

innovative outdoor fitness



 **NORWELL**
OUTDOOR FITNESS

index



the benefits of outdoor fitness	4
danish design	6
optimum functionality	8
high quality and craftsmanship	10
our products	13
for adults: four essentials	15
strength	16
balance	19
cardiovascular	20
flexibility	22
NEW – combinations	24
for kids	26
NEW – special needs	34
NEW – park furniture	38
our apps	40
our fitness guides	41
about you: parks & recreation	42
hotels & resorts	44
schools & educational institutions	46
housings & apartment blocks	48
companies & workplaces	50
sports clubs & arenas	52
senior communities	54
packages	57
tools	67
technical specifications and warranties	69
overview	70

welcome to a world of outdoor fitness

Norwell Outdoor Fitness was founded in 2007 by the Barkholt family from Denmark.

During travels in Asia, the family experienced how the public outdoor fitness parks everywhere offered easy access to exercise, and the perfect opportunity to meet up with friends and neighbors.

This experience inspired the Barkholt family to develop their own unique line of outdoor fitness equipment, expressing the very best of Danish Design: quality, functionality and aesthetics.

As an innovator within the outdoor fitness concept, Norwell quickly became specialists in designing, developing, and marketing outdoor fitness equipment.

Today, Norwell is represented by outdoor fitness parks in Europe, Asia and North America.

sustainable fitness

We wish to promote the idea of exercising outside, since it has no negative energy consuming impacts on the environment compared to exercising indoors.

A few evident advantages are that all our outdoor fitness equipment is powered by human energy, and consequently all our parks are powered by the sun and nature. This is truly sustainable fitness!

At Norwell, nature is not only our workspace, but also our life, and it is therefore important for us to help preserve it.

Apart from getting a more immediate effect, we want to ensure a safe, healthy and green world for our children to grow up in. We will therefore always aim to develop our business in a sustainable manner.

we believe

THAT fitness opportunities should be free and available to everyone.

we believe

THAT outdoor fitness can be fun and playful exercise for kids.

we believe

THAT outdoor fitness will lead to a healthier and more fit community.

we believe

THAT outdoor fitness stations should add to the beauty of their surroundings.



the benefits of outdoor fitness





health benefits

Each Norwell Outdoor Fitness station is designed and developed for all – from the out of shape beginners to the very fit.

By placing outdoor fitness parks in the user's own environment, maintaining and training your body is as easy as it gets. The natural consequence is an increased quality of life, and a healthier community.

social integration

An outdoor fitness park gives important social benefits, since it quickly becomes a natural and intergenerational meeting point for people of all walks of life.

If you have a busy day-to-day schedule, the fitness park provides a convenient and comfortable setting to spend time with others in a healthy activity – when it suits you!

accessability

A Norwell Outdoor Fitness park serving as an outdoor gym, free to use and always available, will benefit and add to any environment.

None of the usual barriers apply to an outdoor fitness park. The stations are available at all hours, giving the users easy access to free workout and training at all times – all year round.



Montlake Community Center, Seattle, WA.

danish design





aesthetic minimalism

The main element of our design – the curve – creates a lightness and transparency of construction, which makes a Norwell Outdoor Fitness park very suitable for any environment.

Representing the quality of Danish Design, every fitness station contributes to an aesthetic experience as well as having the functions required for training and maintaining your body.

Our fitness line was developed in collaboration with the Danish design house Dok 54, and with an important participation of fitness and physiology experts and specialists.



The cruise ship MS Artania, Germany.

optimum functionality





The strength training stations allow a full range of motion, making them accessible and effective to all users. By using your own body weight as resistance, the level of challenge is tailored to the individual.

The movement patterns are smooth and natural, making the equipment functional and intuitive. The low impact cardiovascular equipment is safe, effective and fun to use.

The balance and stretching stations complete the package, creating a complete, effective and functional workout. The result is increased strength, increased cardiovascular capacity and overall improved health.

what is range of motion (ROM)?
Range of motion describes the ability to move around in a joint. ROM varies greatly due to individual flexibility. A high range of motion is preferable, as it allows the body to move around in a functional way.

Strength training performed at a full ROM, allows the body to work at a greater capacity. The outcome is increased strength and flexibility.

what is low impact cardio?
Cardio exercises are defined as "low impact" when only one foot leaves the ground at the time or no feet leave the ground. These exercises do not stress the joints, which allows an effective workout with a low risk of injury.

Thomas Nyholm
MSc in Sport and Health

a norwell expert

Thomas Nyholm,
MSc in Sport and Health
at the Institute of
Sports Science and
Biomechanics, University
of Southern Denmark.



high quality and craftsmanship



ip



quality and durability

The Norwell Outdoor Fitness stations are designed and developed in Denmark with the highest quality standards.

Quality is very much defined by the durability and longevity of the equipment. To ensure a long life, the Norwell fitness stations are built from your choice of either metallized and powder coated steel (MPC) or grade 316L stainless steel.

Every detail is well thought out, from the high level of functionality and usability, to the appealing and aesthetic Danish Design.

With Norwell, both users and customers are guaranteed the best outdoor fitness equipment for generations.





numerous training options



FOR ADULTS



FOR KIDS



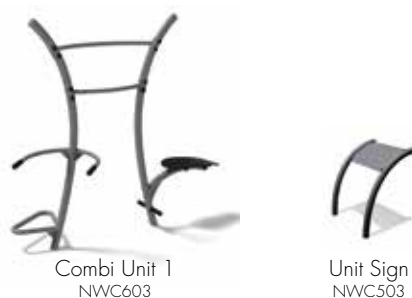
FOR SPECIAL NEEDS



PARK FURNITURE



COMBINATIONS





Park Mac Vicar, Brownsburg-Chatham, Quebec

four essentials

Our fitness line for adults covers the age group from 13 and up. Each station is designed to especially focus on one of the four essential areas:



STRENGTH – to train individual muscle groups



BALANCE – to strengthen balance and coordination



CARDIOVASCULAR – to build condition and stamina



FLEXIBILITY – to stretch muscles and body

The coloured ID band on the fitness stations makes it easy to navigate a Norwell Outdoor Fitness park. Each colour points out the training activity featured, and shows the muscle group affected.



for senior citizens

Within our line for adults, we have recommended a range of fitness stations for senior citizens (65+).

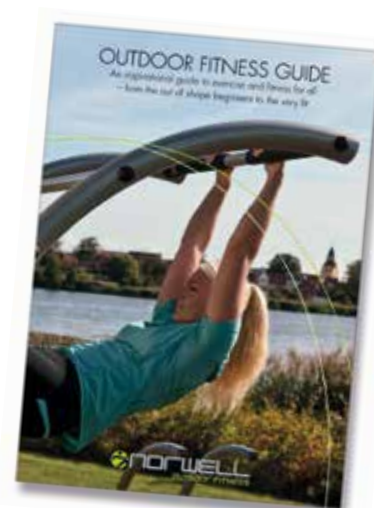


SENIOR CITIZEN

These stations have a resistance and functionality very well suited for maintaining and improving the physical wellbeing of senior citizens. These stations are marked with the senior citizen icon.

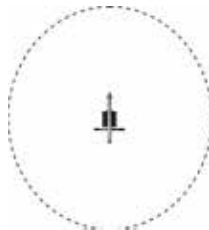
make the most of your effort

A range of special tools are available to support and inspire training: The Norwell App for Smartphones, QR codes on each station, and our fitness guide – all giving access to exercises and training videos (please see page 40 for more details).





If you maintain and increase the **strength** of the big muscle groups in your body, your tendons become stronger and your muscles work more efficiently.

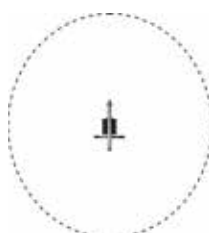


CHEST NW101

The Chest is a seated chest press, that uses your own body weight as resistance in training.

