

World Outdoor Fitness

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Exclusive in South Africa

GYM CATALOG

6th Generation[©]

Let us take you to new heights...





COMPANY PROFILE

World Outdoor Fitness™ is a proudly South African company with a level 1 BEE rating, that in April 2011 introduced a new and exciting concept which offers an innovative way of keeping fit and healthy, at the same time as having fun. World Outdoor Fitness™ uses a mixture of outdoor gyms, playground series and **BOOT CAMP** equipment.

Vision: World Outdoor Fitness's vision is to make the outdoor workout and playground experience accessible to every individual and every family.

Mission: We know that each facility has unique needs and we provide the tools to reach them. Our aim is to contribute to the upliftment of communities by introducing state of the art outdoor exercise equipment for adults and children, while creating and maintaining green environments. We provide facility owners and managers with a wide range of fitness solutions, customisable options and technological advancements that make their outdoor spaces stand out and their businesses thrive.

We are World Outdoor Fitness for a reason: Helping people live healthier lives is what we do and the devotion to that goal starts with our brand and products. World Outdoor Fitness is the leader of the outdoor fitness and play industry. Our fitness products have a reputation for being durable, reliable and on the cutting edge of both technology and design. We are proud of our experience and our history as an outdoor fitness and playground industry pioneer with hundreds of units installed throughout South Africa. But there is more to it than that, our duty to exercisers whether novices or workout veterans, is to give them the choices they need to improve their lives. Choices on how they want to work out, choices that make fitness engaging and exciting. When users enjoy the workout experience they get better results.

Products and Solutions: At World Outdoor Fitness product development is done with both the facility owner and exerciser in mind. We improve so that they can improve. Over the past few years, building on our experience, our product offering has developed and expanded exponentially.

World Outdoor Fitness is not just about fitness hardware. From helping the facility owner to design and visualise with CAD drawings and 3D illustrations to creating state-of-the-art technology solutions for exercisers to engage and connect with their fitness and play equipment in ways that would never have been previously dreamt of. Attention to the Journey pillars of variety, social interaction, progression & environment create a facility that is inviting, outstanding and exciting.

Our company philosophy: Quality First, Innovation First and Service First. And with a proven track record of outdoor gyms and playground projects as per our project highlight list, we live up to that philosophy every day. Our quality products are proven to withstand the test of time and our customers receive after sale service for years after installation is completed.





SERVICE, MAINTENANCE, INSPECTION & CERTIFICATION

Service

Requirements for servicing of fitness machines and equipment are almost none as the machines are designed as vandal proof and for heavy duty use. Closed attachments prevent any unauthorised handling that could put safety in jeopardy.

Maintenance

Regular maintenance: 6 months following the handover of machines we will revise the gym free of charge and make sure the required servicing of individual machines, as necessary is done. We will notify you well in advance prior to the scheduled revision date. You will get the revision report as a standard.

The revision covers:

- > Verification of attachment firmness
- > Verification of firmness and tightening of all joints and connections
- > Inspection of covers (and their replacement/installation if necessary)

Annual revision - guaranteed supervision

For the long-term use of machines, trouble-free operation of the whole fitness park and also to keep the warranty valid, we recommend you contact us to carry out revision every 12 months following the start of operation.

Spare parts

For all fitness machines we supply a complete assortment of original spare parts and provide warranty as well as after-warranty servicing.

Our promise of quality and robustness is not just words. We give our clients up to 5 years warranty, so you can have peace of mind. With each installation our clients get a certificate of warranty that promises the best after sales service and availability of original parts, that will keep your outdoor gym in mint condition for years to come.



Look for our logo quality assurance stamp on each of the items.

