

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!



ALEXANDRA REC OUTDOOR FITNESS AREA

ROYAL BOROUGH OF KINGSTON UPON THAMES



18+
capacity of users

60+
number of exercises

MAGNETIC BELLS
15 EXERCISES EACH
2 USERS

60CM STEP
11 EXERCISES
1 USER

SPORT BIKE
2 EXERCISES
1 USER

CROSS TRAINER
3 EXERCISES
1 USER

BALANCE BEAM
2 EXERCISES
1 USER

EXERCISE GRAPHICS

EXERCISE GRAPHICS

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



3. Select the demonstration video & workout!

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

1. Download the free App

COMBI WORKOUT
20+ EXERCISES
7 USERS

BALANCE STATION
10+ EXERCISES
4 USERS



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!

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 FITNESS APP
FREE TO DOWNLOAD