This station improves the strength of your chest, front of shoulders and triceps.

We also recommend the Chest for senior citizens.



BACK NW102

The Back gives you an easy and efficient way to strengthen your back, back of shoulders and biceps by using your own body weight as resistance in training.

We also recommend the Back for senior citizens.





SIT UP NW103

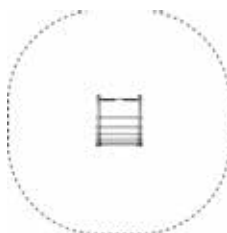
The Sit Up strengthens your abdomen, thighs and hips in an intuitive way.

The level of difficulty is determined by you and your level of experience.



PULL UP NW104

The Pull Up combines strength training of a wide range of muscle groups in your arms, shoulders, back and core.





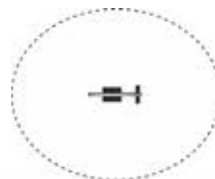
"Our volunteer committee looked at a wide range of suppliers. We were initially interested in Norwell's beautiful design but were really convinced when we saw the impressive level of quality. In addition to being functional, the stations are also fun!"

**Heidi Ekey, Chairperson
Community Mobilization Initiative, PA**



BAR NW105

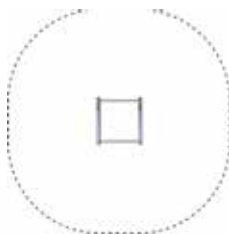
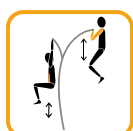
The Bar strengthens your chest, triceps, core and the front of your shoulders in the most simple and efficient way.



LEG NW106

The Leg fits all when it comes to building up strength in your thighs, legs and calves.

We also recommend the Leg for senior citizens.



DUAL PULL UP NW108

Dual Pull Up has two pull-up bars of different heights – 6'7" and 7'6".

This gives the opportunity for combined strength training for arms, shoulders, back and core.





Improving the **balance** and coordination skills not only helps to minimize the risk of injuries, but also gives a long term benefit in all aspects of life.

TWISTER NW301

The Twister has two individual platforms, one you stand on and one you sit on, using the curve as support.

This station improves your balance and coordination skills, combined with developing the muscles in the back.

We also recommend the Twister for senior citizens.



SPRINGER NW302

The Springer has two platforms to stand on, one with a hard spring and one with a softer spring.

The Springer provides varied training of your balance while also improving the strength of ankle and knee joints.





To maintain optimum cardiovascular function is important for good health and essential for a high quality of life. Norwell's cardio stations can help everyone achieve these goals.



AIR WALKER NW201

To walk on air is probably the greatest feeling of freedom you can have.

This Air Walker gives you the full experience of a brisk walk without the strain.

Also available in double version.

We also recommend the Air Walker for senior citizens.



CROSS NW202

The Cross station is a comfortable way of developing leg and hip muscles, while simultaneously improving your cardiovascular endurance.

The scale of the Cross station provides for a natural running motion.

We also recommend the Cross for senior citizens.





STEPPER NW203

The Stepper develops leg muscles and improves your cardiovascular endurance.

The rubber strip on the lower curve provides a slip resistant surface.



HIP NW204

The Hip builds the strength of your hip and core while improving cardiovascular endurance.

You can train alone or with a friend.





Muscle endurance and **flexibility** give you the ability to perform not only a training program, but also everyday continuous physical movements.



STRETCH NW401

The Stretch is very efficient for keeping mobility and flexibility in your hamstrings, calves and gluteus when you cool down and stretch out after exercising.



BENCH NW501

The Bench is full of possibilities for training your abdomen, back, arms and legs – and for resting comfortably.

We also recommend the Bench for senior citizens.





"We offer our employees exercise, fresh air, rehabilitation and teambuilding. They can exercise before or after work, and during breaks. We are very pleased with the impact the fitness park has on our employees – and we will definitely establish more Norwell fitness parks in the future."

**Marlene Lübeck, Management Assistant
at H. J. Hansen Holding A/S, Denmark**

PING PONG NW502

This regulation size Ping Pong table offers a fun and very beneficial way to get fit.

In a playful and competitive activity, you train your coordination, movement and speed at the same time.

We also recommend the Ping Pong table for senior citizens.



SIGN NW503

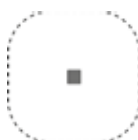
The Norwell Sign shares information about the training concept and the Norwell Smartphone App, and provides a well-designed signage to your Norwell Outdoor Fitness park.

Customized graphic design on the sign is possible.



MINI SIGN NW504

The Mini Sign offers the opportunity to give detailed information about each station. It shares instructions in the training concept for each fitness station. Customized graphic design on the sign is possible.





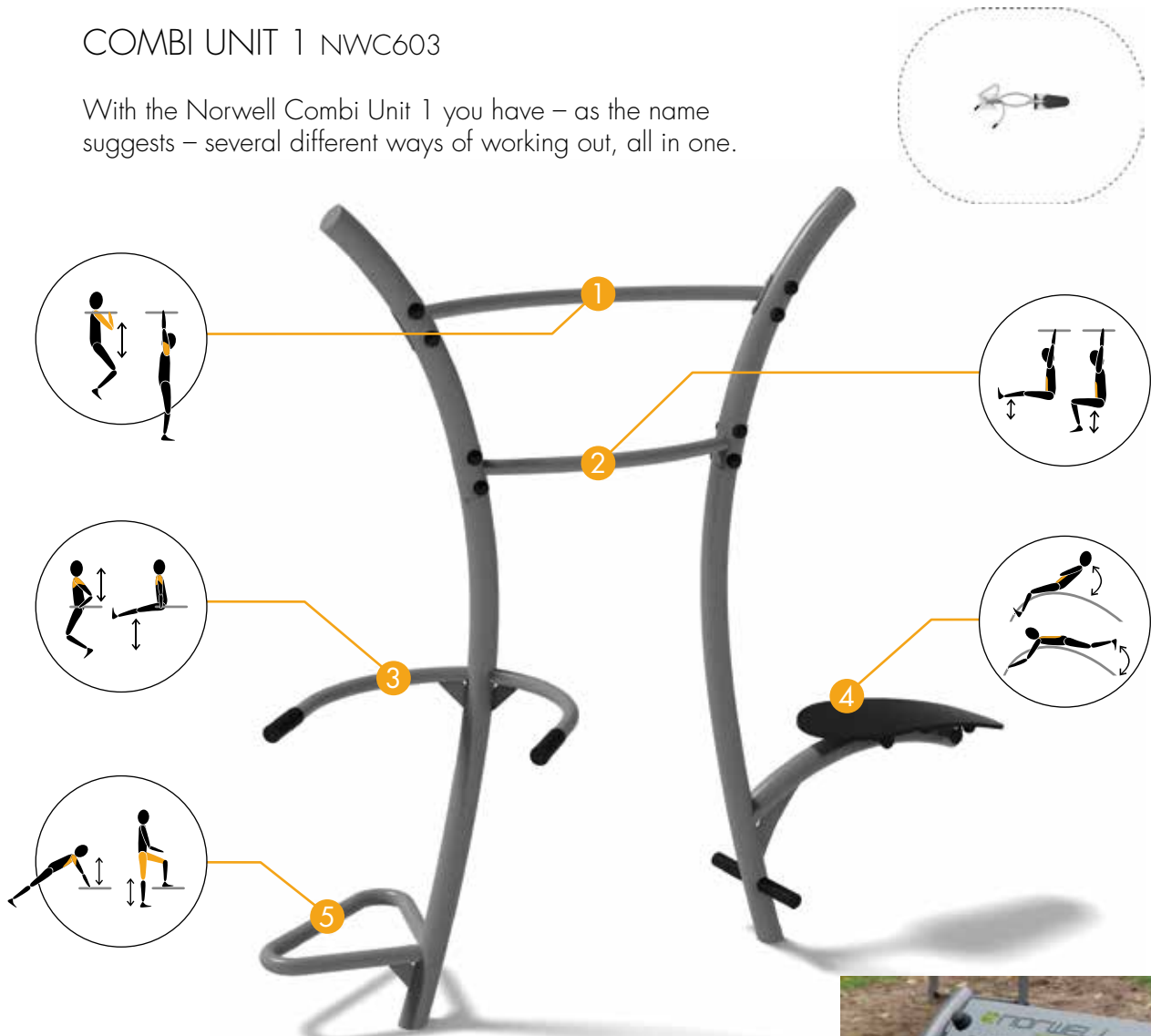
all-in-one training

Imagine a whole group of students working out on the same fitness station, circuit training and taking turns. It is easy to almost hear how they enjoy exercising together, having a friendly competition.

