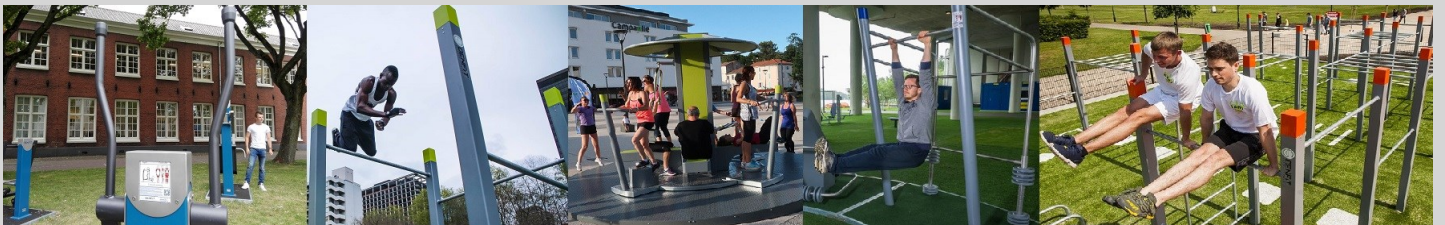




**DENFIT**  
OUTDOOR FITNESS

# Free Fitness Fun for All





# Welcome

## Welcome to Denfit

Cool that you have found us. We like to do things differently at Denfit. Whether it's the design and development of our devices or the way we deal with athletes/end users and our agents. Thanks to our energy, sporting input, dedication and entrepreneurship, we are successful as a brand and company.

In our company values our core values are emphasized, so that you know exactly which company is behind the outdoor fitness equipment, that change every place into an inspiring fitness location.

Below we give a short explanation about our values.



### VALUE 1:

#### **BE EAGER AND DARE TO STAY DIFFERENT: WE ARE ENTREPRENEURS**

With drive, guts and a distinctive, sometimes even perk vision, we have made Denfit great. That is why this value stands for our entrepreneurial blood. We are eager to be the first and the best in everything, and we are not afraid to deviate from the beaten track. Just there we see the biggest opportunities! And if we see a chance, then we go for it.



### VALUE 2:

#### **WOW THE CUSTOMER!**

At Denfit we strive to exceed the expectations of our client with a personal approach. We like clarity and that we live up to our commitments is only natural. We say what we do and we do what we say. In addition, we also think proactively. Our highest goal is to surprise our customers. And our customers are not only our agents/dealers, but also the athletes, installers and transporters.



### VALUE 3:

#### **DREAM BIG AND PURSUE YOUR DREAMS, EVERY DAY!**

You determine the future yourself, so dare to dream! With focus, creativity and perseverance we develop devices that make dreams come true.

We are aware of our own limits and of the possibilities to push them.



### VALUE 4:

#### **BUILD AND ACHIEVE RESULTS TOGETHER**

Together you achieve greater successes. And everyone has other talents and the synergy of it leads to the best results. The trick is to value others on their strengths and to use them. Moreover, it is much more fun to celebrate success together.



### VALUE 5:

#### **BE HUMBLE**

Everyone within Denfit and its producer has its own qualities, and at the same time contributes to the bigger picture. And everyone is equally important. We make no distinction and always look at the big picture. And we are thankful.



### VALUE 6:

#### **CREATE AND EXPERIENCE FUN AND BE HAPPY**

No matter how diverse all the people with whom we work are, in background or education, we are like-minded in enthusiasm and energy. We also transfer that energy to our environment. Working must be fun. Not only for ourselves, but also for our customers and the athletes. Together with them, we come up with the most creative solutions.



### VALUE 7:

#### **FAIL FAST, LEARN FAST, IMPROVE FASTER!**

This value is the most important of all, because it represents the way we do things at Denfit. We think and do at the same time; quick and always solution-oriented. We are continuously improving; every flaw, no matter how small, must be removed. At Denfit we see every problem as a challenge, as an issue to solve, to get new opportunities and to grow.



**DENFIT**  
OUTDOOR FITNESS

## Take the Gym Outside



# Denfit Professional

Denfit Professional is a unique product developed to take the gym outside. It is a professional fitness equipment line with **adjustable weights**, creating a wide variation in resistance. The appliances are attractive for young and old, from the beginner to the very experienced athlete and strength training fanatic. Denfit Professional is suitable for various ways of training: keep fit, strength training, cardio and weight loss, and even for the elderly. Everyone can find their challenge on this innovative but simple piece of equipment on which you can train the whole body or specific muscle groups.

In addition to working out, Denfit Professional is an ideal and attractive social meeting place. With the problem of increasing obesity, this is the ideal way to encourage people to get active and healthy in the fresh air.

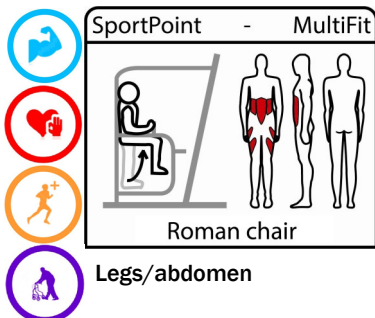
Denfit Professional is a dynamic line based on the wide variety of exercises that can be done on each device. There are a total of 3 cardio and 10 strength devices, this makes it possible to put together a fitness circuit in which power is perfectly interspersed with cardio. The result is a whole body workout and all muscle groups are more than fully covered.



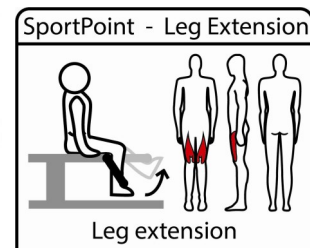


# Denfit Professional

**Multifit (1109)**



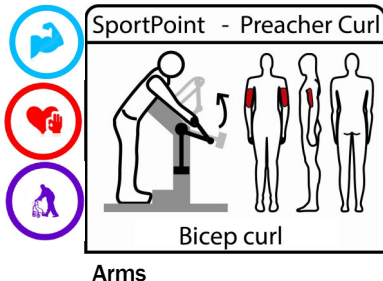
**Leg extension (1102) - 10 weights of 5kg**



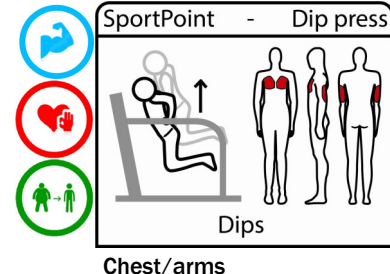
Upperlegs



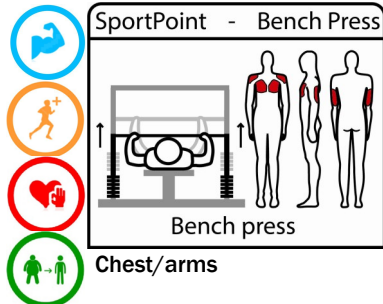
**Preacher Curl (1103) - 8 weights of 2 kg**



**Dip Press (1101)**

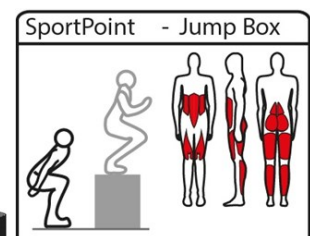
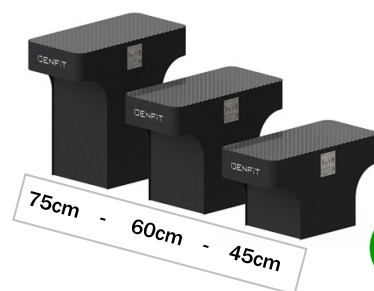


**Bench Press (1106) -14 weights of 5kg**



**Jump-box (1115)— for plyometric training**

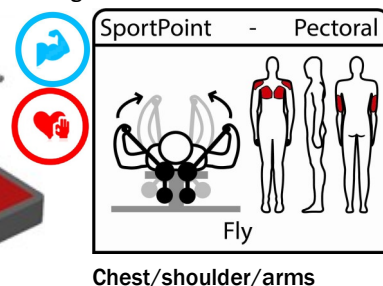
=also to replace an existing SportPoint item on own floor



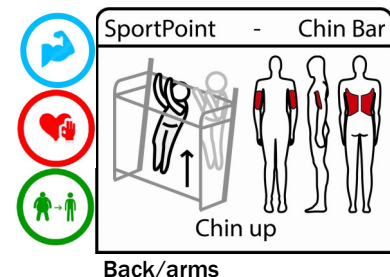
Legs/abdomen/bottom



**Pectoral (1107) - 12 weights of 2kg**



**Chin Bar (1104)**

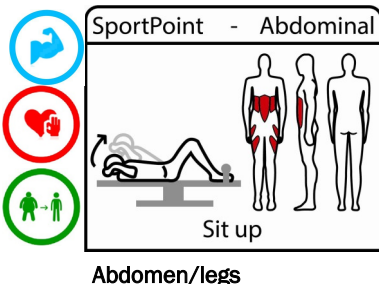
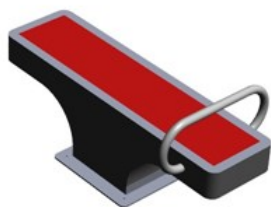




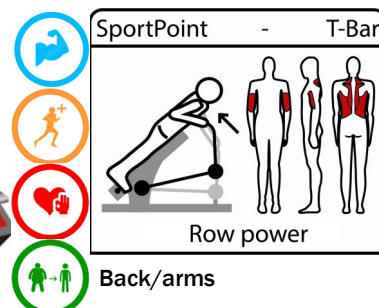


# Denfit Professional

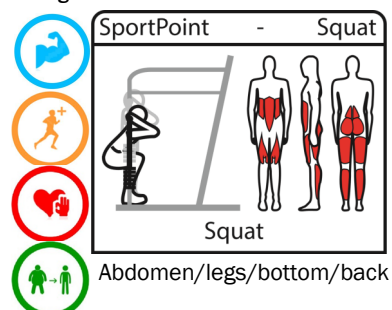
**Abdominal (1105)**



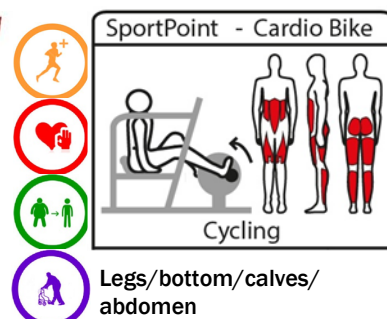
**T-Bar (1108) - 10 weights of 5kg—start resistance 15kg**



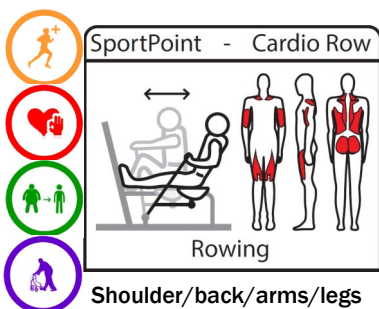
**Squat (1114) - 14 weights of 5kg**



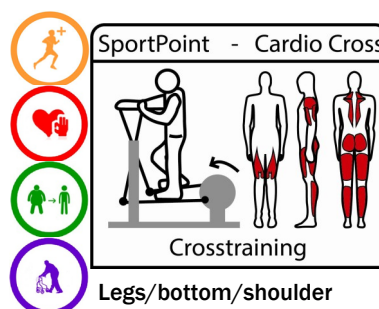
**Cardio Bike (1113) - with adjustable resistance**



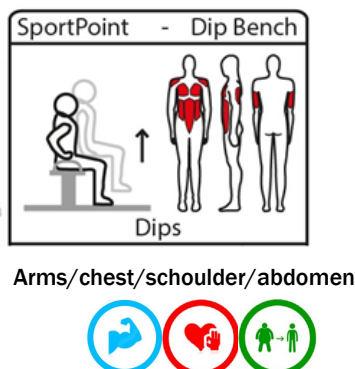
**Cardio Row (1111)**



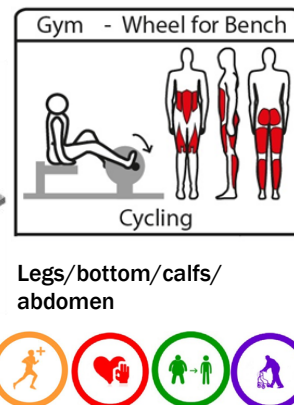
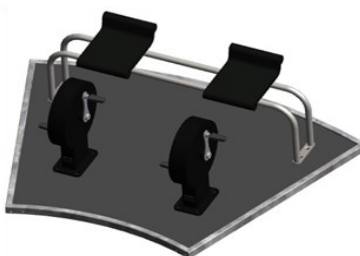
**Cardio Cross (1112) - with adjustable resistance**



**Dip Bench-3 (4401)**



**Bench (with 2 wheels) (6725)**





# Denfit Professional

## SPECIAL PRISON VERSION

### Pectoral-(1107-P)

8 weights of 5kg



### Preacher Curl-(1103-P)

8 weights of 5 kg



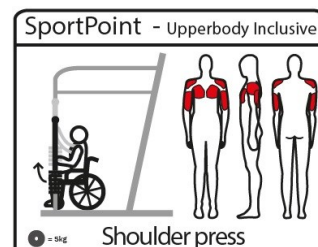
### T-Bar-(1108-P)

15.5kg start + 12 weights of 5kg



## SPECIAL INCLUSIVE VERSION

### UpperBody inclusive-(1118)



Chest/arms

Denfit Professional units are easy to install and move when they are installed on an own floor part.

