

**OUTDOOR
FITNESS**

CATALOG



element[®]
FITNESS

we bring the solution to your challenge



TÜVRheinland[®]
LRTDEA

EN1176 certified
EN16630 certified



OUTDOOR GYM MACHINES WITH ADJUSTABLE WEIGHT



TÜVRheinland®

LRTDEA

EN16630 certified



We are proud to present our «tour de force» in outdoor fitness equipment - 10 machines, each designed with a specific exercise in mind.

Crafted with meticulous attention to user experience, our machines feature adjustable weights to cater to individual fitness levels. At Element Fitness, we recognize the importance of outdoor fitness and the need for sturdy equipment that can withstand diverse weather conditions, humidity, and potential vandalism.

Our engineering team is dedicated to the relentless pursuit of excellence, ensuring that each machine not only meets but exceeds the challenges posed by outdoor environments.

An outdoor fitness park with several people using gym machines. The machines are mounted on a brown rubber safety mat. In the background, there are tall trees and a body of water. The sky is blue with some clouds. The machines have a weight stack with numbers 1 through 14. A QR code is visible on the machine in the foreground.

Effortless assembly, instant enjoyment

Experience the convenience of Element Fitness gym machines with easy assembly, ensuring you spend less time setting up.

Certified assurance

Trust in the quality and safety of our gym machines, certified to meet EN 16630 standards.

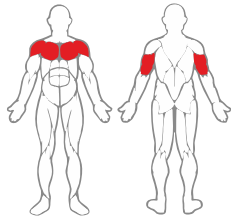
Built to brave external factors

Gym machines boast a durable and weather-resistant construction, standing strong against varying weather conditions. From scorching sun to pouring rain and heavy snowfall our machines are engineered to endure, ensuring longevity and reliability.

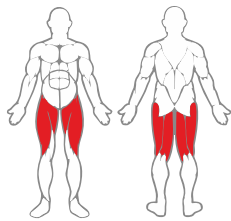
Customized comfort and safety

Achieve your fitness goals with adjustable weight and seats for personalized comfort. The non-slip surface enhances safety, providing a secure platform for dynamic workouts and peace of mind during every exercise.

OUTDOOR GYM MACHINES

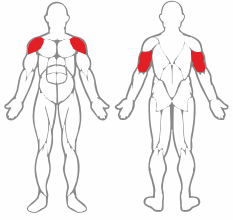


SKU: 30-14771
BENCH PRESS



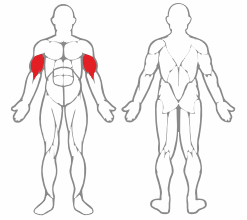
SKU: 30-14775
LEG PRESS

WITH ADJUSTABLE WEIGHT

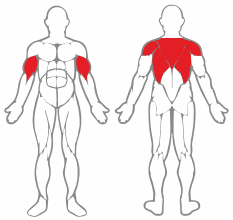


SKU: 30-14772
SHOULDER PRESS

TÜVRheinland®
LRTDEA
EN16630 certified

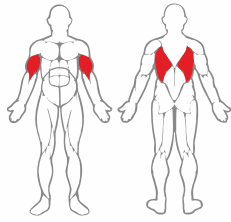


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BICEP CURL

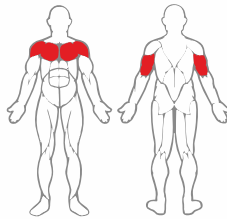


SKU: 30-14773
SEATED ROW

OUTDOOR GYM MACHINES

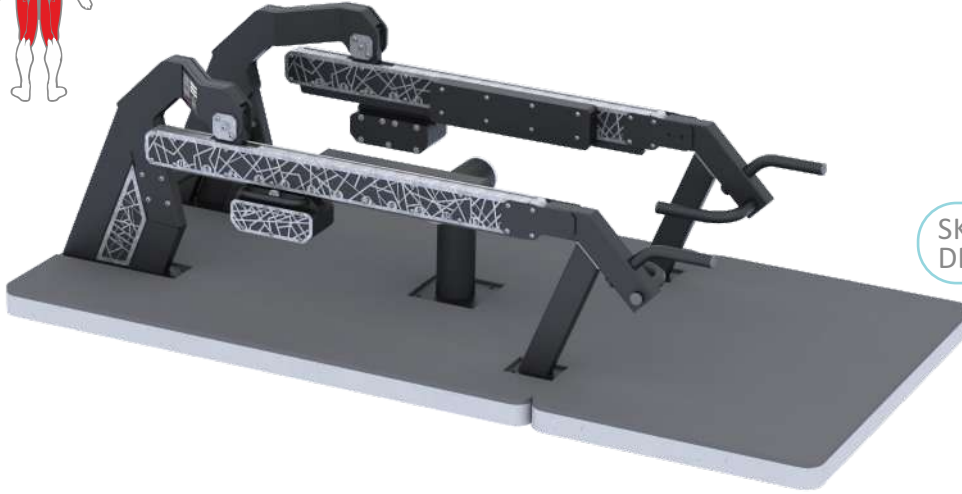
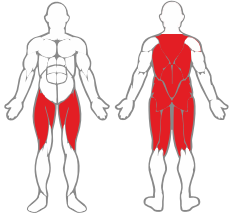


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LAT PULL

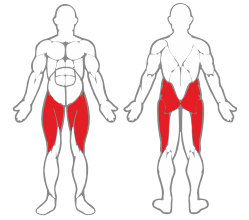


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BENCH PRESS 30 DEG

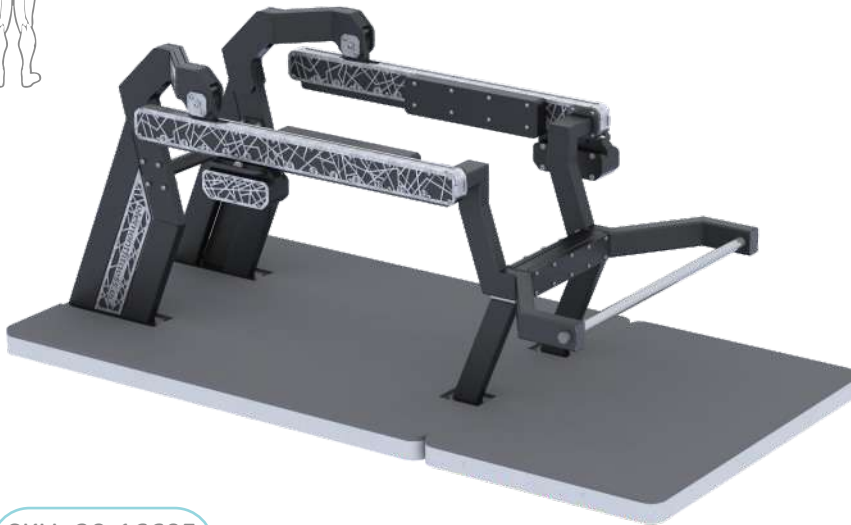
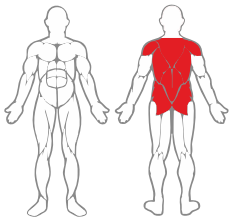
WITH ADJUSTABLE WEIGHT



SKU: 30-16603
DEADLIFT



SKU: 30-16602
SQUAT



SKU: 30-16605
MULTI-LIFT

ALL 10 MACHINES ARE AVAILABLE
IN BASE FREE VARIANTS



BENEFITS OF OUTDOOR TRAINING SOLUTIONS

Accessible to all

Break free from the constraints of costly and inconvenient fitness centers. Our outdoor training solutions eliminate barriers, especially in areas lacking traditional gyms.

Health and vitality

Embrace the benefits of outdoor fitness. Regular exercise in the open air not only promotes health and longevity but also provides essential exposure to sunlight, boosting vitamin D levels for a more rejuvenating experience.

Community engagement

Our outdoor fitness parks create opportunities for individuals of all ages to engage in physical activity and outdoor recreation. Encourage a sense of community as people discover new outdoor spaces to stay fit and active.