This will be possible with our new combination unit. This offers multiple exercise options at once and hardly takes up any space.

COMBI UNIT 1 NWC603

With the Norwell Combi Unit 1 you have – as the name suggests – several different ways of working out, all in one.



UNIT SIGN NWC503

Using pictograms the Norwell Unit Sign shows some of the numerous all-in-one exercise options of the combination unit. Customized graphic design on the sign is possible.





fun fitness for kids

Norwell Junior is a series of outdoor fitness stations for eight to fourteen year olds.

Sadly, many eight to fourteen year olds have dropped out of organized, competitive sports and simply do not engage in nearly enough physical activity. Increased screen time and a sedentary lifestyle have led to record levels of obesity with a related negative impact on health.

the importance of exercise when learning

Today we all know the positive effect physical activity has on our body. It has also been shown to increase cognition, which is very interesting when it comes to learning.

Scientific research points out that the ability to concentrate and learn increases significantly when kids and teens engage in physical activity every day.

We understand the fitness needs of this age group, and we know that kids are not simply small adults. Their growing bodies have unique needs and limitations when it comes to physical training.

For this age group it is very important to recognize that fitness needs to be fun!

Kids can easily play and get fit at the same time: The unique, intuitive designs in our Junior series take advantage of the natural desire and motivation for play, and show kids the way to fun fitness.



exercising in a fun and different way

We offer a range of special tools to support and inspire training: The Norwell Junior App for Smartphones, QR codes on each station, and our Junior fitness guide – all giving access to exercises and training videos (please see page 40 for more details).

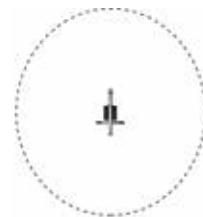




JUNIOR CHEST NWRJ101

The Junior Chest station is a shoulder press using the kid's own weight as resistance.

Just the right amount of resistance is provided for safe and effective training of the shoulders, triceps and chest.



JUNIOR BACK NWJR102

The Junior Back is a pull-down station to build up strength in the back, the shoulders and the biceps, again using the kid's own weight as resistance.





JUNIOR SIT UP NWJR103

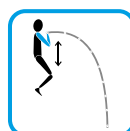
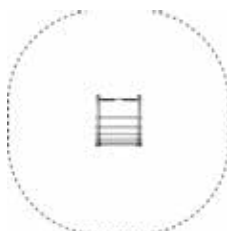
The Junior Sit Up is ideal for improving abdominal, thigh, hip and back muscles.

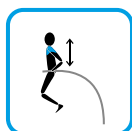
The kids will use it facing up or down, enjoying the work out.



JUNIOR PULL UP NWJR104

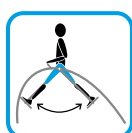
The Junior Pull Up primarily strengthens the muscles in the arms and shoulder by – as the name suggests – pulling up the body.





JUNIOR BAR NWJR105

The Junior Bar improves the strength of the upper body in a variety of ways, e.g. by doing dips or ground level pull ups.



JUNIOR DOUBLE AIR WALKER NWJR201

On the Junior Double Air Walker the kids can enjoy a brisk and fun "walk on air".

Working out on the Double Air Walker improves cardiovascular function and increases the flexibility of the hip and thigh muscles.

Also available in a single version.





"It was one big party at the opening of the first Norwell Junior fitness park in Nijmegen. Boys and girls were trying out a diversity of equipment in the new section connected to the school playground. It was very obvious how the children enjoyed exercising on the intuitive fitness stations, playing and getting in shape at the same time."

Nijmegen Primary School
Nijmegen, Netherlands

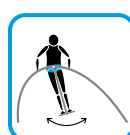
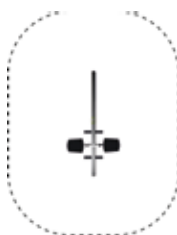
JUNIOR CROSS NWJR202

The Junior Cross offers the kids a great way to develop hip, leg and arm muscles, and improve the cardiovascular functions.



JUNIOR HIP NWJR203

The Junior Hip offers a different kind of movement, gently developing the muscles of the back, hips and abdomen, as well as improving cardiovascular function.





BENCH NW501

The Bench is full of possibilities for training abdomen, back, arms and legs – and for resting comfortably.



JUNIOR PING PONG NWJR502

This regulation size Ping Pong table offers a fun, social way to get fit.

Train coordination, movement and speed through playful, competitive activity.





JUNIOR SIGN NWJR503

The Norwell Junior Sign shares information about training concepts and the Norwell Junior Smartphone App, and gives a progressive signage to your Norwell Junior Outdoor Fitness park.

Customized graphic design on the sign is possible.

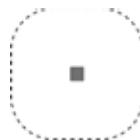


JUNIOR MINI SIGN NWJR504

The Junior Mini Sign offers the opportunity to give detailed information about each station.

It shares instructions about the training concept for each fitness station.

Customized graphic design on the sign is possible.





We design the Norwell Outdoor Fitness stations for all – from those challenged by physical limitations, to the rather fit and mobile.

Developing our fitness stations, we have taken appropriate reach ranges and levels of challenge into account, and given careful consideration to the unique requirements of users with varying levels of abilities.

Our R&D team is continually developing unique solutions for people with special needs. On the following pages you can see some of our work in progress:

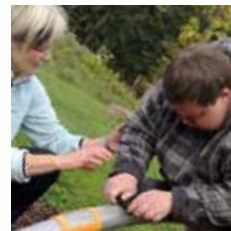


HAND CYCLE NWS113

The Hand Cycle trains upper body strength and improves cardiovascular function.

Exercising on the Hand Cycle works your upper body the same way a stationary bike works your legs.





CHEST BUILDER NWS110

The Chest Builder is a chest press, improving the strength of chest, front of shoulders and triceps.



BACK BUILDER NWS111

The Back Builder gives you an easy and efficient way to strengthen back, and back of shoulders.



ULTRA BAR NWS112

The Ultra Bar strengthens your chest, triceps, core and the front of your shoulders in the most simple and efficient way.

TAI CHI NWS114

The Tai Chi trains the muscles in your arms and shoulders.

Working out on the Tai Chi improves the cardiovascular functions and increases the flexibility of upper body joints.





outdoor furnishings



park furniture

The most stylish furnishing for your outside areas, creating a relaxing meeting point in its own right. Each form, function and detail is created and developed in the tradition of Danish Design and very pleasant to the eye.



UNI BENCH

The Uni Bench is seating created in a nice and simple design, suited for any environment.

The modular shape of this bench makes it possible to create an interesting and different chain or group of seatings.

The Uni Bench is available with a wooden seat or a seat of recycled plastic.

UNI BENCH – WOOD NWP551



UNI BENCH – RECYCLE NWP552



BENCH NW501

This Bench is the perfect match to the Norwell fitness equipment.

It invites you to a comfortable rest and complements all environments.



our apps



The Norwell first-of-its-kind Smartphone apps uniquely combine new technology and exercise in a fun and motivating way.

