

# CATALOG 2022

## OUTDOOR FITNESS



element<sup>®</sup>  
FITNESS

we bring the solution to your challenge



TÜVRheinland<sup>®</sup>

LRTDEA

En1176 certified  
En16630 certified



# BENEFITS OF OPEN FITNESS PARKS

## Meeting places and training spots in the yard - for fun and active communication

Every yard should have a place to come with family and friends. Combining various elements of equipment, you can create attractive smart training space, in municipality parks, schools, kindergartens, residential complexes or hotels. Even a small area is not a barrier. We can always offer extraordinary ways to create a compact multifunctional spot that harmoniously fit into the surrounding space.

**Available to all.** Although there are many fitness center options, they can be expensive and inconvenient. Open fitness parks can eliminate these barriers, which is especially actual in regions where there are no fitness centers at all.

**Benefit for health.** Regular physical activity is necessary to maintain health and longevity. Many people tell us that they prefer to go in for sports outdoors. Exercises in the open air are also rated as more restorative in comparison with closed rooms since they provide vital effects of sunlight, which increases the level of vitamin D.

**Attracting people to new places.** Outdoor fitness parks provide adults and children with opportunities for outdoor recreation and physical activity. People who play sports regularly and want to change their surroundings can easily be attracted to new places in the fresh air.

**Income opportunities.** Equipped parks can also serve as a source of income for personal trainers. Self-employed trainers will be able to conduct outdoor fitness classes and provide clients with an alternative environment instead of the typical atmosphere at the gym.

**The opportunity for specialized training.** Obstacles created by Element Fitness can also serve as training places for representatives of such professions as firefighters, policemen, and paramedics brigades. All of them will be able to benefit from the "real world" environment and the ability to train even in adverse weather conditions.

**Promotion of a healthy lifestyle.** Open fitness parks contribute to the growth of a healthy community. These parks attract health-conscious people to parks and can often influence the behavior of people who do not do sports.



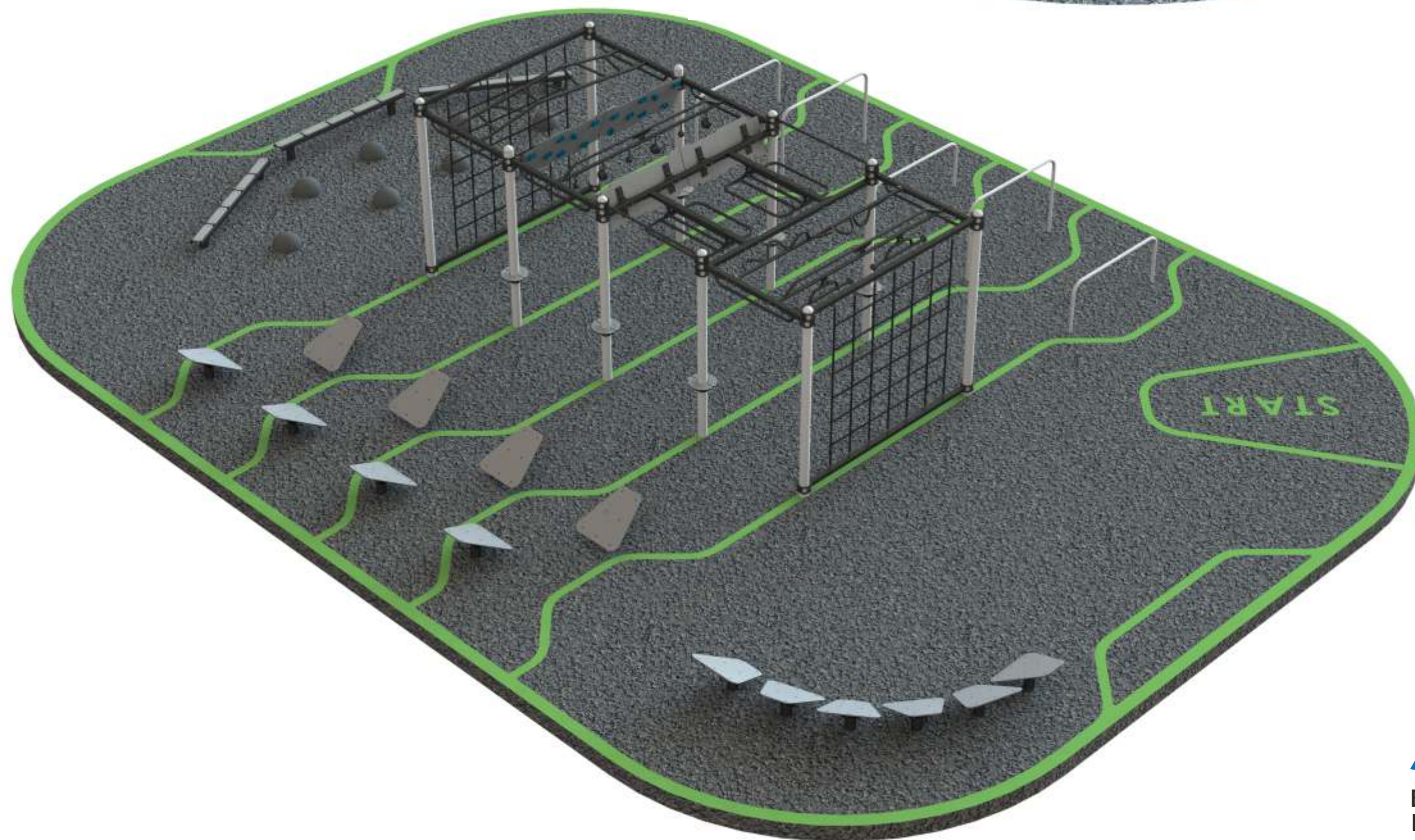
En1176 certified  
En16630 certified

# OBSTACLE PARKS FOR PUBLIC AREAS

The obstacle park collection is durable, affordable, and almost maintenance-free. The obstacle products provide inspiration for running and functional training enthusiasts of all ages and are an excellent choice for an urban environment. Athletes can use their energy for climbing, hanging, balancing, swinging, and jumping. The obstacle parks conform to the European Standard for Playground Equipment EN1176, so they are also suitable for schoolyards and free access playgrounds. All the obstacle parks are as easy-to-install as our standard equipment and will provide a glow of modern to any surrounding. The obstacle parks can be easily expanded and fully customized.