Income Opportunities

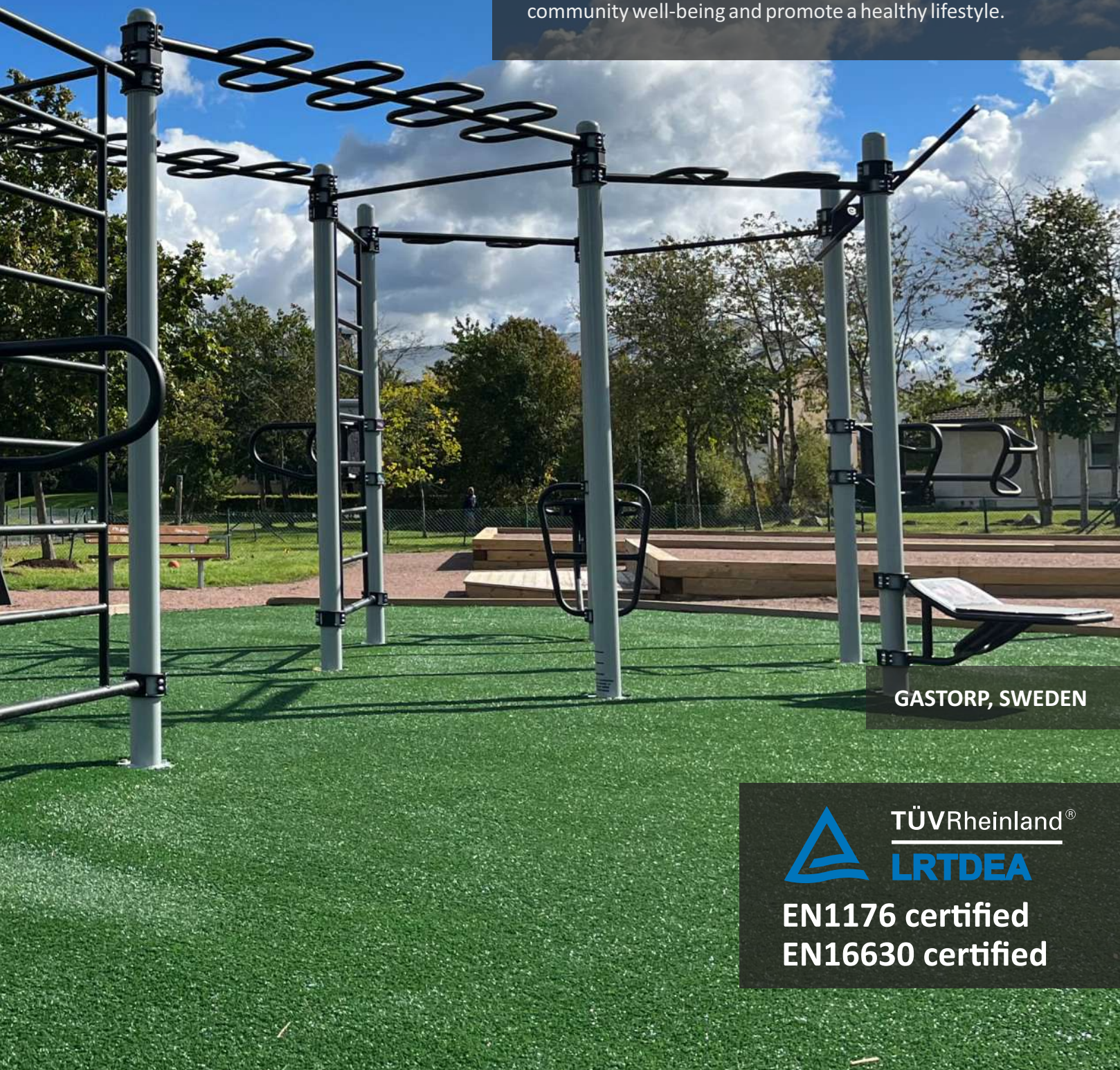
Equipped parks offer personal trainers a unique platform for outdoor fitness classes. Seize income opportunities as self-employed trainers provide clients with an alternative training environment beyond the typical gym setting.

Specialized Training

Element Fitness obstacles are not just for fitness enthusiasts; they also serve as training grounds for professionals like firefighters, policemen, and paramedics. Train in a "real-world" environment, even in adverse weather conditions.

Promoting a Healthy Lifestyle

Open fitness parks contribute to fostering a healthy community. These spaces attract health-conscious individuals and can positively influence those who may not typically engage in sports. Municipalities supporting such initiatives enhance community well-being and promote a healthy lifestyle.



GASTORP, SWEDEN



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EN1176 certified
EN16630 certified

DALSØYRA SKOLE, NORWAY

COMPACT SOLUTIONS FOR RESIDENTIAL AND PUBLIC AREAS

The Outdoor Functional Training Station is your go-to for reliable and effective functional training. By seamlessly combining various equipment elements, you have the power to craft enticing smart training spaces in municipality parks, schools, kindergartens, residential complexes, or hotels.

Designed for You, With You

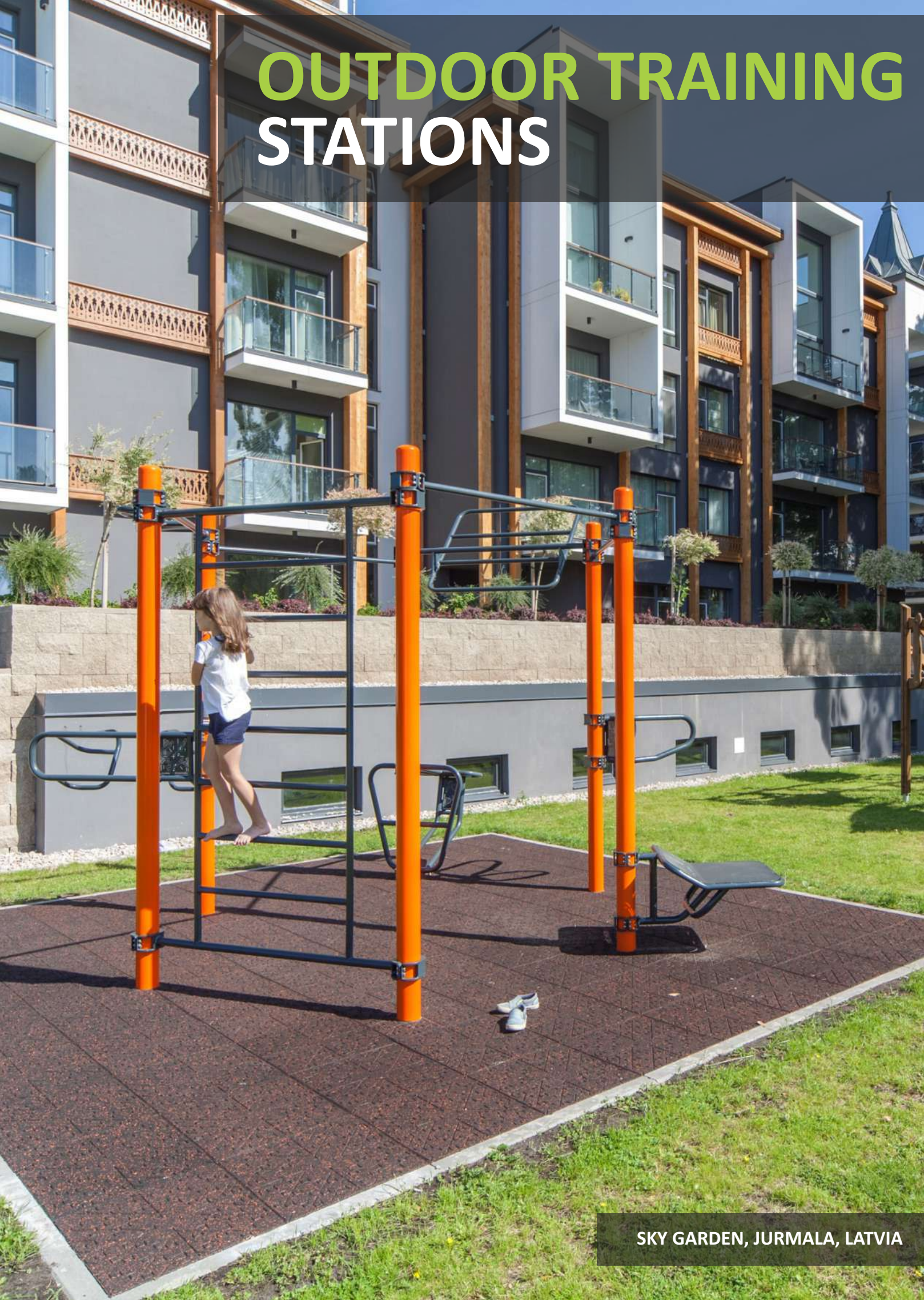
Our outdoor training equipment collection is a collaborative creation, designed with users in mind. Embracing an open and airy form language, it beckons you to engage in invigorating exercise. Element Fitness products are thoughtfully available in pre-designed setups, simplifying your selection process.

Customization at Your Fingertips

Tailor your fitness experience to your liking! Element Fitness offers an extensive range of attachments and color options, allowing you to fully customize your equipment. This versatility ensures the creation of sports grounds suitable for users of all fitness levels and ages.



OUTDOOR TRAINING STATIONS



SKY GARDEN, JURMALA, LATVIA

COMPACT SOLUTIONS



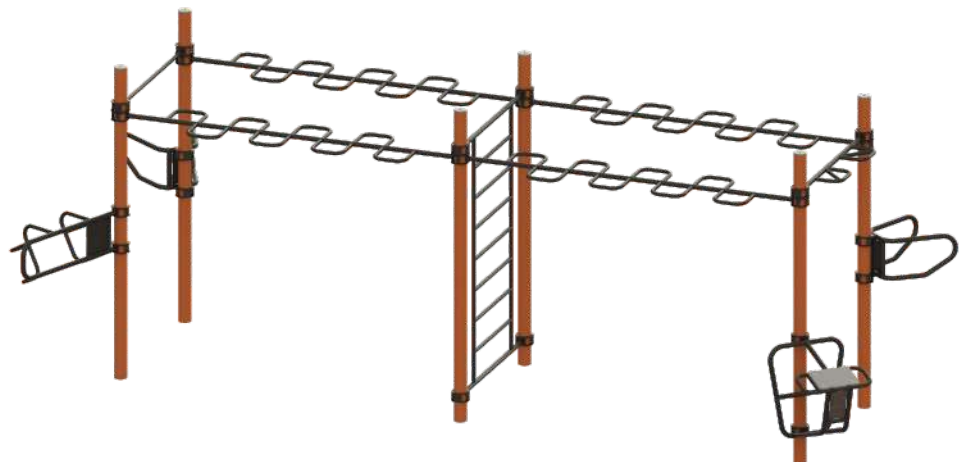
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SKU: 30-03840-B-0001



