

FLOWPARKS

+ STREET WORKOUT
+ PARKOUR





01

KRAKÓW, KS BIEŻANOWIANKA, 2017

ABOUT FLOWPARKS

FlowParks is about people who create workout and parkour equipment thanks to their passion for sport, shared workouts and training in engineering. Our goal is to fit the urban space with missing pieces of equipment which will allow residents to work out whenever and however they want, and for free. We have been present on the market since 2012 and implemented several hundred concept plans and projects. We cooperate with commune offices and town/city halls, sports centres, military units and architects. We support them not only in design, but also construction of workout equipment which we then happily install. As of the end of 2018, Customers from 9 European countries have trusted us by commissioning over 200 projects. And so can you!

.001
FLOWPARKS

.002 VALUES

● PASSION

We create facilities which we use ourselves for our workouts.

● CONFIDENCE

Over 200 completed projects in Poland and Europe in the years 2012-2018

● SUPPORT

Free projects, athlete/event sponsorship

● COOPERATION

We are part of Techramps Group: Skateparks, Pumptracks, Wakeparks.



CERTIFIED SAFETY

Compliance with the EN 16630-2015:06 standard confirmed with a certificate issued by TÜV Rheinland.



WARRANTY

36 months for each FlowPark.

AESTHETICS

Precise welds and polished sections. Powder coating.

DURABILITY

Hot-dip galvanised steel, robust concrete foundations.



.003
PROJECTS

FLOWPARKS FOR STREET WORKOUT

Our FlowParks are designed by athletes who have been practicing street workout for many years. This sport consists in doing exercises using one's own body weight.

Each set has a safety certificate issued by a body accredited by TÜV Rheinland, confirming the quality of production and compliance with the EN 16630:2015-06 standard.



