TSP-3923

Narkisos

Fitness Equipment for Sit-Ups & Pull-Ups
Model Narkisos

:Recycled HDPE

:Steel

Climbing

Hanging



Ages 5-12

Users 3

Dimensions L: 13'-2.5" W: 2'-4.2" H: 6'-4" | L: 404 W: 74 H: 195 cm

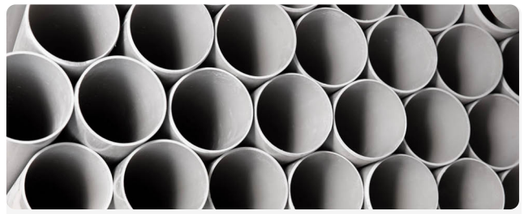
Safety Zone: 25'-2.3" / 14'-3.1" | 768 / 435 cm

Fall Height 6' | 185 cm

This fitness station combines multiple exercise points for strength and bodyweight training, enabling a wide range of exercises focused on core development and upper-body conditioning. The structure includes pull-up bars for arm and back workouts, along with a dedicated sit-up bench for abdominal exercises, creating a complete and efficient training setup within a single unit.

The integration of different training stations allows users to work on strength, endurance, and posture using only their body weight. The equipment is suitable for various fitness levels and encourages accessible physical activity in public spaces.

Built from strong, durable materials, the structure is designed for outdoor use in parks, public gardens, and open fitness areas, ensuring long-term durability, user comfort, and safe operation over time.



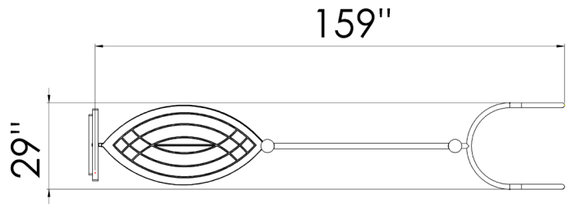
Steel

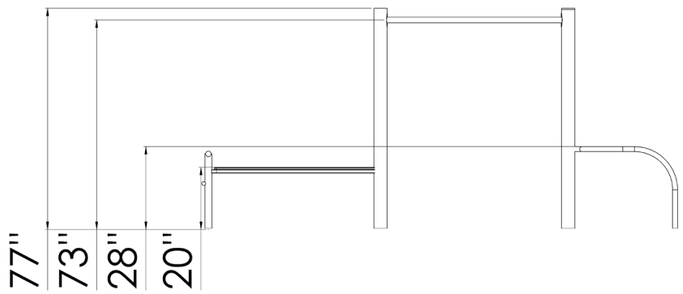
Steel structure that is strong and durable, oven-painted galvanized and coated with lead-free polyester powder for corrosion and rust resistance. It meets strict playground equipment standards such as ASTM A240 and EN 10088, ensuring high quality and safety. The steel is anti-vandalistic, requires minimal maintenance, and is fully recyclable. The high-quality paint ensures weather resistance and maintains a new appearance over time.