No fundation is needed, just a flat surface. Low installation costs.



### Product details:

Assembly/anchoring	<p>the equipment is completely assembled:</p> <ul style="list-style-type: none"> <li>- on own floor (no foundations needed, just flat ground—easy to place and replace)</li> <li>- directly on concrete</li> </ul>
Material	<p>steel is zinc protected with Gris Sable 2400 coating for posts and bench parts —</p> <p>—bench inlay parts and tops in any RAL colour — stainless steel 304 electrolytic polished beams</p> <p>—floor covered with wet pour or optional with artificial grass</p>
Characteristics	<p>the adjustable weights are 5kg or 2kg each</p> <p>Floor dimensions: 2400x1715x1306 / diameter total circle inside 3817mm—outside 7017mm</p> <p>Extra treatment for C-5 environment possible</p> <p>A wide variety of alternative exercises is possible next to the standard exercise mentioned on the pictogram</p> <p>Instruction board with customized trainings program is possible</p> <p>low maintenance / vandalism resistant</p> <p>Any RAL colour is possible</p> <p>suitable for all target groups, especially attractive for the very experienced fitness fanatic</p> <p>Certified according to EN16630:2015 for permanently installed outdoor fitness equipment</p>





**DENFIT**  
OUTDOOR FITNESS

# Work your body at anytime



# Denfit Gym

Denfit Gym is a **body weight resistance based training system** which incorporates a cross fit style of training where the body is the key to success. Each unit can be used in a variety of ways to execute different exercises.

Denfit Gym consists of 36 aesthetic designed fitness units that brighten every public space and complement it with a new sports use. The units are suitable for both young and old, and no matter if you are a beginner or an advanced athlete all units are fully accessible to users of all capabilities.

Denfit Gym allows you to create urban spaces to facilitate exercise in the open air, free of charge and it also creates a social space to promote health and wellbeing within the community.

Become fit, gain strength and/or condition, lose weight. Pick your goal!! Its all possible on Denfit Gym.

**WWW.DENFIT.NL**

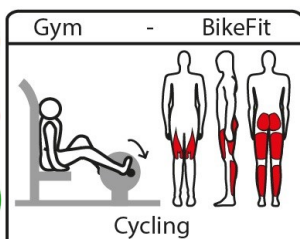
**6**





## BikeFit (6004)

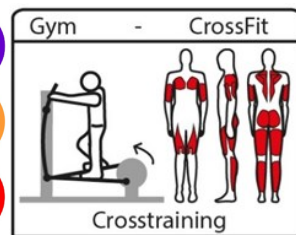
Optional with adjustable resistance



Bottom/legs

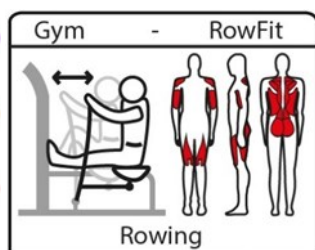
## CrossFit (6423)

Optional with adjustable resistance



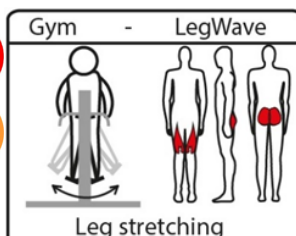
Shoulder/bottom/chest / arms/legs/back

## RowFit (6003)



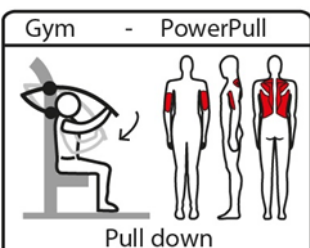
Bottom/arms/shoulder/

## LegWave (6007)



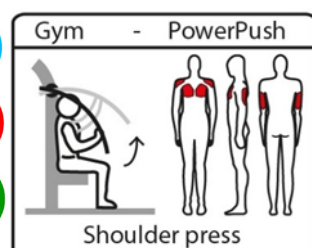
Legs

## PowerPull (6002)



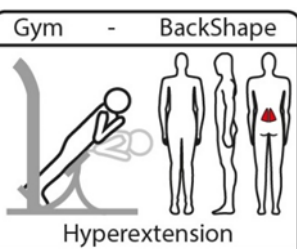
Arms/back

## PowerPush (6001)



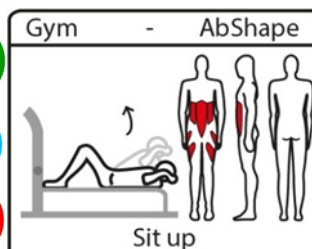
Chest/shoulders/arms

## BackShape (6419)



Lower back

## AbShape (6416)

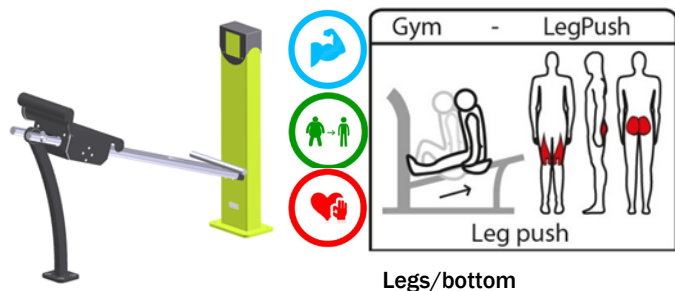


Hips/abdomen



# Denfit Gym

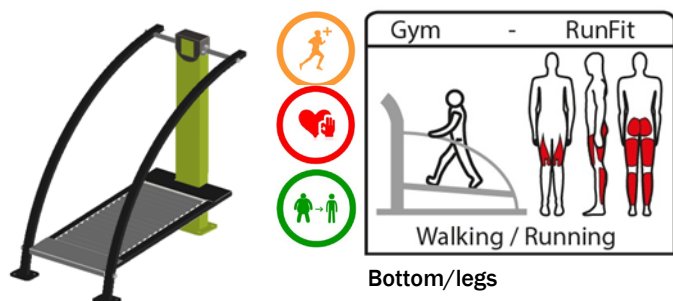
**LegPush (6413)**



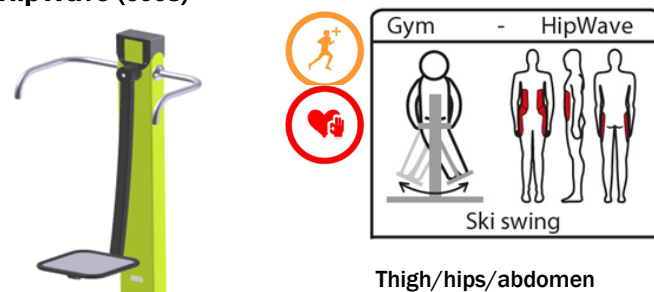
**WaveWalk (6009)**



**RunFit (6005)**



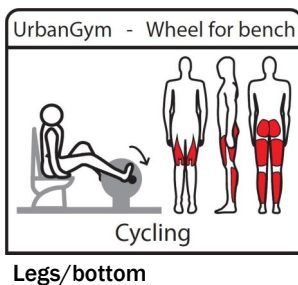
**HipWave (6008)**



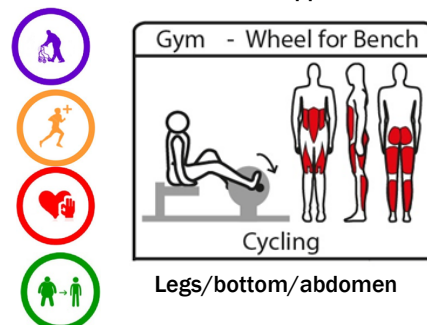
**Wheel for bench (6414) - optional with adjustable resistance**



**With back support**



**Without back support**



**With existing bench**



**With Denfit bench (6725)**



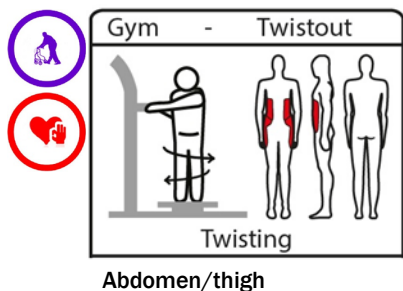
**On own floor (6727)**





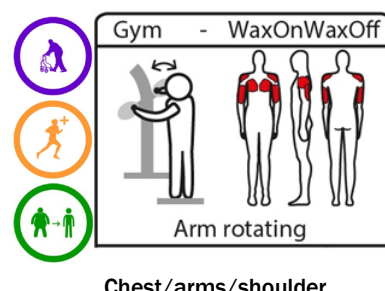
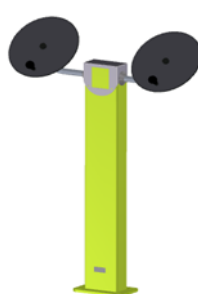
# Denfit Gym - (seniors)

**TwistOut (6411)**



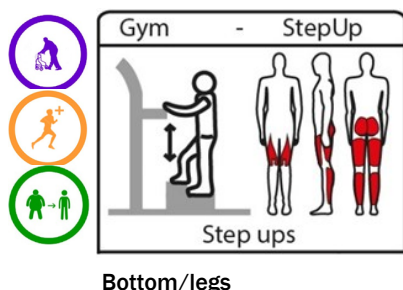
Abdomen/thigh

**WaxonWaxoff (6010)**



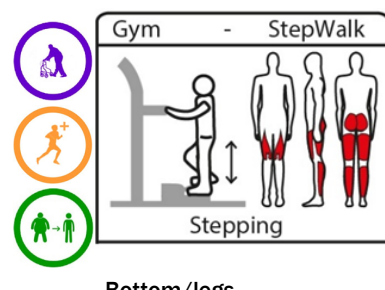
Chest/arms/shoulder

**StepUp (6415)**



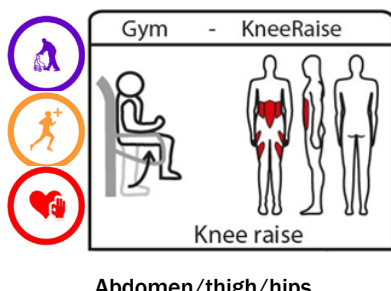
Bottom/legs

**StepWalk (6412)**



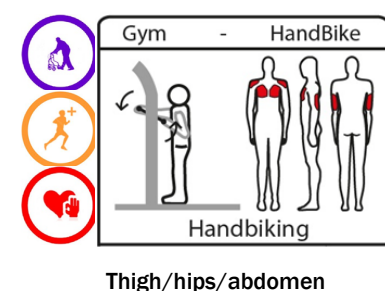
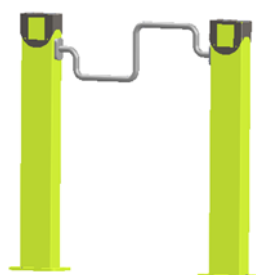
Bottom/legs