Safety
Regular
Production
Surveillance



www.tuv.com
ID 0000050991

● STANDARD XS

Catalog number: 1ST_SW2

Height: 1,4 to 2,3 m

Safety zone: 5,1 x 5,7 m



● LINE XS

Catalog number: 1LN_SW2

Height: 1,4 to 2,6 m

Safety zone: 3,9 x 8,4 m



◆ **STANDARD S**

Catalog number: 2ST_SW2

Height: 1,4 to 2,3 m

Safety zone: 7,4 x 8,5 m

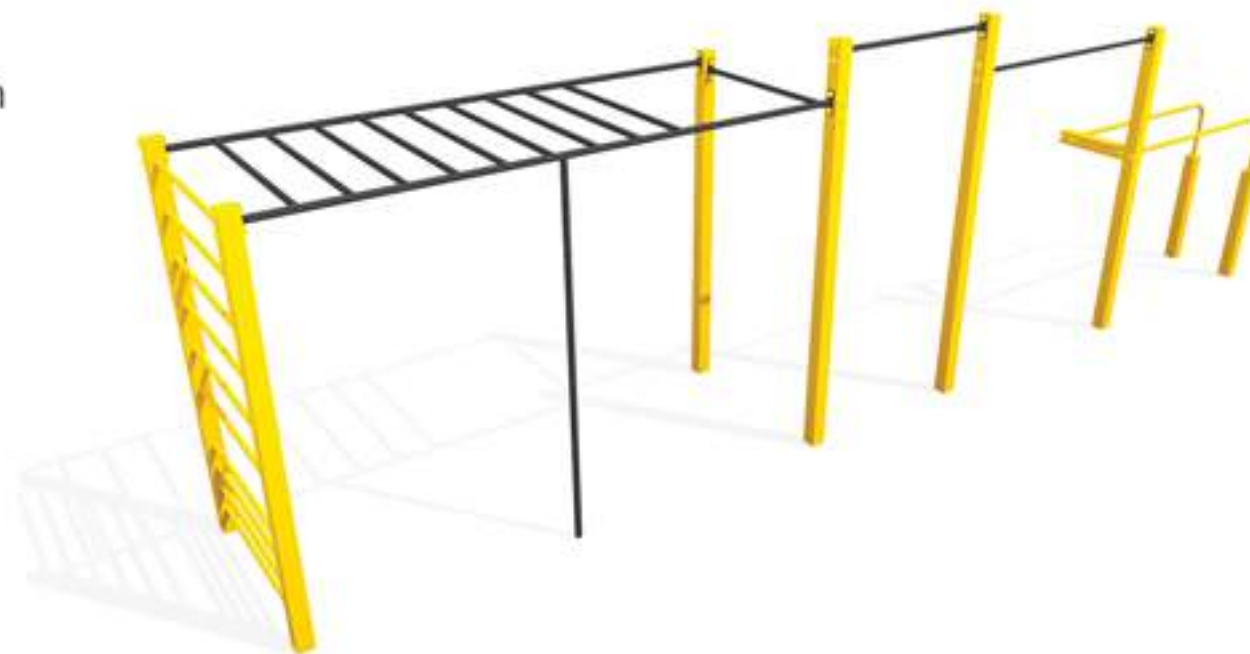


◆ **LINE S**