SKU: 30-06313



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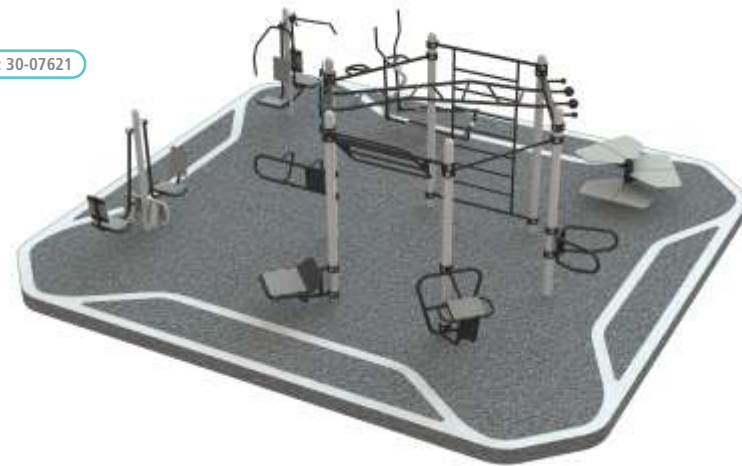
# PARKS FOR PUBLIC AREAS



SKU: 30-06638



SKU: 30-07622



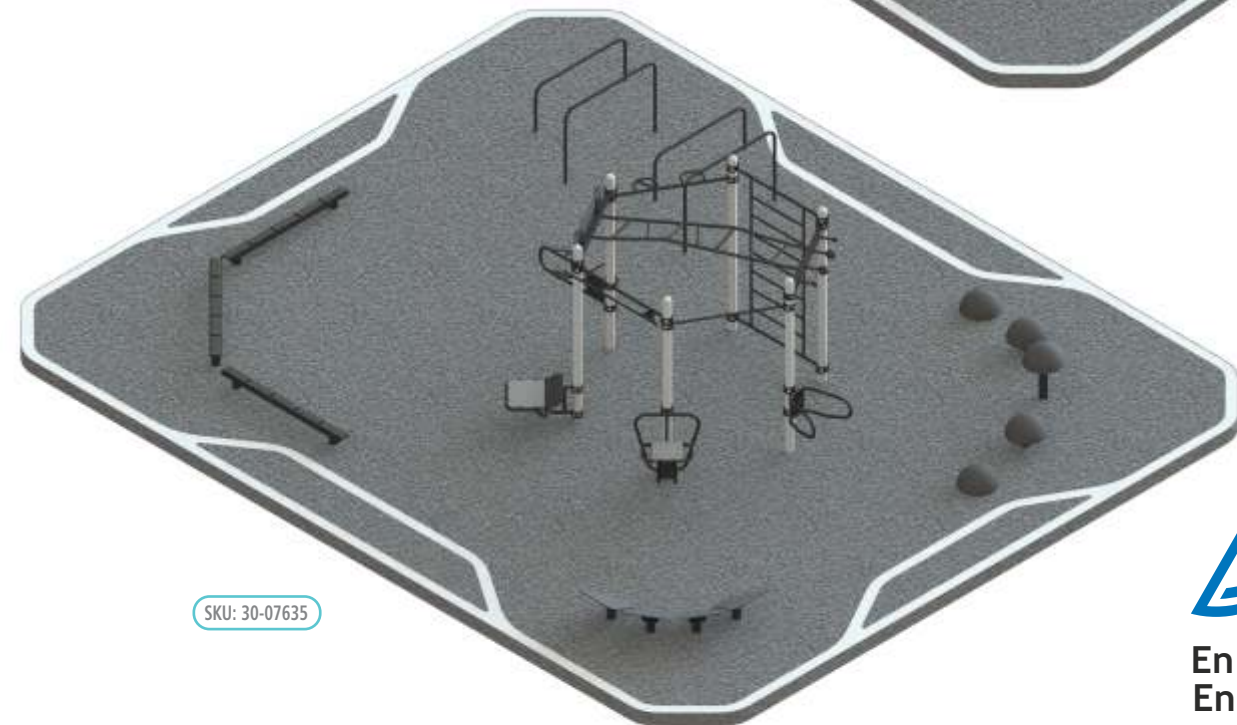
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SKU: 30-07623