SKU: 30-03860-C1-0041



SKU: 30-03860-C-0042

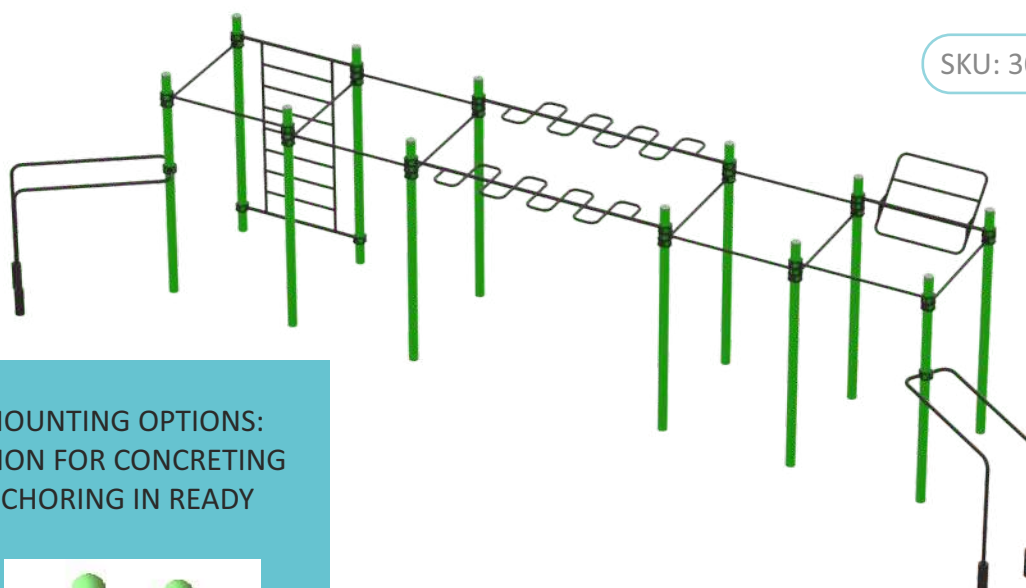
FOR RESIDENTIAL AND PUBLIC AREAS



SKU: 30-03870-D-0001

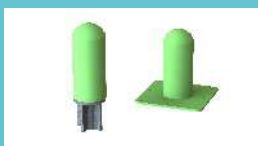


SKU: 30-03870-D-0004



SKU: 30-03850-C-0002

AVAILABLE IN 2 MOUNTING OPTIONS:
1. PILLAR EXTENSION FOR CONCRETING
2. PLATES FOR ANCHORING IN READY FOUNDATIONS

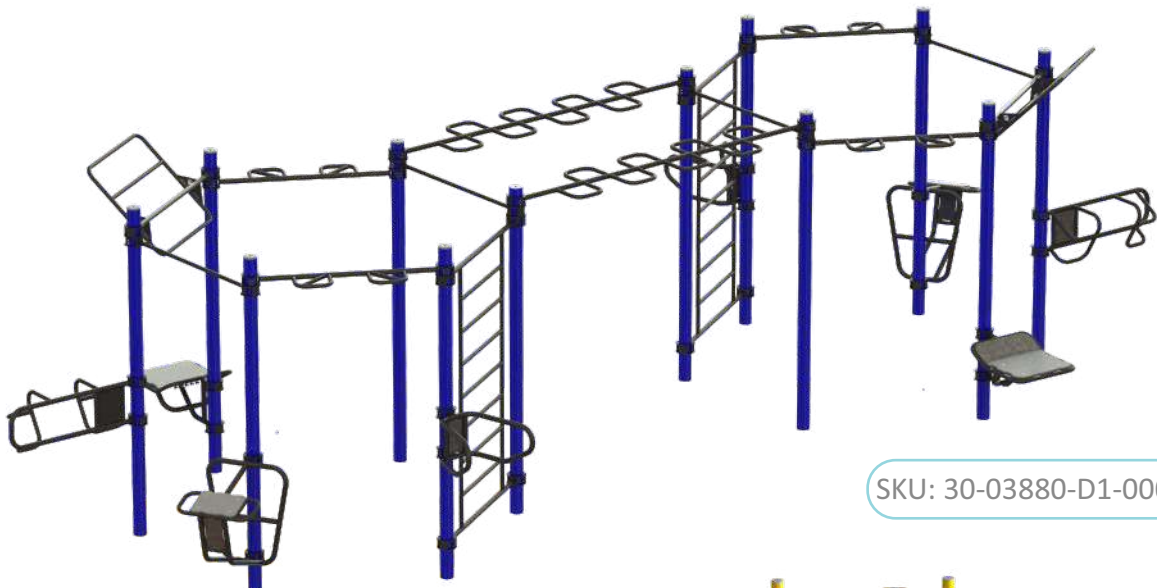


SKU: 30-03860-C1-0001

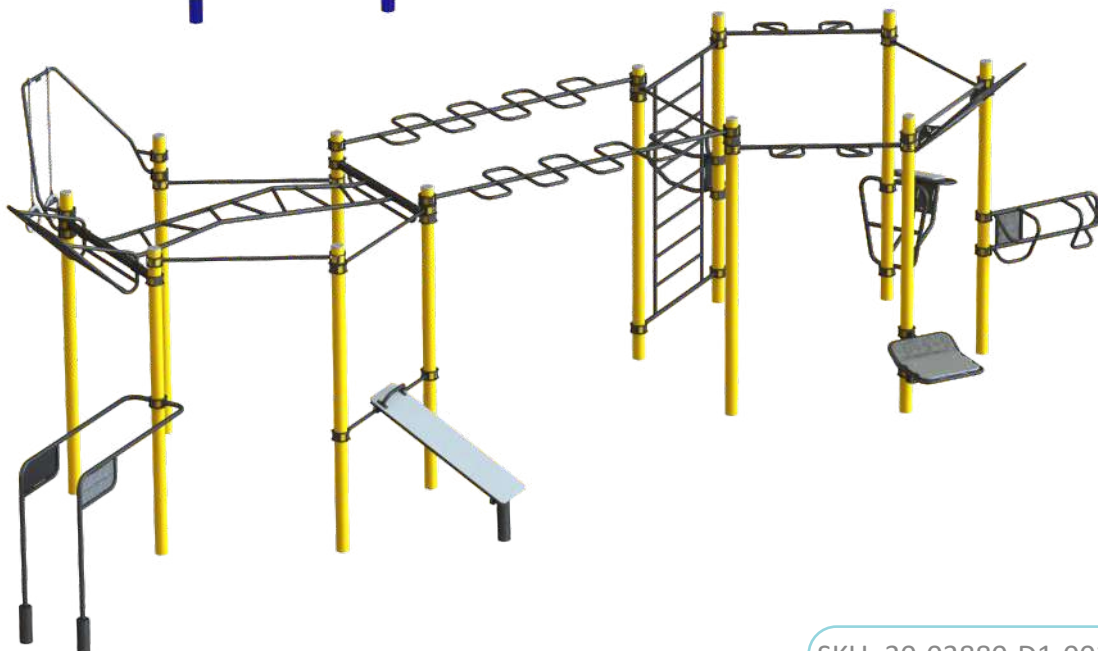
COMPACT SOLUTIONS



SKU: 30-03880-D1-0001

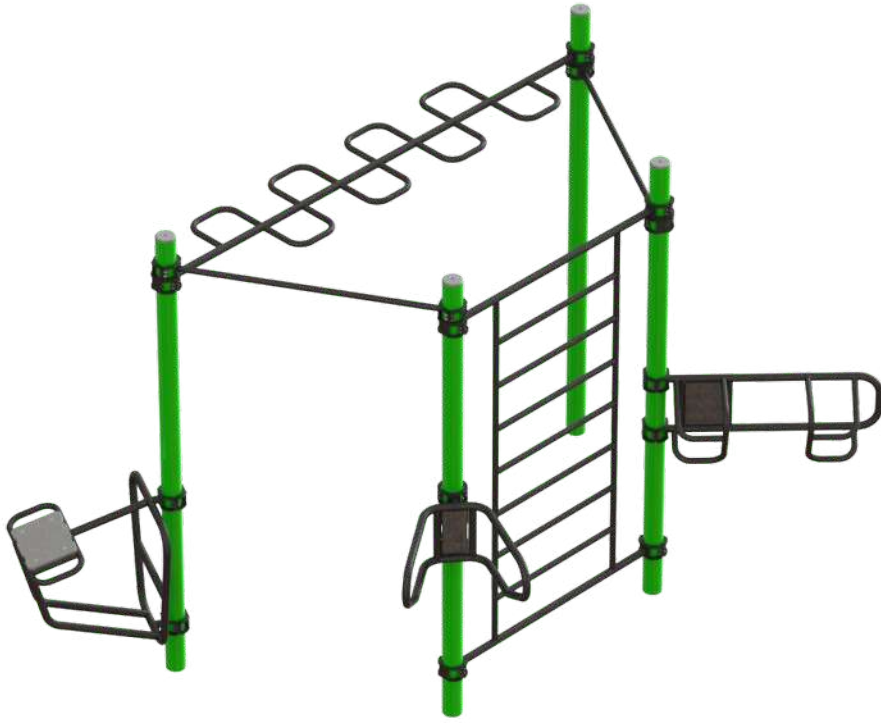


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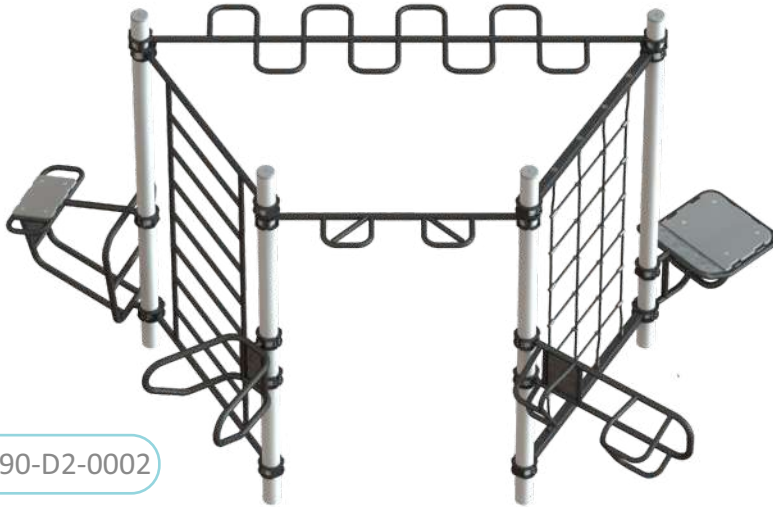


SKU: 30-03880-D1-0032

FOR RESIDENTIAL AND PUBLIC AREAS



SKU: 30-03890-D2-0001



SKU: 30-03890-D2-0002



SKU: 30-03860-C1-0003



STREET WORKOUT & CALISTHENICS RIGS

Our calisthenics rigs are perfect for anyone looking to take their body weight training to the next level.

