



OUTDOOR GYM



OD- 201 | AIR BIKE

- A classic air bike with back support helps improve blood flow in the lower body.
- When used at your own pace, its therapeutic, repetitive motion enhances balance and coordination. Increasing the speed transforms it into a cardiovascular workout.



OD- 202 | AIR WALKER

- Provides an excellent cardiovascular workout while strengthening leg muscles.
- Allows a full range of motion in the hip joints, enhancing flexibility and strength without stressing the joints or back.
- Suitable for all ages, especially for those who find jogging or power walking uninteresting.



OD- 203 | ARM WHEEL (DOUBLE)

- Allows a full range of arm movement, enhancing flexibility and strength without stressing the joints or back.
- A great product that makes exercise more enjoyable.



OD- 204 | BENCH PRESS

- An ideal outdoor bench press for weight training and a variety of bench exercises.



OD- 205 | BRIDGE LADDER

- "Walking" hand over hand along the ladder is a simple yet strenuous exercise for the arms and shoulders.
- Alternatively, it can also be used for chin-ups.
- Suitable for teenagers and adults.



OD- 206 | CROSS WALKER

- A fantastic product that makes exercise more enjoyable.
- Primarily designed to provide a full-body cardiovascular workout.
- Ideal for solo use or in pairs to promote social interaction.



OD- 207 | CYCLE

- A classic leg cycling motion enhances blood flow in the lower body.
- When used at your own pace, its therapeutic, repetitive movement improves balance and coordination.
- Increasing the speed transforms it into an effective cardiovascular workout.



OD- 208 | ELLIPTICAL TRAINER

- The elliptical cross trainer provides an excellent full-body cardiovascular workout.
- It enhances coordination and balance while offering a low-impact exercise for both the legs and arms.



OD- 209 | ELLIPTICAL TRAINER (DOUBLE)

- The double-sided elliptical cross trainer provides an excellent full-body cardiovascular workout for two people at once.
- It enhances coordination and balance while offering a low-impact exercise for both the legs and arms.



OD- 210 | HORSE RIDER

- Similar to a rowing machine but in a more upright position.
- The Rider provides a full-body cardiovascular and toning workout, engaging the legs for pushing and the arms for pulling against resistance.
- Targets the arms, shoulders, back, abdomen, and legs with a low-impact exercise.



OD- 211 | KNEE CHAIR

- A classic leg curl chair designed to enhance blood flow in the lower body.



OD- 212 | LEG PRESS (DOUBLE)

- Designed to enhance flexibility and balance.
- Handrails provide support for increased stretch and stability.
- An excellent workout for thighs and hips, reducing knee joint strain compared to traditional squats—suitable for all ages and abilities.



OD- 213 | LEG STRETCH

- Suitable for teenagers and adults, the leg lift station allows for knee raises and leg lifts to strengthen the abdomen and upper thighs.



OD- 214 | PARALLEL BAR

- A simple yet versatile piece of equipment that helps develop strength in the arms and shoulders.
- Features two sets of parallel bars at different heights, allowing for push-ups and dip exercises.
- Accommodates inclined press-ups, assisted squats, and knee raises.



OD- 215 | ROWER

- The self-weighted rower features a back extension to prevent over extension.
- This sturdy rowing machine provides cardiovascular and toning benefits for all ages.
- The rowing action is one of the best forms of exercise, engaging the arms, shoulders, chest, back, and abdomen.



OD- 216 | SEATED CHEST PRESS (DOUBLE)

- This machine primarily targets the chest muscles and triceps.
- It can be used by one or two people, making exercise social and fun.



OD- 217 | SHOULDER & CHEST PRESS

- This machine serves a dual purpose, functioning as both a pull-down and a chest press.
- It can be used by one or two people, making exercise social and fun.



OD- 218 | SHOULDER PRESS (DOUBLE)

- A dual-purpose machine designed for pull-ups to strengthen the shoulders and arm muscles.
- Can be used by one or two people, making exercise social and fun.



OD- 219 | SITUP BOARD

- Primarily targets core abdominal muscles and provides toning benefits for all ages.



OD- 220 | SITUP BOARD (DOUBLE)

- Primarily targets core abdominal muscles and provides toning benefits for all ages.
- Can be used by one or two people, making exercise social and fun.



OD- 221 | STEPPER & TWISTER

- Dual-function machine featuring a stepper and twister to improve flexibility and range of motion in the legs, hips, and waist.
- Ideal for warm-up and cool-down routines while also toning the obliques.



OD- 222 | STEPPER (DOUBLE)

- Double stepper enhances flexibility and range of motion in the legs and waist.
- Ideal for warm-up and cool-down routines while also toning the obliques.
- Allows two people to exercise together, with a less strenuous nature that promotes social interaction.



OD- 223 | SURF BOARD

- An excellent warm-up and workout that targets the lower abdomen, hips, and thighs.
- Improves balance and coordination through core activation.
- Engages both legs in a side-to-side swinging motion, making it suitable for all abilities.



OD- 224 | TAI CHI WHEEL

- Allows a full range of arm movement, enhancing flexibility and strength.
- Designed to be low-impact, reducing stress on joints and the back.
- A fantastic product that adds a fun element to exercise.



OD- 225 | TREADMILL

- Heavy-duty machine designed for cardiovascular exercises.
- Suitable for all age groups.



OD- 226 | TRIPLE TWISTER

- Gentle exerciser designed to improve flexibility and range of motion in the hips and waist.
- Ideal for warm-up and cool-down routines while also toning the obliques.



OD- 227 | WALL BAR

- Designed for exercising and climbing to enhance grip, stability, and balance.
- Can be used by one or more people, making exercise social and fun.