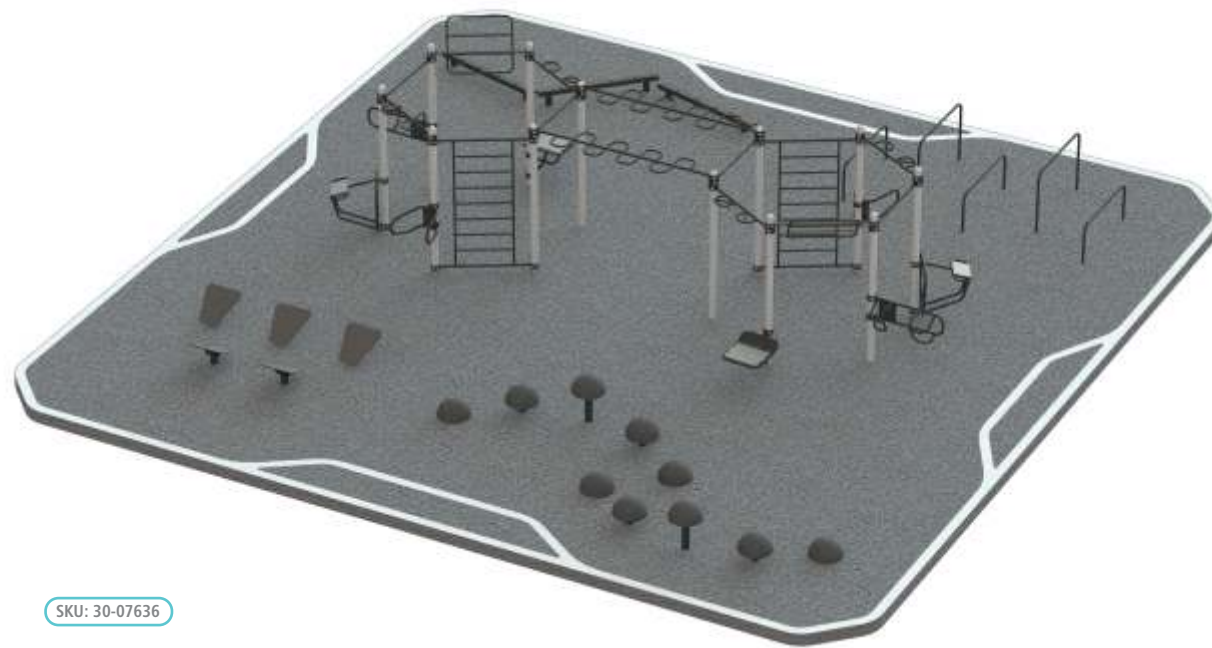


SKU: 30-07628



SKU: 30-07635

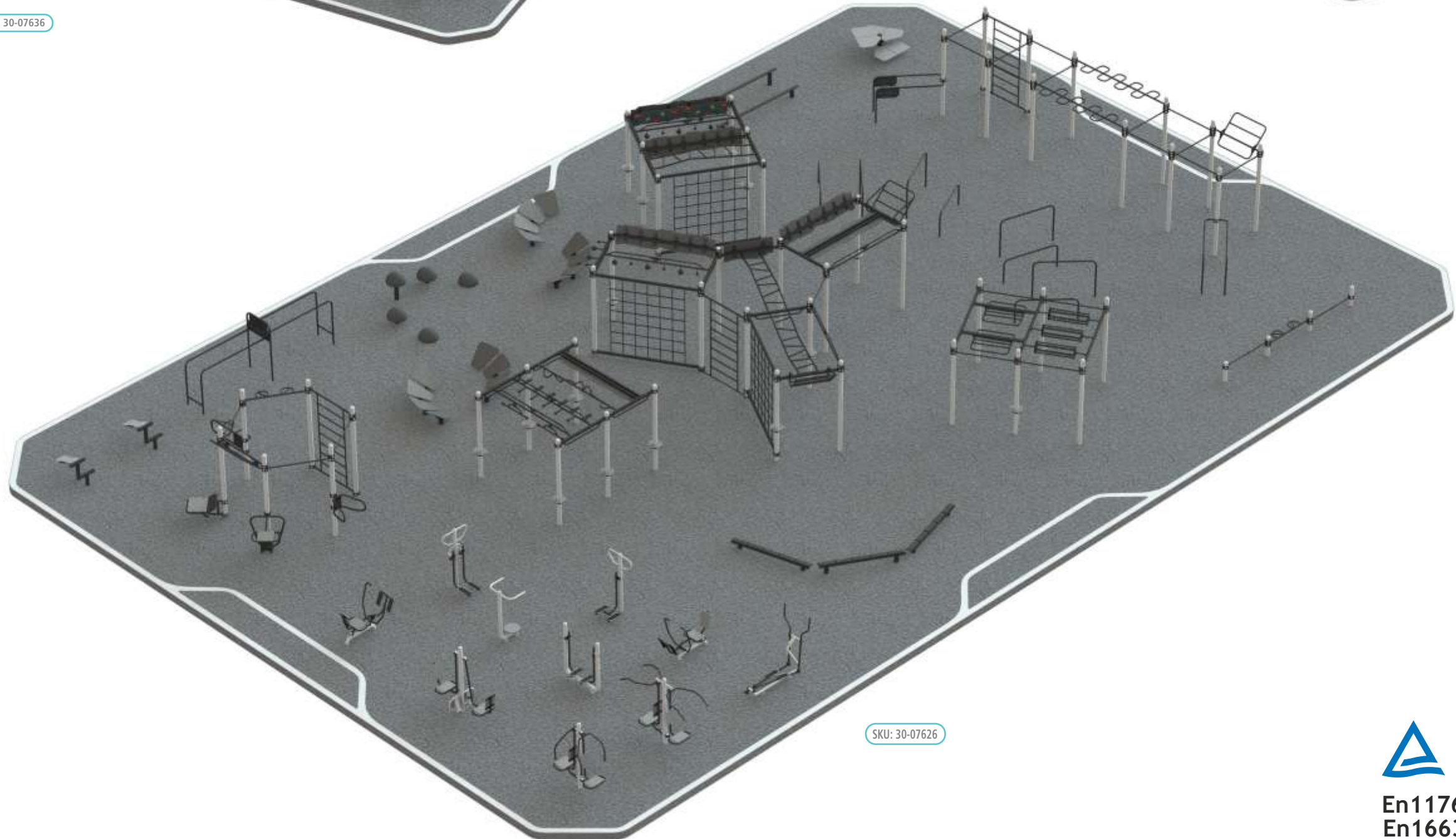
# LARGE PARKS FOR PUBLIC AREAS



SKU: 30-07636



SKU: 30-07638



SKU: 30-07626

# GROUND OBSTACLES



SKU: 20-07021

STEP AND CALF



SKU: 20-00446

PUSH-UP STATION



SKU: 20-07306

SIT-UP BENCH



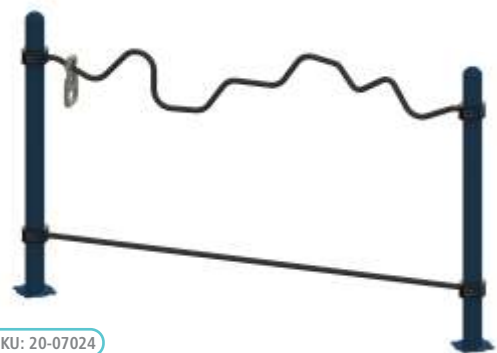
SKU: 20-04256

FLAT BALANCE BEAM



SKU: 20-04533

UNSTABLE FLAT BALANCE BEAM

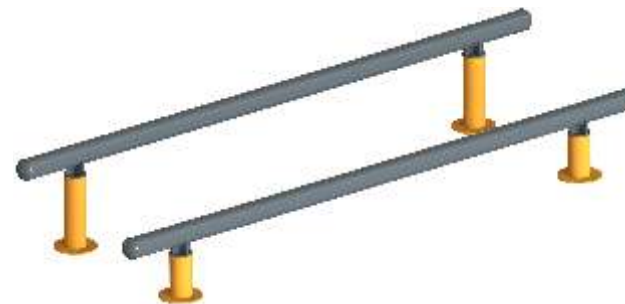


SKU: 20-07024

CURVE BAR FOR MOTOR SKILLS

SKU: 30-02343

ROUND BALANCE BEAM SET



SKU: 30-04301

BALANCE PLATFORM 45 deg



SKU: 30-05998A00

BALANCE COURSE



SKU: 20-00408

MULTI-LEVEL PLYO PLATFORM (40-50-60)