**KneeRaise (6420)**



Abdomen/thigh/hips

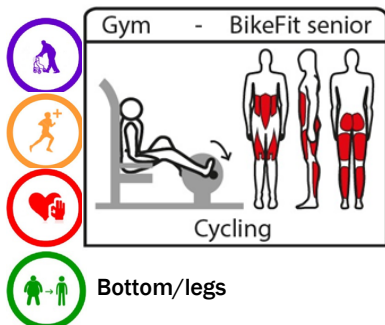
**HandBike (6418)**



Thigh/hips/abdomen

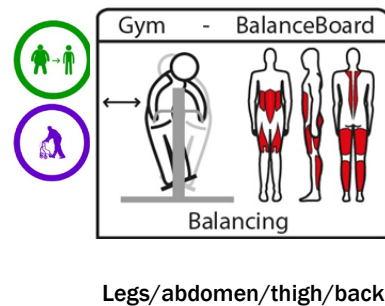
**BikeFit Senior (6421)**

Optional with adjustable resistance



Bottom/legs

**BalanceBoard (6417)**



Legs/abdomen/thigh/back





# Denfit Gym combi's

**Denfit Gym combi 1 (6601)** - RowFit/HandBike/  
BalanceBoard



Bottom/arms/shoulder/legs/back/chest/  
abdomen/thigh



**Denfit Gym combi 2 (6602)** - LegPush /  
WaveWalk / TwistOut



Legs/bottom/abdomen/thigh



**Denfit Gym combi 3 (6603)** - BikeFit/StepWalk

Optional with  
adjustable  
resistance



Bottom/legs



**Denfit Gym combi 4 (6604)** - BikeFit/HandBike

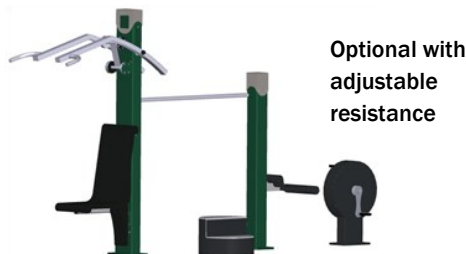
Optional with  
adjustable  
resistance



Bottom/legs/arms/chest/shoulder



**Denfit Gym combi 5 (6605)** - BikeFit/  
PowerPull/StepUp



Bottom/legs/arms/back



**Denfit Gym combi 6 (6606)** - PowerPush/Row/  
HandBike



Chest/shoulder/arms/bottom/legs/back



**Denfit Gym combi 7 (6607)** - RowFit/HandBike /  
Kneeraise



Abdomen/thighs/hips/arms/chest/shoulder/bottom/  
legs/back



**Denfit Gym combi 8 (6608)** - LegPush/AbShape



Legs/bottom/hips/abdomen





# Denfit Gym combi's

**Denfit Gym combi 9 (6609) - RunFit/TwistOut**



Bottom/legs/abdomen/thigh



**Denfit Gym combi 10 (6610) - AbShape/BackShape**



(lower)back/hips/abdomen



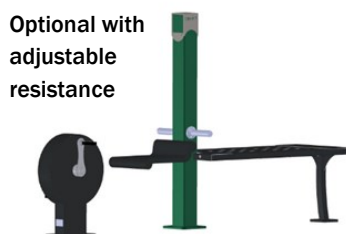
**Denfit Gym combi 11 (6612) - StepWalk / TwistOut**



Bottom/legs/abdomen/thigh



**Denfit Gym combi 12 (6613) - BikeFit / AbShape**



Bottom/legs/hips/abdomen

Optional with adjustable resistance



**Denfit Gym combi 13 (6614) - HipWave—StepWalk**



Hips/abdomen/thigh/bottom/legs



**Denfit Gym combi 14 (6615) - WaveWalk/StepWalk**



abdomen/bottom/legs



**Denfit Gym combi 15 (6616) - StepUp/BalanceBoard**



bottom/legs/arms/abdomen/thigh/back



**Denfit Gym combi 16 (6617) - LegPush/ WaveWalk/StepWalk**



Legs/bottom/abdomen





# Denfit Gym combi's

**Denfit Gym combi 17 (6618) -**  
PowerPush/PowerPull inclusive



Chest/shoulder/arms/back



**Denfit Gym combi 18 (6619)**  
- PowerPull/PowerPush inclusive



Arms/back/chest/shoulder



**Denfit Gym combi 19 (6620) -**  
StepWalk/BalanceBoard



Bottom/legs/abdomen/thigh/back



**Denfit Gym combi 20 (6621) -**  
TwistOut/WaxOnWaxOff



Shoulder/abs/thigh/chest/arms



**Denfit Gym MultiMax-4 (6701) -**  
PowerPush/PowerPull/LegPush/BikeFit



Arms/back/chest/shoulder/bottom/legs



**Denfit Gym MultiMax-2(6702) -**  
PowerPull/PowerPush



Arms/back/chest/shoulder



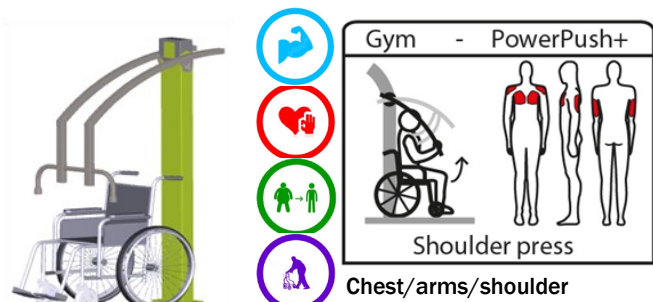




# Denfit Gym special needs

Denfit Gym has got an extra dimension by creating fitness stations that can be adapted for people with a passion for fitness and wellbeing who may have special needs. We have developed multi capacity fitness devices to allow users with diverse abilities to train and interact socially.

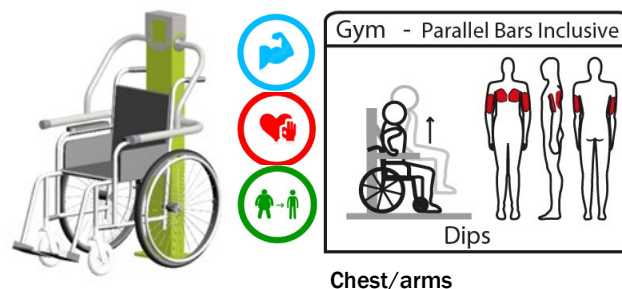
## PowerPush Inclusive (6050)



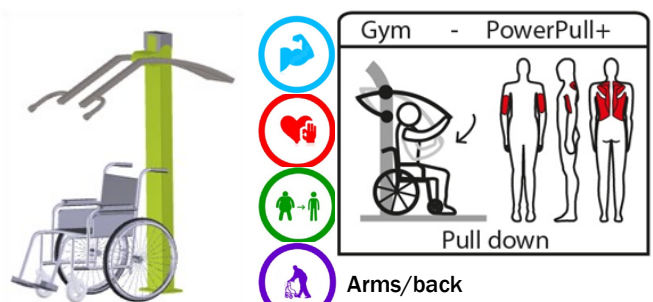
**RESISTANCE 1 = between 8 and 17 kg**

**RESISTANCE 2 = between 1 and 9 kg**

## ParallelBars Inclusive (6424)



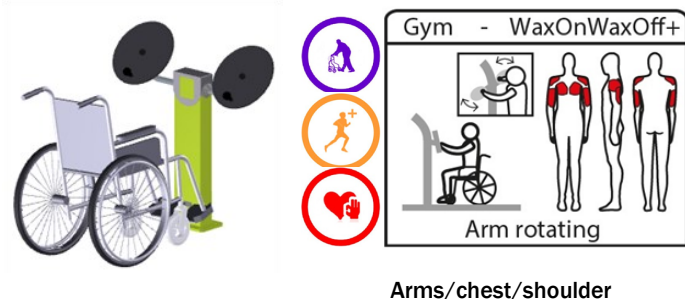
## PowerPull Inclusive (6051)



**RESISTANCE 1 = between 10-12 kg**

**RESISTANCE 2 = between 0.4-4.7 kg**

## WaxonWaxoff Inclusive (6052)



## HandBike Inclusive (6053)



On Denfit Gym a wide variety of alternative exercises is possible next to the standard exercise mentioned on the pictogram.

DenFit has developed a training program which can be placed near the devices on a board. That way you can choose for which purpose you want to train, for example, to lose weight, gain strength etc and you can choose from multiple trainings circuits for alternation.

Check our website: [www.denfit.nl](http://www.denfit.nl) and/or our "TrainingCircuit" brochure.



# Denfit Gym

**Directly on concrete**



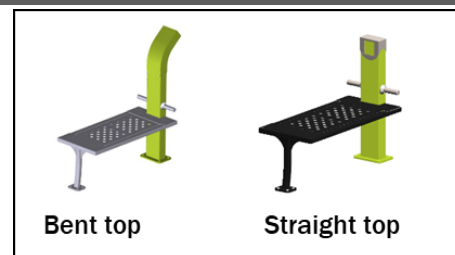
**In soft surface  
no concrete needed**



**On own floor  
no foundation needed**



- With wet pour
- With artificial grass



Bent top

Straight top

**Robinia post**

**Stainless steel post**



Installation of Denfit Gym is very easy with our thermally zinc installation frames. No concrete needed with this system. And, on own floor the Denfit Gym can be easily moved if wished.



Assembly	<p>completely preassembled</p> <ul style="list-style-type: none"> <li>- on own floor (no foundation needed—easy to place and replace)</li> <li>- directly on concrete</li> <li>- with installation frame in the ground (no fluid concrete needed)</li> </ul>
Material	<p>Posts: 4mm hot dipped galvanized and polyester coated steel (optional: Stainless steel)</p> <p>Square tubes: 3mm hot dipped galvanized and Noir Sable coated steel</p> <p>Beams: stainless steel 304 electrolytic polished</p> <p>Floor: hot dipped galvanized covered with black wet pour (optional: other colour wp/artificial grass)</p>
Characteristics	<p>Own body weight resistance</p> <p>Low maintenance and vandalism resistant</p> <p>any RAL colour is possible</p> <p>Extra treatment for C-5 environment is possible</p> <p>Own body weight resistance</p> <p>suitable for all target groups, special items for elderly and users with special needs</p> <p>Certified according to EN16630:2015 for permanently installed outdoor fitness equipment</p>





**DENFIT**  
OUTDOOR FITNESS

## Outdoor activity for all ages



# Denfit Basix

Denfit Basix is a modern range of outdoor fitness equipment consisting of over 40 static devices that work on all muscle groups and that form a perfect workout for everyone. Public spaces and parks are enhanced by these stylish installations which provide the community with the opportunity to exercise, socialise and enjoy the outdoors all at once.

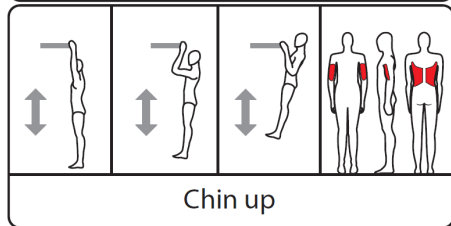
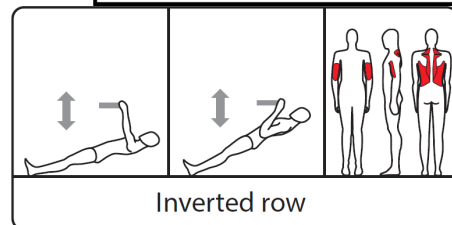
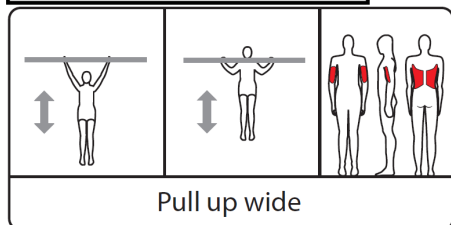
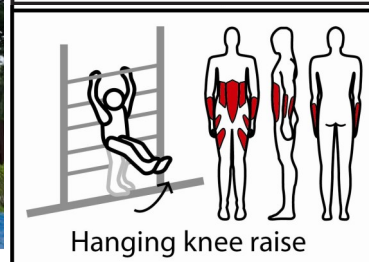
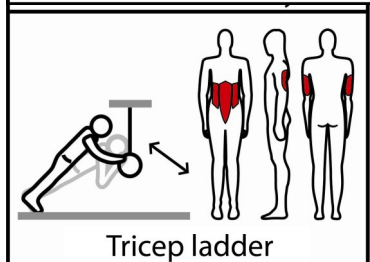
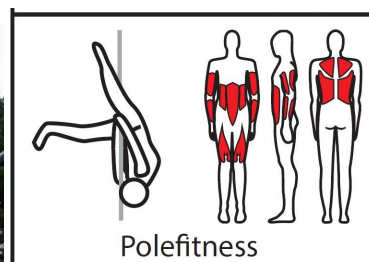
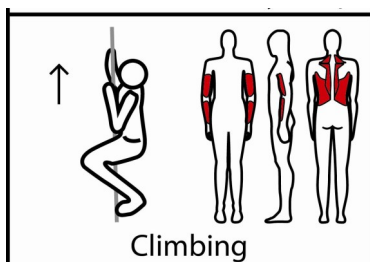
Each unit is designed to work various muscle groups, because of this they can be used by young and old and from beginners to experienced athletes. A combination of devices can make a beautiful trail which is very attractive for bootcamp, calisthenics and streetworkout. And also for parkour: moving through your environment, overcoming obstacles through running, jumping, vaulting and climbing, parkour can be practiced by anyone.



