TMP-US-3507

Complex Fitness

Challenging fitness strucutre

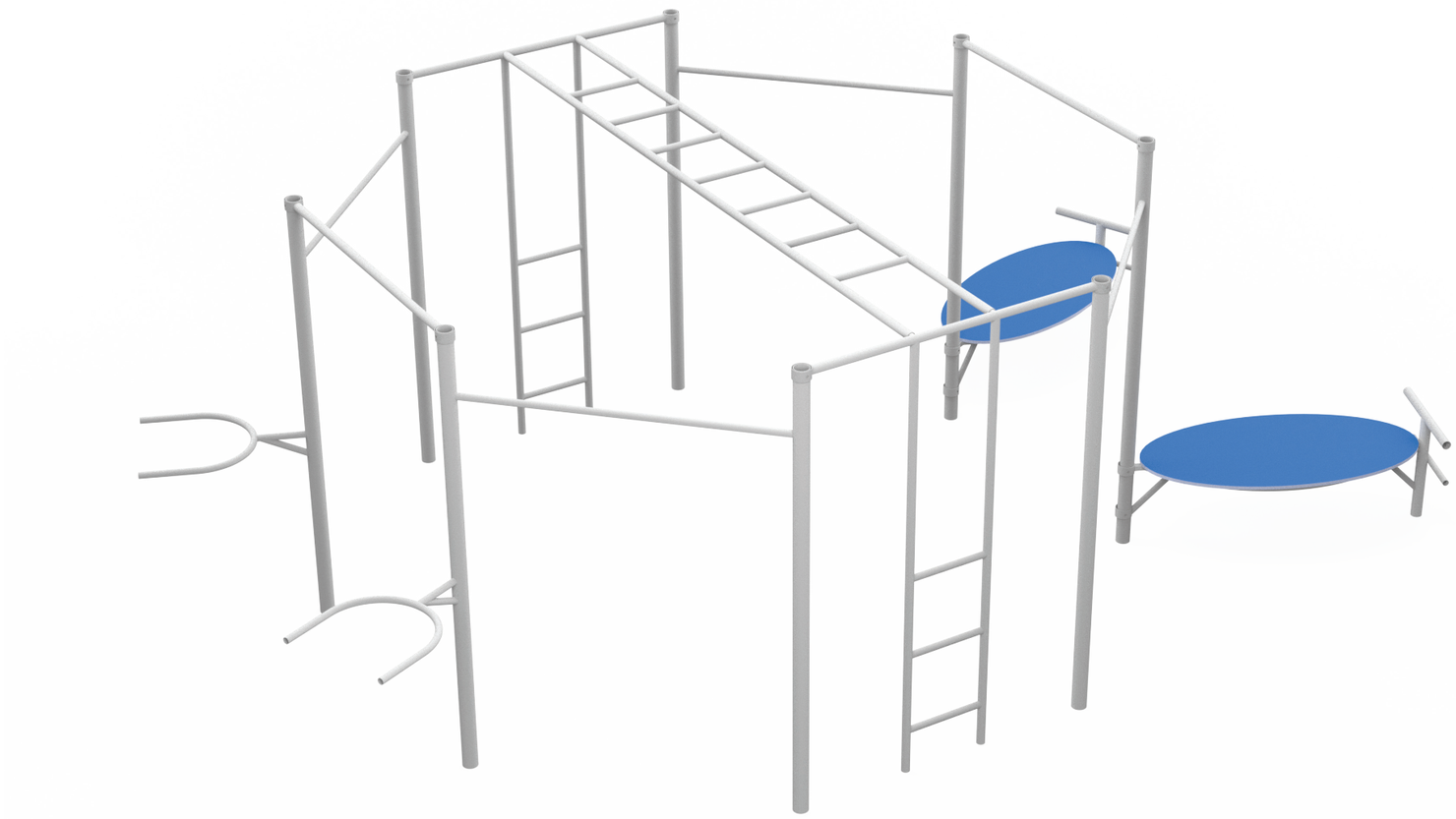
Steel:

