



# PRODUCT PORTFOLIO



**DENFIT**  
OUTDOOR FITNESS



# Welcome to Denfit

Cool that you have found us. From the love of sports we started Denfit Outdoor Fitness in 2001 with the FitPoint and SportPoint. At that time there was no Outdoor Fitness market yet and we were pioneers. Since then the market has developed and we ourselves have grown to one of the leading outdoor fitness companies in the world.

We like to do things differently at Denfit. Whether it's the design and development of our devices or the way we deal with athletes/users and our distributors. Thanks to our energy, sporting input, dedication and entrepreneurship, we are successful as a brand and company.

Our goal has always been to provide as many free accessible outdoor fitness locations as possible. We think the possibility to exercise should be available for everyone.

Along the years the awareness and the proven health benefits of being outside, doing exercises, has become part of a regular way of life for a growing population. Especially in the last years where health was the most bespoke thing in the world, many more people found their way to a healthy lifestyle. Being outdoors is also a great tool to prevent loneliness which is becoming a serious health issue as well. Working out together connects people of all ages, backgrounds and capacities. We are very happy and grateful to be a part of this growing health virus.







The quality and diversity of our outdoor fitness products and company is our top priority.

The atmosphere within Denfit is personal, cozy, dynamic and professional. We work hard with a real drive! That is why we are always working to optimize ourselves, because we can always do better, faster, smarter. And with over 200 products we have got the perfect outdoor fitness unit for everyone!

Commit to be fit with Denfit!



We added icons to help you choose the right selection of equipment:

-  Balancing to improve coordination
-  Cardio for heart and lungs
-  Inclusive is easy accessible for wheelchair users
-  Senior vitality equipment
-  Strength to build muscles and strengthen bones
-  Flexibility to improve mobility







# Professional SportPoint

With these fitness products you bring the indoor gym outside for a complete workout whenever you want. Meeting training buddies in the open air and making new ones. Training with adjustable weights and benefiting from the diversity of fitness exercises that can be done on every device. Both for beginners and advanced athletes the perfect opportunity to workout hard physically and empty your head during strength and cardio exercises.

The units can be installed directly on concrete or with their own rubber floor on any flat surface. The devices can be placed in a circle, cross or snake pattern. A complete workout is possible on every device. Each device is provided with an instruction sticker showing the exercise and trained muscle groups. In addition, the sticker has a QR code, which makes a large number of alternative exercises available. In addition, YouTube videos can be found per device, in which all exercises are shown.

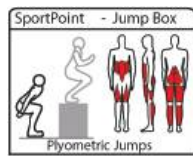
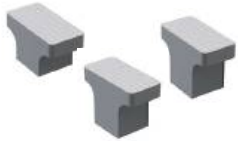
<p><b>Abdominal</b></p>  <p>SportPoint - Abdominal</p>  <p>Sit up</p>	<p><b>Bench Press</b></p>  <p>SportPoint - Bench Press</p>  <p>Bench press</p>	<p><b>Cardio Bike</b></p>  <p>SportPoint - Cardio Bike</p>  <p>Cycling</p>	<p><b>Cardio Cross</b></p>  <p>SportPoint - Cardio Cross</p>  <p>Crosstraining</p>	<p><b>Cardio Row</b></p>  <p>SportPoint - Cardio Row</p>  <p>Rowing</p>
<p><b>Chin Bar</b></p>  <p>SportPoint - Chin Bar</p>  <p>Chin up</p>	<p><b>Dip Bench-3</b></p>  <p>SportPoint - Dip Bench</p>  <p>Dips</p>	<p><b>Dip Press</b></p>  <p>SportPoint - Dip press</p>  <p>Dips</p>	<p><b>Leg extension</b></p>  <p>SportPoint - Leg extension</p>  <p>Leg extension</p>	<p><b>Multifit</b></p>  <p>SportPoint - Multifit</p>  <p>Hanging knee raise</p>
<p><b>Pectoral</b></p>  <p>SportPoint - Pectoral</p>  <p>Fly</p>	<p><b>Preacher Curl</b></p>  <p>SportPoint - Preacher Curl</p>  <p>Scott Curl</p>	<p><b>Squat</b></p>  <p>SportPoint - Squat</p>  <p>Squat</p>	<p><b>T-Bar</b></p>  <p>SportPoint - T-Bar</p>  <p>T-Bar row</p>	<p><b>UpperBody inclusive</b></p>  <p>SportPoint - Upperbody Inclusive</p>  <p>Shoulder press</p>