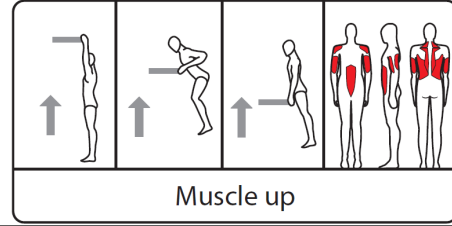
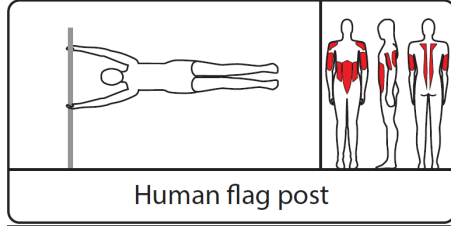
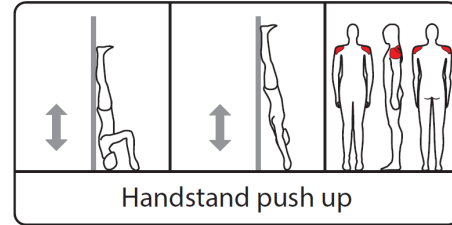
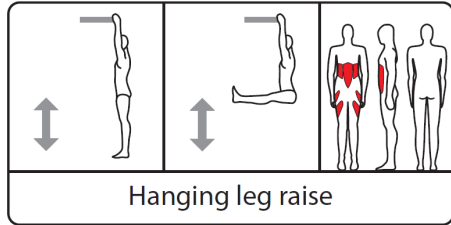
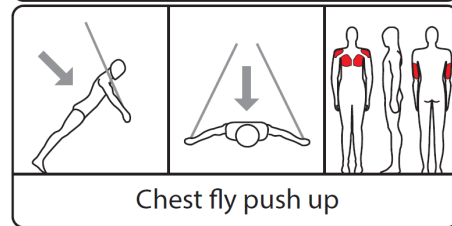
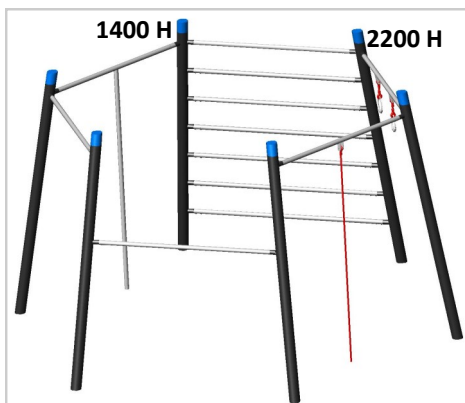


# Denfit Basix Core

Denfit Basix Core offers a variety of exercises for multiple users, challenging them to exercise with increasing levels of difficulty and allowing them to socially interact. The units are multifunctional and suitable for many ways off training. Ideal for small area's.



**MultiGym (7020) - met of zonder ringen en touw**

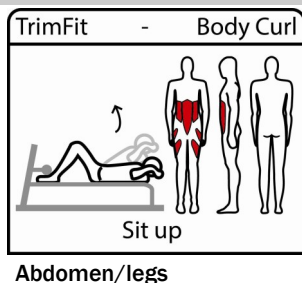




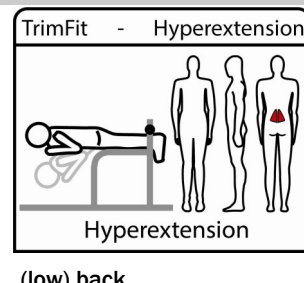
# Denfit Basix

Denfit Basix works with the user's body weight to create resistance. The wide range of devices makes it possible to provide the right combination for users to reach their goals. Denfit Basix devices are suitable for strength training, weight loss, cardio, balance, coordination and it is a vital part of keeping fit for the elderly.

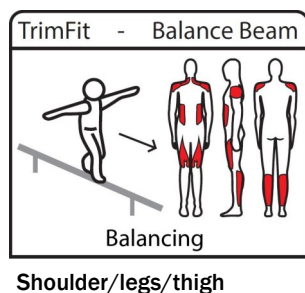
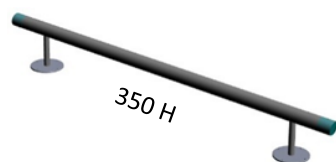
**Body Curl (5021)**



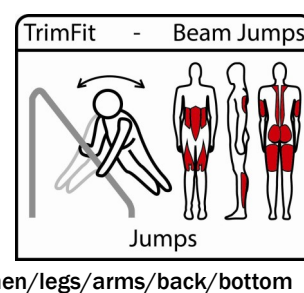
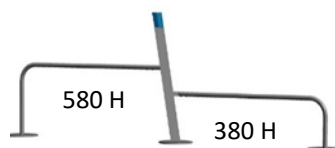
**Hyperextension (5029)**



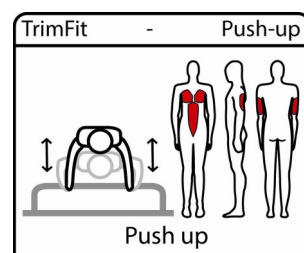
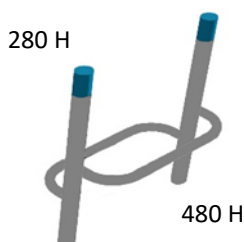
**Balance Beam (5023)**



**Beam Jumps (5024)**



**Push-up (5030)**

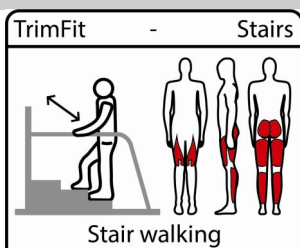
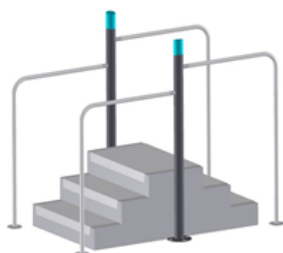




# Denfit Basix Seniors

Denfit Basix specifically designed for the elderly to keep fit and healthy, while at the same time enjoying social interaction. Building strength and flexibility through the use of Denfit Basix reduces the risk of falling of older people, leading to a better quality of life.

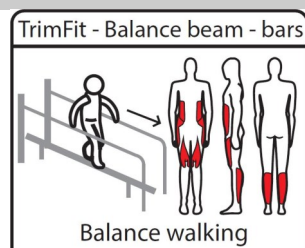
**Stairs (8020)**



Bottom/legs



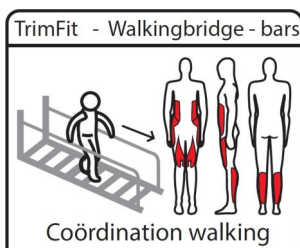
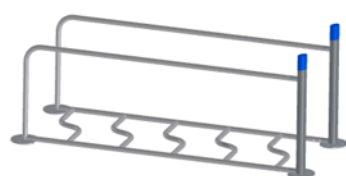
**Balance Beam-Bars (8021)**



Abdomen/legs



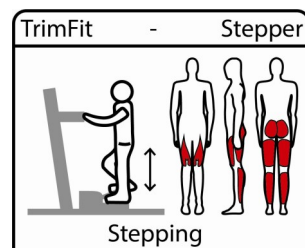
**Walkingbridge-Bars (8022)**



Legs/thigh



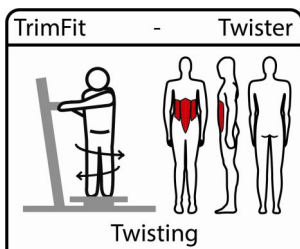
**Stepper (8023)**



Legs/bottom



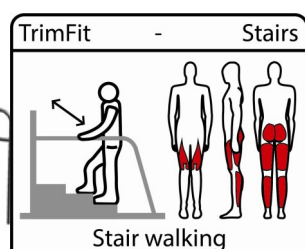
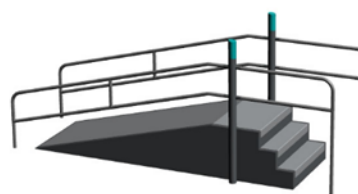
**Twister (8024)**



Thigh/abdomen



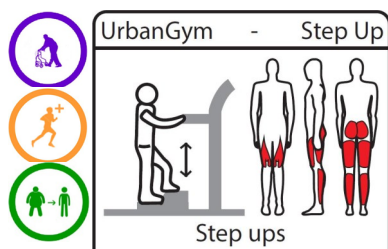
**Stairs with ramp (8027)**



Bottom/legs



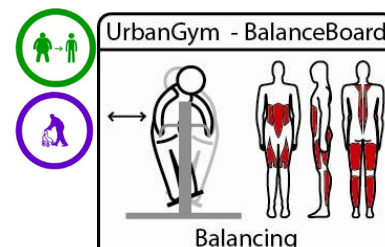
**StepUp (8026)**



Bottom/legs



**BalanceBoard (8025)**



Arms/abdomen/thigh/back

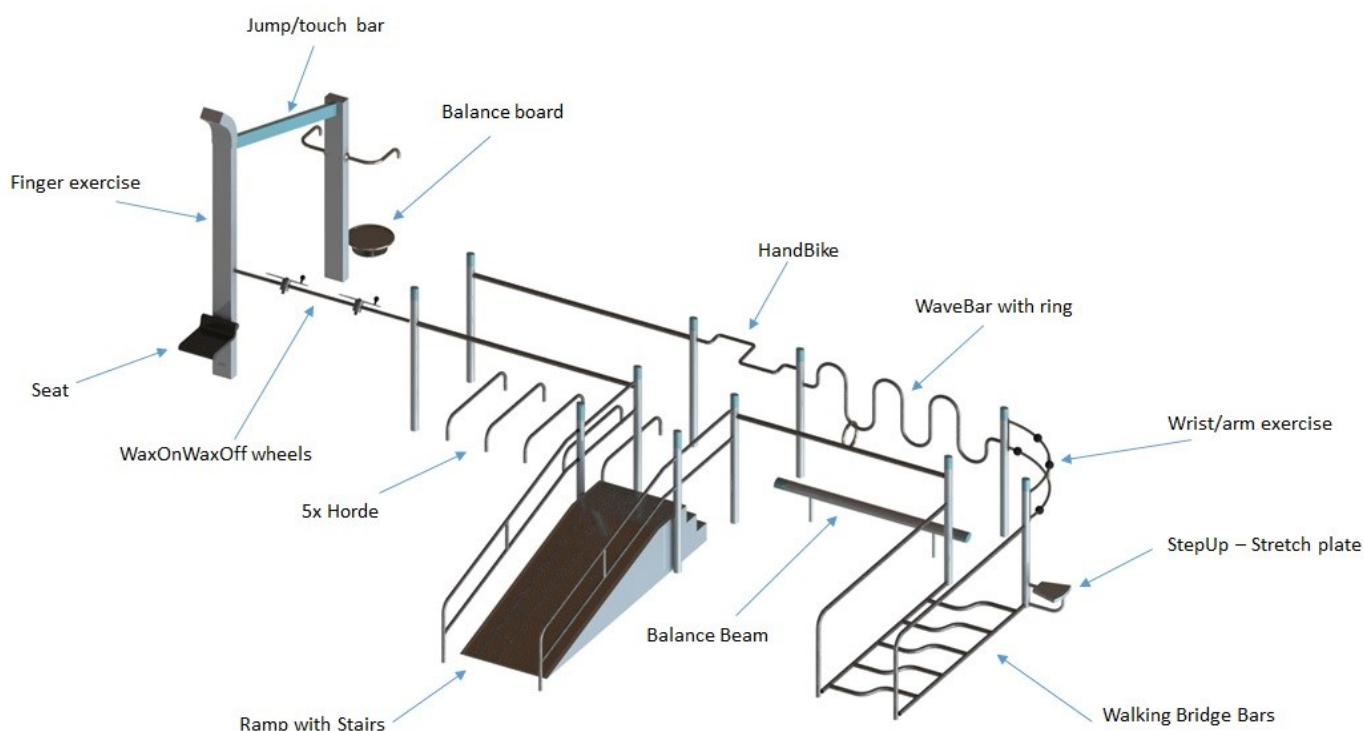






# Denfit Basix

**MotionPlus** is een combinatie toestel voor senioren. Er zijn vele combinaties op maat mogelijk. Zo kun je allerlei items uit de seniorenlijn toevoegen zoals de twister, stepper het wiel etc.