A successful outdoor fitness park requires more than just an ideal location and great equipment – it requires motivated users that know how to get the most out of the stations. Our Smartphone Apps provide just this solution. Instructions are displayed showing all of the various ways to use each station. By tracking results, motivation is also provided whether it is trying to set a new personal record or beating your friends.



By using our innovative apps you can:

- Keep track of reps/count/distance/time on each station
- Collect and combine stats for each team and group
- "Share" your scores on Facebook
- Get instruction and training for each station
- Find the closest Norwell park via GPS map

Our Norwell Smartphone Apps work on iPod Touch, iPhone and Android devices. Additionally the Junior App supports Game Center on iOS units. You can download the apps at the App Store and Google Play, and also via our website, where you will find full instructions of use.

QR codes give access to inspiration

The ID band on each fitness station not only indicates type of equipment. It also contains a QR code leading directly to training videos on our website.

The videos show several different suggestions for efficient exercises on each fitness station. They can inspire you to get the most out of your efforts training on the stations, and even to make your own training program.



our fitness guides

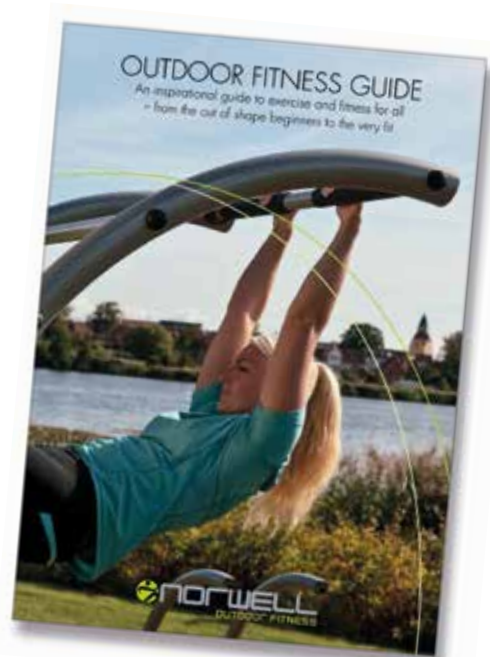


fitness guide for adults

The Norwell outdoor fitness guide for the age group from thirteen and up is an inspirational guide to fitness for all.

The guide is organized in four sequences: warming up, strength training, strength and flexibility, and cooling down. In each sequence, a number of exercises are suggested with a full description of type, function, physical level, and instruction supported by a pictogram and a QR code.

It will inspire you to get the most from your efforts on the Norwell stations in the fitness parks, and can be downloaded as a pdf file from our website.



fitness guide for kids

The Norwell Junior outdoor fitness guide for eight to fourteen year olds is an inspirational guide to fun fitness on the first-of-its-kind fitness stations for this age group.

The guide is organized in helpful suggestions for play and competition, followed by respectively basic and advanced exercises on the Junior stations. For each station, a number of exercises are suggested with a full instruction supported by photos and a QR code.

This curriculum guide will be invaluable for teachers, and can be downloaded as a pdf file from our website.



the norwell expert team

The fitness guides are developed and compiled in cooperation with the Norwell expert team: Alijt Dijkstra, Certified Physiotherapist and Thomas Nyholm, MSc in Sport and Health at the Institute of Sports Science and Biomechanics, University of Southern Denmark.



parks & recreation

The intuitive Norwell Outdoor Fitness stations – serving as an outdoor gym, free to use and always available – will increase the frequency and length of time spent in your parks and recreational areas.

The fitness stations attract people of all ages and walks of life, and invite you to enjoy exercising in a natural and relaxed environment.

We suggest the NorwellFamily package for parks and recreational areas. Please see page 57 for more package options.



Risskov Park, Aarhus, Denmark



hotels & resorts

A Norwell Outdoor Fitness park at your hotel or resort, will add to the quality and range of activities available to your guests and visitors.

The intuitive fitness stations – serving as an outdoor gym, free to use and always available – will attract people of all ages who enjoy spending time outside in the fresh air.

The opportunity to work out in a relaxed environment under a clear sky will be appreciated and remembered.

*We suggest the NorwellGold package for hotel and resort areas.
Please see page 57 for more package options.*



Playitas Resort, Island Fuerteventura, Spain



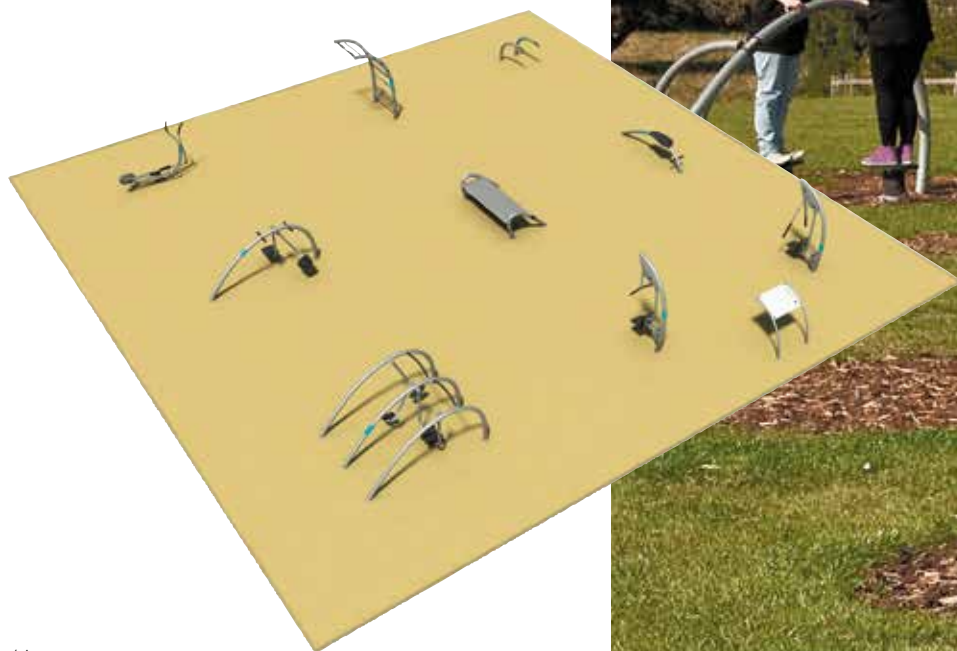
schools & educational institu

To be healthy and active is more important now than ever. Our kids and young adults especially need to be inspired to break away from their increasingly sedentary lifestyle.

With a fitness park in the grounds of your school or educational institutions, fun fitness comes into play – at its own initiative.

Our outdoor fitness guides make it very easy for teachers and pupils to engage in fun fitness, both in and out of classes. The guides provide inspiration to exercise, and will be a valuable tool for improving the overall health of your pupils and students, and even increase their ability to concentrate and learn.

For primary schools, we suggest the NorwellSchool package for the eight to fourteen year olds. Please see page 57 for more package options.



tions

Faaborg Highschool, Faaborg, Denmark



housings & apartment block

A Norwell Outdoor Fitness park on the grounds of housing developments and apartment buildings adds value to the whole area.

It also sends an important message about prioritizing a healthy lifestyle, social integration and good design.

A fitness park is the perfect meeting place, offering easy and free access to maintain and train your body.

The intuitive fitness stations appeal to all people who enjoy working out as a fun activity for families, friends and neighbours.

We suggest the NorwellUrban package for the grounds of housings and apartment buildings. Please see page 57 for more package options.