# Professional SportPoint



Jump-box  
45-60-75cm



SportPoint circle



SportPoint snake



SportPoint on floor





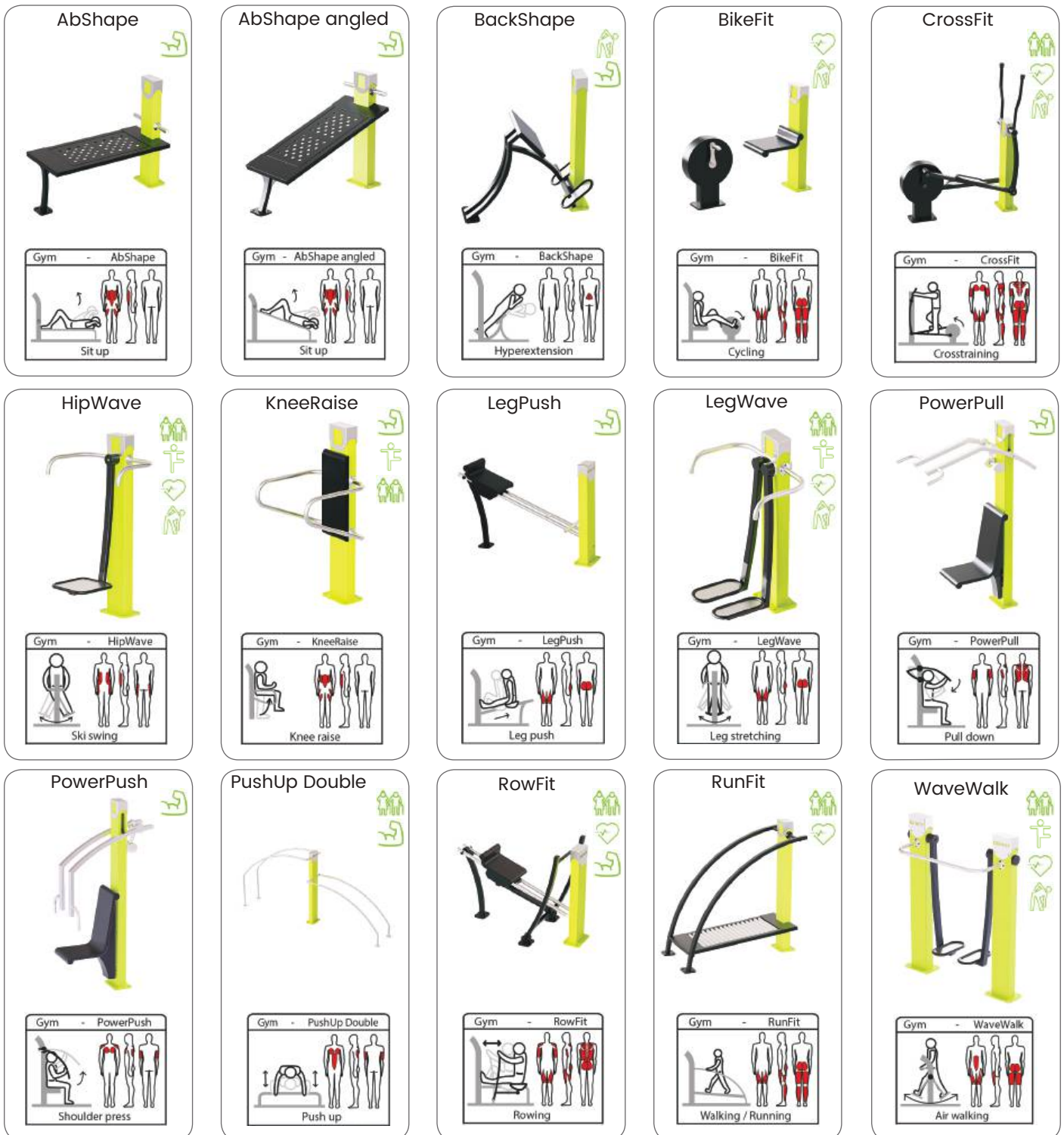




# UrbanGym

A modern and contemporary designed product group for every target group, from young and old and from beginner to very experienced athletes. The devices motivate to activity in a social environment and are a feast for the eye in colors that fit the environment. You train with your own body weight as resistance and we have a wide selection of devices for seniors and inclusive users; everyone can work on their health while socializing.