## Product details:

Assembly/anchoring	completely assembled together with the ground anchor or with separate installation frame or directly on concrete
Material	3mm steel: posts: hot dipped galvanized and (Sable textured) powder coated steel Beams: hot dipped galvanized (optional coated in RAL9006)
Characteristics	low maintenance / vandalism resistant any RAL colour top is possible for all target groups also the very experienced sportsperson A wide variety of alternative exercises is possible next to the standard exercise mentioned on the pictogram Calisthenics—BarBrothers—StreetWorkOut—BootCamp—Parkour Certified according to EN16630:2015 for permanently installed outdoor fitness equipment





**DENFIT**  
OUTDOOR FITNESS

## Exciting outdoor workout



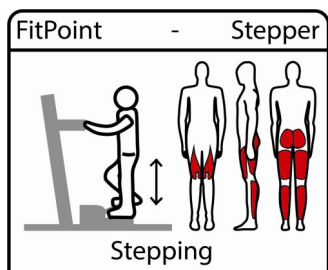
# Denfit stations

Denfit Station FitPoint is a compact and complete training system, completely preassembled on its own floor. Easy to install and relocate, with a lifting eye on top of the roof. FitPoint is available in the RAL colour of your choice to allow it to blend into any environment seamlessly. The compact nature of FitPoint allows it to be installed on sites with limited space, making it the perfect solution for developing fitness zones in urban environments.

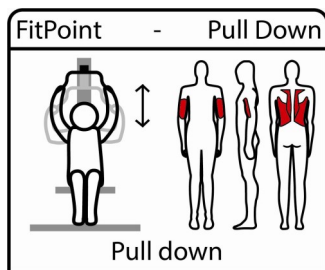
The 8 fitness options are a perfect combination for a total body workout. Appealing to users of all ages, FitPoint is the perfect place for young people to meet each other and to exercise.



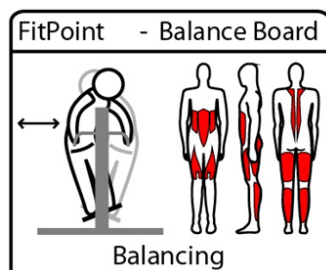
# Denfit Station FitPoint



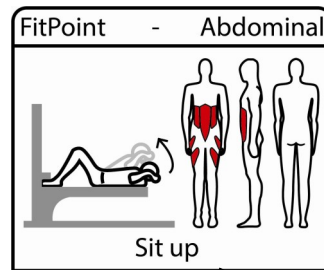
Legs/bottom



Arms/back/shoulder



Legs/back/abs/thighs



Abdomen/legs



cardio



Stay fit



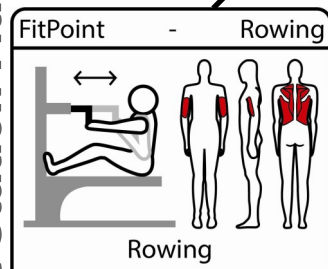
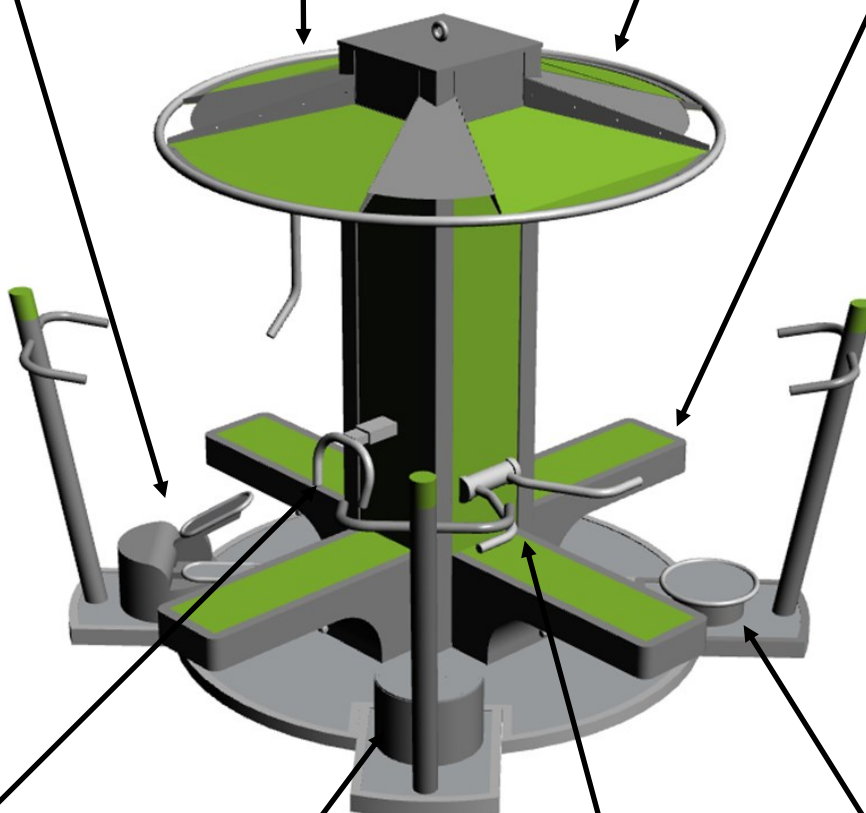
Stay fit for



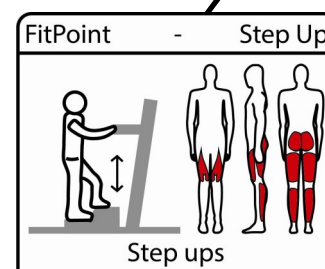
strength



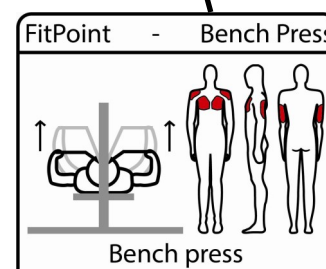
Lose weight



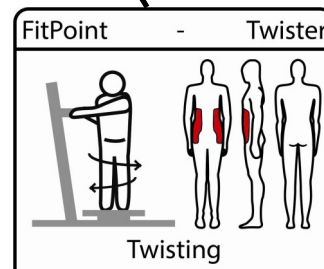
Shoulder/back/arms



Legs/bottom



Shoulder/chest/arms



Thigh/abdomen



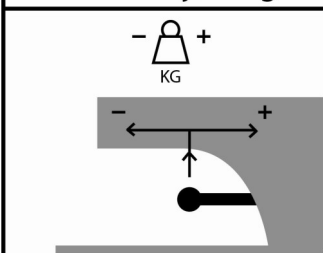


# Denfit Station FitPoint

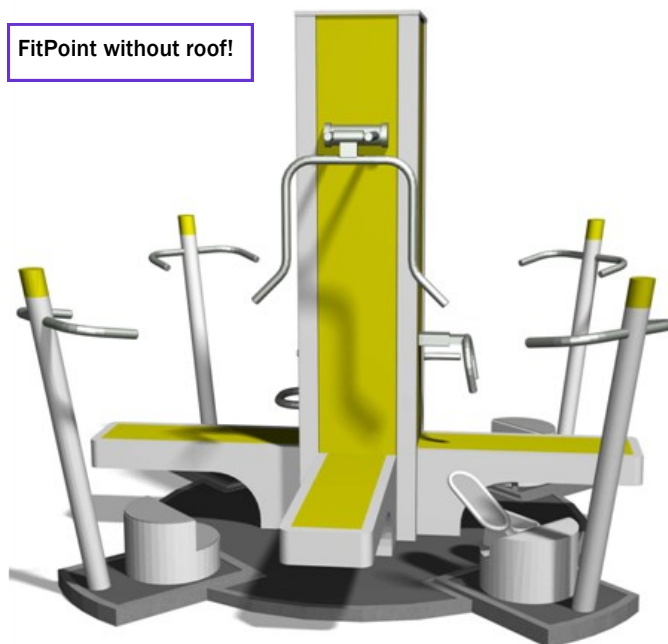
Denfit Station FitPoint is the perfect tool to develop fitness, strength training, balance, coordination and cardio. Benefits of FitPoint are the accessibility to all users, elderly can train without fear of injury or hesitation as all units promote stability with low entry points. All of this motivates a social sport activity in the healthy open air.

On FitPoint there are three individual pieces on which the user can adjust the resistance levels to suit their own needs. This tailor made circuit can test even the fittest athletes.

## FitPoint - Adjusting Weight



FitPoint without roof!



## Adjustable weights in 5 steps:

- |        |                  |
|--------|------------------|
| Step 1 | 30 kg resistance |
| Step 2 | 23 kg resistance |
| Step 3 | 17 kg resistance |
| Step 4 | 7 kg resistance  |
| Step 5 | 2 kg resistance  |



## Product details:

Assembly/anchoring	completely assembled on own floor - FitPoint placed by a hoist hook no foundations needed, just flat ground
Material	zinc protected (Sable textured) powder coated steel — stainless steel 304 beams electrolytic polished Hot dipped galvanized floor with aluminium checker plate or wet pour
Dimensions	FitPoint: floor 2400*62 mmØ—with the 4 training blocks 3350mm Ø — height 2650mm—weight 1500 kg PaceFit: L3000xW1500xH1500mm—floor 62mm—weight 400 kg PaceWalk: L1500xW1500xH1600mm—floor 62mm—weight 210 kg
Characteristics	low maintenance and vandalism resistant can be used as a mobile sports (meeting) place for several locations any RAL colour is possible suitable for all target groups and small areas, especially attractive to youth Certified according to EN16630:2015 for permanently installed outdoor fitness equipment



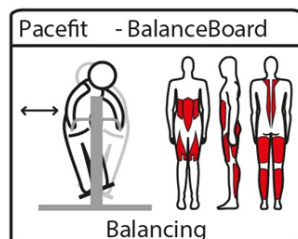


# Denfit Station PaceFit

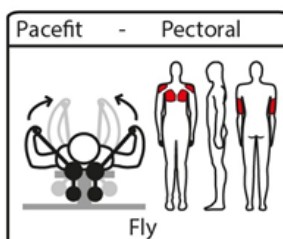
Denfit Station PaceFit consists of a twister and a balance board for the training of calves, buttocks, upper legs and waist. Each station also has a variable device, which can be the leg-extension, with emphasis on the quad and hamstring muscles of the legs, the Pectoral fly where the emphasis is on the upper body or the Abdominal focusing on the abdominal and core muscle groups. The Leg extension and the Pectoral fly are equipped with adjustable weights of 5 kg each.

## PaceFit Pectoral (3024) - 12 weights of 2kg each

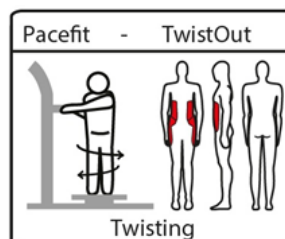
Total body workout with focus on: Chest/legs/arms/abs/calves/bottom/shoulders/waist



Legs/back/abs/thighs



Chest/shoulders/arms

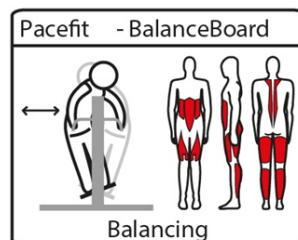


Thigh/abdomen

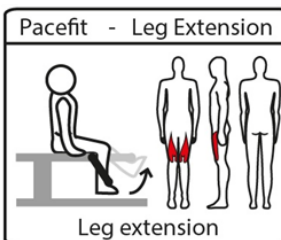


## PaceFit Leg extension (3022) - 10 weights of 5 kg each

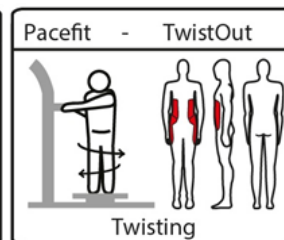
Total body workout with focus on: Legs/abs/arms/chest/bottom/back/waist



Legs/back/abs/thighs



Upper legs

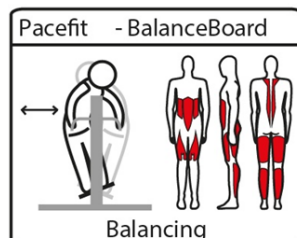
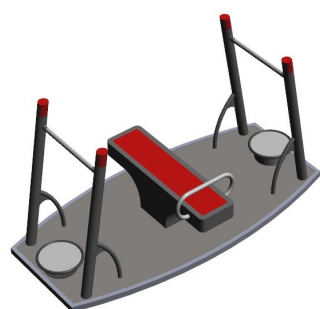


Thigh/abdomen

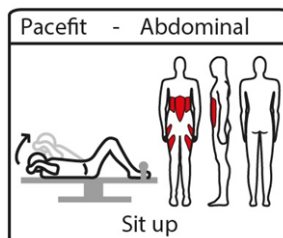


## PaceFit Abdominal (3023)

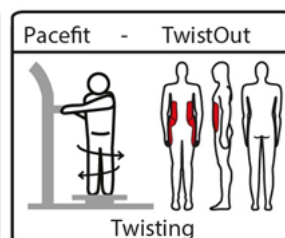
Total body workout with focus on: ABS/hips/legs/arms/chest/bottom/waist



Legs/back/abs/thighs



Abdomen /legs



Thigh/abdomen



The PaceFit can also be delivered with a Stepper instead of a BalanceBoard.