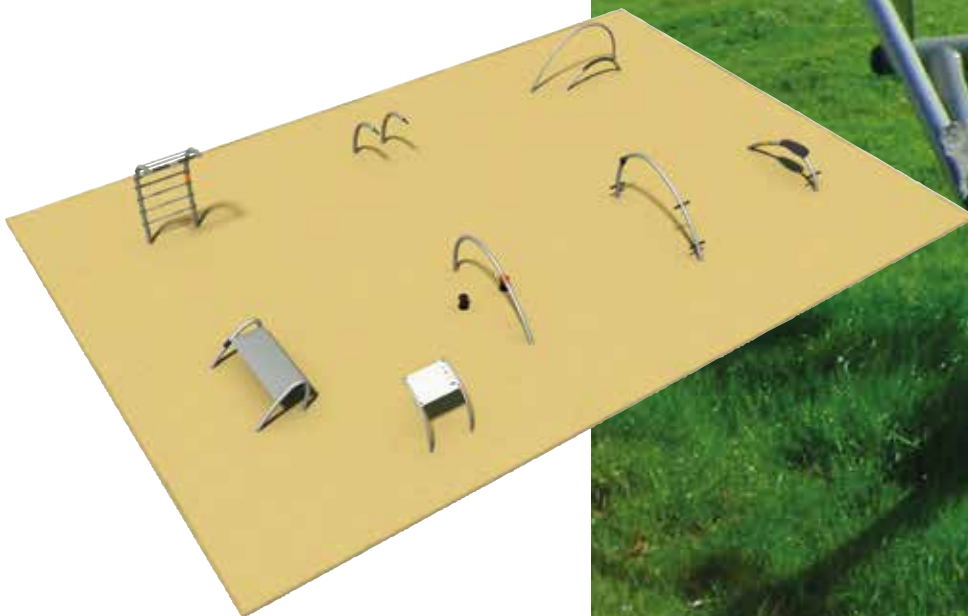
companies & workplaces

It is a well-known fact that fit and thriving employees are a big asset to any company. A Norwell Outdoor Fitness park near or on the grounds of your business, is an easy and very cost benefit investment in the health, wellbeing and efficiency of your employees.

A fitness park also represents a powerful statement about creating work/life balance for your employees.

The free and easy access to exercise outside under a clear sky is invigorating, and enables you to both start and end a busy working day on a high note.

We suggest the NorwellPower package for the corporate grounds. Please see page 57 for more package options.



"Toms" (chocolate manufacturer), Ballerup, Denmark



sports clubs & arenas

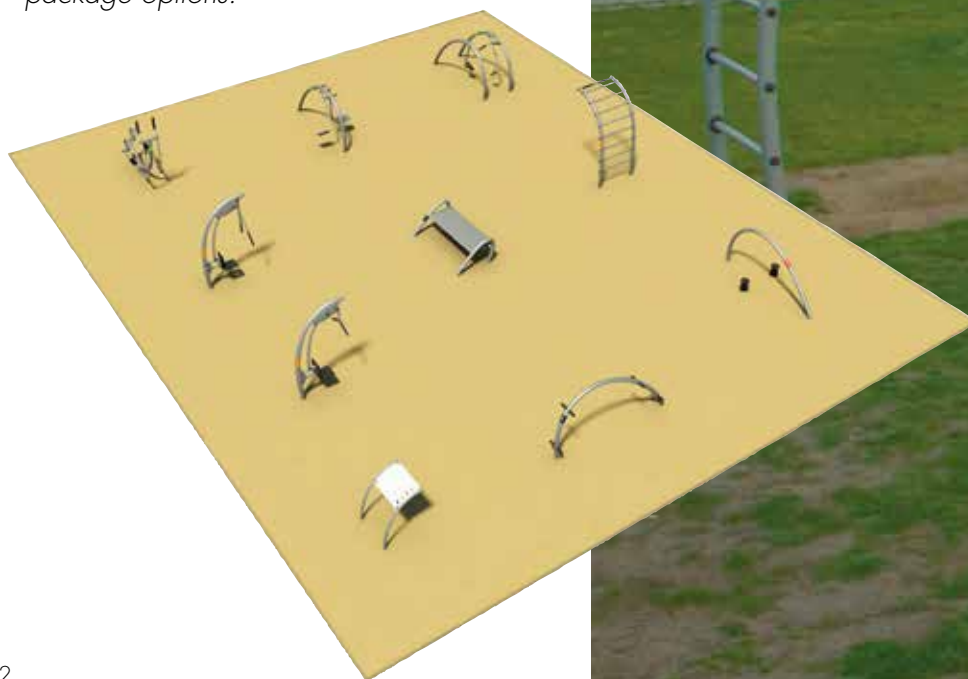
All athletes know that an efficient warm-up as well as a thorough cooling down is essential, when you do any kind of sports.

A Norwell Outdoor Fitness park on the grounds of clubs, arenas or any place of sports provides an interesting and different warm-up and cooling down for athletes at all levels attending your sports events.

Our fitness stations are made for all, from the very fit who wants to improve their fitness, to the injured, in need of rehabilitation.

Preparation for a comeback following sports injuries, can be done in the fitness park with the rest of the team, maintaining and strengthening the team spirit.

We suggest the NorwellStandard package for the grounds of sports clubs and arenas. Please see page 57 for more package options.



Footballclub SV Shalkhaar, Netherlands



senior communities

We all know how physical activity has a positive effect on the quality of life, and as seniors it is even more paramount to maintain and improve our physical and mental wellbeing the best we can.

healthy aging

To grow older in a healthy way is on everybody's wish list, and the key is maintaining the body through exercise.

A Norwell Outdoor Fitness park can provide an important benefit to all senior communities: Our cardio stations improve heart and lung capacity, our strength stations gently maintain muscle tone, and our balance and flexibility stations improve coordination and mobility.

Anyone can join – our intuitive stations are designed for all, from the ones challenged by physical limitations or illness, to the rather fit and mobile.

This also makes the outdoor fitness park a perfect place for grandparents to spend time with their grandchildren.

We suggest the NorwellSenior package for the grounds of senior communities. Please see page 57 for more package options.



Senior citizens working out on board the cruise ship MS Artania





composite fitness parks

You can chose a package of fitness stations from our range of parks composed to give the best circuit training – and to fit almost any purpose, area, or budget.