The UrbanGym incorporates a Crossfit style of training where the body is the key to success. Each unit can be used in a variety of ways to execute different exercises and allows you to create urban spaces to facilitate exercise in the open air, free of charge. The UrbanGym products can be delivered with a bent top or straight stainless steel top installed with own floor part, installation frame or directly on concrete.



# UrbanGym



**Wheel for bench**

optional adjustable resistance

Gym - Wheel for Bench

Cycling

**BalanceBoard**

Gym - BalanceBoard

Balancing

**BikeFit Senior**

Gym - BikeFit senior

Cycling

**HandBike**

Gym - HandBike

Handbiking

**StepUp**

Gym - StepUp

Step ups

**StepWalk**

Gym - StepWalk

Stepping

**StretchOut**

Gym - StretchOut

Stretching

**TwistOut**

Gym - Twistout

Twisting

**WaxonWaxoff**

Gym - WaxOnWaxOff

Arm rotating

**WaxonWaxoff Double**

Gym - WaxOnWaxOff Double

Arm rotating

**HandBike Inclusive**

Gym - HandBike Inclusive

Handbiking

**ParallelBars Inclusive**

Gym - Parallel Bars Inclusive

Dips

**PowerPull Inclusive**

Gym - PowerPull+

Pull down

**PowerPush Inclusive**

Gym - PowerPush Inclusive

Shoulder press

**WaxonWaxoff Inclusive**

Gym - WaxOnWaxOff+

Arm rotating

UrbanGym Senior

UrbanGym Inclusive







# UrbanGym Combi's

The UrbanGym combi's are combinations of 2 or 3 UrbanGym products giving lots of training possibilities on limited space. One trains with own body weight as resistance. There are lots of different combinations and all units are available with own floor part, installation frame or can be installed directly on concrete.

For some an individual training is the way to stay on the right track and stay focused, while others prefer to workout together with friends, neighbours, colleagues or total strangers who become training buddies. If you train together on a device, you are quickly in contact and you can motivate each other.

Friendly competition, social interaction, motivation, new ideas and a fixed routine to get fit and stay fit. Building communities with other motivated people being part of a healthy lifestyle.

Working out in the fresh air in a social group environment improves body and mind and quality of life!