# Denfit Station PaceWalk

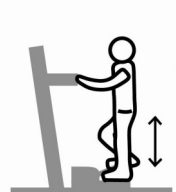
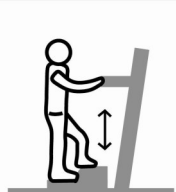












Denfit Station PaceWalk allows up to 4 users to work out at any one time. It is the perfect solution for residential areas. It allows buyers to make sound financial decisions, getting massive value for one piece of equipment and allowing the local residents to get a lower body workout as well as encouraging social interaction. In a residential area it will be the perfect addition to promote a fit and vital lifestyle.

PaceWalk contains step-up, stepper, balance board and twister.

## PaceWalk (3026)

Total body workout with focus on lower body: Legs/bottom/abdomen/calves/thigh/hips



PaceWalk - Stepper	PaceWalk - Step Up	PaceWalk - Twister	PaceWalk - Balance board
 <p>Stepping</p>	 <p>Step ups</p>	 <p>Twisting</p>	 <p>Balancing</p>
Legs/bottom	Legs/bottom	Abdomen/thigh	Legs/back/abdomen/thigh
  	  	 	 

On all Denfit Stations a wide variety of alternative exercises is possible next to the standard exercise mentioned on the pictogram which means you can choose off many different ways off training. This variation in functions is very stimulating. Denfit has developed a training program on all devices. That way you can choose for which purpose you want to train, for example, lose weight, gain strength etc and you can choose from multiple trainings circuits for alternation,

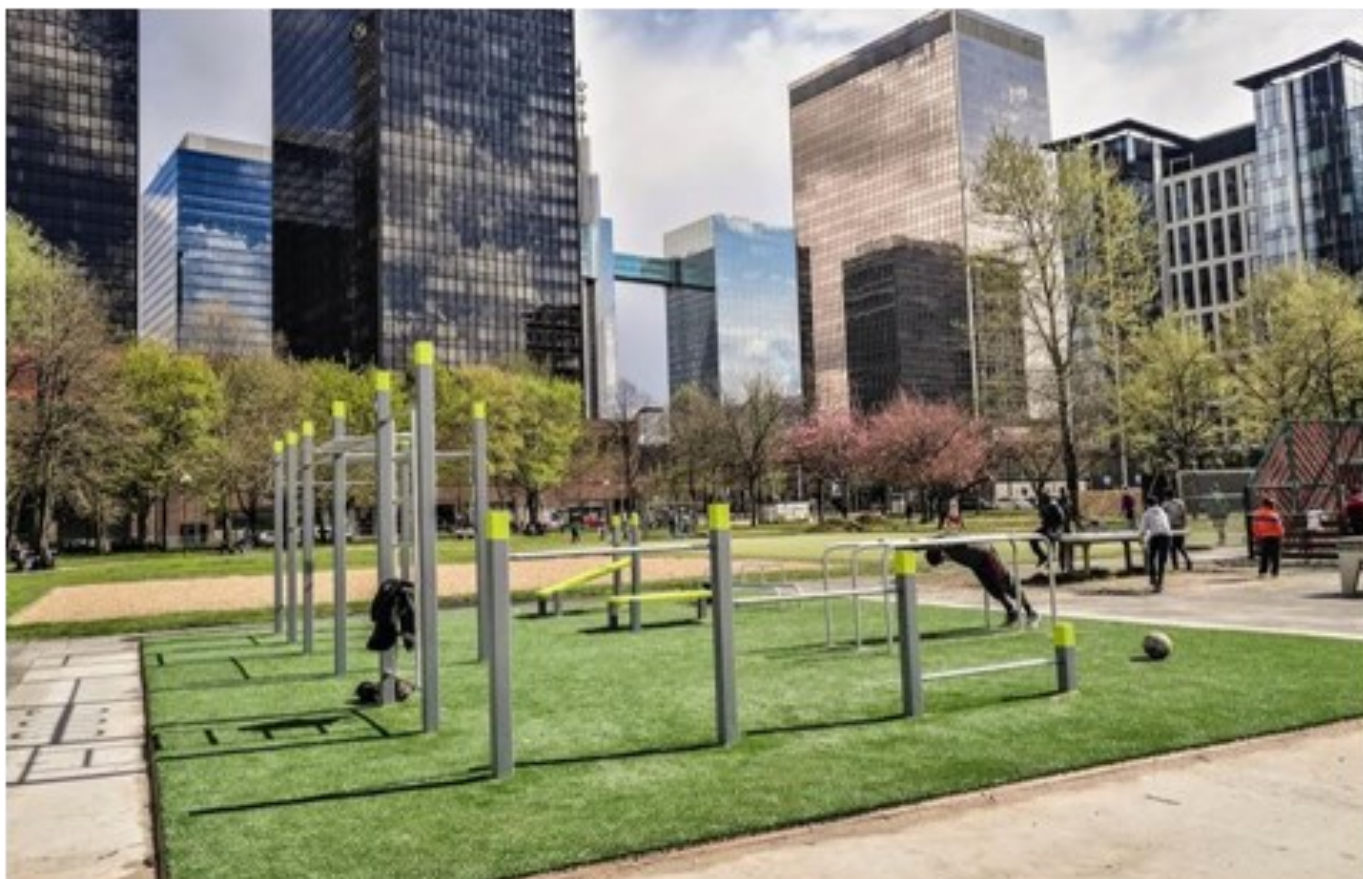
Check our website and/or our TrainingsCircuit brochure.





**DENFIT**  
OUTDOOR FITNESS

# Don't dream it, work for it



# StreetWorkOut

Denfit StreetWorkOut

Denfit StreetWorkOut is a contemporary line of static outdoor fitness equipment with a total of over 30 basic devices which can all be combined together. Training together provides a challenge and healthy competition and motivates today's active generation. Actively enjoying the fresh air, Denfit Street Workout brings you into contact with other people, it's social and the best way to learn from each other.

StreetWorkOut, Calisthenics, BarBrothers and UrbanFitness. Several names for the gymnastic way of training with your own body weight as resistance combined a minimum of devices (bars), all with the goal of building a strong and supple body.

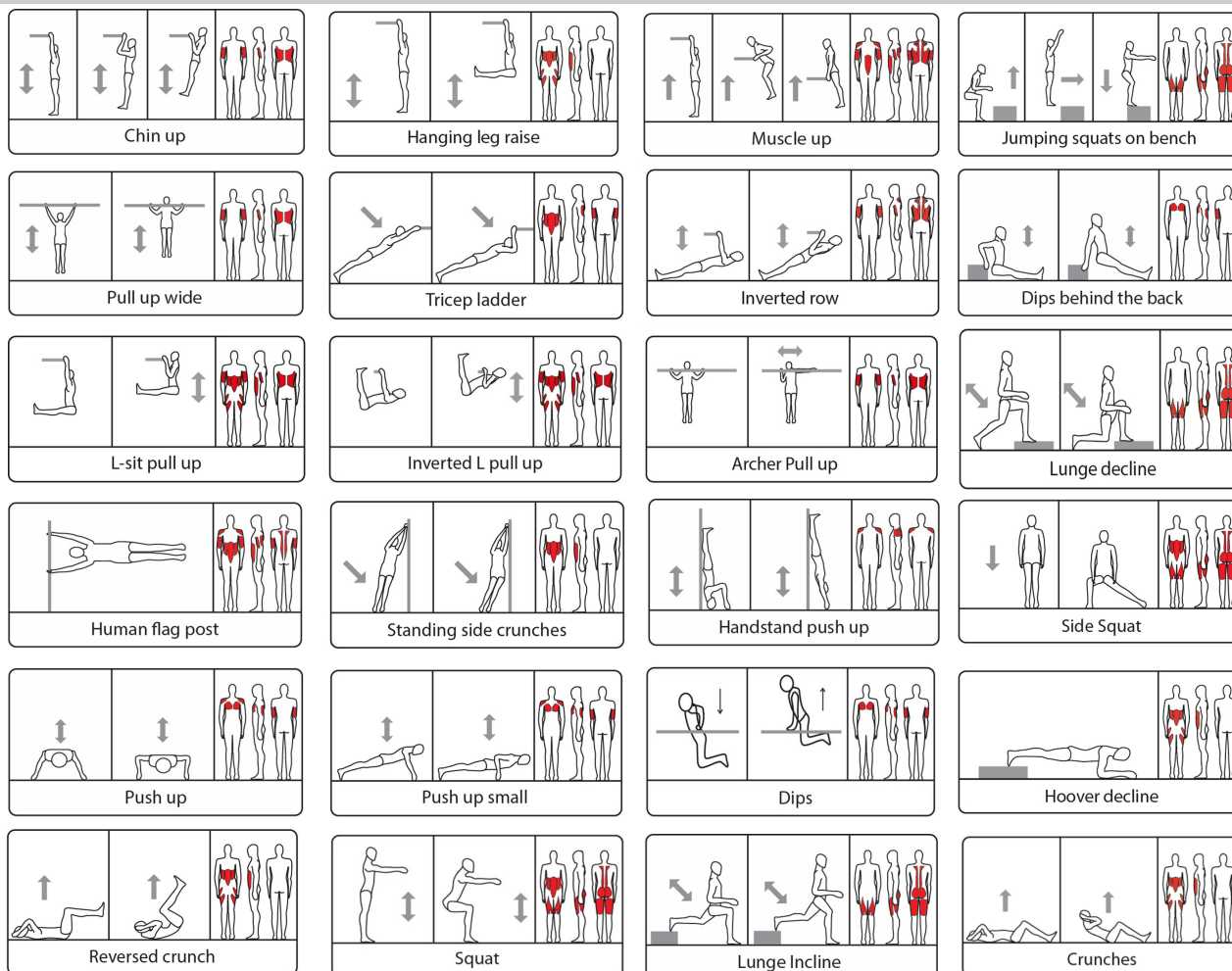
With Denfit StreetWorkOut you get more than 16 years of worldwide experience in Outdoor Fitness equipment.





# Denfit StreetWorkOut

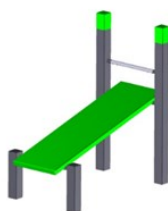
Denfit Street Workout consists of bench (incline), monkey bars, parallel bars, pull-up bars, wall, wavebar, workout desk and many bars. The training methods differ from each other by variations in resistance, number of repetitions, series and breaks. Popular training techniques include circuit training, drop sets, pyramid sets, rest-pause, diminishing sets, burnouts and many others.