SKU: 20-03828

DIP BARS 1400/1500 (HALF)



SKU: 30-05122

UP AND DOWN



SKU: 30-05202A00

NINJA STEPS



SKU: 30-06000A00

RUNING CURVE



SKU: 20-02442-0

DIP BARS 1400/1500



SKU: 20-05475

Ninja Spheres



SKU: 30-05476A00

LONG RUNING CURVE



The functional and colourful classic of training redesigned

## COMPACT SOLUTIONS FOR RESIDENTIAL AND PUBLIC AREAS

The outdoor functional training equipment collection has been designed together with its users. In its form language, it is open and airy and positively invites you to exercise. All Element Fitness products are available in predesigned setups to make your selection easier. You can also fully customize the product completely to your own liking, as Element Fitness offers an enormous amount of different attachments and colour options. This makes it easy to create sports grounds that are suitable for users of all fitness levels and ages. One of our core ideas is to provide children and their parents with a chance to move and exercise together – therefore our compact solutions can take an honourable place in every public area and residential place.

SKU: 30-05878



# COMPACT SOLUTIONS FOR RESIDENTIAL AND PUBLIC AREAS



SKU: 30-01076



SKU: 30-03820-A-0001



SKU: 30-03850-C-0003A01



SKU: 30-03870-D-0001



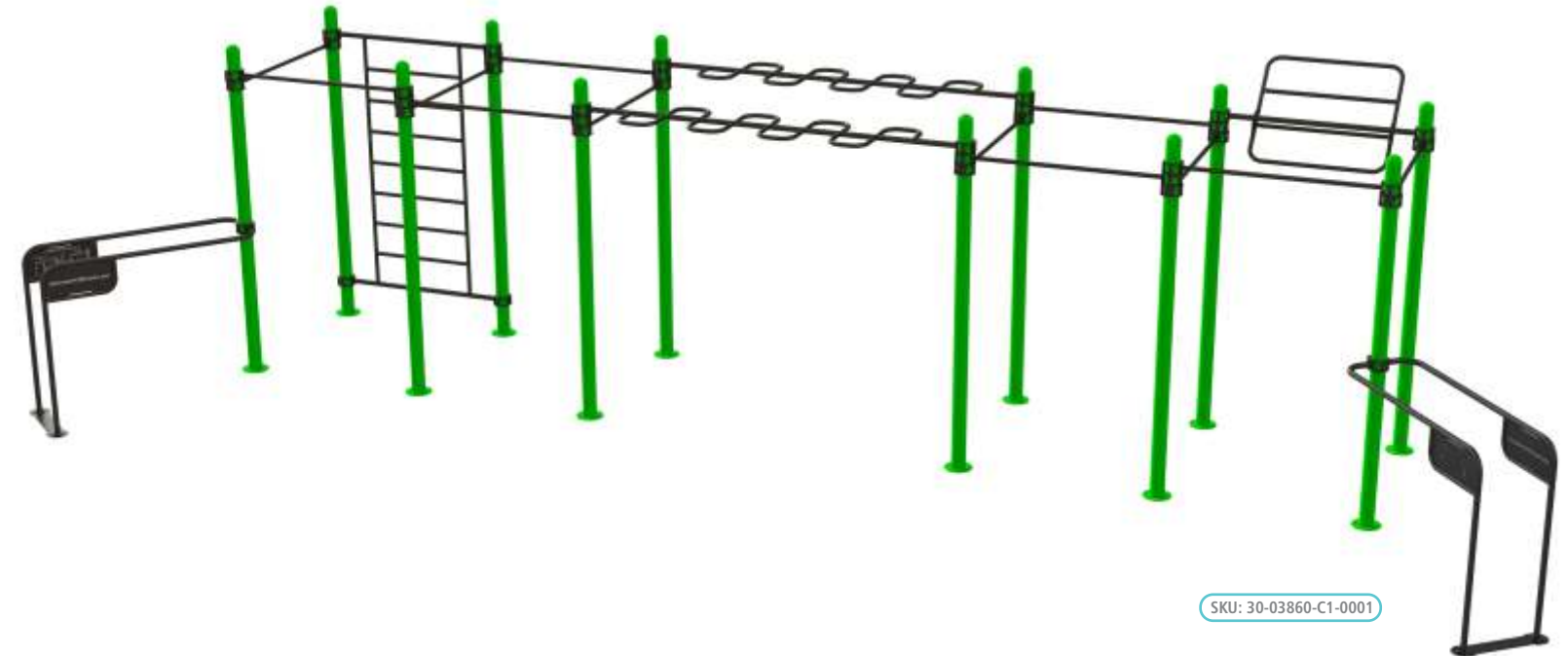
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SKU: 30-03840-B-0001