Experience the freedom of wide pull-up bars for tricks and spins, gymnastic rigs, and low bars for standing push-ups - all in one place!





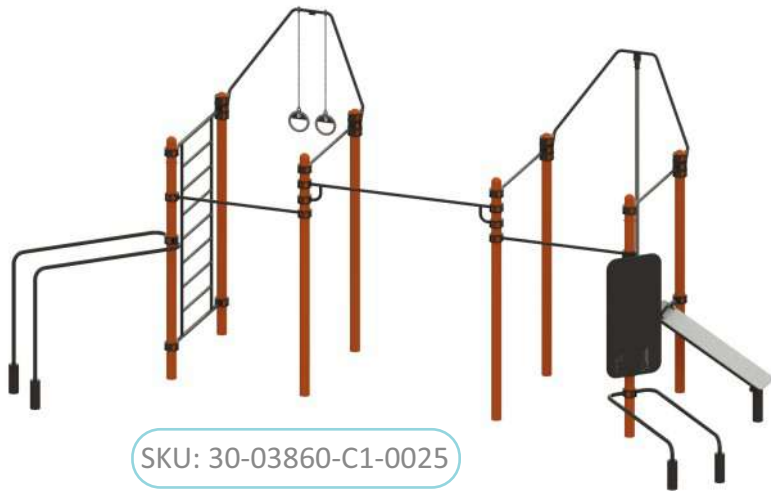
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SKU: 30-03840-B-0011



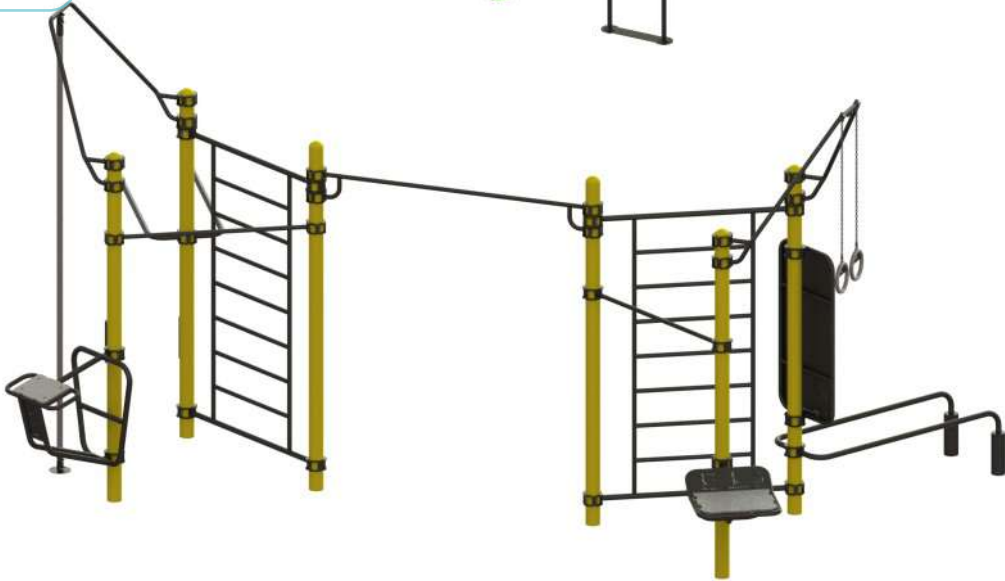
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SKU: 30-03860-C1-0025

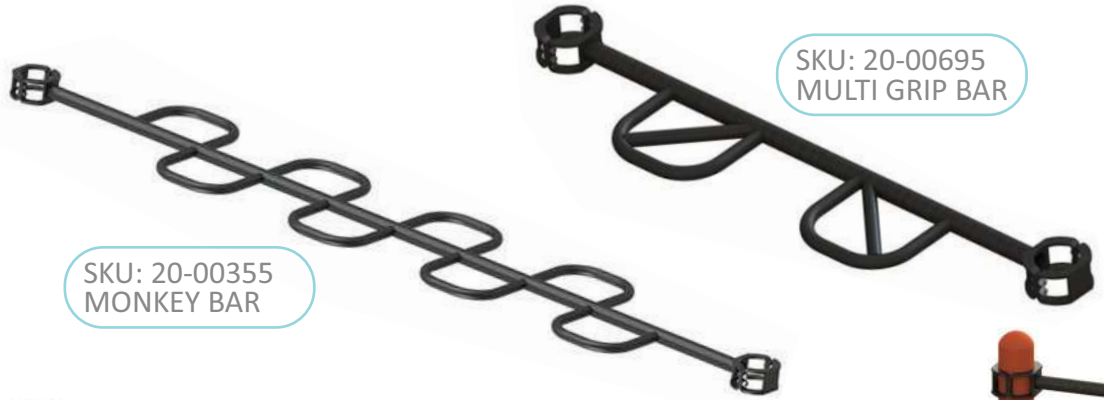


SKU: 30-03880-D1-0036



SKU: 30-03840-B-0012

FUNCTIONAL FITNESS



SKU: 20-00355
MONKEY BAR

SKU: 20-00695
MULTI GRIP BAR



SKU: 20-00314
PULL-UP BAR



SKU: 20-02339
BOARD FOR STANDING PUSH UPS



SKU: 20-01065
ROW/PUSH UP/DIP BAR/ASSISTED SQUAT

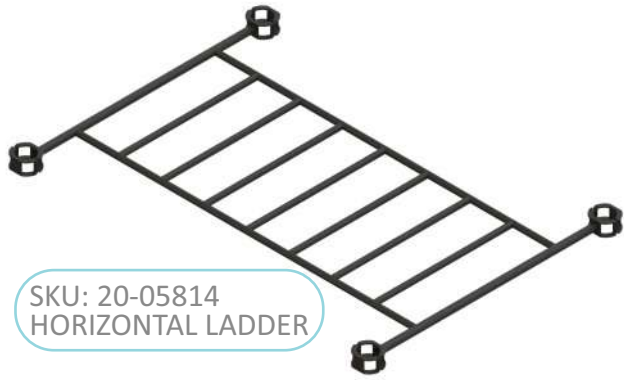


SKU: 20-01201
PLYO PLATFORM



SKU: 20-00525
SIT UP PUSH UP GHD

AND CALISTHENICS ATTACHMENTS



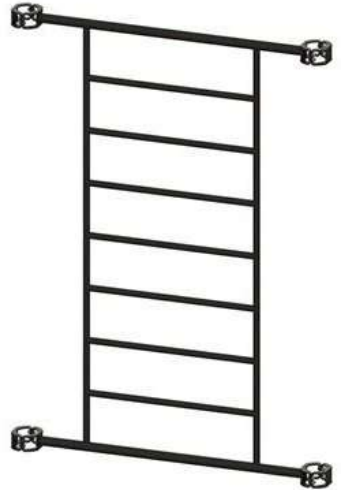
SKU: 20-05814
HORIZONTAL LADDER



SKU: 20-05813
INCLINED CLIMBING BOARD



SKU: 20-10165
GYMNASTIC RINGS



SKU: 20-00943
LADDER



SKU: 20-11136
LOW DIP BARS



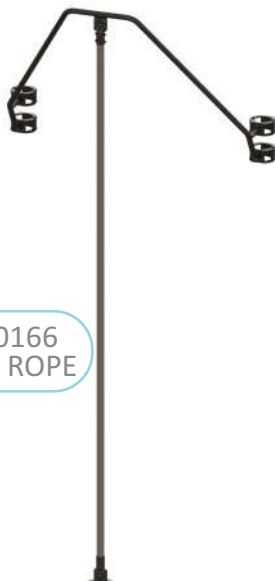
SKU: 20-11128
BENCH FOR ABS



SKU: 20-00520
V-SHAPE DIP BARS



SKU: 20-06023
SHELF



SKU: 20-10166
CLIMBING ROPE



SKU: 20-11123
LONG DIP BARS



SKU: 20-01268
FLYING PULL UP BAR

OBSTACLE COURSE RACING



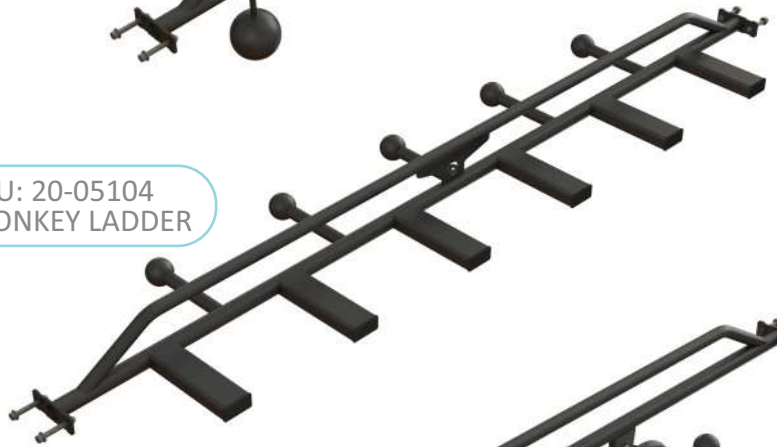
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ANGLED MONKEY BARS