**Gym combi 1**  
RowFit-HandBike-BalanceBoard

**Gym combi 2**  
LegPush-WaveWalk-TwistOut

**Gym combi 3**  
BikeFit-StepWalk

**Gym combi 4**  
BikeFit-HandBike

**Gym combi 5**  
PowerPull-StepUp-BikeFit

**Gym combi 6**  
PowerPush-RowFit-HandBike

**Gym combi 7**  
RowFit-HandBike-KneeRaise

**Gym combi 8**  
LegPush-AbShape

**Gym combi 9**  
RunFit-TwistOut

**Gym combi 10**  
AbShape-BackShape

**Gym combi 11**  
StepWalk-TwistOut

**Gym combi 12**  
BikeFit-AbShape

**Gym combi 13**  
HipWave-StepWalk

**Gym combi 14**  
WaveWalk-StepWalk

**Gym combi 15**  
StepUp-BalanceBoard

**Gym combi 16**  
LegPush-WaveWalk-StepWalk



# UrbanGym Combi's



**Gym combi 17**  
PowerPull inclusive-PowerPush



**Gym combi 18**  
PowerPull-PowerPush inclusive



**Gym combi 19**  
Stepwalk-Balanceboard



**Gym combi 20**  
TwistOut-WaxOnWaxOff



**Gym combi 21**  
BikeFit-PowerPull-Twister



**Gym combi 22**  
RowFit-HandBike-TwistOut



**Gym combi 23**  
WaveWalk-CrossFit



**Gym combi 26**  
CrossFit-BikeFit



**Gym combi 27**  
HipWave-StepUp



**Gym combi 28**  
CrossFit-WaveWalk-BikeFit



**Gym combi 30**  
WaveWalk double



**Gym combi 31**  
CrossFit double



**Gym combi 32**  
LegPush double



**Gym MultiMax-2**  
PowerPush-PowerPull



**Gym MultiMax-4**  
PowerPush-PowerPull  
LegPush-BikeFit






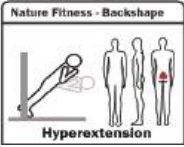

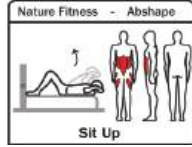

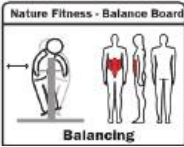

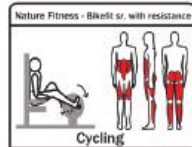

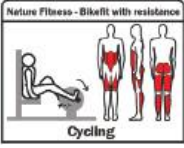

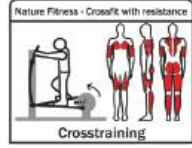

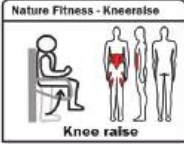

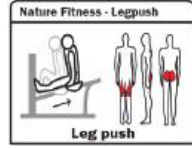

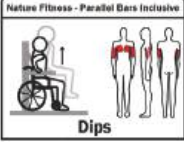



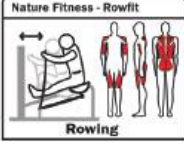






# Nature Fitness

Being in the forest while doing a workout on Denfit Nature Fitness makes you feel that you are a part of nature itself. Connecting the dots without wifi while working on your healthy lifestyle. The stress reduction you get here will become part of your daily life.

Nature Fitness is the next step to a more ecological way of thinking. When you choose Nature Fitness, you opt for ecological, sustainable and environmental friendly responsible wood with the FSC® certificate! Each unit can be used in a variety of ways to execute lots of different exercises for users of all abilities and ages. The Nature Fitness is a body weight resistance based training system which incorporates a crossfit style of training where the body is the key to success. With Nature Fitness you are able to create urban spaces with a natural look.

<p><b>BackShape</b></p>  <p>Nature Fitness - Backshape</p>  <p>Hyperextension</p>	<p><b>AbShape</b></p>  <p>Nature Fitness - Abshape</p>  <p>Sit Up</p>	<p><b>BalanceBoard</b></p>  <p>Nature Fitness - Balance Board</p>  <p>Balancing</p>	<p><b>BikeFit Senior</b></p>  <p>Nature Fitness - Bikefit sr. with resistance</p>  <p>Cycling</p>
<p><b>BikeFit</b></p>  <p>Nature Fitness - Bikefit with resistance</p>  <p>Cycling</p>	<p><b>CrossFit</b></p>  <p>Nature Fitness - Crossfit with resistance</p>  <p>Crosstraining</p>	<p><b>KneeRaise</b></p>  <p>Nature Fitness - Kneeraise</p>  <p>Knee raise</p>	<p><b>LegPush</b></p>  <p>Nature Fitness - Legpush</p>  <p>Leg push</p>
<p><b>Parallel Bars Inclusive</b></p>  <p>Nature Fitness - Parallel Bars Inclusive</p>  <p>Dips</p>	<p><b>PushUp Double</b></p>  <p>Nature Fitness - Pushup double</p>  <p>Push ups</p>	<p><b>RowFit</b></p>  <p>Nature Fitness - Rowfit</p>  <p>Rowing</p>	<p><b>RunFit</b></p>  <p>Nature Fitness - Runfit</p>  <p>Running/walking</p>