WARRANTY



Warranty and maintenance plan for seats, handles, powder coating, rust, mechanical and structural failure due to manufacturing defects



Warranty on stainless steel cast rollers, circlips, mechanical and structural failure due to manufacturing defects



Warranty on steel posts and center structure pole mechanical and structural failure due to manufacturing defects



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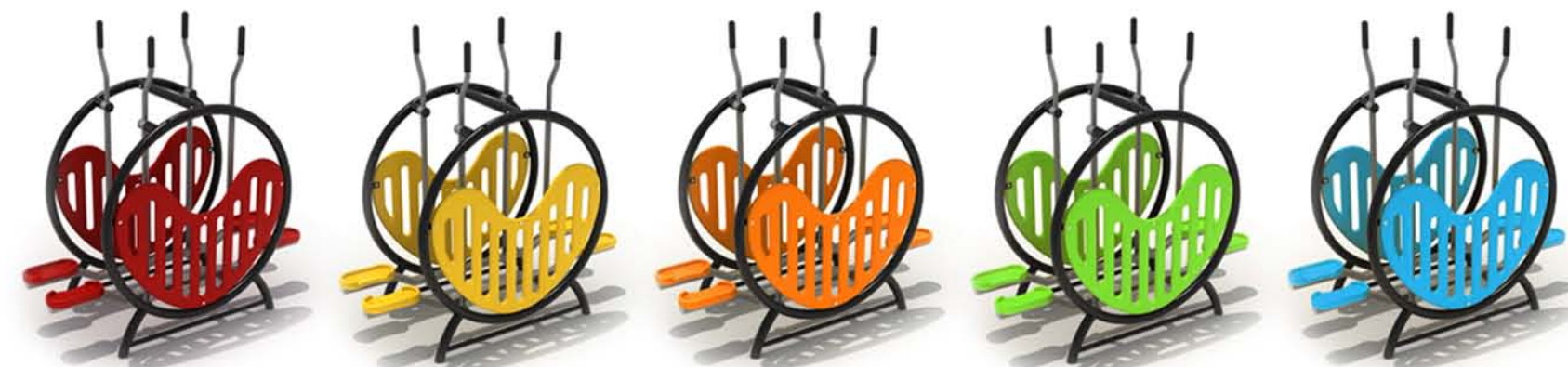
World outdoor fitness industry leadership, efforts and experience have culminated in the technologically advanced line of outdoor gym equipment. The Outdoor Gym 6th generation brings you the best and most durable outdoor gym in the market to date.

Here are some of the innovative upgrades on our **6th Generation[®]**

- > High impact resistance LLDPE plastic.
- > New high viscosity electro-static powder coating.
- > Concealed mechanisms to limit unauthorized access.
- > Safe stop mechanisms from 1 to 3 way to prevent injuries.
- > Ergonomic improvements for a more effective workout.
- > 5 way support and security for accessories.

More details on our website: www.wof-sa.co.za

Design your own outdoor gym with a snap of a finger... take it to the next level – make your own gym in your brand colors.



Basic Community Package 12 units – 26 users

This package provides a circuit for all round workout, from cardio to strength covering all major muscles.

Installation options from running trail, circle format, triangle and square.

Price: 200k +VAT*

*Price may vary depending on logistic and running promotions – please call us for final quote



Spinning bike

WOF-14004

L1030×W490×H1300mm

Provides a strong cardio workout while causing no stress on your joints and knees.

USERS X1



Rowing machine / rower

WOF-14602

L1310×W800×H920mm

Provides a high intensity core and back workout.

USERS X1



3 person combination – chin ups, dip station and sit up bench

WOF-14925

L3950×W700×H3000mm

Builds upper body strength focusing on the main chest muscles, arms, abdomen and shoulders

USERS X3





Triple air walker

WOF-14607

L3174×W560×H1350mm

Continuous natural feel motion for legs, quickly progress from slow walk to fast paced workout.

USERS X3



Butterfly Trainer chest press

WOF-14104

L1640×W800×H2230mm

Build upper body strength focusing on the main chest muscles.