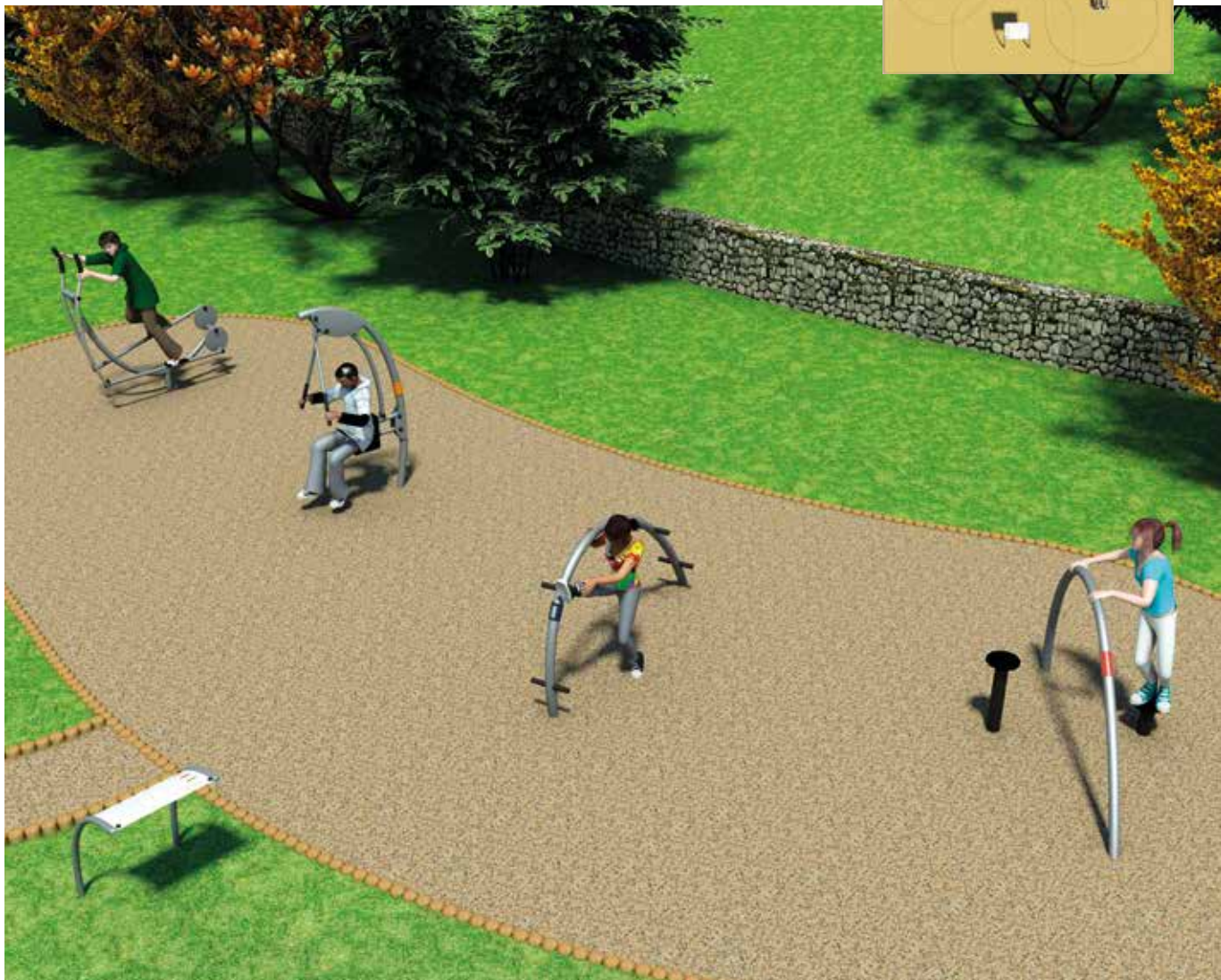
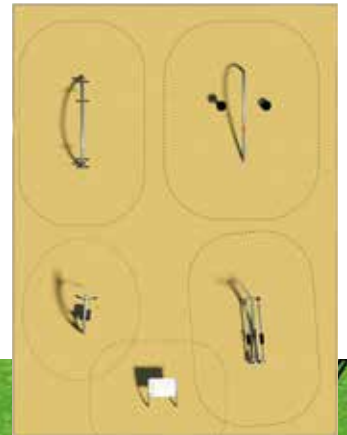
NorwellStarter

5-pack starter set for the small budget.

It covers strength, cardio, balance and flexibility – all in all a great small overall package.

1. CHEST NW101
2. CROSS NW202
3. TWISTER NW301
4. STRETCH NW401
5. SIGN NW503

Area size: 29.5 x 39.4 ft





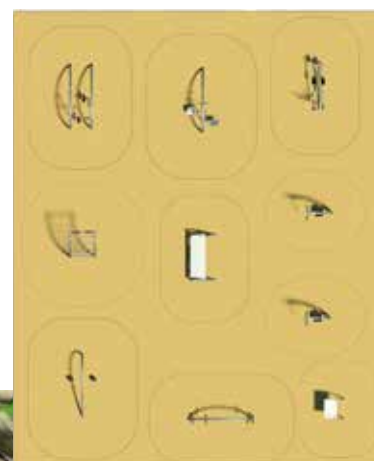
NorwellStandard

This 10-pack standard set provides a good overall selection.

You will have exercise options for all the categories giving something for everyone.

1. CHEST NW101
2. BACK NW102
3. PULL UP NW104
4. AIR WALKER NW201
5. CROSS NW202
6. HIP NW204
7. SPRINGER NW302
8. STRETCH NW401
9. BENCH NW501
10. SIGN NW503

Area size: 47.6 x 59 ft





"Our students now have the opportunity to get out after a hard class, get the pulse up relatively quickly and get fresh oxygen to the brain to sharpen their concentration and learning ability."

Claus Jensen, Principal of Faaborg High School, Faaborg, Denmark

NorwellGold

16-pack full set that provides the ultimate experience with a wide variety of equipment. The complete selection lets you have the full workout experience with plenty of options.

Not enough? – Go for a huge park including the complete Junior selection on top of the adult selection! Please contact your local representative for more information.

- | | |
|---------------------|---------------------|
| 1. CHEST NW101 | 13. STRETCH NW401 |
| 2. BACK NW102 | 14. PING PONG NW502 |
| 3. SIT UP NW103 | 15. BENCH NW501 |
| 4. PULL UP NW104 | 16. SIGN NW503 |
| 5. BAR NW105 | |
| 6. LEG NW106 | |
| 7. AIR WALKER NW201 | |
| 8. CROSS NW202 | |
| 9. STEPPER NW203 | |
| 10. HIP NW204 | |
| 11. TWISTER NW301 | |
| 12. SPRINGER NW302 | |

Area size: 72 x 59 ft





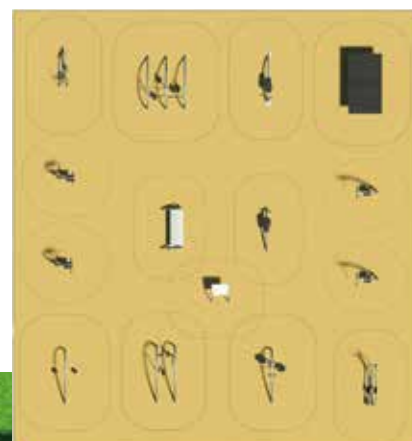
NorwellFamily

15-pack set that provides exercise options for the whole family.

This is the perfect package for parks with a lot of families visiting, as it has a balanced mixture of stations for both adults and children.

1. CHEST NW101
2. BACK NW102
3. SIT UP NW103
4. AIR WALKER NW201
5. CROSS NW202
6. SPRINGER NW302
7. JUNIOR CHEST NWJR101
8. JUNIOR BACK NWJR102
9. JUNIOR SIT UP NWJR103
10. JUNIOR DOUBLE AIR WALKER NWJR201
11. JUNIOR CROSS NWJR202
12. JUNIOR HIP NWJR203
13. PING PONG NW502
14. BENCH NW501
15. SIGN COMBINED NW503

Area size: 60.7 x 65.6 ft





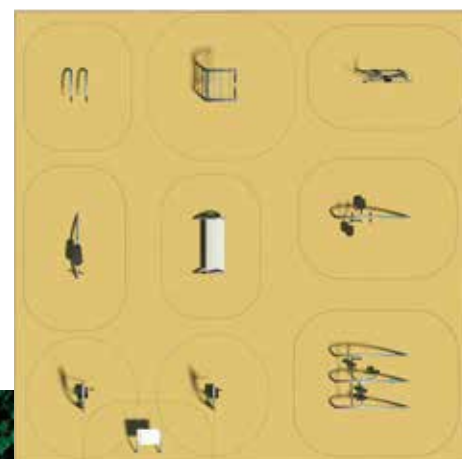
NorwellSchool

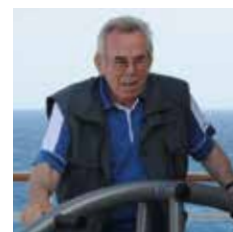
10-pack set perfect for primary and middle schools that wish to provide healthy options for their children.

The Junior line is suited for children in the 8-14 age group. If you need some fresh air and renewed energy to continue the class? Then a quick trip to the fitness park is the answer.

1. JUNIOR CHEST NWJR101
2. JUNIOR BACK NWJR102
3. JUNIOR SIT UP NWJR103
4. JUNIOR PULL UP NWJR104
5. JUNIOR BAR NWJR105
6. JUNIOR DOUBLE
AIR WALKER NWJR201
7. JUNIOR CROSS NWJR202
8. JUNIOR HIP NWJR203
9. BENCH NW501
10. JUNIOR SIGN NWJR503

Area size: 49.2 x 49.2 ft





NorwellSenior

9-pack set suitable for seniors to maintain health and stay active.