# Nature Fitness



**StepUp**

Nature Fitness - Stepup

Step ups

**StepWalk**

Nature Fitness - Stepwalk

Stepping

**TwistOut**

Nature Fitness - Twistout

Twisting

**WaxOnWaxOff Double**

Nature Fitness - WaxOnWaxOff double

Arm rotating

**WaxOnWaxOff Inclusive**

Gym - WaxOnWaxOff+

Arm rotating

**WaxOnWaxOff**

Gym - WaxOnWaxOff

Arm rotating

**Wheel for bench**

optional adjustable resistance

Gym - Wheel for Bench

Cycling







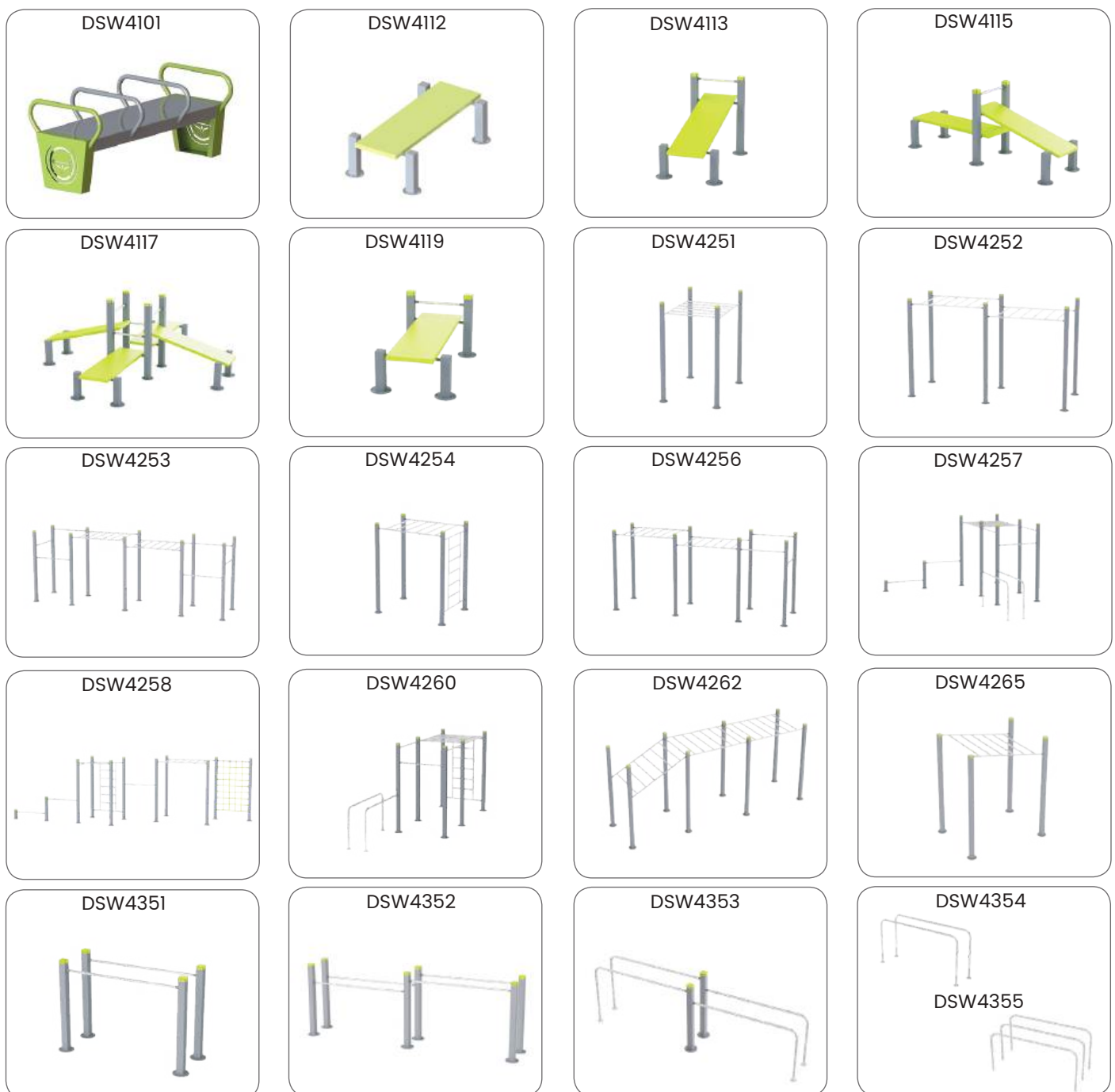


# StreetWorkout & Calisthenics

This static and gymnastic product group consisting of more than 70 basic devices, which can all be combined with each other in order to create an optimal training location.

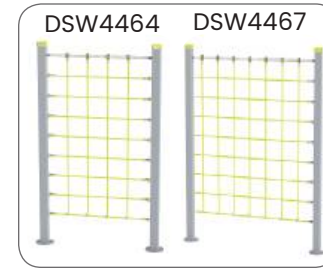
StreetWorkout/Calisthenics is a combination of athletics, calisthenics, and sports all with the goal of building a strong and supple body. There are many streetworkout teams/communities and organized competitions. The possible exercises are endless and are all part of an elegant and difficult way of training. Practice on the smaller parallel bars and low push up bars first, and later show your skills on the bigger devices. The sky is the limit and the challenge is endless.

Before you can do the human flag or muscle up you need a lot of practice and help and support from training buddies. The challenging way of training connects people because training and learning with each other is part of the fun and it motivates a healthy lifestyle.