SKU: 20-05107
MONKEY SPHERES



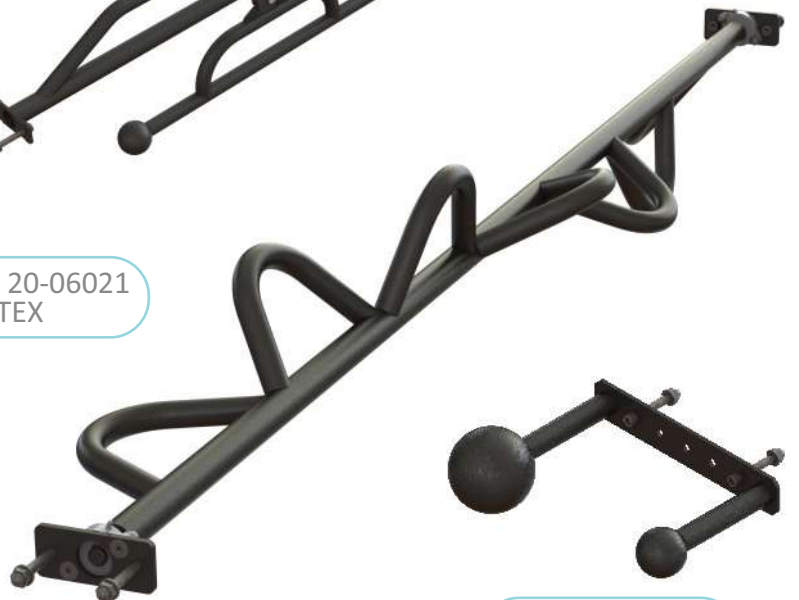
SKU: 20-05104
MONKEY LADDER



SKU: 20-05130
SWINGING BEAM



SKU: 20-06021
VORTEX



SKU: 20-05672
DOUBLE SPHERES



ATTACHMENTS

SKU: 20-05875
CURVED BRIDGE



SKU: 20-06020
CLIMBING NET



SKU: 20-05966
REVOLVER PULL-UP BARS



SKU: 20-05952
SWINGING MONKEY BARS



OBSTACLE COURSE MULTIRIGS

In a world that has become more sedentary, our bodies crave the return to natural movements—running, walking, jumping, and crawling. Element Fitness Obstacle Course Rigs are designed to reconnect us with these fundamental actions, offering a pathway to increased well-being and happiness.

Our obstacle course rigs are not just structures; they are tailored designs meticulously crafted to provide core and grip training possibilities for large groups of people. Each rig is a dynamic fusion of elements, featuring climbing cargo nets, salmon ladders, Swedish ladders for stretching, climbing ropes, and expansive climbing walls adorned with professional HRT and friction climbing holds.

At Element Fitness, safety is paramount. That's why our Obstacle Course Multirigs are fully EN16630-certified, ensuring adherence to the highest safety standards. As you navigate the challenges and conquer each obstacle, you can do so with the confidence that your well-being is

 TÜVRheinland®
LRTDEA
EN16630 certified

REDISCOVER THE JOY OF MOVEMENT



SKU: 30-07580-E-0043



SKU: 30-07580-E-0033



SKU: 30-07580-E-0041



SKU: 30-07580-E-0012



DAUGAVPILS LATVIA

The largest outdoor Obstacle Course Multirig in the Baltic countries, Stropi Promenade, Daugavpils, Latvia

Our pride and joy, an imposing obstacle course structure boasting three separate lanes, stands as a testament to innovation and a commitment to pushing the boundaries of outdoor fitness. This colossal rig is a beacon of excitement and challenge, destined to redefine the fitness landscape.

Uniqueness is our signature, showcased in our specially developed and utilized obstacles. Picture conquering barrel pull-up stations, navigating unstable bridges, and mastering grip trainers—all designed to elevate your training experience to new heights. But that's not all; our structure goes above and beyond. It includes two additional lanes on the sides, each tailored for distinct challenges.