SKU: 30-03850-C-0002



SKU: 30-03860-C1-0001



# COMPACT SOLUTIONS FOR RESIDENTIAL AND PUBLIC AREAS



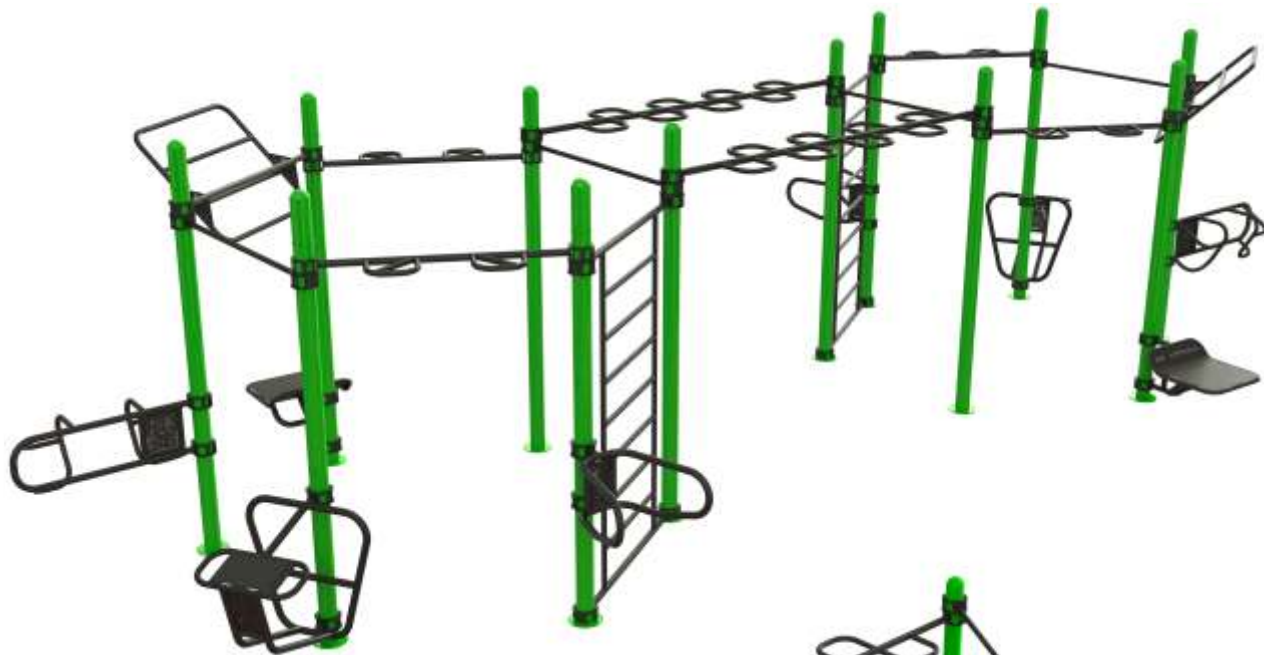
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SKU: 30-03850-C-0001