Catalog number: 2LN_SW2

Height: 1,4 to 2,6 m

Safety zone: 4,5 x 11,9 m

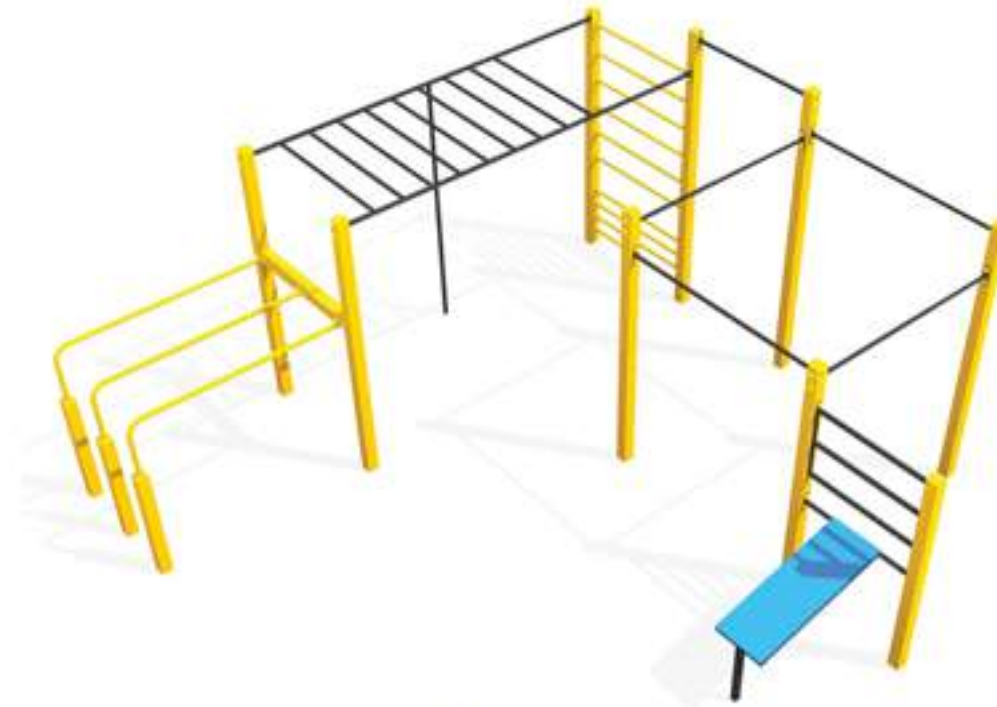


STANDARD M

Catalog number: 3ST_SW2

Height: 0,3 to 2,6 m

Safety zone: 8,8 x 8,8 m

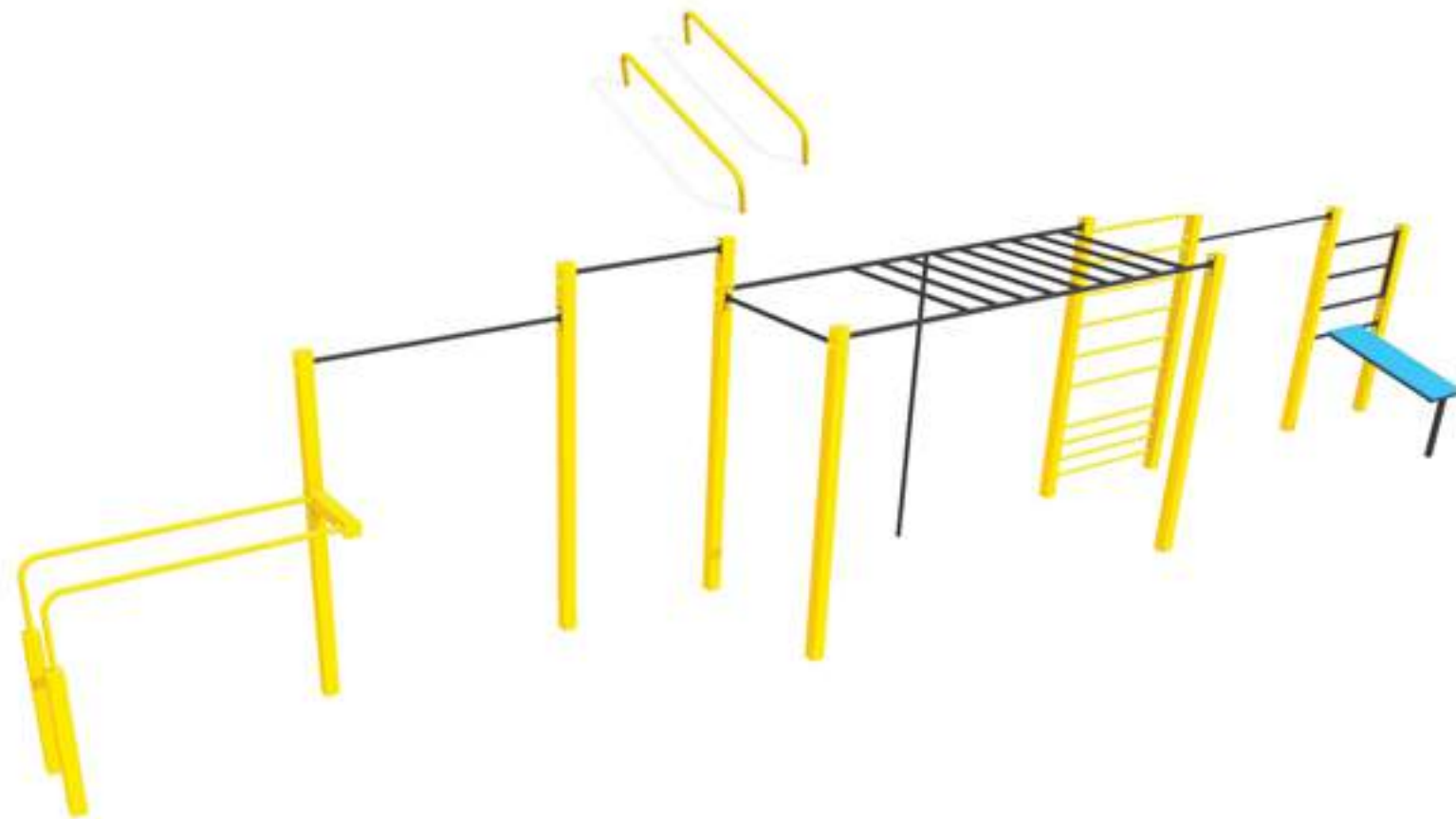


LINE M

Catalog number: 3LN_SW2

Height: 0,3 to 2,6 m

Safety zone: 4,5 x 18,2 m



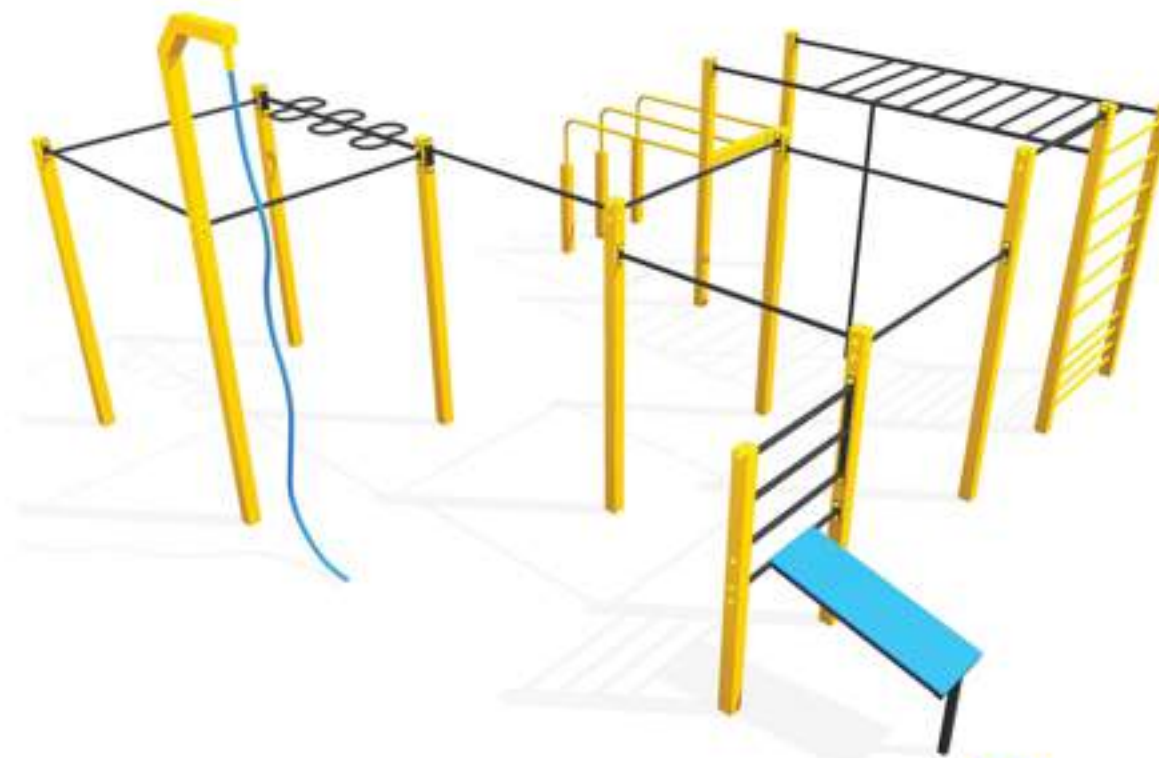
.003 PROJECTS

● STANDARD L