# StreetWorkout & Calisthenics





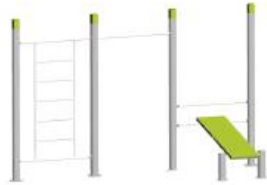
# StreetWorkout & Calisthenics



DSW4572



DSW4573



DSW4574



DSW4585



DSW4586



DSW4588



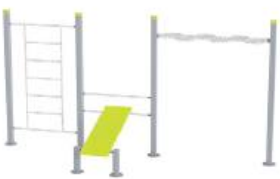
DSW4593



DSW4651



DSW4652



DSW4653



DSW4654



DSW4658



DSW4951



DSW4953



DSW4954



DSW4955



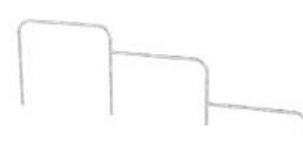
DSW4956



DSW4957



DSW4959



DSW4961



DSW4962



DSW4964-4965-4966  
300mm -500mm -700mm



DSW4967



DSW4979







מפעילי גן  
מפעילי גן

הוראות שימוש

1. משקל	2. גובה	3. כושר פיזי	4. מצב רוח
5. מצב בריאות	6. מצב לב	7. מצב ריאה	8. מצב עצמות
9. מצב שרירים	10. מצב עור	11. מצב עיניים	12. מצב אוזניים
13. מצב אף	14. מצב פה	15. מצב שיניים	16. מצב שיער
17. מצב מוח	18. מצב לב	19. מצב ריאה	20. מצב עצמות
21. מצב שרירים	22. מצב עור	23. מצב עיניים	24. מצב אוזניים
25. מצב אף	26. מצב פה	27. מצב שיניים	28. מצב שיער
29. מצב מוח	30. מצב לב	31. מצב ריאה	32. מצב עצמות
33. מצב שרירים	34. מצב עור	35. מצב עיניים	36. מצב אוזניים
37. מצב אף	38. מצב פה	39. מצב שיניים	40. מצב שיער

מפעילי גן  
מפעילי גן



# Crosstraining

Crosstraining is a training routine that involves several different types of exercise. This works more muscle groups, improves agility, and makes it easier to participate in a variety of recreational sports. Crosstraining may serve to improve specific aspects of your fitness or performance that can lend a hand to your primary sport.

Crosstraining doesn't have to be super intense, though. At its core, it's all about pairing workouts that will support each other. When you run, you're constantly working your legs and arms, but to become a faster, stronger runner, that's where crosstraining comes in. Crosstraining can be a high or low intensity exercise and is different than just tacking on more miles.

CROSSTRAINING 1



CROSSTRAINING 2



CROSSTRAINING 3



CROSSTRAINING 4



CROSSTRAINING Dumbbells



CROSSTRAINING TRX



CROSSTRAINING Core



CROSSTRAINING Dumbbells / TRX







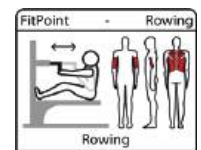
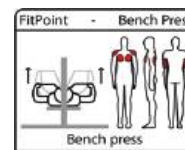
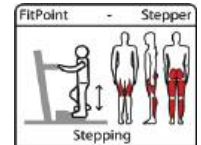
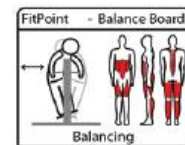
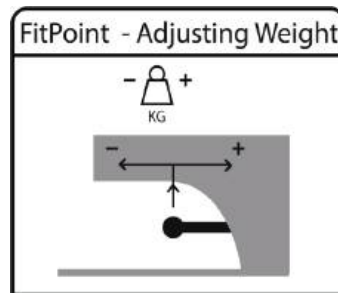


# FitPoint & Pacewalk

The Fitpoint and Pacewalk are perfect when the available space is limited and make the perfect solution for developing fitness zones in urban environments, even in the city centre.

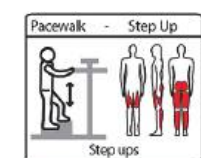
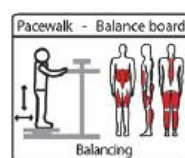
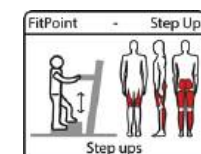
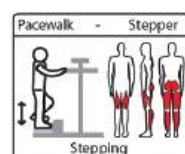
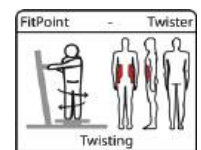
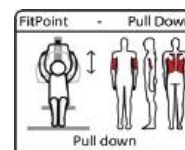
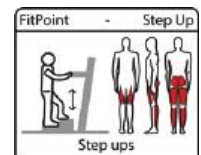
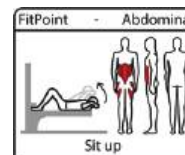
The Fitpoint offers 8 different exercises, 3 of them with adjustable resistance. With its own floor, fully preassembled it is easy to install and relocate with a lifting eye on the rooftop. The FitPoint is interesting for youth to gather but also very accessible for elderly to be social and active in the healthy open air. This tailor made circuit can test even the fittest athletes.