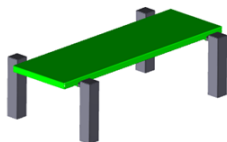


# Denfit StreetWorkOut

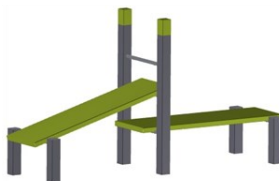
**Bench incline (4111)**



**Bench (4110)**



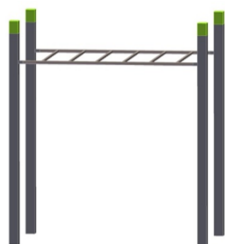
**Bench /Bench incline (4114)**



**Bench Sit Up(4118)**



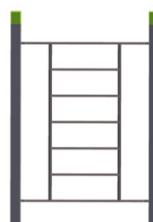
**Monkeybars one level (4201)**



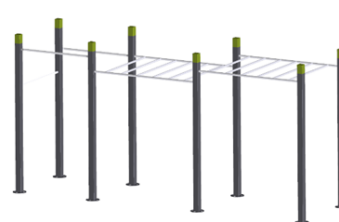
**Monkeybars one level—wall (4204)**



**Wall (4501)**



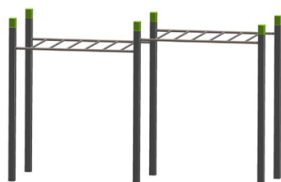
**Monkeybars 2 level—3 pullUp (4206)**



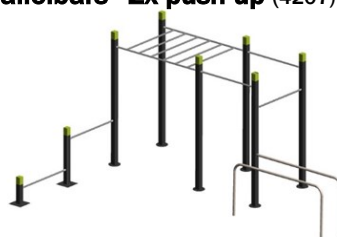
**Wall— 3 Pull ups (4502)**



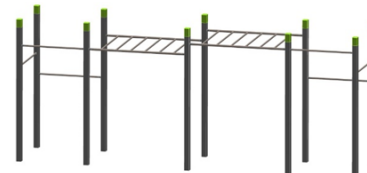
**Monkeybars 2 level (4202)**



**Monkeybars 1 level—3 PullUps—parallelbars—2x push up (4207)**



**Monkeybars 2 level—6 PullUps (4203)**



**Parallelbars 4 posts (4301)**



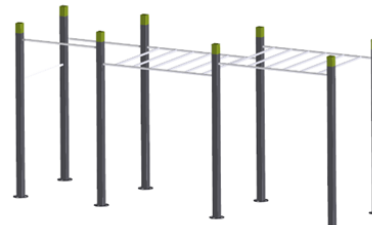
**Parallelbars double 2 posts (4303)**



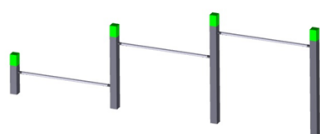
**Parallel bars double 6 posts (4302)**



**Monkeybars 2 level—3 PullUps (4206)**



**PushUps triple posts (4905)**



**PushUps triple no posts (4909)**



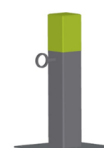
**PushUps single (4907)**



**PushUps double (4908)**



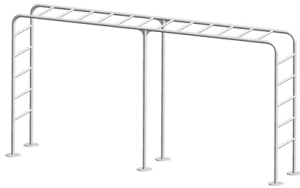
**Bootcamp rope pole (4912)**





# Denfit StreetWorkOut

**Horizontal ladder (4904)**



**Parallelbars (4304)**



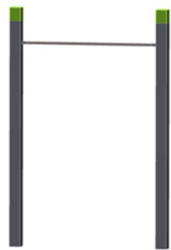
**Parallelbars double (4305)**



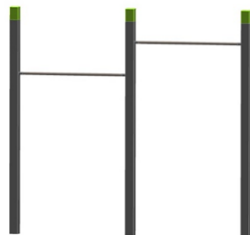
**Workout desk (4901)**



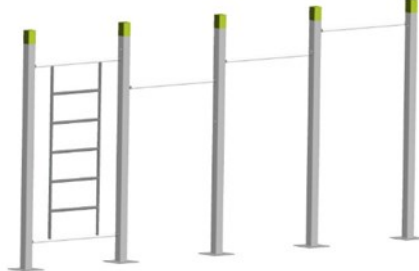
**PullUpbars (4401)**



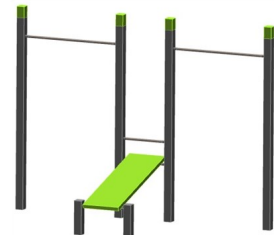
**PullUpbars double (4402)**



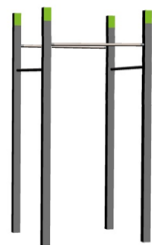
**PullUpbars 3 + wall (4413)**



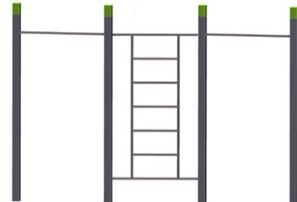
**PullUpbars 2 + bench (4403)**



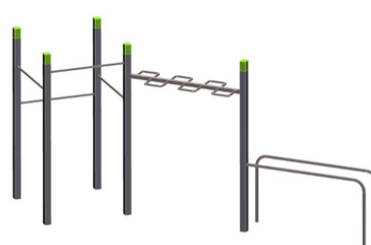
**PullUpbars 4 square (4405)**



**PullUpbars double + Wall (4407)**



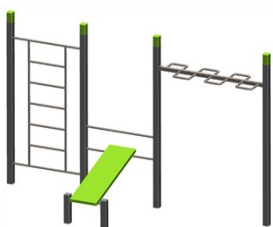
**WaveBar 4 PullUp-parallelbars (4603)**



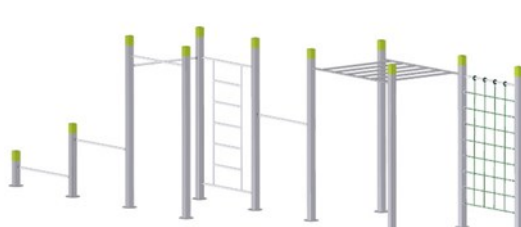
**WaveBar (4601)**



**WaveBar-bench-Wall (4602)**



**Monkeybars-rope climb-wall-3 PullUs-+push up (4208)**



**WaveBar-PUbar-parallel bars (4604)**







# Denfit StreetWorkOut

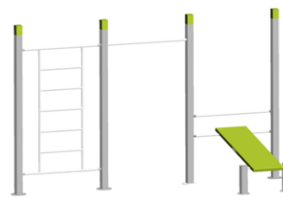
**Wall-3 PUbars-2 benches**  
(4503)



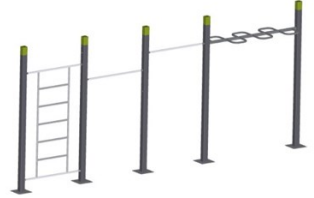
**Wall-3 PUbars-bench-Push Up** (4506)



**Wall- PUbars-bench**  
(4523)



**PullUp double-wave-Wall-** (4411)



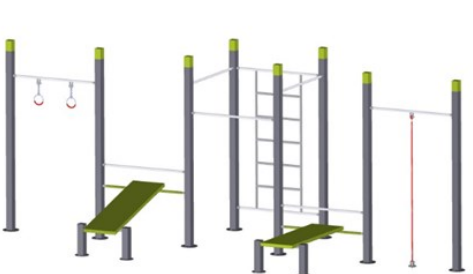
**Wall-Monkeybars-5 PullUpbars-bench-parallelbars** (4514)



**Wall-3 PullUpbars- bench-3 parallel bars** (4521)



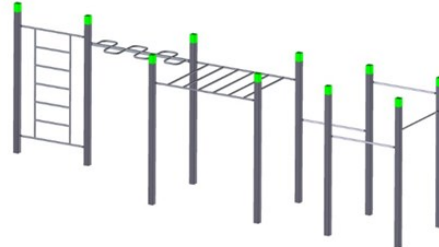
**Wall-3 PullUpbars-2 benches**  
(1 incline) (option: rope+rings) (4508/4524)



**Wall-wave-Monkeybars-3 PullUpbars** (4510)



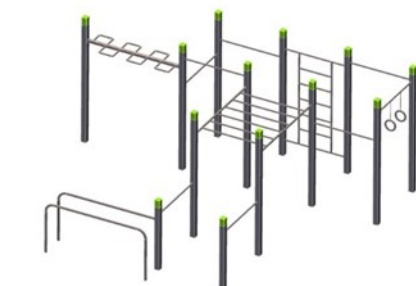
**Wall-Wave-Monkeybars-4 PullUp-bars** (4509)



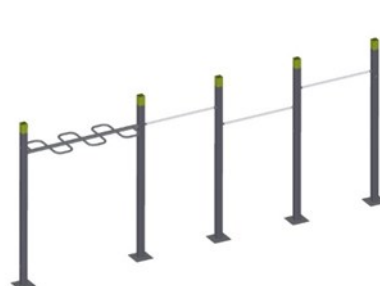
**Wall-wave-5 PullUpbars** (4507)



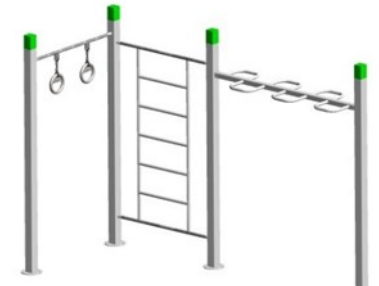
**Wall - Wave - Monkey - 5 PUbars - parallel bars low & rings** (4517)



**PUbars triple-wavebar** (4412)



**Wall - Wave +bars with rings**  
(4518)





# Denfit StreetWorkOut

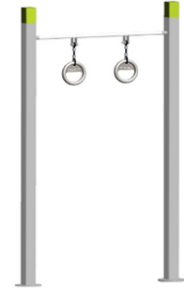
**Pullupbars triple** (4406)



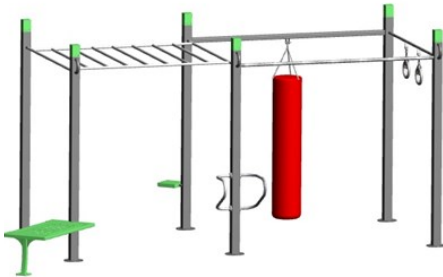
**DipBench-3 + 4** (4001 + 4002)



**PullUpbars + rings** (4415)



**HIT training 1** (4903)



**Jump platform 300/500/700**  
(4914/4915/4916)



**Freemove M** (4517)



**Customised:**





# Denfit StreetWorkOut

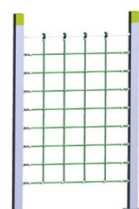
## Wall-Monkeybars-5PUB-Bench-

ParallelBars (4514)



## Rope net climb 1300 + 2000

(4414 and 4417)



## BOOTCAMP special (4906)



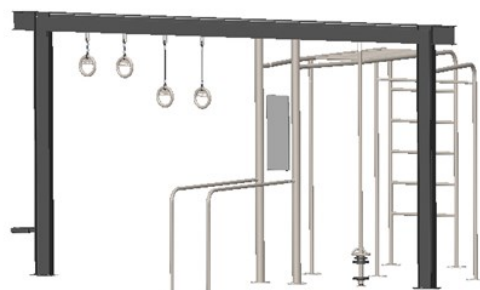
## CROSSFIT—SquatWorkout

(4409)



## CROSSTRRAINING 1

(4913)



### Product details:

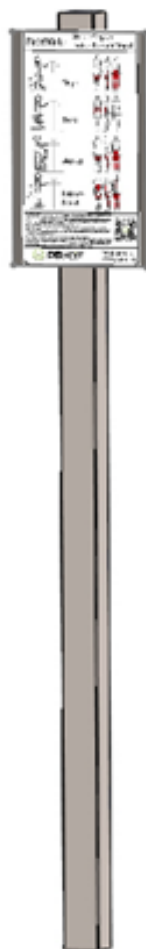
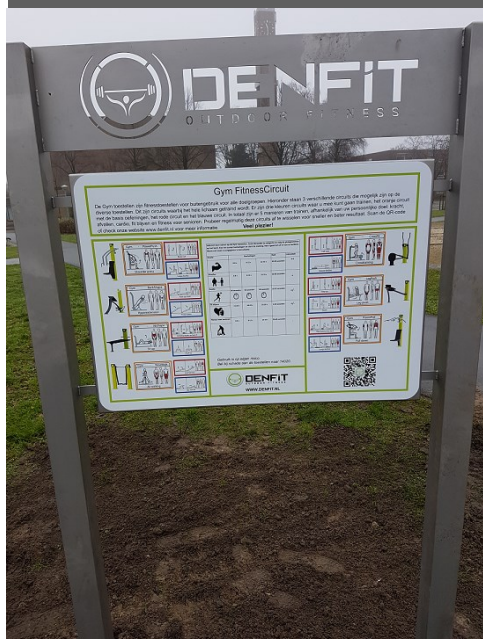
Assembly/anchoring	completely assembled together with the ground anchor / or directly on concrete
Material	3 mm steel - posts: hot dipped galvanized and (Sable textured) powder coated - bars: hot dipped galvanized
Dimensions	Posts height: 400—2700 mm. Bars length: 1200/1600 mm
Characteristics	low maintenance and vandalism resistant any RAL colour top is possible perfectly suited for gymnastic training like calisthenics, street workout, etc. Certified according to EN16630:2015 for permanently installed outdoor fitness equipment





# Denfit Informatieborden

All sorts of instruction boards (optional with customised logo)





**DENFIT**  
OUTDOOR FITNESS



# FitnessCircuit

**With this Denfit FitnessCircuit we take the gym outside**

With the devices from the Professional, Basix and DenfitGym line it is possible to customise a FitnessCircuit. By combining devices and showing multiple options in terms of exercises, a total-body workout can be experienced. By stimulating all muscles in the body, in various ways, the training effect and result will be the highest, which completes recreational but also professional sports in the healthy outdoor area.