NINJA AND FITNESS PARKS



TÜVRheinland®
LRTDEA

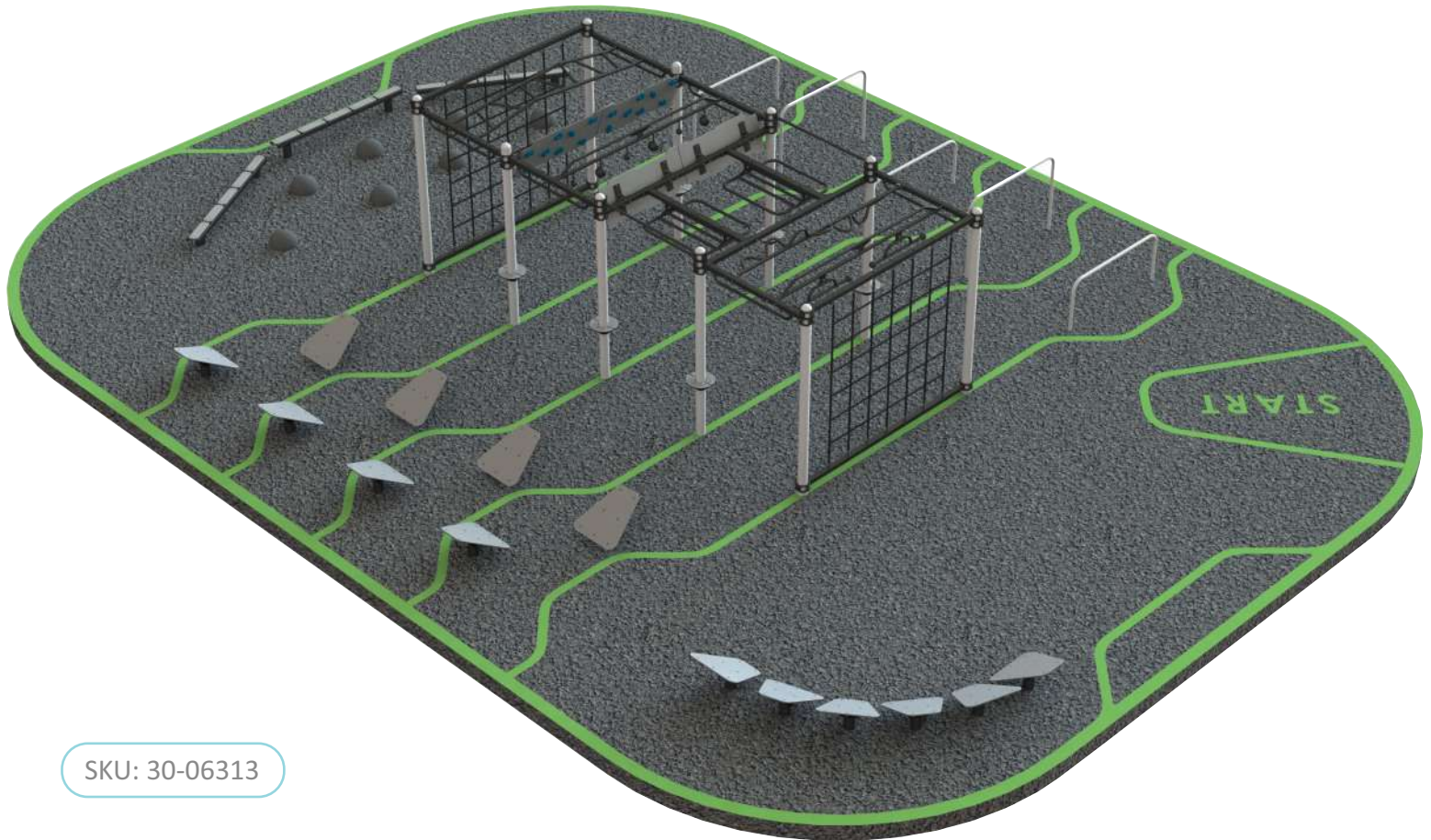
EN1176 certified
EN16630 certified



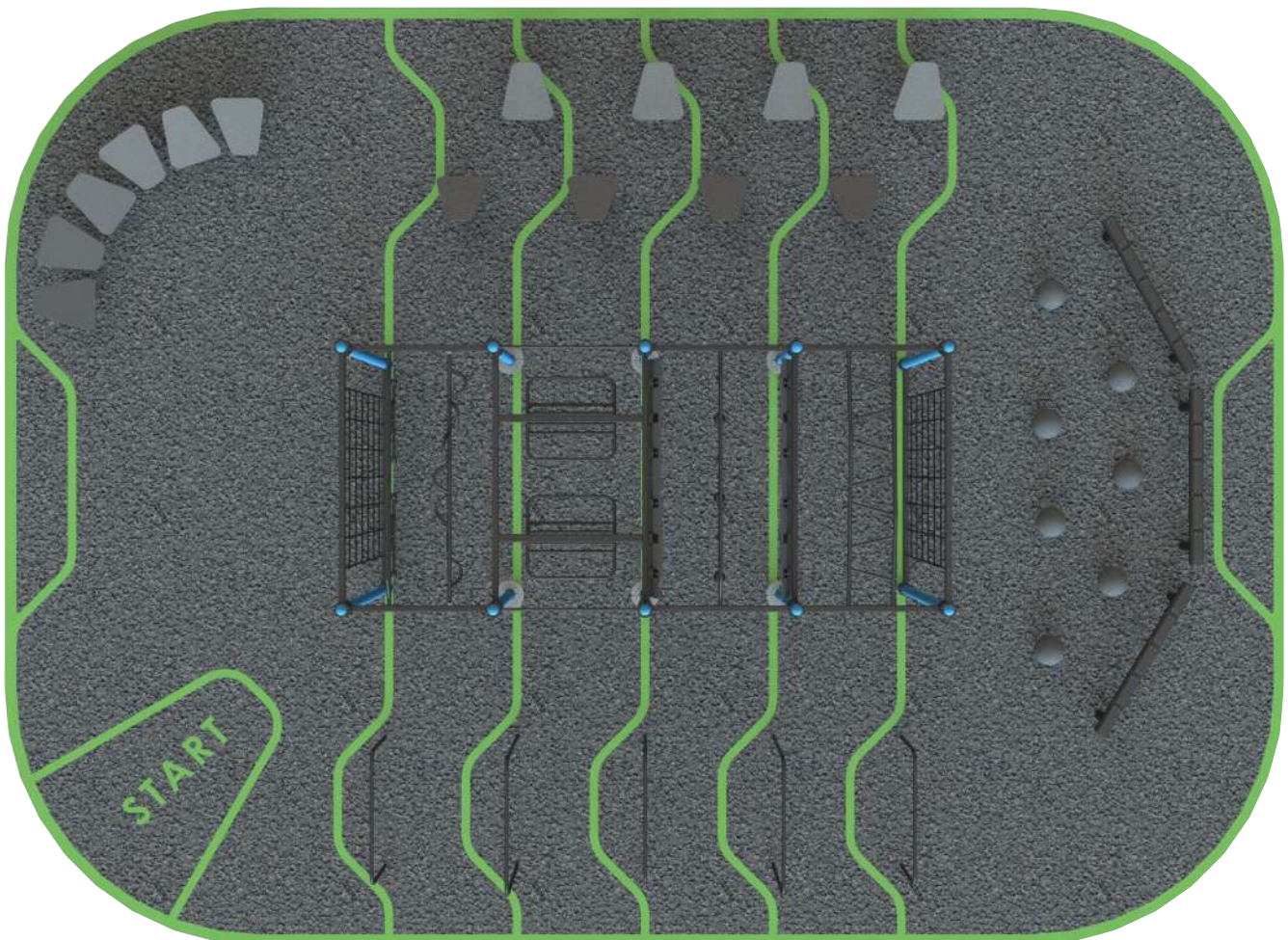
Our fitness and ninja parks seamlessly blend cardio, strength training, and agility, catering to all fitness levels. Crafted from high-quality, eco-friendly materials, our parks are durable, low-maintenance, and adhere to European Standards. From customizable workout stations to modern ground obstacle elements and gym machines, elevate your community's fitness journey with endless possibilities.

Unleash the thrill of free movement and bring a modern glow to any space with our easily expandable and fully customizable fitness parks. The fitness parks conform to the European Standard for Playground Equipment EN1176 and are also suitable for schoolyards and free-access playgrounds.

SUSTAINABLE EQUIPMENT FOR A BRIGHTER FUTURE



SKU: 30-06313



IDRE FJÄLL SWEDEN

Idre Fjäll ski resort

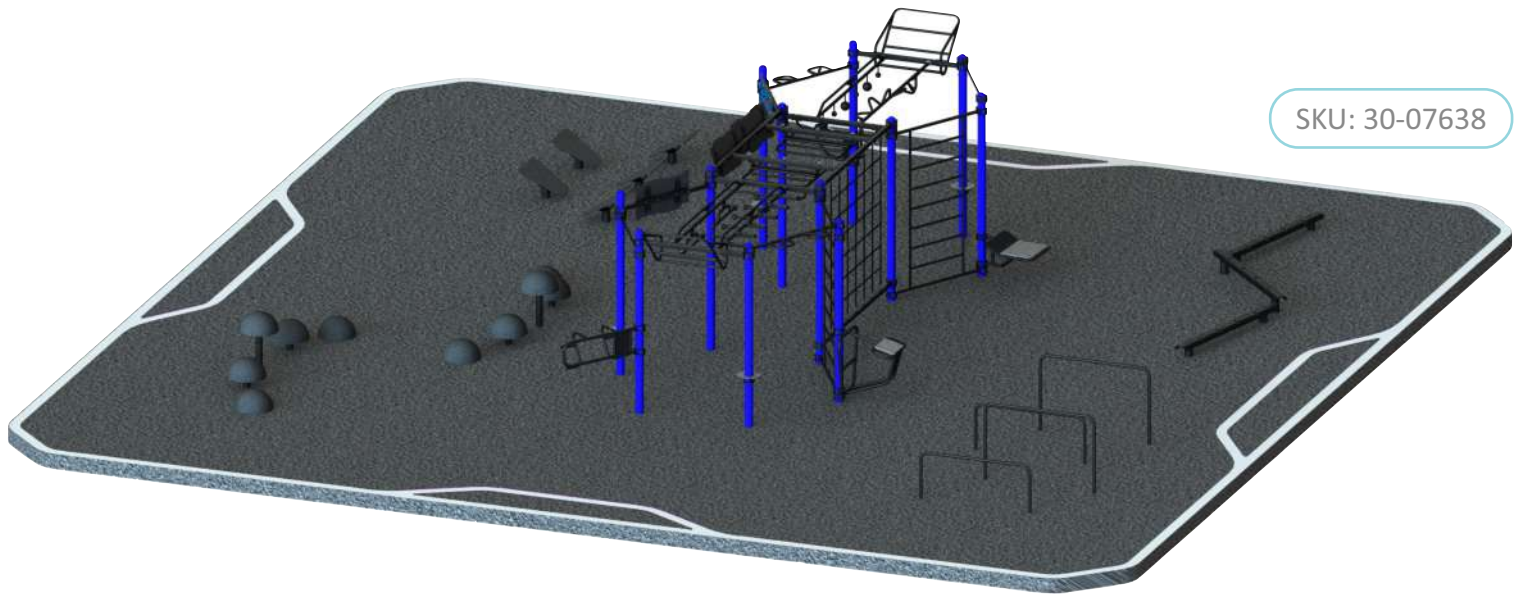
Partnering with TRESS Sport & Lek AB, we crafted a multigenerational space that seamlessly blends exercise and play. Our model fitness environment, featuring a multi-arena, climbing wall, outdoor gym, playground, and OCR course, caters to all abilities. Designed for families and athletes at every fitness level, our space ensures meaningful workouts without the worry of childcare.







SAFETY AND MODERNITY

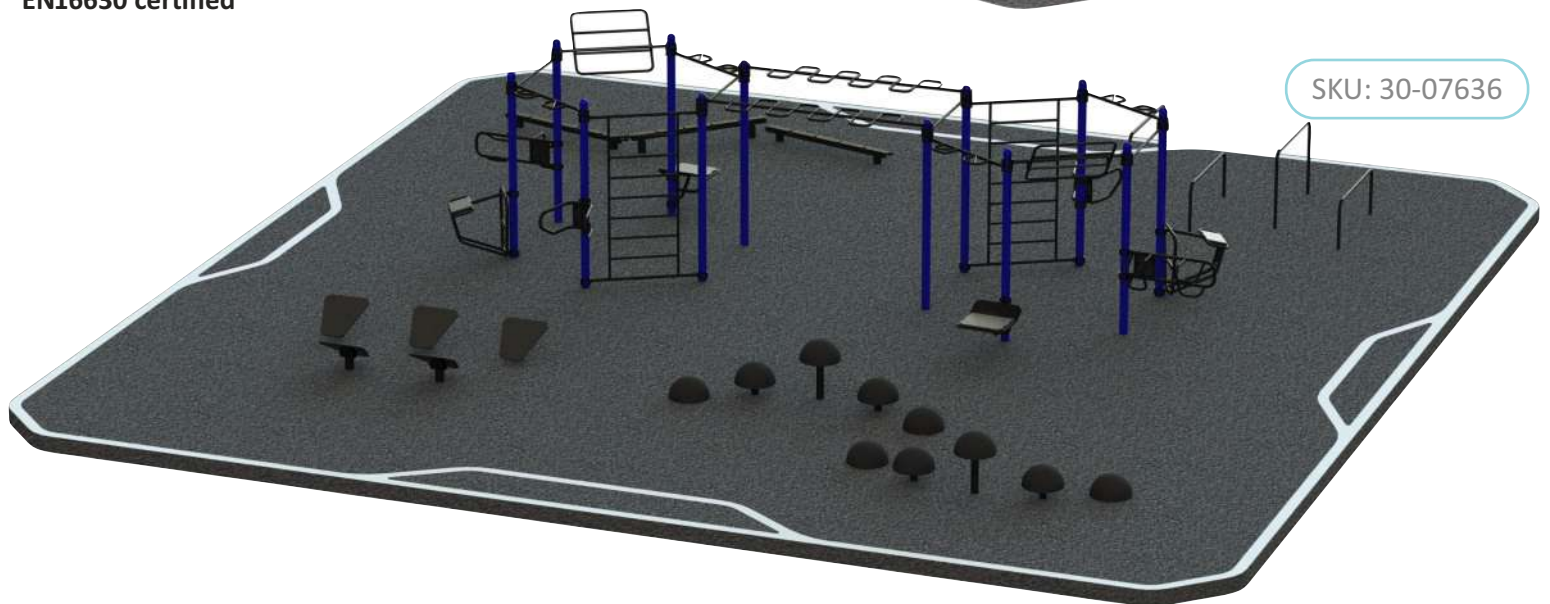


SKU: 30-07638



SKU: 30-07635

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LRTDEA
EN1176 certified
EN16630 certified