SKU: 30-03880-D1-0001



SKU: 30-03880-D1-0003



SKU: 30-03890-D2-0002



SKU: 30-03890-D2-0001



SKU: 30-03860-C1-0003



**CUSTOM THE RIGHT SOLUTIONS  
FOR YOUR COMMUNITY**

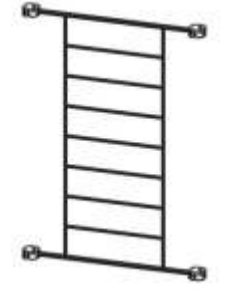


SKU: 20-00355  
MONKEY BAR



SKU: 20-00695  
MULTI GRIP BAR

SKU: 20-00314  
PULL-UP BAR



SKU: 20-00943  
LADDER

SKU: 20-06023  
SHELF



SKU: 20-00520  
V-SHAPE DIP BARS



SKU: 20-00525  
SIT UP PUSH UP GHD



SKU: 20-01268  
FLYING PULL UP BAR



SKU: 20-01065  
ROW PUSH UP DIP BAR ASSISTED SQUAT

SKU: 20-02339  
BOARD FOR STANDING PUSH UPS



SKU: 20-01201  
PLYO PLATFORM

SKU: 20-05881  
CLIMBING BOARD



SKU: 20-05813  
INCLINED CLIMBING BOARD



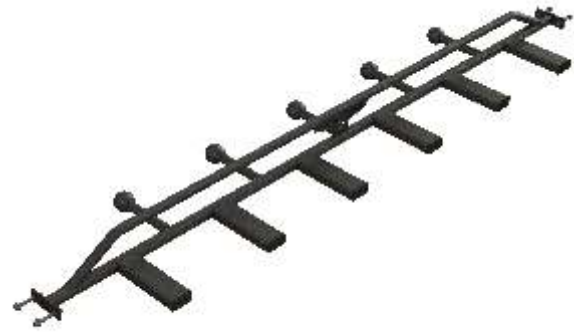
SKU: 20-05814  
INCLINED CLIMBING BOARD LONG



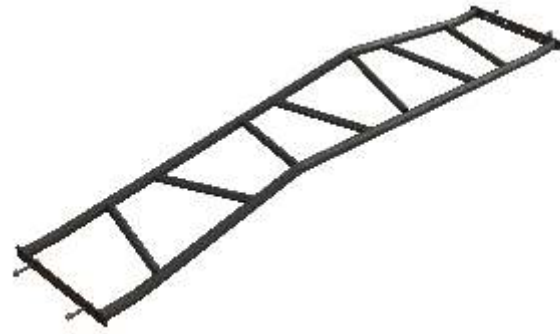
SKU: 20-03206  
LONG DIP BARS

OBSTACLE TRAINING ELEMENTS

OBSTACLE TRAINING ELEMENTS



SKU: 20-05104



SKU: 20-05092



SKU: 20-05672



SKU: 20-06020



SKU: 20-05130



SKU: 20-05875



SKU: 20-06023



SKU: 20-05966



SKU: 20-05107



SKU: 20-06021



SKU: 20-05952



## OBSTACLE COURSE RIG FOR PUBLIC AREAS

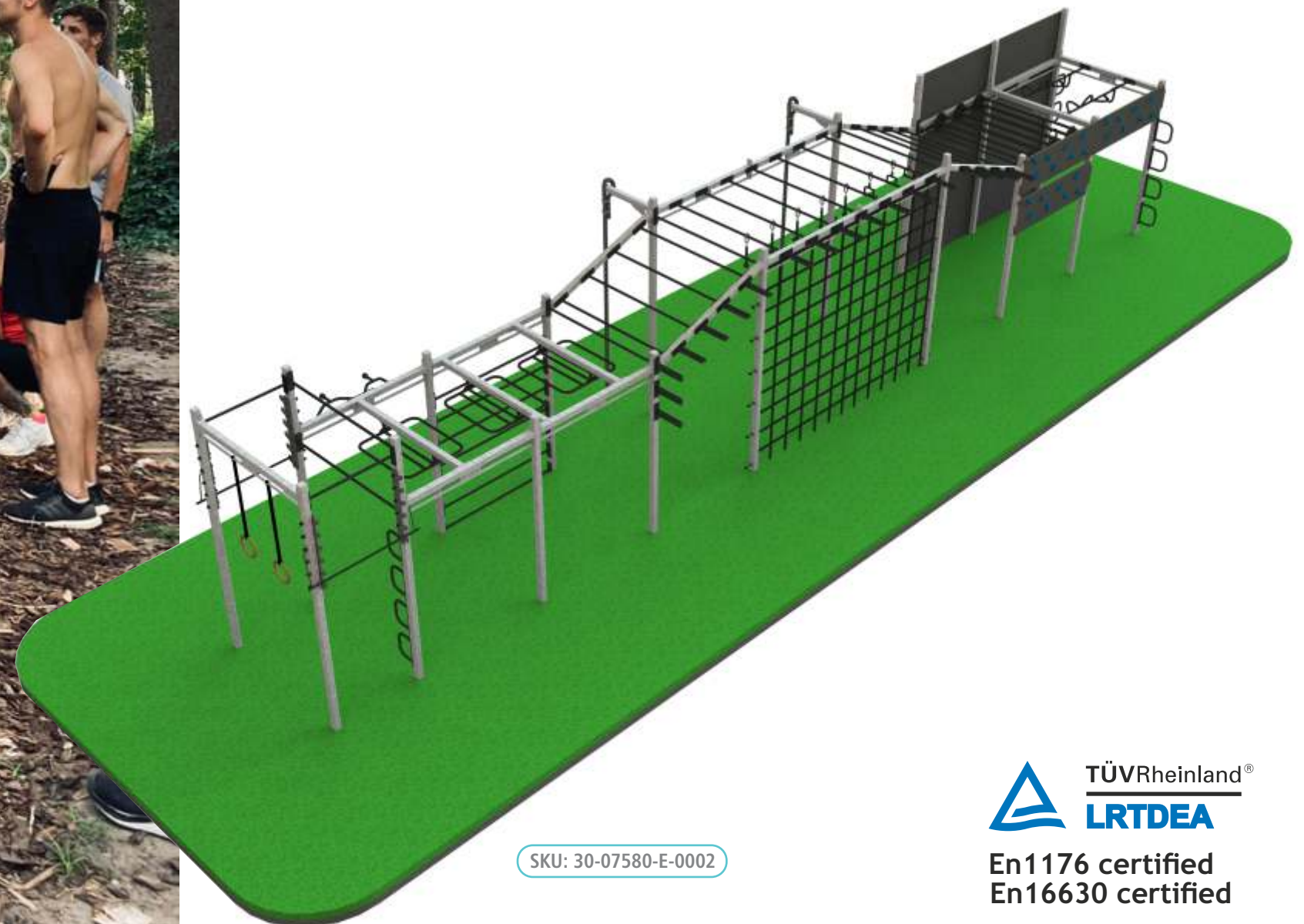


This year we have set up an amazing project together with municipality of Ozolnieki, Latvia. The movement of Obstacle Course Running is getting more popular with every year and this was one of the reasons, why municipality has turned to us to bring this project to life.

For the OCR athletes and climbers, grip, back and hand strength is crucially important, together with general fitness and stamina. For these aims, we have set up a long training rig with variety of attachments and obstacles, to utilize both - strength and obstacle training. After talking with municipality and Latvia OCR Team athletes, we came up with the tailored rig design, where we have utilized plenty of core and grip training possibilities for the big groups of people. The construction was spiced up with climbing cargo nets, salmon ladders, Swedish ladders for stretching, climbing ropes and almost 4x4 meters climbing wall with professional HRT and Fiction climbing holds.

Local coaches and personal trainers love this place much, since it is possible to lead climbing classes for adults and children, and use it as a gym for independent use. Together with rig functionality and performance, we kept an eye so that all safety standards are kept. The solution we have brought is fully EN16630 certified and in case you would like something alike in your municipality - simply let us know.

A simple solution for complex needs. Thank you for choosing us!