Catalog number: 4ST_SW2

Height: 1,4 to 3,6 m

Safety zone: 10,2 x 10,2 m

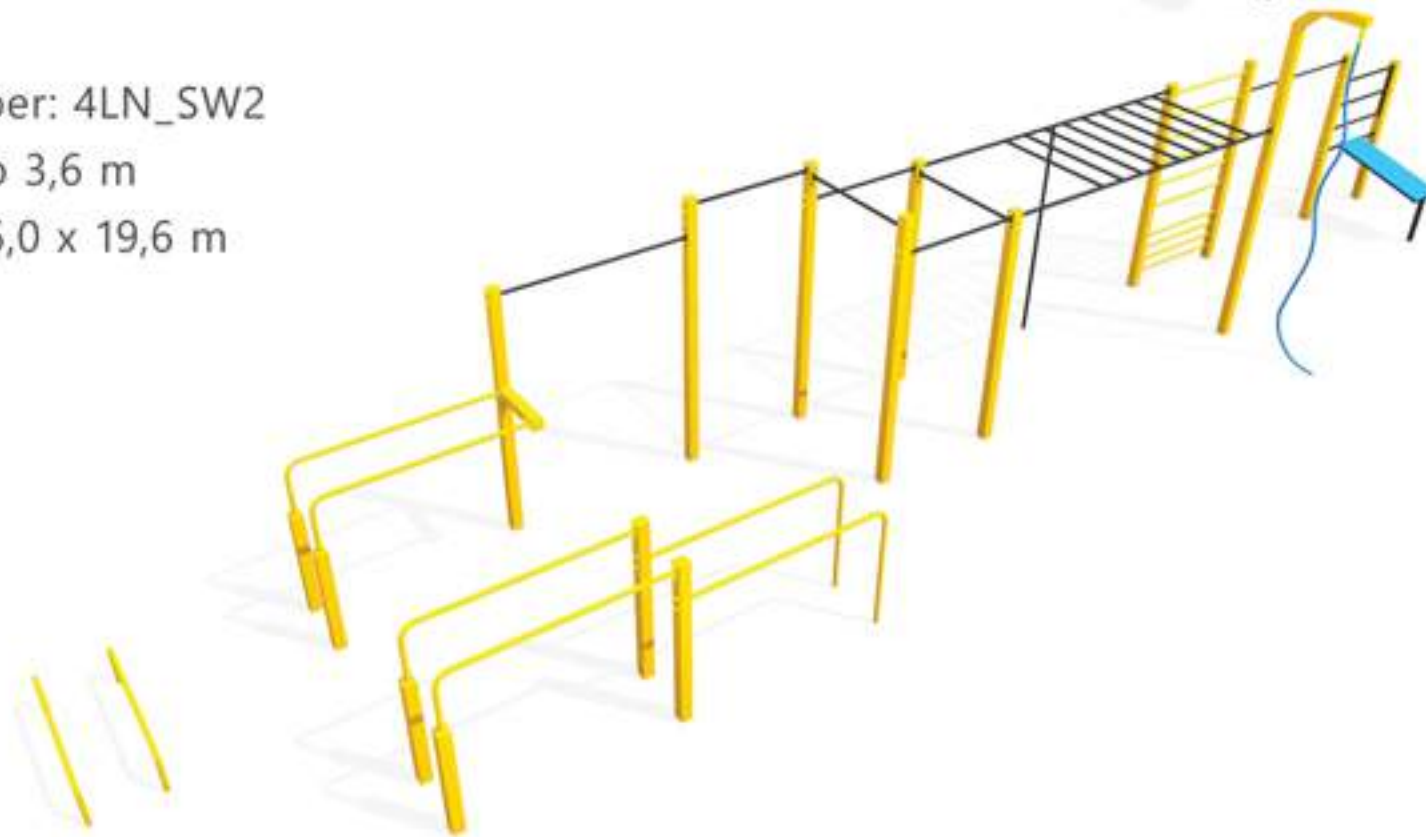


● LINE L

Catalog number: 4LN_SW2

Height: 0,3 do 3,6 m

Safety zone: 6,0 x 19,6 m

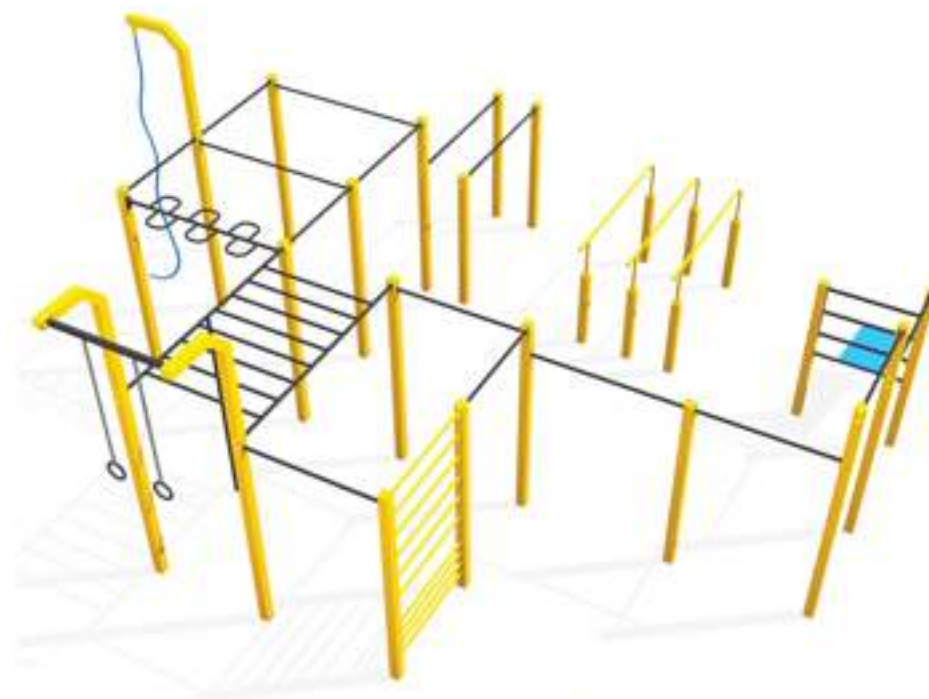


● STANDARD XL

Catalog number: 5ST_SW2

Height: 0,3 to 3,6 m

Safety zone: 11,2 x 12,7 m

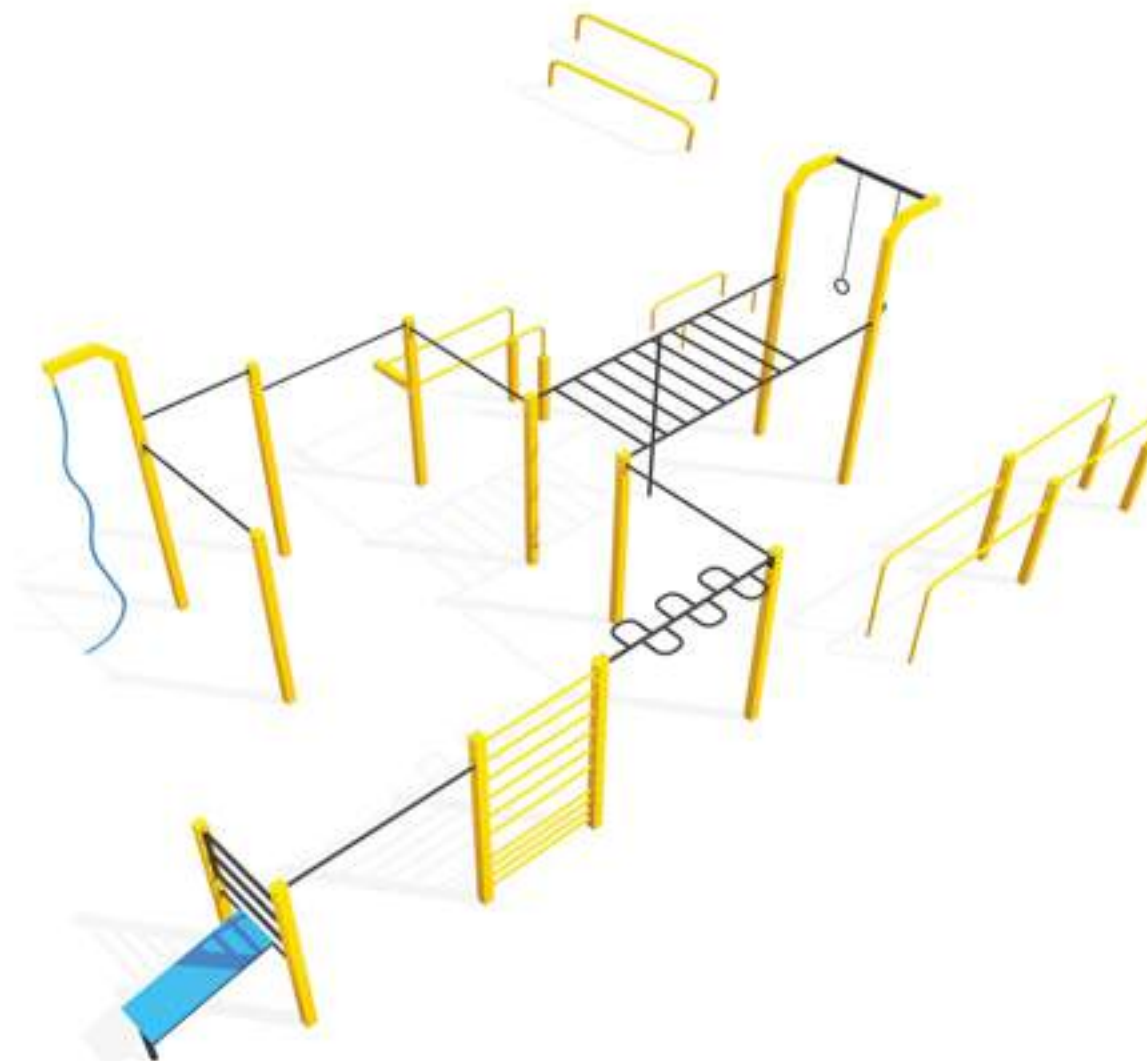


● LINE XL