SKU: 30-07636

LARGE PARKS



SKU: 30-06638



SKU: 30-07621



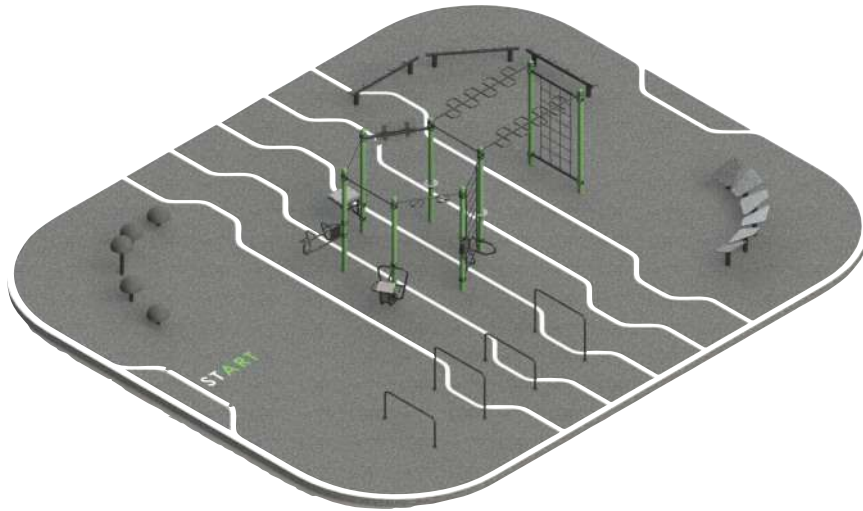
SKU: 30-07623



FOR PUBLIC AREAS



SKU: 30-07622



SKU: 30-13870



SKU: 30-07626



EN1176 certified
EN16630 certified

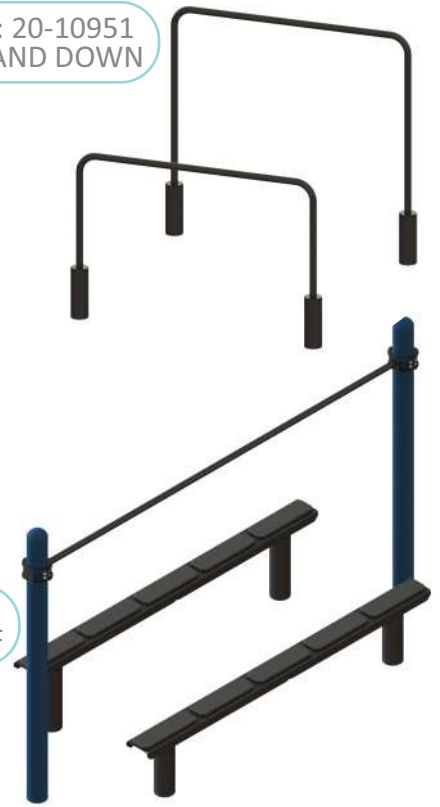


GROUND OBSTACLES AND



SKU: 20-10951
UP AND DOWN

SKU: 20-10936
PUSH-UP STATION



SKU: 20-10956
STEP AND CALF



SKU: 20-10968
CURVED BAR



SKU: 30-06000
RUNNING CURVE



SKU: 30-05476
LONG RUNNING CURVE



SKU: 20-05475
NINJA SPHERES



SKU: 30-15359
INFO STELE



SKU: 30-05202
NINJA STEPS

FREE STANDING ELEMENTS



SKU: 20-10943
DIP BARS



SKU: 20-10950
DOUBLE DIP BARS

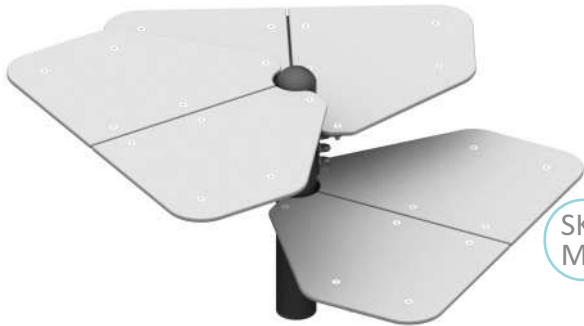


SKU: 20-10959
UNSTABLE FLAT
BALANCE BEAM



SKU: 20-10958
FLAT BALANCE BEAM

SKU: 30-10971
ROUND BALANCE BEAMS



SKU: 20-10961
MULTI-LEVEL PLYO PLATFORM



SKU: 20-10966
SIT-UP BENCH



SKU: 30-05679
BALANCE BEAM SET



OBSTACLE AND FITNESS TRAILS



SKU: 30-13965

Immerse yourself in the fusion of fitness and nature with Element Fitness obstacle and fitness trails! Transform your favorite running spot into an exhilarating journey, seamlessly blending a full-body workout with the beauty of woodland or park surroundings.

Municipalities now have the opportunity to create captivating recreational areas alongside forest or park running tracks using our equipment. Engineered for simplicity in installation and maintenance, these solutions prioritize eco-friendliness by minimizing the use of plastic components.

Our trail offerings extend beyond traditional outdoor training stations, encompassing free-standing elements and obstacle course stations. Simply provide us with the dimensions of your space, your preferred running route, and the desired covered disciplines. Our experts will then craft a turnkey trail park tailored to your unique needs.



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EN16630 certified

OBSTACLES FOR

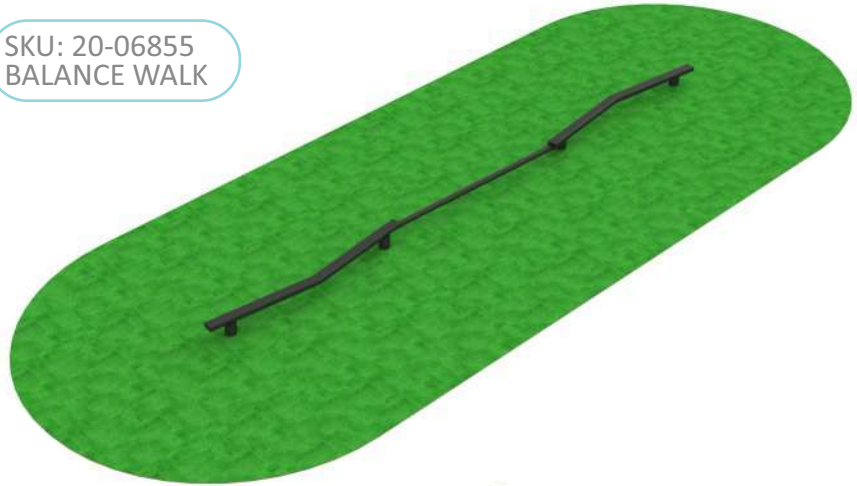
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WEAVER