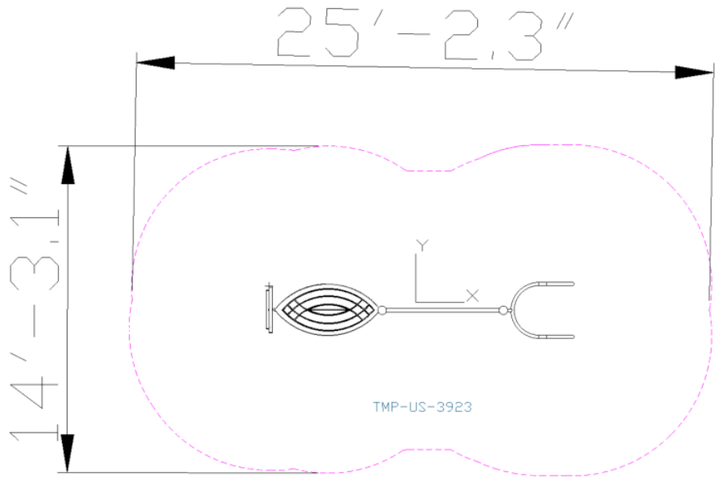
Recycled HDPE

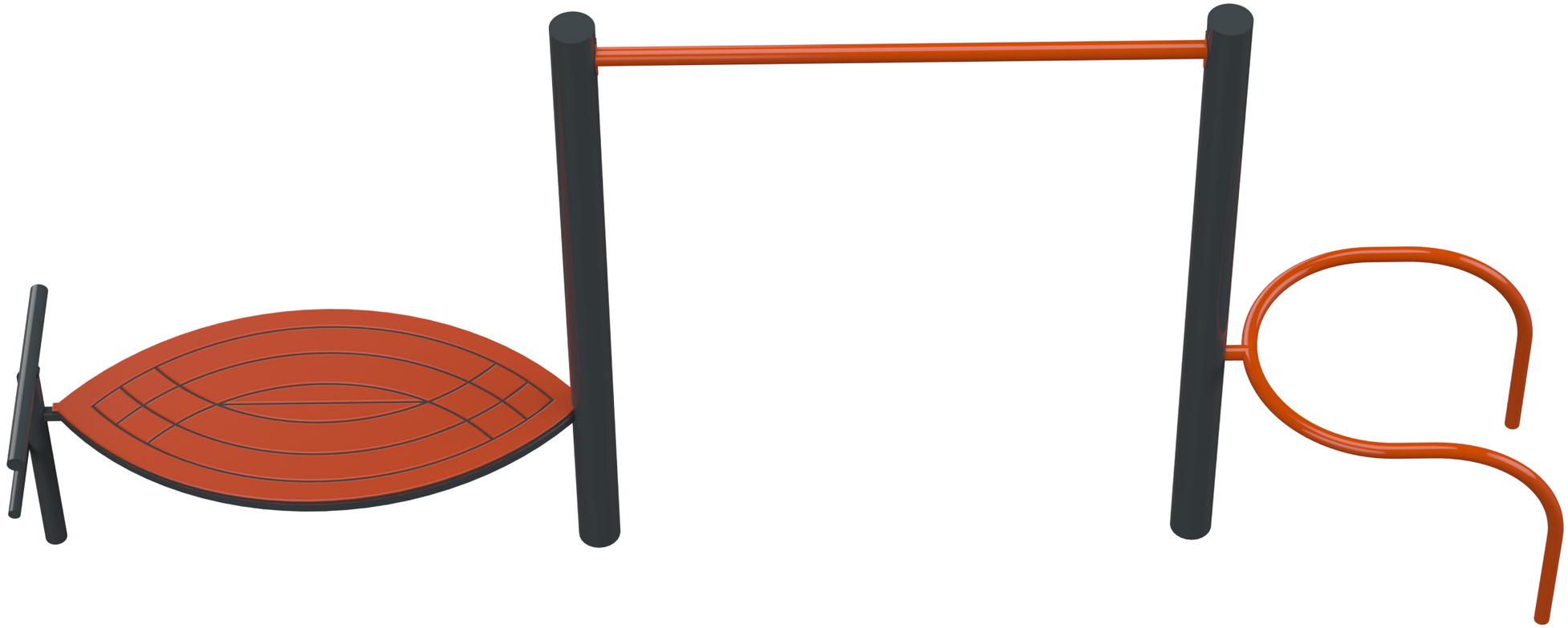
HDPE (High-Density Polyethylene) is a recycled material made from high-density polyethylene, produced from recycled materials that allows for further recycling. It excels in resistance to UV rays and wear and tear, making it particularly suitable for use in outdoor playground equipment. Its touch is smooth and pleasant, and its appearance is maintained over time. The advantages include high resistance to harsh weather conditions and environmental preservation. The material is capable of absorbing high energy, which helps prevent fractures.











Motor Development

Hand-eye coordination - Developing coordination and precision in activities requiring fine motor skills. Foot-eye coordination - Improving coordination and balance through various equipment. Core muscle strengthening - Strengthening abdominal and back muscles through challenging equipment.

Cognitive Development

Concentration - Developing the ability to focus and maintain attention in equipment requiring concentration. 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. Patience - Practicing patience and waiting for one's turn. Initiative - Encouraging initiative and taking an active role in play. Perseverance - Encouraging perseverance and repeated attempts. Achievement - Developing a sense of accomplishment and satisfaction from success in challenging equipment.

Social Development

Communication - Developing effective and clear communication skills with playmates. Respect for boundaries - Learning the importance of respecting personal and social boundaries.

Physical Development

Climbing - Strengthening arm and leg muscles, developing fitness and endurance. Hanging - Strengthening arm, back, and shoulder muscles.