Catalog number: 5LN_SW2

Height: 0,3 to 3,6 m

Safety zone: 9,6 x 15,2 m



STANDARD XXL

Catalog number: 6ST_SW2

Height: 0,3 to 3,6 m

Safety zone: 13,6 x 15,2 m



LINE XXL

Catalog number: 6LN_SW2

Height: 0,3 to 3,6 m

Safety zone: 9,4 x 23,3 m

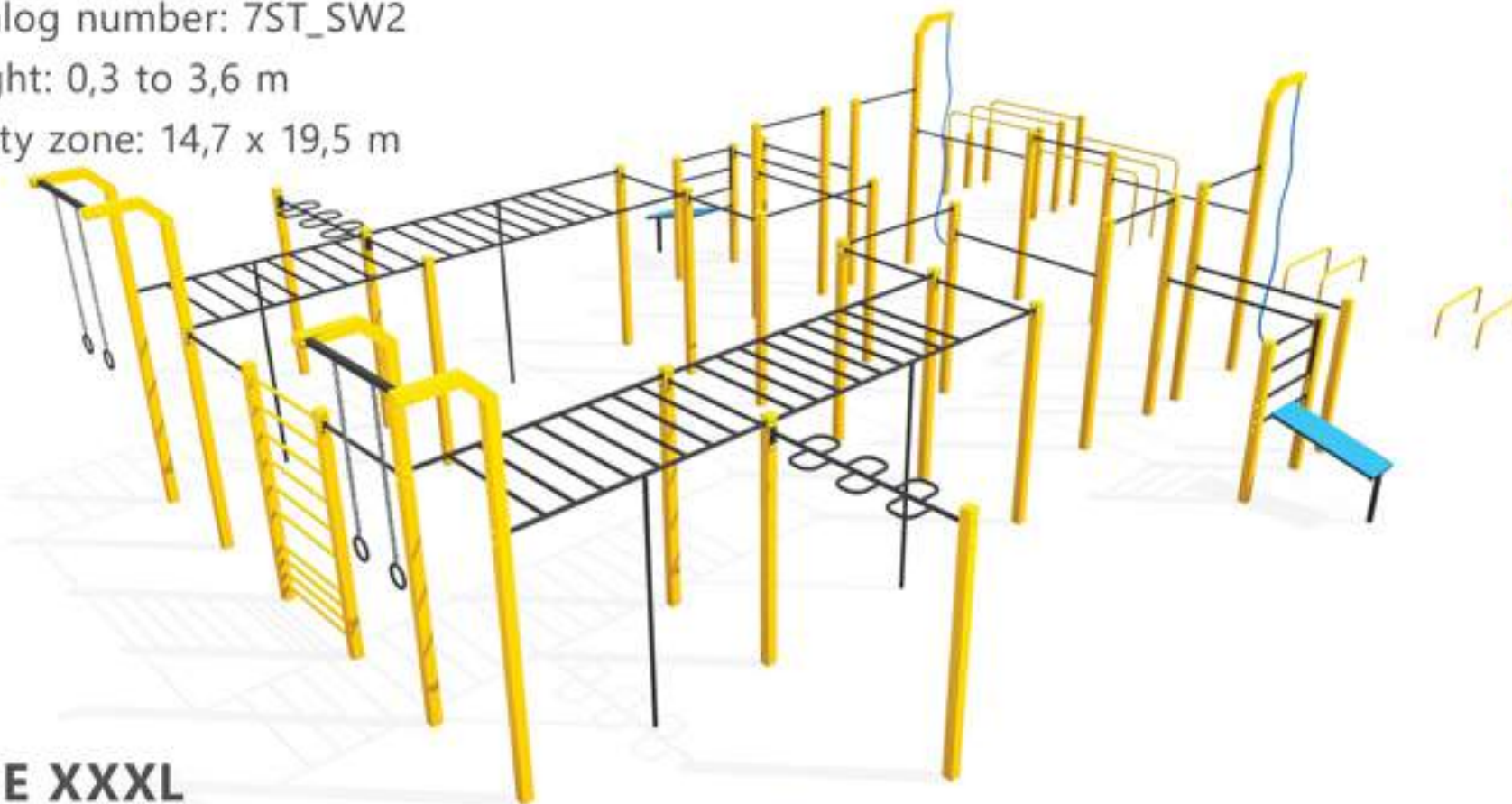


STANDARD XXXL

Catalog number: 7ST_SW2

Height: 0,3 to 3,6 m

Safety zone: 14,7 x 19,5 m



LINE XXXL