# Denfit FitnessCircuit

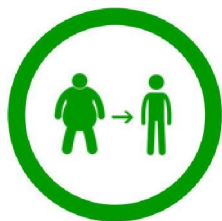
On the DenFit equipment many different exercises are possible. This multi functionality makes the equipment very attractive for all target groups, ranging from young and older users, beginner, advanced and even the professional athlete. These devices are the perfect aid for a customised FitnessCircuit. If you want to stay fit, lose weight, build on your condition or build muscles, it is all possible. All and more is possible on the DenFit equipment as we will show you in this brochure. There are 5 ways of training. Or each exercise the type of training is indicated. When the personal goal is determined the specific exercises can be chosen.



Strength



Cardio



Lose weight



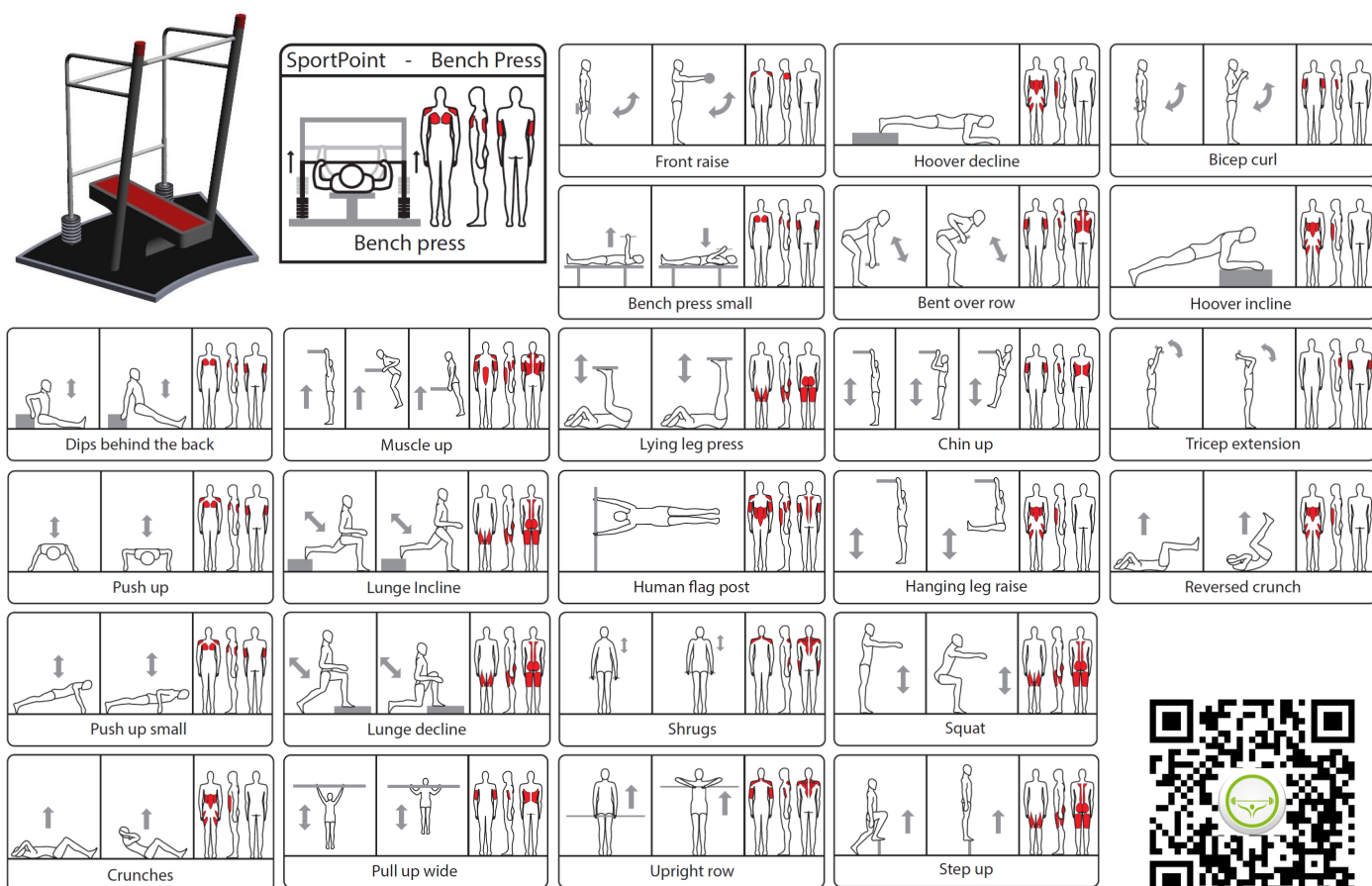
Stay fit



Stay fit for elderly

Each unit is designed for several different exercises. This makes each unit unique and multi-functional. Bench press is the main exercise for the BenchPress machine but besides this many other fitness exercises are possible on this device.

A big advantage of this is that by combining a few devices a complete body workout can be done. For each exercise the muscle group which will be trained is indicated, these are pointed out in red. Below you can see the SportPoint Bench Press main exercise and all the alternative exercises that are possible.





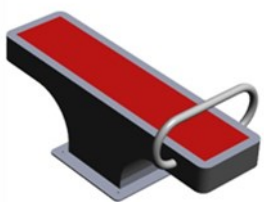


# Denfit FitnessCircuit


A combination of : device + instruction + different ways of training = **The DenFit FitnessCircuit.**

Below you can see an example of a few possible exercises and different ways of training on a device from each line. This example is part of the FitnessCircuitBoard. It is possible to train the same muscles through different exercises. This variety will help you achieve better results than when you always train in the same manner. This change will help keep your workout fun!

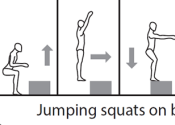
## Denfit Professional FitnessCircuitBoard



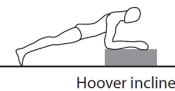
**SportPoint - Abdominal**








Sit up



Jumping squats on bench



Hoover incline


 <b>Elderly</b> 15-30 x Intensity: -/-	 <b>Condition</b> 60 se- conds Intensity:	 <b>Strength</b> 6-15 x Intensity: +/-	 <b>Lose w.</b> 6-15 x Intensity: +	 <b>Stay fit</b> 15-30 x Intensity: +/-
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Adjustable weights creates resistance.

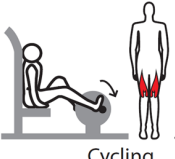
There are 3 circuits indicated in a different colour.

There are 5 ways of training: strength, condition, lose


## Denfit Gym FitnessCircuitBoard



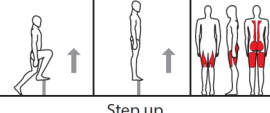
**UrbanGym - BikeFit**








Cycling



Lunge Incline



Step up

				
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Own body weight as resistance on mostly dynamic devices.

There are 5 ways to train: Strength, lose weight, stay fit,

**Sportpoint FitnessCircuit**

Les équipements SportPoint sont des modules de fitness professionnels pour un usage en plein air, destinés à tous types d'utilisateurs. Ci-dessous vous trouverez 3 circuits possibles (orange, rouge et bleu) sur les différents stellers. Ces circuits permettent de travailler l'ensemble du corps. Vous trouverez 5 types d'exercices correspondant aux différents objectifs à atteindre: renforcement musculaire, perte de poids, cardio, maintien en forme, maintien en forme pour seniors. Sur une base régulière fixe, essayez de changer de circuit pour des résultats meilleurs, plus rapides et surtout plus amusants. Visitez notre site internet pour plus d'information.

**Amusez-vous !**

**DENFIT**

COALA  
AIRE DE FITNESS / PARC DE LA GRAMINE  
VILLE DE MONTREAU-PAULY-TOINNE  
Téléphone : (01) 84 70 44 41

**www.denfit.nl**



# Denfit FitnessCircuit

On each device is an icon of the basic exercise. As an addition to the sports location you can choose to place the DenFit FitnessCircuitBoard. The icons illustrate the equipment use, the various exercise possible and information about the different ways to train. The FitnessCircuitBoard of DenFit is unique and a beautiful trainings stimulant. Alternation gives a better and faster result and keeps training attractive.

## Professional Sportpoint FitnessCircuit

The SportPoint is a range of professional fitness devices for outdoor use and intended for all ages and users groups. Below you see 3 different training circuits that are possible on the various devices. These are circuits where the whole body can be trained. There are 3 colour circuits: orange, red and blue. In total there are 5 ways of training depending on your personal goal: strength, weight loss, cardio, stay fit and fitness for older users. Try to change these circuits on a regular basis for better and faster results and to keep the training interesting and fun. Check our website [www.denfit.nl](http://www.denfit.nl) for more information.

**Have sports fun!**



WWW.DENFIT.NL

	<b>SportPoint - Abdominal</b>  Sit up	 Jumping squats on bench  Hoover incline	 Pull up wide  Hanging leg raise	<b>SportPoint - Chin Bar</b>  Chin up																																					
	<b>SportPoint - Bench Press</b>  Bench press	 Lying leg press  Bicep curl	 Inverted row  Push up	<b>SportPoint - Dip press</b>  Dips																																					
	<b>SportPoint - T-Bar</b>  T-Bar row	 Calf raise  Upright row	 Shrugs  Lunge incline	<b>SportPoint - Pectoral</b>  Fly																																					
	<b>SportPoint - Preacher Curl</b>  Scott Curl	 Step up  Tricep ladder	<div> <b>DENFIT</b>            OUTDOOR FITNESS         </div> <p>Choose 1 of the 3 possible training repeats and start training. Vary on a regular basis with the chosen repeats. Do every exercise 2-3 times. Take a rest in between as shown in the schedule.</p> <table border="1"> <thead> <tr> <th>Strength</th> <th colspan="3">Repeats</th> <th>Rest</th> <th>Intensity</th> </tr> </thead> <tbody> <tr> <td></td> <td>6-8 x</td> <td>8-12 x</td> <td>12-15 x</td> <td>30-90 seconds</td> <td>++</td> </tr> <tr> <td></td> <td>6-8 x</td> <td>8-12 x</td> <td>12-15 x</td> <td>30-90 seconds</td> <td>+</td> </tr> <tr> <td></td> <td>60 seconds</td> <td>60 seconds</td> <td>60 seconds</td> <td>20-30 seconds</td> <td>+/-</td> </tr> <tr> <td></td> <td>15-20 x</td> <td>20-25 x</td> <td>25-30 x</td> <td>0-30 seconds</td> <td>+/-</td> </tr> <tr> <td></td> <td>6-8 x</td> <td>8-12 x</td> <td>12-15 x</td> <td>30-60 seconds</td> <td>-</td> </tr> </tbody> </table>			Strength	Repeats			Rest	Intensity		6-8 x	8-12 x	12-15 x	30-90 seconds	++		6-8 x	8-12 x	12-15 x	30-90 seconds	+		60 seconds	60 seconds	60 seconds	20-30 seconds	+/-		15-20 x	20-25 x	25-30 x	0-30 seconds	+/-		6-8 x	8-12 x	12-15 x	30-60 seconds	-
Strength	Repeats			Rest	Intensity																																				
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	6-8 x	8-12 x	12-15 x	30-60 seconds	-																																				
	<b>SportPoint - Squat</b>  Squat	 Push up small  Standing side crunches																																							
	<b>SportPoint - Leg Extension</b>  Leg extension	 Reversed crunch  Hammering curl																																							

Being outside can help make people happier, natural light puts them in a better mood and the physical activity helps people to relax, makes them cheerful and gives better concentration and attacks stress.

**With this DenFit FitnessCircuit we take the gym outside**

**WWW.DENFIT.NL**

**36**



**DENFIT**

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**Tel: 0031-527201023**

**info@denfit.nl**

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Agent details