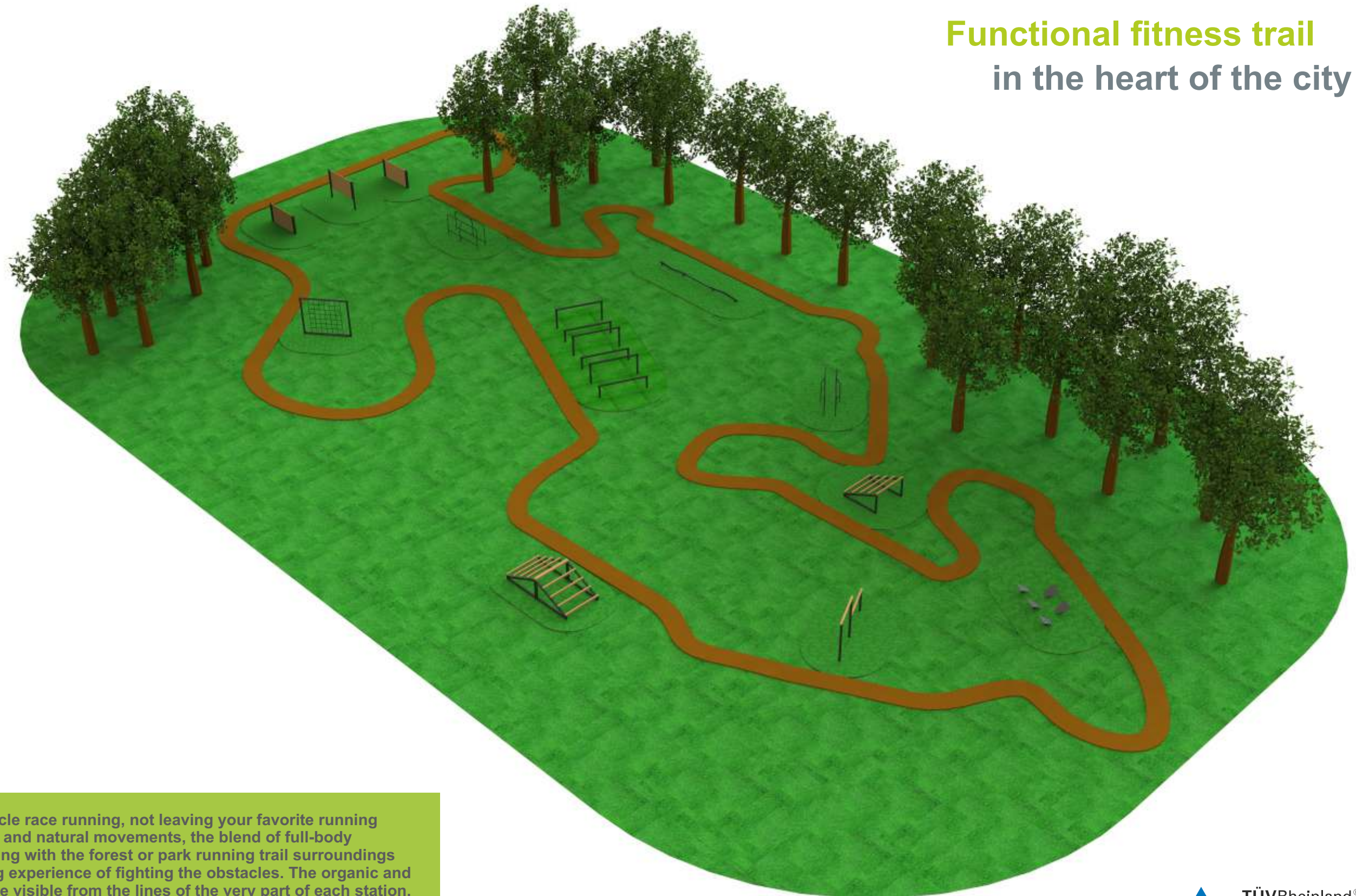


SKU: 30-07580-E-0002

TÜVRheinland®  
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Functional fitness trail  
in the heart of the city



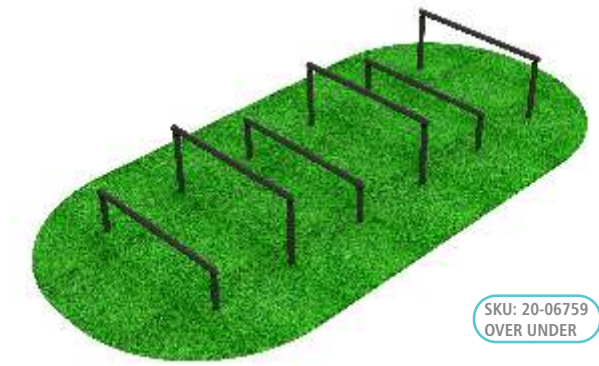
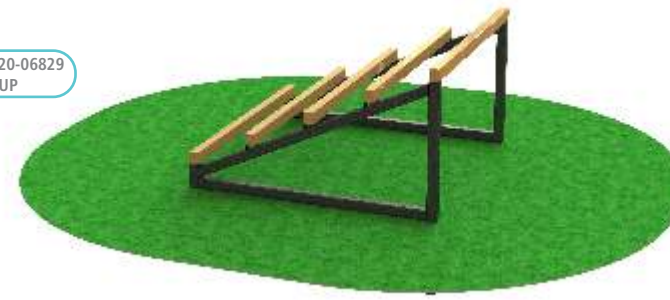
Step into the world of obstacle race running, not leaving your favorite running place. Inspired by harmonic and natural movements, the blend of full-body workout and running, clashing with the forest or park running trail surroundings will bring you a breathtaking experience of fighting the obstacles. The organic and simple forms from nature are visible from the lines of the very part of each station. Trail equipment offers options for municipalities to set up exciting playing and exercising spots nearby the wild running trails in the forests or parks. Installation and maintenance of the stations have been made as easy as possible. At the same time, we have minimized the use of plastic parts, so these solutions would be an eco and environmentally-friendly choice.

# OBSTACLES FOR PARKS AND TRAILS



SKU: 20-06752  
WEAVER

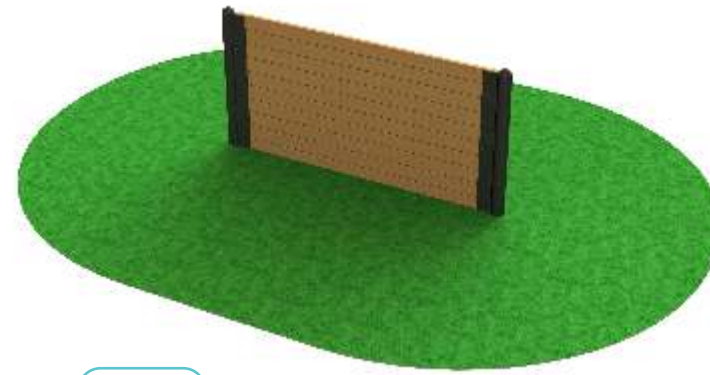
SKU: 20-06829  
STEP UP



SKU: 20-06759  
OVER UNDER



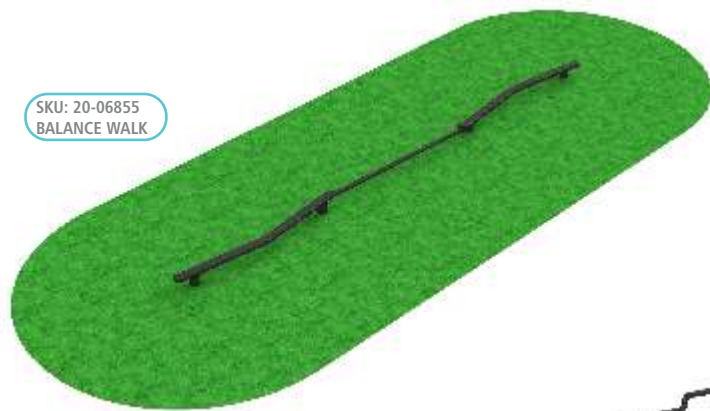
SKU: 20-06826  
WALL OR CRAWL



SKU: 20-06825  
WALL



SKU: 20-06843  
IRISH TABLE



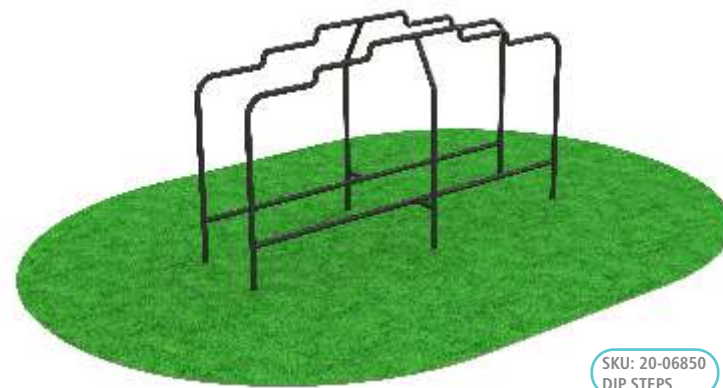
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BALANCE WALK