Catalog number: 7LN_SW2

Height: 0,3 to 3,6 m

Safety zone: 11,2 x 25,9 m

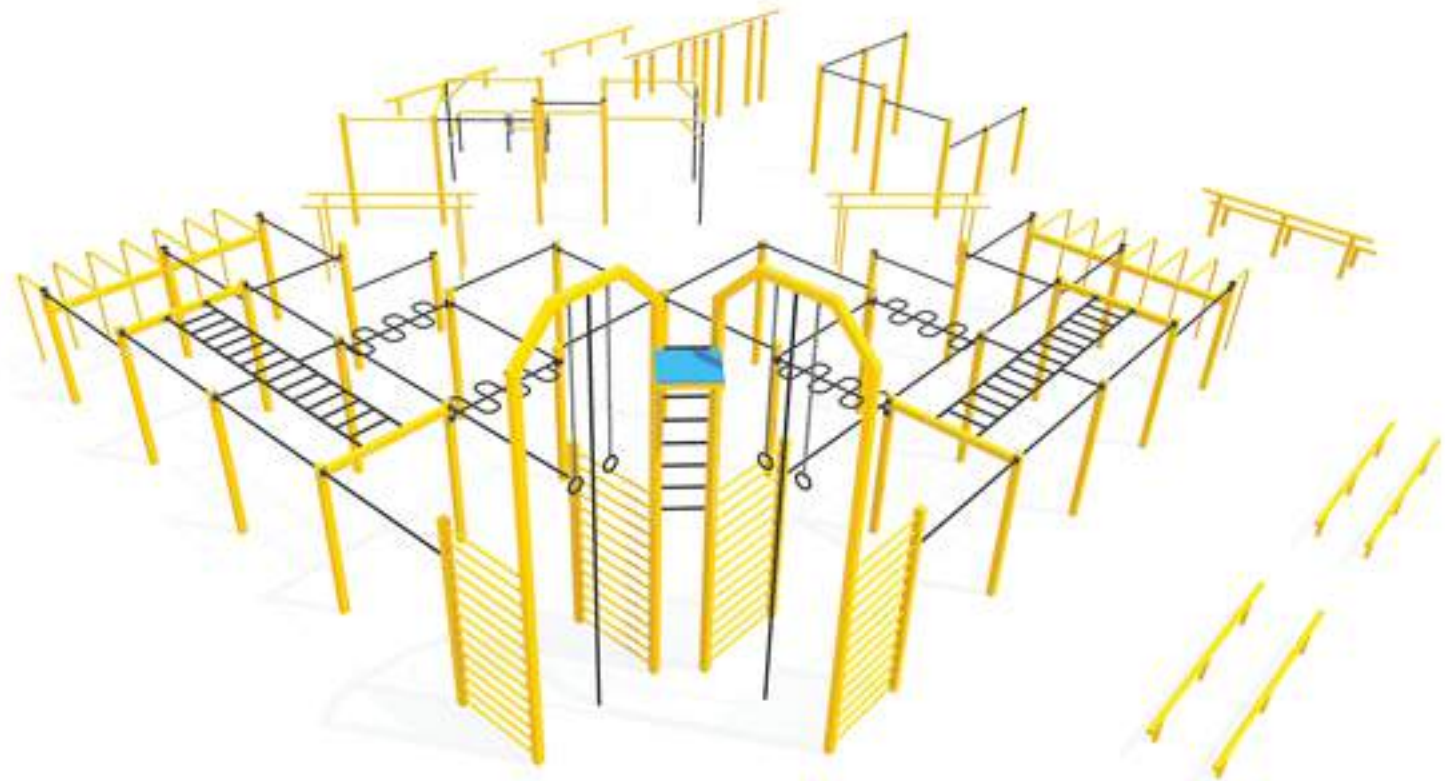


.003
PROJECTS

.004
**COMPLETED
PROJECTS**

FLOWPARK FOR STREET WORKOUT WARSAW, POLAND

One of the largest FlowParks in Poland was built at the Military Technical Academy in Warsaw. 50 people can work out there at the same time. In addition to its size, it stands out with its 6 