The Pacewalk is the perfect solution for residential areas, near a play area or running track, hosting 4 users at the same time focussed on training the lower body while chatting away with the other users.



Adjustable weights in 5 steps:

Step 1	30 kg resistance
Step 2	23 kg resistance
Step 3	17 kg resistance
Step 4	7 kg resistance
Step 5	2 kg resistance





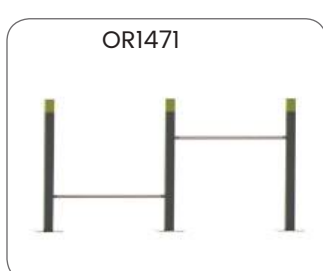
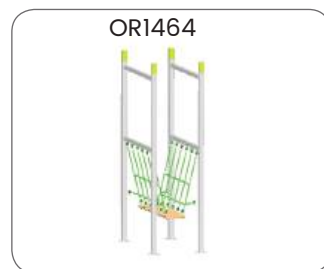
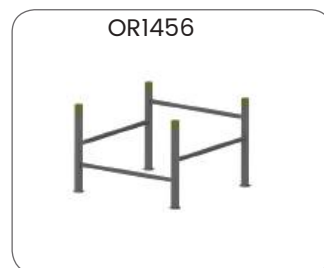
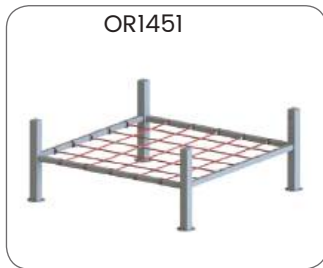




# Obstacle Trail & Ninja Warrior

With our wide range of challenging and exciting devices with elements for running, climbing, jumping, balancing and crawling you can easily create a customized obstacle course. It brings us back to a natural way of moving that gives more happiness, pleasure and better health, in a time when we grow up with technology and social media and in which we move less and less.

A trail preferably has two different levels of difficulty, making it perfect for young and old and strong and less strong. It is not the final goal that counts but the road towards to it.