USERS X1



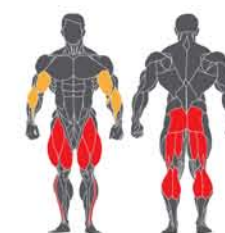
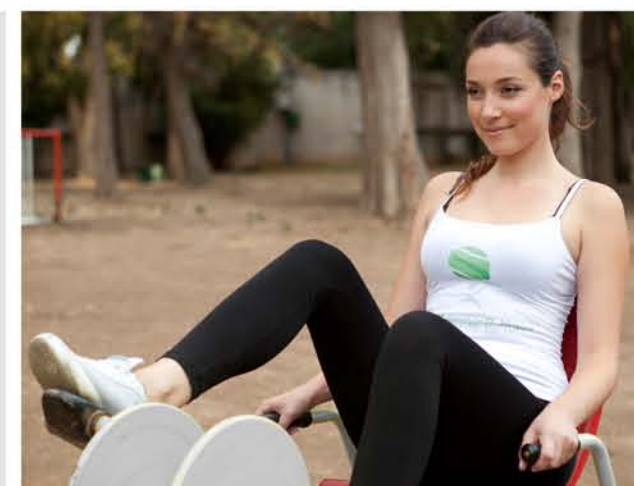
Recumbent bike

WOF-14208

L1450×W600×H1030mm

Provides a low intensity workout while causing no stress on your joints and knees.

USERS X1



Elliptical bike

WOF-13003

L1000×W570×H1500mm

Provides a strong cardio workout while causing no stress on your joints and knees.

USERS X1







Sit up leg extension
WOF-14515
L740×W600×H960mm
Provides a low intensity workout while causing no stress on your joints and knees.
USERS X1









Push pull chair combo
WOF-14405
L1945×W950×H1900mm
Upper body workout, back Arms, chest and Back
USERS X2




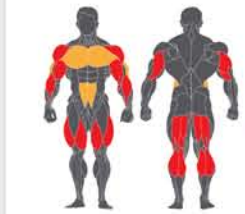


Weight lift
WOF-14915
L1400×W350×H1850mm
Builds upper body strength focusing on the main chest muscles, arms and shoulders
USERS X1









Pendulum Equipment / waist trainer
WOF-14108
L1770×W1450×H1550mm
Full range of effective mid core muscle workout for up to 4 people.
USERS X4

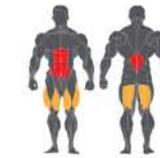




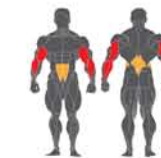
Double Seats Rambling / double ski
WOF-14009
L1850×W800×H1840mm
Combines the fun of social interaction with a great full body workout.
USERS X2



Hand and leg bike
WOF-14204
L1250×W650×H1100mm
Provides hand and leg while causing no stress on your joints and knees.
USERS X1



Double sit up bench
WOF-14503
L1500×W1500×H580mm
Provides a high intensity core and back workout.
USERS X2

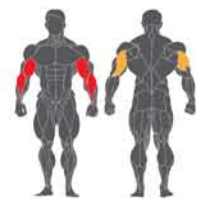


S sky ladder
WOF-14606
L4000×W1200×H2200mm
Builds upper body strength focusing on the main chest muscles, arms and shoulders
USERS X3



Mountain climber
WOF-14407
L800×W470×H2520mm
Continuous natural feel motion for legs, full body intense workout
USERS X1





Tai tji grind (Paraplegic combined)

WOF-14308

L1250×W1150×H1380mm

Strengthen the arms, Shoulders and back during workout routines.

USERS X2



Elliptical trainer

WOF-14008

L1770×W530×H1650mm

Provides a strong cardio workout while causing no stress on your joints and knees.

USERS X1



Sit and twist station

WOF-14106

L2440×W2220×H1860mm

Combines the fun of social interaction with a great full body workout

USERS X4



Rider

WOF-14808

L1160×W550×H1270mm

Provides a strong cardio workout while causing no stress on your joints and knees.

USERS X1



Pilates station

WOF-14206

L1650×W980×H1950mm

Provides a strong cardio workout while causing no stress on your joints and knees.