metre towers which make it possible to suspend ropes and steady rings

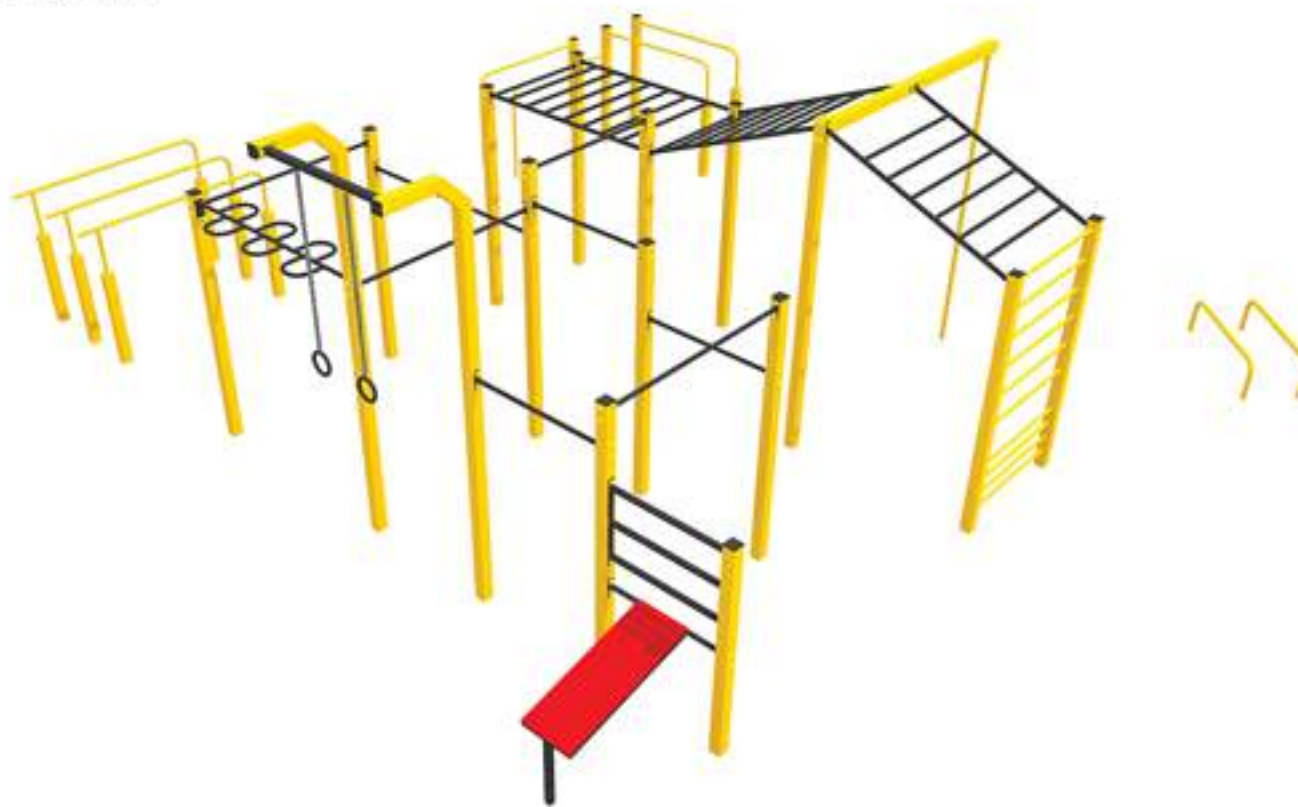




.004
**COMPLETED
PROJECTS**

FLOWPARK FOR STREET WORKOUT CRACOW

Within the civil budget, in 2016 in Cracow was created multifunctional training area. Horizontal and incline long ladders and place for pole dance training are the most characteristic equipment on this FlowPark.