SKU: 20-06815  
DIP WALK



SKU: 20-06827  
NET WALL



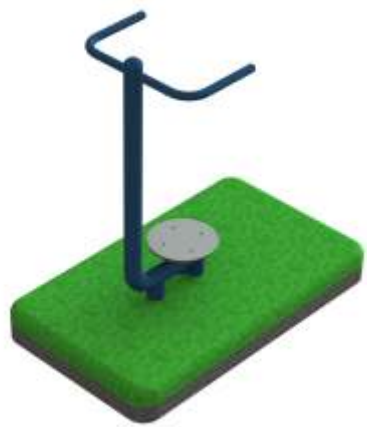
SKU: 20-06850  
DIP STEPS



SKU: 20-06863  
PEAK



# GYM FOR PARKS AND TRAILS



SKU: 20-07175  
CORE TWISTER



SKU: 20-07086  
ROWER



SKU: 20-07107  
LEG PRESS



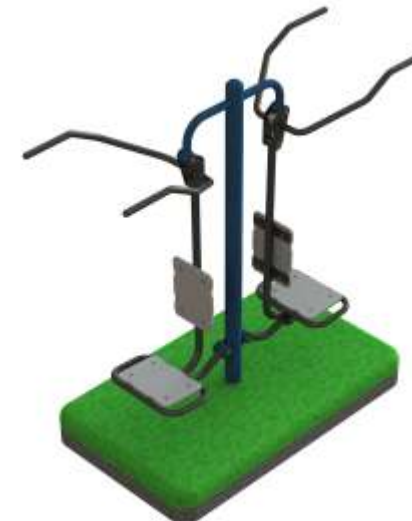
SKU: 20-07160  
LEG SWING



SKU: 20-07100  
PUSH CHAIR



SKU: 20-07225  
PUSH & PULL CHAIR



SKU: 20-07185  
PULL CHAIR



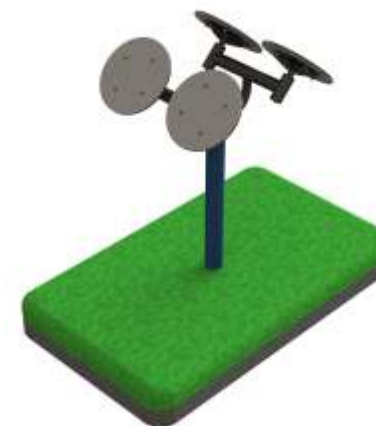
SKU: 20-07049  
AIR WALKER



SKU: 20-07070  
CROSS TRAINER



SKU: 20-07057  
HIP SWING



SKU: 20-07180  
SPINNER





# CERTIFICATE

## Certificate

No. 5.1.21/16630/008

We hereby certify that the product - Components and Structures of the outdoor fitness equipment is in compliance with the requests of standard EN16630:2015

Name and address of manufacturer: ELEMENT LAB, SIA  
7B, Siklu Street, Daugavpils, LV-5404, Latvia

Product: Components and Structures of the outdoor fitness equipment

Type, model: Functional training station

Description and marking of components: Annex 1 (10 pages)

Used standards: EN16630:2015 Permanently installed outdoor fitness equipment. Safety requirements and test methods;  
EN1176-1:2017 Playground equipment and surfacing. General safety requirements and test methods;  
EN1177:2018 Impact attenuating playground surfacing. Methods of test for determination of impact attenuation

Report No.: 5.1.21/16630/008-TR

Valid until: 10.01.2027.

NOTE: After mounting of the Functional training station the operator of the station remains responsible for maintaining the suitability for the performance of equipment present. In no event TÜV Rheinland is held liable for damages resulting from poor maintenance or inappropriate use of equipment.

Riga, 10.01.2022.

Aleksandrs Braslis  
Certification Body of „LRTDEA“ TÜV Rheinland group, LTD

„LRTDEA“ -TÜV Rheinland Group, LTD  
Reg. No. 40003221612  
Kalkulaina Street 9a, Riga, LV-1073, Latvia  
Phone: +371 67548405  
E-mail: tuv@lrv.lv  
WEB: <http://www.lrv.lv>



## Certificate

No. 5.1.21/1176-1/009

We hereby certify that the product - Components and Structures of the playground equipment is in compliance with the requests of standard EN1176-1:2017

Name and address of manufacturer: ELEMENT LAB, LTD  
Siklu iela 7B, Daugavpils LV-5404, Latvia

Product: Components and Structures of the playground equipment

Type, model: Functional training station

Description and marking of components: Annex 1 (10 pages)

Used standards: EN1176-1:2017 Playground equipment and surfacing. General safety requirements and test methods;  
EN1177:2018 Impact attenuating playground surfacing. Methods of test for determination of impact attenuation

Report No.: 5.1.21/1176-1/009-TR

Valid until: 10.01.2027.

NOTE: After mounting of the Functional training station the operator of the station remains responsible for maintaining the suitability for the performance of equipment present. In no event TÜV Rheinland is held liable for damages resulting from poor maintenance or inappropriate use of equipment.

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WEB: <http://www.lrv.lv>





# ELEMENT FITNESS ENGINEERING AT YOUR SERVICE



Tell us about your idea or just add your comments to any ready-made solution on the website.



Within 24 hours we will send a visualization of your individual solution. Absolutely free!



We will discuss with you all the details and develop a project together.



We will send a complete set of equipment based on the project developed especially for you.



**Element Fitness®**



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info@elementfitness.eu



**www.elementfitness.eu**

  
**element**®  
FITNESS

we bring the solution to your challenge

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