The fitness stations in this package have a lower resistance and are especially chosen to meet the physical needs of senior citizens.

1. CHEST NW101
2. BACK NW102
3. LEG NW106
4. AIR WALKER NW201
5. CROSS NW202
6. TWISTER NW301
7. BENCH NW501
8. PING PONG NW502
9. SIGN NW503

Area size: 52.5 x 45.9 ft



SENIOR CITIZEN

Please find more information about the fitness stations we recommend for senior citizens from page 15 onwards.





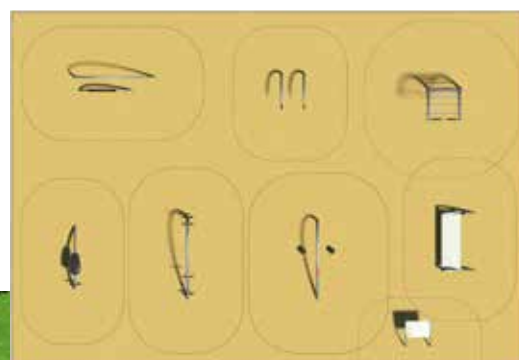
NorwellPower

8-pack set with equipment suitable for high impact physical training.

If your users need to power through their exercises then this is the answer. – All the stations in this package are suitable for high impact training exercises.

1. SIT UP NW103
2. PULL UP NW104
3. BAR NW105
4. STEPPER NW203
5. SPRINGER NW302
6. STRETCH NW401
7. BENCH NW501
8. SIGN NW503

Area size: 79.5 x 36 ft





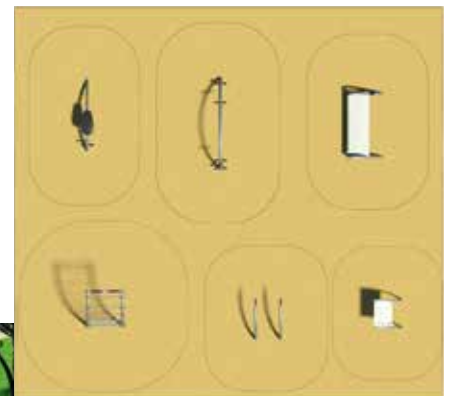
NorwellRunner

6-pack set suitable to place along running trails, creating perfect stops to exercise the upper body, stretch and rest.

Setting up several Norwell-Runner packages in intervals can create a truly great running trail, and will attract even more runners.

1. SIT UP NW103
2. PULL UP NW104
3. BAR NW105
4. STRETCH NW401
5. BENCH NW501
6. SIGN NW503

Area size: 39.4 x 36 ft





NorwellUrban

6-pack set perfect for public areas where space is limited.

The stations in this package are chosen both for their compact design and their higher level of vandal resistance.

1. SIT UP NW103
2. BAR NW105
3. PULL UP NW104
4. STEPPER NW203
5. STRETCH NW401
6. SIGN NW503

Area size: 52.5 x 36 ft





tools

installation manuals

The Norwell Outdoor Fitness stations are very easy to install, and our installation manuals are available for two types of installation: in-ground and surface mount.

The manuals provide instructions on preparatory work such as dimensions of holes, requirements for the concrete, and surface conditions.

Information on each station includes part list, depth of the concrete, dimensions of the base plate, dimensions of the station, position and training zone.

The installation manuals are available for both the Adult and the Junior line, and can be downloaded as pdf files from our website.

maintenance manual

The Norwell Outdoor Fitness equipment requires a minimum of maintenance.

Our maintenance manual describes which parts and components should receive focus when inspecting the fitness park. Additionally the manual contains a check list for quarterly inspections.

The maintenance manual can be downloaded as a pdf file from our website.

compliance

Warranty coverage requires compliance with the descriptions for installation and maintenance as provided by Norwell Outdoor Fitness.





info sheets

The Norwell info sheets are a very good source for quick information about a selection of fitness equipment, e.g. for presentations and estimates on projects.

The info sheets offer a short presentation of each fitness station, containing a description of muscle groups affected when training on the particular station, and giving an example of an exercise.

A photo and a pictogram show the exercise, and a QR code takes you to the training video on our website.

Dimensions of the station including position and size of clearance zone are shown in a plan view drawing.

The info sheets are available for both the Adult and the Junior line, and can be downloaded as pdf files from our website.



technical specs & warranties



STANDARD HIGH QUALITY EQUIPMENT: MPC (Metallized Powder Coated)

MPC MATERIAL:	Steel grade S235.
MPC FINISH:	Sandblasting, Zinc Metallization, Zinc rich Priming and Powder Coating in standard color Grey RAL9007.

EXCLUSIVE HIGH QUALITY EQUIPMENT: SS (Stainless Steel)

SS MATERIAL:	Stainless Steel 316L.
SS FINISH:	Glass blasting.
MAIN FRAME DIAMETER:	Ø 76 mm.
MPC STEEL THICKNESS:	3.5 mm.
SS STEEL THICKNESS:	3.0 mm.
RUBBER MATERIAL:	EPDM rubber, complying to PAH test (Polycyclic Aromatic Hydrocarbons) on handles and foot rests.
PLASTIC MATERIAL:	PA66 (nylon).
BOLTS AND NUTS:	Stainless steel with locking feature.
BEARINGS:	Sealed standard bearings.
ID BAND:	Water and U.V. resistant adhesive film.
MANUFACTURING STANDARDS:	ISO 9002
PRODUCT STANDARDS:	Adult equipment approved according to test protocol PPP55012 by TÜV SÜD (specially designed for testing outdoor fitness equipment) based on parts from EN1176 for commercial playground equipment and EN957 for studio fitness equipment. Junior equipment is developed and designed according to the requirements of the test protocol PPP55012 by TÜV SÜD.
MPC WARRANTY:	15 years against failure due to material or manufacturing defects and corrosion breakthrough on pipes, foundations and welds.
SS WARRANTY:	20 years against failure due to material or manufacturing defects and corrosion breakthrough on pipes, foundations and welds.
RUBBER, PLASTIC AND MOVING PARTS:	3 year warranty against failure due to material or manufacturing defects and corrosion breakthrough on all moving parts, and against failure due to material or manufacturing defects on plastic and rubber parts.
WARRANTY COVERAGE:	The warranties do not cover: <ul style="list-style-type: none">• Surface corrosion.• Surface corrosion as a result of wear and tear.• Damages as a result of vandalism.• Damages as a result of insufficient or lack of maintenance.

Warranty coverage requires compliance with the descriptions for installation and maintenance as provided by Norwell Outdoor Fitness. Please contact us for upgrades available for sites within 5 km of saltwater.





