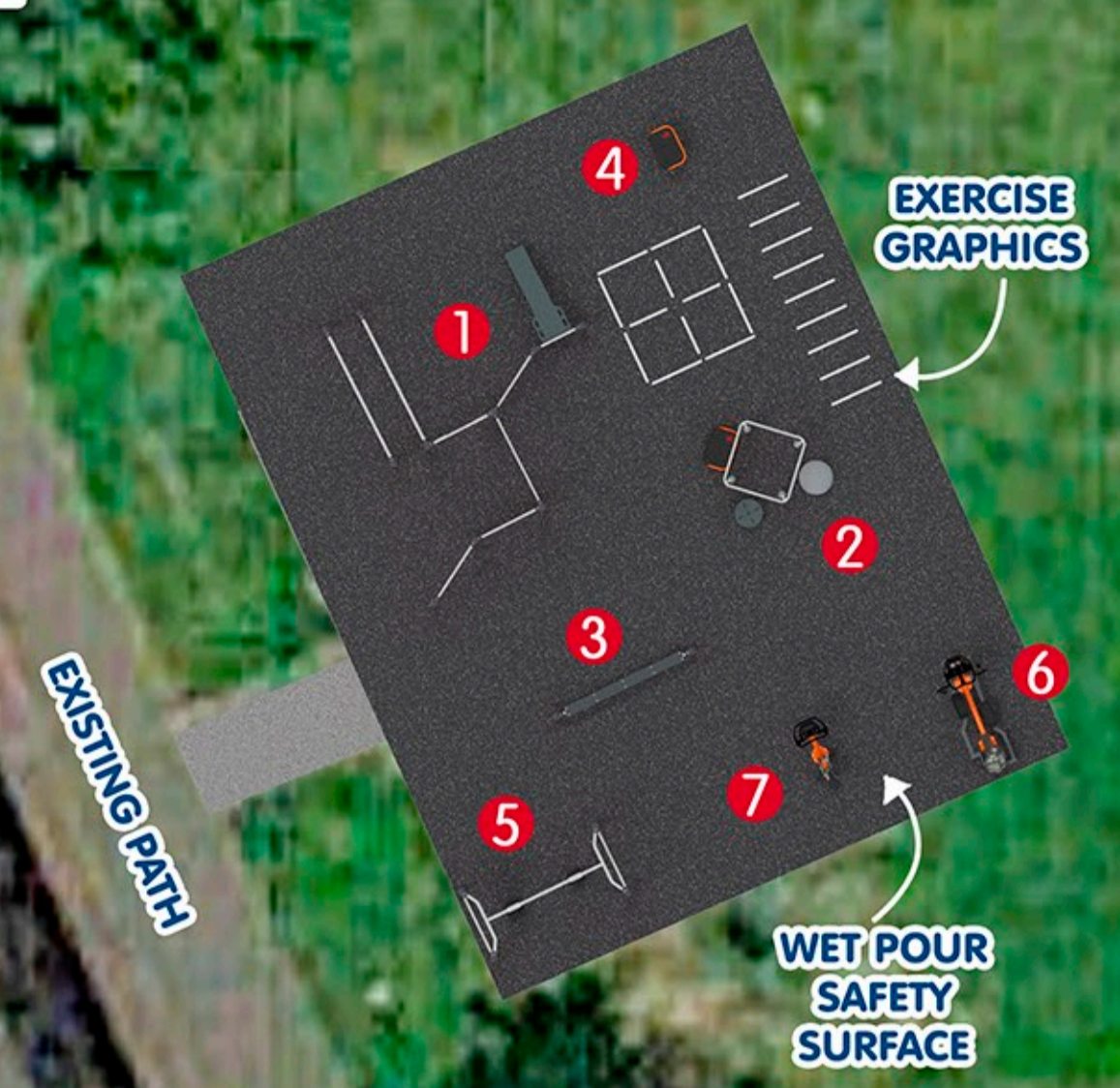


ALEXANDRA REC OUTDOOR FITNESS AREA

ROYAL BOROUGH OF KINGSTON UPON THAMES

60+
number of exercises

18+
capacity of users



PLAN VIEW



BALANCE BEAM
2 EXERCISES
1 USER

4
60CM STEP
11 EXERCISES
1 USER

MAGNETIC BELLS
15 EXERCISES EACH
2 USERS

- Example of Exercises:**
- Calf Raise
 - Front Raises
 - Front Squat
 - Shrugs
 - Bent Over Row
 - One-arm Deadlift
 - Biceps Curl
 - High Pull
 - Side Bend
 - Upright Row
 - Overhead Split Squat
 - One Arm Push Press
 - Push Press
 - Thrusters
 - French Press