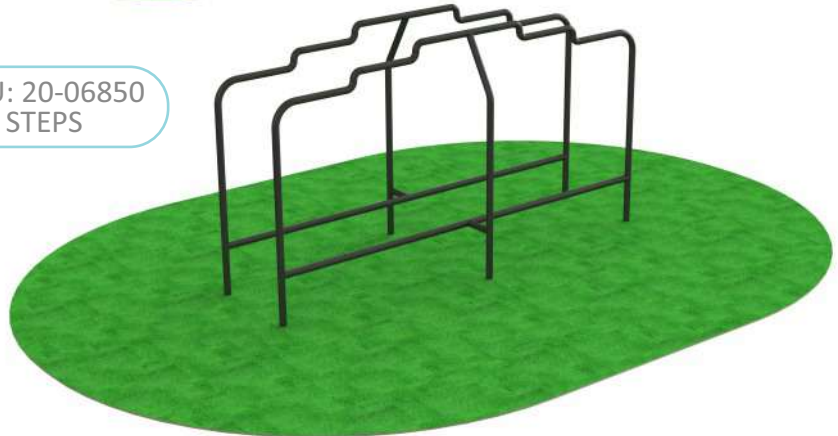
SKU: 20-06826
WALL OR CRAWL



SKU: 20-06855
BALANCE WALK



SKU: 20-06850
DIP STEPS



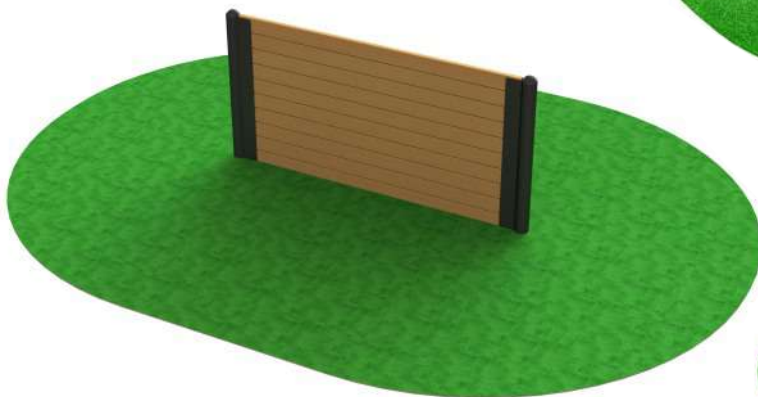
FITNESS PARKS AND TRAILS



SKU: 20-06829
STEP UP



SKU: 20-06759
OVER AND UNDER



SKU: 20-06825
WALL



SKU: 20-06843
IRISH TABLE



SKU: 20-06815
DIP WALK



SKU: 20-06827
NET WALL

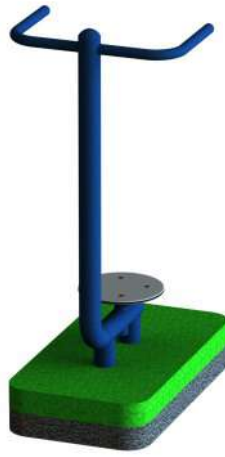


SKU: 20-06863
PEAK

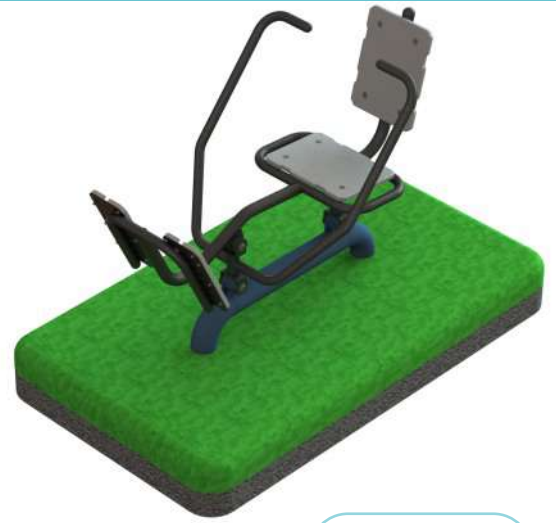


EN1176 certified
EN16630 certified

OUTDOOR GYM



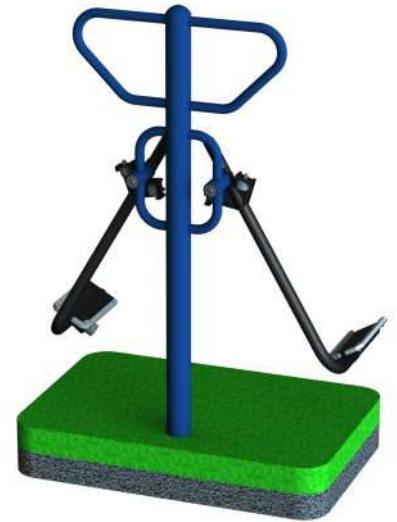
SKU: 20-11109
TWISTER



SKU: 20-11113
ROWER



SKU: 20-11101
LEG PRESS



SKU: 20-11107
LEG SWING

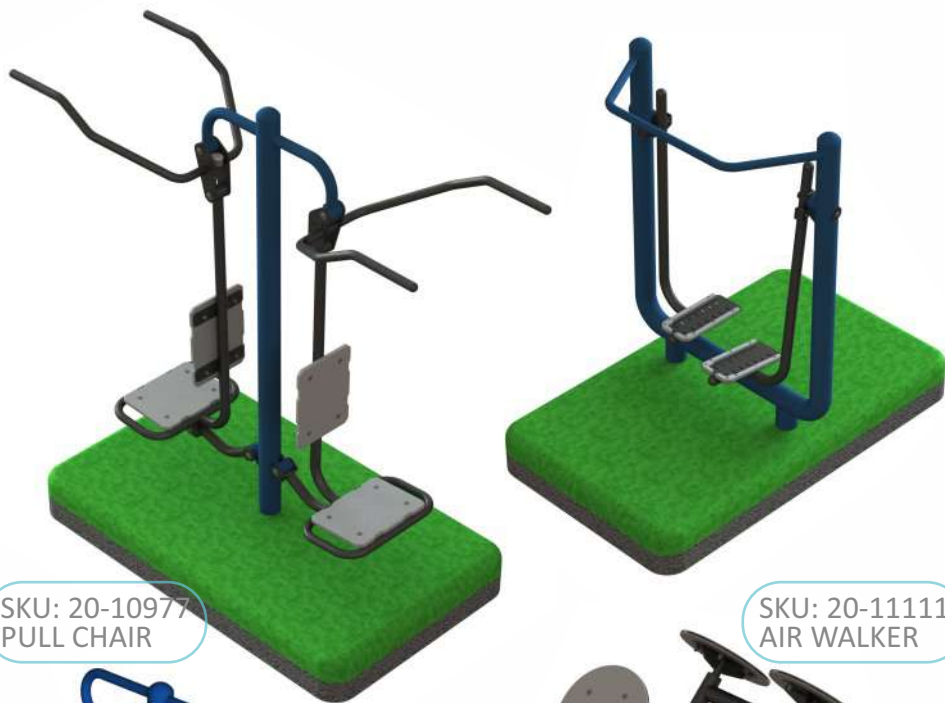


SKU: 20-11099
PUSH CHAIR



SKU: 20-10969
PUSH & PULL CHAIR

FOR PARKS AND TRAIL



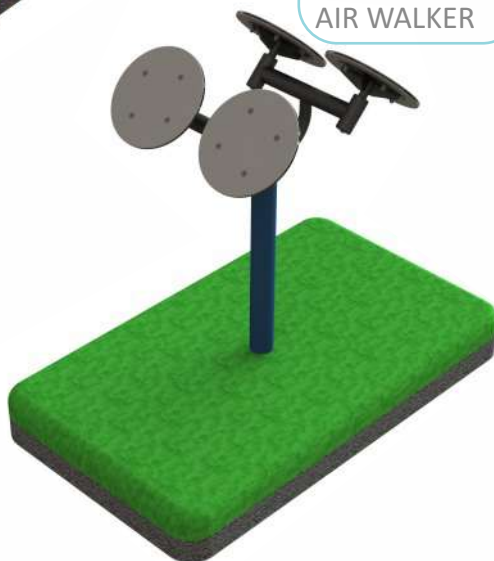
SKU: 20-10977
PULL CHAIR



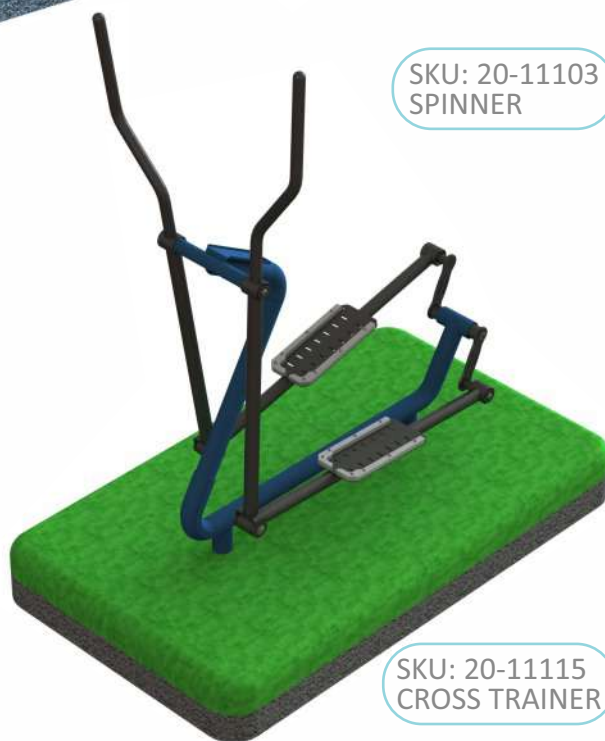
SKU: 20-11111
AIR WALKER



SKU: 20-11105
HIP SWING



SKU: 20-11103
SPINNER



SKU: 20-11115
CROSS TRAINER



Certificate

No. 5.1.23/16630/015

We hereby certify that the product - Components and Structures of the outdoor fitness equipment is in compliance with the requests of standard EN16630:2015

Name and address of manufacturer: ELEMENT LAB, SIA
7B, Stikļu Street, Daugavpils, LV-5404, Latvia

Product: Components and Structures of the outdoor fitness equipment

Type, model: Functional training station

Description and marking of components: Annex 1 (11 pages)


Used standards: EN16630:2015 Permanently installed outdoor fitness equipment. Safety requirements and test methods;
EN1176-1:2017 Playground equipment and surfacing. General safety requirements and test methods;
EN1177:2018 Impact attenuating playground surfacing. Methods of test for determination of impact attenuation

Report No.: 5.1.23/16630/015-TR

Valid until: 27.10.2028.

NOTE: After mounting of the Functional training station the operator of the station remains responsible for maintaining the suitability for the performance of equipment present. In no event TÜV Rheinland is held liable for damages resulting from poor maintenance or inappropriate use of equipment.

Rīga, 27. 10. 2023.


Elmārs Jumiķis
Certification Body of „LRTDEA“ TÜV Rheinland group, LTD

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Certificate

No. 5.1.22/1176-1/012

We hereby certify that the product - Components and Structures of the playground equipment is in compliance with the requests of standard EN1176-1:2017

Name and address of manufacturer: ELEMENT LAB, LTD
Stikļu iela 7B, Daugavpils LV-5404, Latvia

Product: Components and Structures of the playground equipment

Type, model: Functional training station

Description and marking of components: Annex 1 (10 pages)

Used standards: EN1176-1:2017 Playground equipment and surfacing. General safety requirements and test methods;
EN1177:2018 Impact attenuating playground surfacing. Methods of test for determination of impact attenuation

Report No.: 5.1.22/1176-1/012-TR

Valid until: 19.12.2027.

NOTE: After mounting of the Functional training station, the operator of the station remains responsible for maintaining the suitability for the performance of equipment present. In no event TÜV Rheinland is held liable for damages resulting from poor maintenance or inappropriate use of equipment.

Rīga, 19. 12. 2022.


Aleksandrs Braslis
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