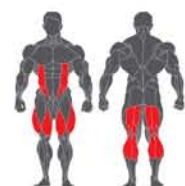
USERS X2





Four-Person Leg Press

WOF-14107
L2218×W2218×H2000mm
Four people work out thigh muscles while improving core lower body strength.



Stepper & waist twister

WOF-14006
L1200×W750×H1500mm
Combines the fun of social interaction with a great full body workout
USERS X2



MultiGym

WOF-13001
L1060×W1100×H2030mm
Provides a full body workout focusing on upper body and abdomen.
USERS X2



Abdomen and back stretch – up right abdomen unit

WOF- 14506
L570×W450×H1900mm
Builds upper body strength focusing on the main chest muscles, arms, abdomen and shoulders
USERS X1



Back and abdomen stretch

WOF-14401
L1780×W1000×H1020mm
Upper body and abdomen stretching
USERS X2





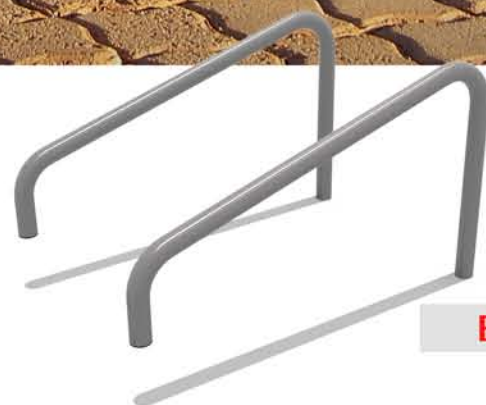
PushUp bars

WOF-14125

L1000×W650×H600mm

Upper body workout, back Arms, chest and Back

USERS X1



BEST VALUE



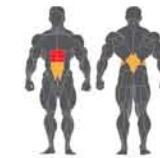
Frog kick / leg curl

WOF-14509

L1700×W600×H680mm

Provides a high intensity workout while causing no stress on your joints and knees.

USERS X1



Balancing beam

WOF-14609

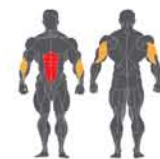
L2350×W600×H230mm

Work out thigh muscles while improving balancing and core strength.

USERS X2



BEST VALUE



Parallel bars

WOF-14809

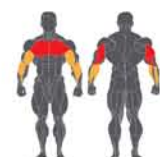
L1800×W630×H1600mm

Upper body workout, back Arms, chest and Back

USERS X2



BEST VALUE



Rowing machine / rower

WOF-14603

L2500×W880×H980mm

Provides a high intensity core and back workout.

USERS X2



BEST VALUE



Prices include installation, delivery and maintenance, prices excl. VAT



Outdoor Gym Equipment **Paraplegic range**

WOF made a special effort to include units for the disabled, in order not to exclude anyone from using our community outdoor gyms. We are encouraging decision makers to include 10% of paraplegic units in every park to ensure a better, active, healthy life for all.



The National Council for
Persons with Physical
Disabilities in SA



Paraplegic double push chair

WOF-14415

L1750×W950×H1900mm

Builds upper body strength focusing on the main chest muscles, arms and shoulders

USERS X2



Paraplegic butterfly chest press

WOFD-16003

L1370×W800×H2230mm

Build upper body strength focusing on the main chest muscles.

USERS X1



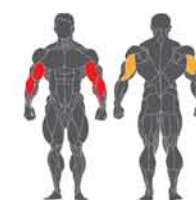
Paraplegic double shoulder weights

WOFD-01508

L960×W680×H1250mm

Upper body massage focusing on the main back and neck muscles.

USERS X1



Paraplegic Hand bike and pull up

WOFD-01511

L1200×W920×H1510mm

Builds upper body strength focusing on the main chest muscles, arms, abdomen and shoulders

USERS X1



Paraplegic Double tai chi

WOFD-16006B

L1250×W1150×H1000mm

Strengthen the arms, Shoulders and back during workout routines.

USERS X2