1
COMBI WORKOUT 4
20+ EXERCISES
7 USERS

EKOGRIP RUBBER SURFACE ON BENCHES CAN ALSO BE USED AS A JUMP BOX

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



BALANCE STATION
10+ EXERCISES
4 USERS



CROSS TRAINER
3 EXERCISES
1 USER



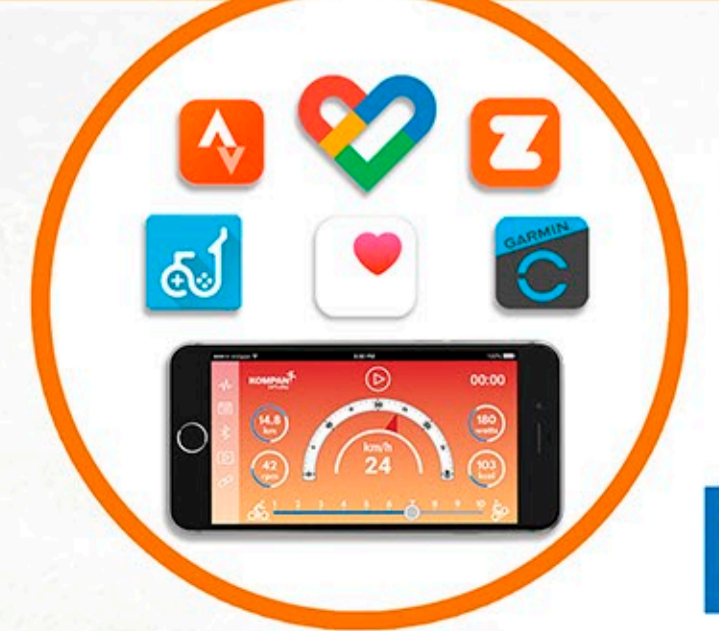
CONNECT PHONE OR TABLET VIA BLUETOOTH



SPORT BIKE
2 EXERCISES
1 USER

CONNECT VIA BLUETOOTH

Connect the Sport Bike & Cross Trainer with the **KOMPAN App**, via Bluetooth which allows users to access instructional videos and share their activity with other apps such as Strava, Apple Health, Google Fit, Vescape & Zwift!



3. Select the demonstration video & workout!

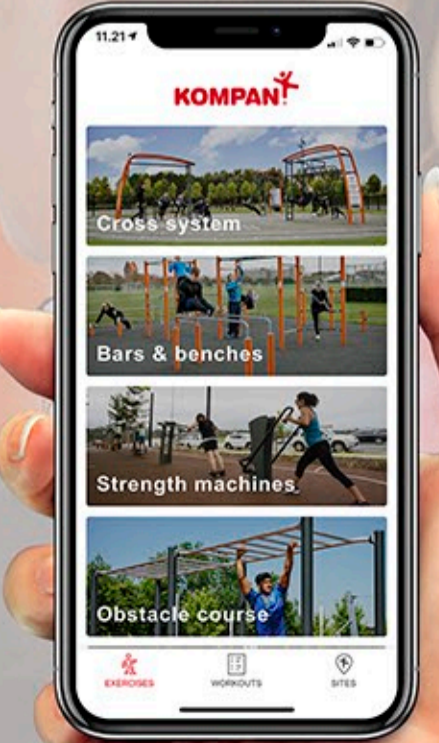
2. Select the piece of kit you want to workout on

1. Download the free App

KOMPAN FITNESS APP
FREE TO DOWNLOAD

User Functions:

- Site Specific Workouts
- General Workouts
- Video Demos
- Cardio Progress Tracking
- Find your local site
- Impact of exercises
- Bluetooth connectivity
- QR Code Scan for info
- Variable resistance



KOMPAN
Let's play



OUR DESIGN AT ALEXANDRA REC OUTDOOR FITNESS AREA ENSURES THAT USERS OF A WIDE RANGE OF AGES AND ABILITIES CAN EXERCISE AND MAINTAIN HAPPY HEALTHY LIFESTYLES TOGETHER!