.004
**COMPLETED
PROJECTS**

FLOWPARK FOR STREET WORKOUT

KRAŚNIK

The biggest FlowPark from our catalog offer. This concept is mostly symmetric and has doubled equipment like rope and gymnastics rings. Up to 40 athletes can train there at the same time.





.004
COMPLETED
PROJECTS

FLOWPARK FOR STREET WORKOUT

OZIMEK

One of our bestseller from catalog – Standard M. Realization took place in the surrounding of football pitch, which is making good extension to current sport facility. Medium size of FlowPark, which can fit it to the different areas and low price, have influence for popularity of this concept among our customers.





.005 PARKOUR

PARKOUR FLOWPARKS

Parkour is a sport consisting in going through obstacles in an effective and safe (but also flowing) manner – hence the name of our company. Huge popularity of parkour around the world is due to its simplicity and availability.

A purpose-built FlowPark is a simulation of urban conditions or it even creates opportunities which are unavailable in the public space. Such a facility is a meeting point for the youth who want to spend their time actively as well as gives them the opportunity to organise workshops and other events.

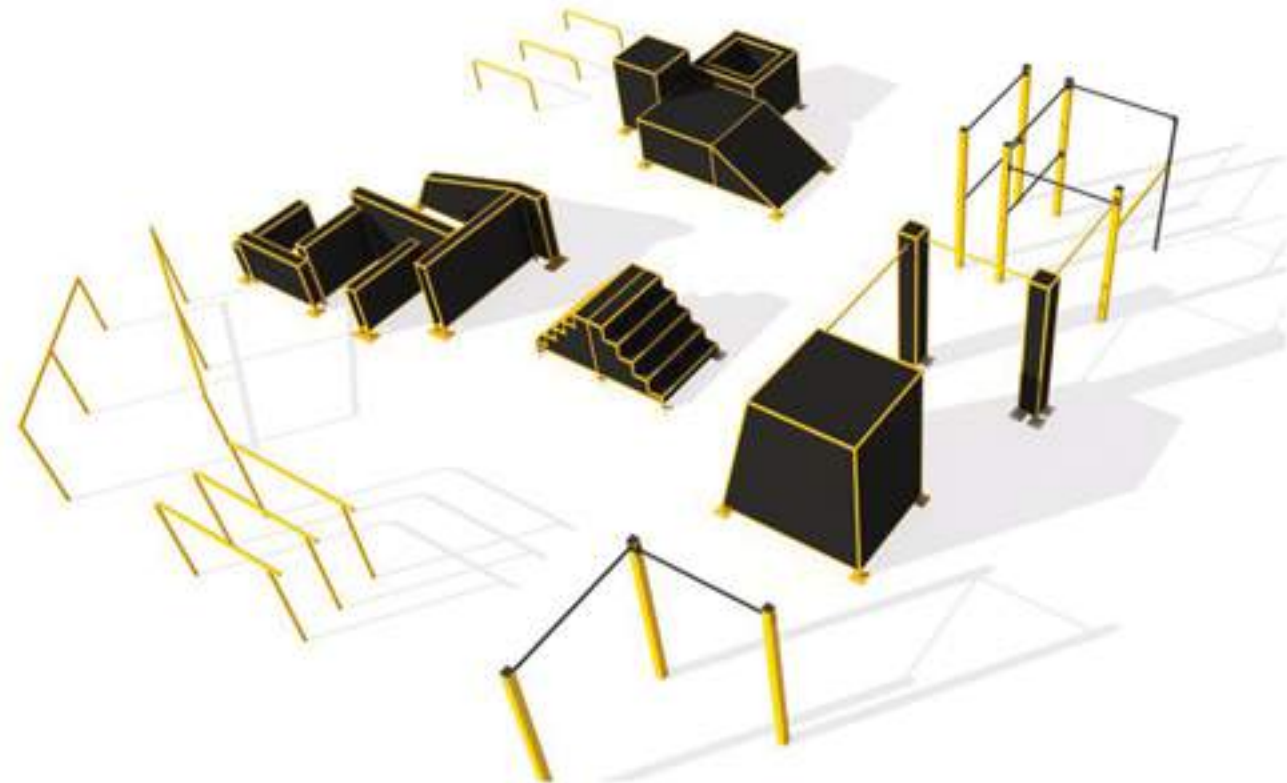




.005 PARKOUR

FLOWPARK FOR PARKOUR MANSTAD, NORWAY

A parkour and street workout FlowPark constructed in 2016 on the premises of the Lervik IF sports club. The facility was created with children, young people and adults in mind. Bark soft-fall surface ensures safety and comfort when running, jumping down, etc.









.006 NEW PRODUCTS

UNCONVENTIONAL FLOWPARKS

As active athletes, we constantly look for (also at our company) new challenges, ideas and strive to complete/implement them.

We create mobile FlowParks, "ninja" obstacles courses as well as equip gyms and trampoline parks. We experiment with colour, shape and materials, introducing more and more often e.g. larch wood.





.006 NEW PRODUCTS

FREDRIKSTAD, NORWAY

So far the biggest realization in steel + wood technology. It is a part of sport facilities in high school in Norway. In connection with EPDM surface, it creates FlowPark with many opportunities for advanced and safety parkour training. Despite having mostly parkour elements, street workout athletes would also find equipment for them.







FLOWPARKS® SP. Z O.O.

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