Balancing

Hanging

Climbing

Jumping



Ages 5-12

Users 16

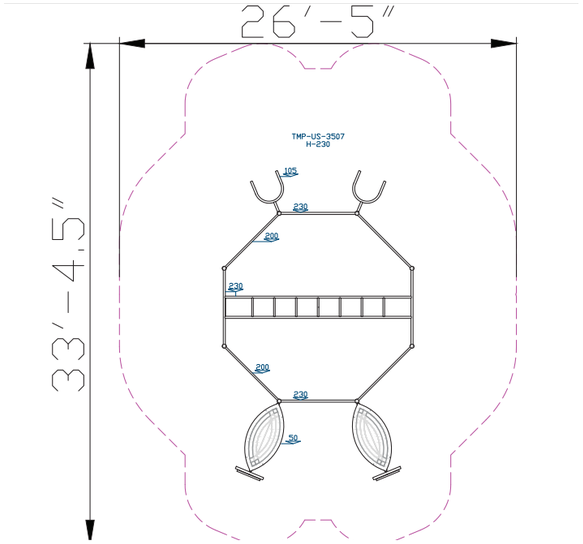
Dimensions L: 12'-5.4" W: 10'-6" H: 6'-4.8" | L: 389 W: 328 H: 200 cm

Safety Zone 33'-4.5"/26'-5" | 1016 / 805 cm

Fall Height 7'-4.3" | 230 cm

Accessible

The Complex fitness station is a unique training structure designed for advanced physical and combat fitness development. The structure includes several courses and various elements, allowing children and teenagers to train their muscles, improve their strength, endurance, and balance, all while facing a dynamic physical challenge.







Steel

Steel structure that is strong and durable, oven-painted galvanized and coated with lead-free polyester powder for corrosion and rust resistance. The steel meets strict EN 1176 and MATI 1498/1497 standards, ensuring high quality and safety. The steel is anti-vandalistic, requires minimal maintenance, and is fully recyclable. The high-quality paint ensures weather resistance and maintains a new appearance over time.



Hand Walking Element

The hand-walking element strengthens upper body strength and develops coordination and balance in players. By moving using only their hands, players learn to control their movements, improve their motor skills, and strengthen their arms and shoulders. The height effect and the fact that their feet do not touch the ground add an extra dimension of challenge, requiring players to maintain balance and build self-confidence as they tackle a significant physical challenge.



Fitness Element

The fitness element allows players to develop their physical fitness through various activities such as climbing, pushing, and pulling. It encourages improvements in strength, endurance, and coordination, while emphasizing enjoyable and challenging physical activity.



Hand and Foot Holds

Hand and foot holds provide support during play and use of the structure. Players develop their strength and coordination while maintaining stability and security.



Fitness Element

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Ladder

The ladder provides vertical access to the play structure and encourages players to develop physical skills such as strength, coordination, and balance. Climbing the ladder promotes courage and independence as players face heights and new challenges. The ladder strengthens hand and arm muscles and encourages proper body use.



Motor Development

Foot-eye coordination - Improving coordination and balance through various equipment. Hand-eye coordination - Developing coordination and precision in activities requiring fine motor skills.



Cognitive Development

Concentration- Developing the ability to focus and maintain attention in equipment requiring concentration. Spatial awareness- Improving the ability to understand and navigate space through mazes and courses.. Regulation of force- Developing the ability to apply the right amount of force according to the activity.



Emotional Development

Courage- Facing fears and new challenges. Confidence- Building self-confidence and belief in one's personal abilities. Independence- Developing independence and the ability to make personal decisions. Resilience- Coping with failure and trying again. Perseverance- Encouraging perseverance and repeated attempts. Achievement- Developing a sense of accomplishment and satisfaction from success in challenging equipment.



Physical Development

Jumping- Improving leg strength and balance.