ADULTS



NW101 Chest

HEIGHT: 7'4"
LENGTH: 2'9"
WIDTH: 2'3"
IN-GROUND: 27.5"
WEIGHT: 183 lbs
ZONE: 118 ft²



NW102 Back

HEIGHT: 7'4"
LENGTH: 2'9"
WIDTH: 2'3"
IN-GROUND: 27.5"
WEIGHT: 170 lbs
ZONE: 118 ft²



NW103 Sit Up

HEIGHT: 1'8"
LENGTH: 6'7"
WIDTH: 1'3"
IN-GROUND: 27.5"
WEIGHT: 77 lbs
ZONE: 161 ft²



NW104 Pull Up

HEIGHT: 7'7"
LENGTH: 38"
WIDTH: 38"
IN-GROUND: 27.5"
WEIGHT: 276 lbs
ZONE: 248 ft²



NW105 Bar

HEIGHT: 3'5"
LENGTH: 3'4"
WIDTH: 1'9"
IN-GROUND: 27.5"
WEIGHT: 77 lbs
ZONE: 135 ft²



NW106 Leg

HEIGHT: 7'4"
LENGTH: 3'
WIDTH: 2'
IN-GROUND: 27.5"
WEIGHT: 165 lbs
ZONE: 118 ft²



NW107 Dual Pull Up

HEIGHT: 7'6" / 6'7"
LENGTH: 3'6"
WIDTH: 3'3"
IN-GROUND: 27.5"
WEIGHT: 190 lbs
ZONE: 280 ft²



NW201 Air Walker

HEIGHT: 4'1"
LENGTH: 8'
WIDTH: 2'8"
IN-GROUND: 27.5"
WEIGHT: 216 lbs
ZONE: 119 ft²



NW202 Cross

HEIGHT: 5'9"
LENGTH: 5'2"
WIDTH: 1'5"
IN-GROUND: 27.5"
WEIGHT: 205 lbs
ZONE: 151 ft²



NW203 Stepper

HEIGHT: 4'1"
LENGTH: 8'
WIDTH: 18"
IN-GROUND: 27.5"
WEIGHT: 176 lbs
ZONE: 162 ft²



NW204 Hip

HEIGHT: 4'1"
LENGTH: 8'
WIDTH: 3'3"
IN-GROUND: 27.5"
WEIGHT: 143 lbs
ZONE: 204 ft²



NW301 Twister

HEIGHT: 4'1"
LENGTH: 8'
WIDTH: 5'2"
IN-GROUND: 27.5"
WEIGHT: 176 lbs
ZONE: 199 ft²



NW302 Springer

HEIGHT: 4'1"
LENGTH: 8'
WIDTH: 5'2"
IN-GROUND: 27.5"
WEIGHT: 143 lbs
ZONE: 199 ft²



NW401 Stretch

HEIGHT: 4'1"
LENGTH: 8'
WIDTH: 1'3"
IN-GROUND: 27.5"
WEIGHT: 86 lbs
ZONE: 151 ft²



NW501 Bench

HEIGHT: 1'7"
LENGTH: 5'9"
WIDTH: 3'
IN-GROUND: 27.5"
WEIGHT: 159 lbs
ZONE: 177 ft²



NW502 Ping Pong

HEIGHT: 3'
LENGTH: 9'
WIDTH: 5'
IN-GROUND: 27.5"
WEIGHT: 419 lbs
ZONE: 226 ft²



NW503 Sign

HEIGHT: 3'5"
LENGTH: 2'2"
WIDTH: 2'6"
IN-GROUND: 27.5"
WEIGHT: 53 lbs
ZONE: 118 ft²



NW504 Mini Sign

HEIGHT: 2'9"
LENGTH: 1'1"
WIDTH: 12"
IN-GROUND: 27.5"
WEIGHT: 18 lbs
ZONE: 108 ft²



Miromar Lakes, Florida



NWJR101 Junior Chest
 HEIGHT: 6'9"
 LENGTH: 2'9"
 WIDTH: 2'3"
 IN-GROUND: 27.5"
 WEIGHT: 172 lbs
 ZONE: 118 ft²



NWJR102 Junior Back
 HEIGHT: 6'9"
 LENGTH: 2'9"
 WIDTH: 2'3"
 IN-GROUND: 27.5"
 WEIGHT: 159 lbs
 ZONE: 118 ft²



NWJR103 Junior Sit Up
 HEIGHT: 1'3"
 LENGTH: 5'
 WIDTH: 1'3"
 IN-GROUND: 27.5"
 WEIGHT: 73 lbs
 ZONE: 161 ft²



NWJR104 Junior Pull Up
 HEIGHT: 7'
 LENGTH: 3'4"
 WIDTH: 3'3"
 IN-GROUND: 27.5"
 WEIGHT: 256 lbs
 ZONE: 248 ft²



NWJR105 Junior Bar
 HEIGHT: 2'9"
 LENGTH: 3'4"
 WIDTH: 1'6"
 IN-GROUND: 27.5"
 WEIGHT: 75 lbs
 ZONE: 135 ft²



NWJR201 Junior Double Air Walker
 HEIGHT: 3'5"
 LENGTH: 8'
 WIDTH: 5'6"
 IN-GROUND: 27.5"
 WEIGHT: 309 lbs
 ZONE: 274 ft²



NWJR202 Junior Cross
 HEIGHT: 4'7"
 LENGTH: 5'6"
 WIDTH: 1'4"
 IN-GROUND: 27.5"
 WEIGHT: 192 lbs
 ZONE: 151 ft²



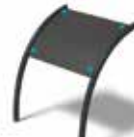
NWJR203 Junior Hip
 HEIGHT: 3'5"
 LENGTH: 8'
 WIDTH: 3'3"
 IN-GROUND: 27.5"
 WEIGHT: 130 lbs
 ZONE: 204 ft²



NW501 Bench
 HEIGHT: 1'7"
 LENGTH: 5'9"
 WIDTH: 3'
 IN-GROUND: 27.5"
 WEIGHT: 159 lbs
 ZONE: 177 ft²



NW502 Ping Pong
 HEIGHT: 3'
 LENGTH: 9'
 WIDTH: 5'
 IN-GROUND: 27.5"
 WEIGHT: 419 lbs
 ZONE: 226 ft²



NWJR503 Junior Sign
 HEIGHT: 3'5"
 LENGTH: 2'2"
 WIDTH: 2'6"
 IN-GROUND: 27.5"
 WEIGHT: 53 lbs
 ZONE: 118 ft²



NWJR504 Junior Mini Sign
 HEIGHT: 2'9"
 LENGTH: 1'1"
 WIDTH: 12"
 IN-GROUND: 27.5"
 WEIGHT: 18 lbs
 ZONE: 108 ft²



NWS110 Chest Builder
 HEIGHT: 7'2"
 LENGTH: 2'9"
 WIDTH: 2'3"
 IN-GROUND: 27.5"
 WEIGHT: 128 lbs
 ZONE: 118 ft²



NWS111 Back Builder
 HEIGHT: 7'2"
 LENGTH: 2'9"
 WIDTH: 2'5"
 IN-GROUND: 27.5"
 WEIGHT: 122 lbs
 ZONE: 118 ft²



NWS112 Ultra Bar
 HEIGHT: 2'7"
 LENGTH: 3'2"
 WIDTH: 2'3"
 IN-GROUND: 27.5"
 WEIGHT: 77 lbs
 ZONE: 135 ft²



NWS113 Hand Cycle
 HEIGHT: 3'3"
 LENGTH: 3'
 WIDTH: 2'8"
 IN-GROUND: 27.5"
 WEIGHT: 88 lbs
 ZONE: 140 ft²



NWS114 Tai Chi
 HEIGHT: 4'1"
 LENGTH: 3'
 WIDTH: 1'6"
 IN-GROUND: 27.5"
 WEIGHT: 55 lbs
 ZONE: 119 ft²

SPECIAL NEEDS



NWP551 Uni Bench
 HEIGHT: 1'5"
 LENGTH: 6'4'3"
 WIDTH: 1'5"
 WEIGHT: 144 lbs



NWP552 Uni Bench
 HEIGHT: 1'5"
 LENGTH: 6'4'3"
 WIDTH: 1'5"
 WEIGHT: 144 lbs



NW501 Bench
 HEIGHT: 1'7"
 LENGTH: 5'9"
 WIDTH: 3'
 IN-GROUND: 27.5"
 WEIGHT: 159 lbs

PARK FURNITURE



NWC503 Unit Sign
 HEIGHT: 3'5"
 LENGTH: 2'2"
 WIDTH: 2'6"
 IN-GROUND: 27.5"
 WEIGHT: 53 lbs
 ZONE: 118 ft²



NWC603 Combi Unit 1
 HEIGHT: 7'3"
 LENGTH: 1'
 WIDTH: 3'8"
 IN-GROUND: 27.5"
 WEIGHT: 232 lbs
 ZONE: 366 ft²

COMBINATIONS





please contact us
for more information



 **NORWELL**
OUTDOOR FITNESS

www.norwelloutdoorfitness.com