# Obstacle Trail & Ninja Warrior



OR1478



OR1479



OR1480



OR1481



OR1482



OR1483



Example track



NW2051



NW2052



NW2053



NW2054



NW2055



NW2056



NW2057



NW2058



NW2059



NW2060



Example track





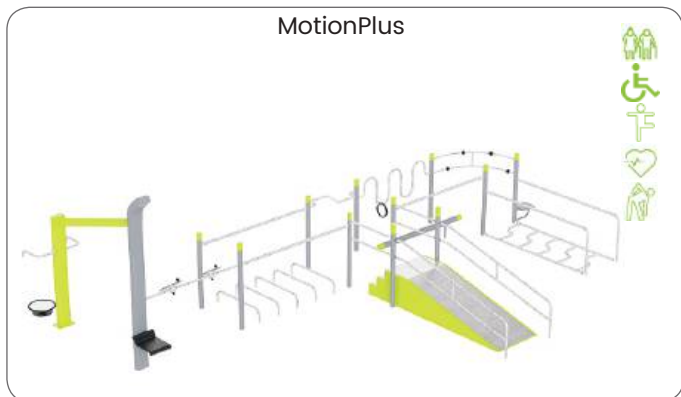
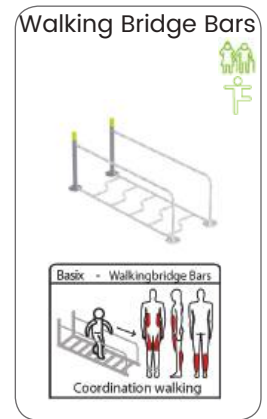
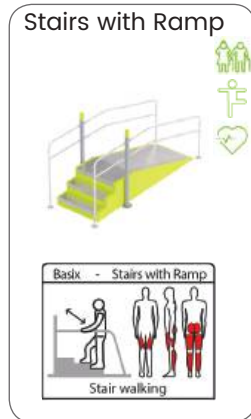
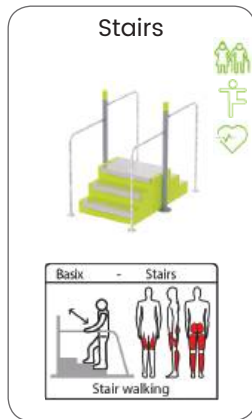
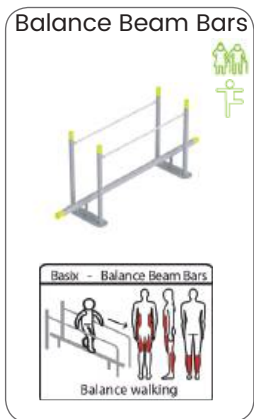
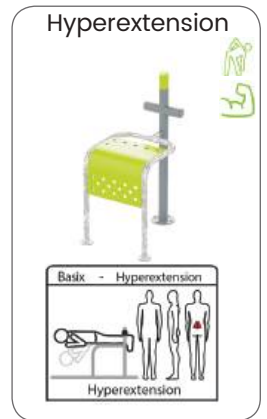
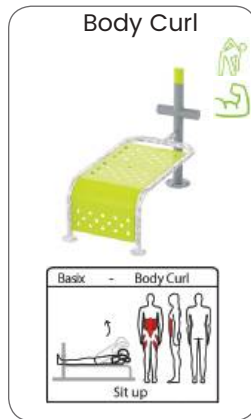
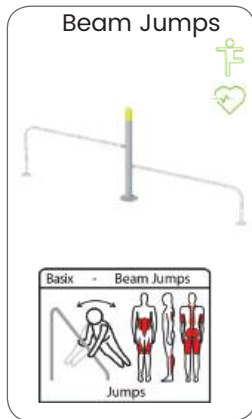
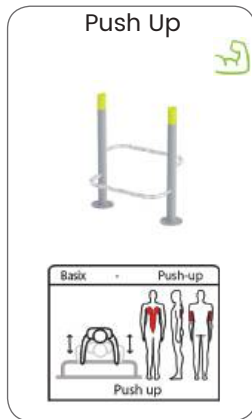
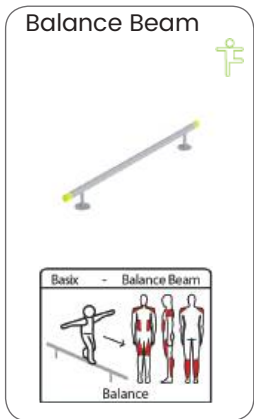
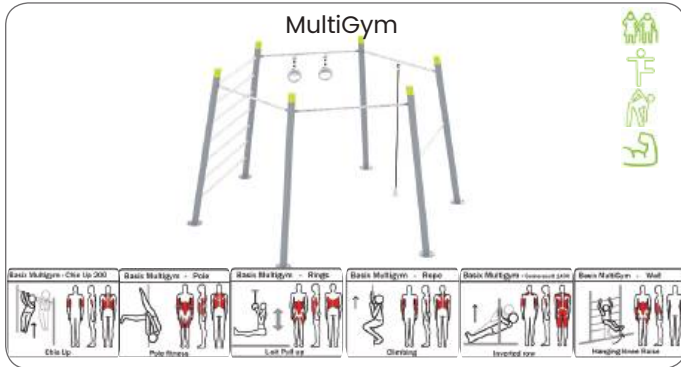




# BasixFit

Denfit BasixFit consists of static devices that work on all muscle groups and that form a perfect workout for everyone. Public spaces and parks are enhanced by these stylish installations which provide the community with the opportunity to exercise, socialize and enjoy the outdoors all at once.

Some of the BasixFit units are specifically designed for seniors to keep fit and healthy, while at the same time enjoying social interaction. Building strength and flexibility through the use of Denfit BasixFit reduces the risk of falling of older people, leading to a better quality of life.



BasixFit Senior & Inclusive



# Instruction board

Our specially designed instruction board is standard equipped with the Denfit logo. On request we can laser cut the customer fitness logo, name or location in it to complete the fitness area. The frame is made of ceramic pearled stainless steel but can be coated in any of our standard 16 colors.



## Custom made options

Due to our flexibility and short lines we are a master in creating custom made equipment. In our Custom made section on the website you will find a wide selection for inspiration. So, if you have special wishes we can make it happen. These are a few very exclusive ones:





# Used materials

Almost all of our parts are high quality steel, hot dipped galvanized and coated or zinc sprayed and coated. Our stainless steel finish is ceramic pearly which is an exclusive matte finish.

Our bearings are mostly stainless steel. We don't use any plastic bearings. Our products contain as little as possible rotating parts and most rotating parts are inside the equipment.

The floors are hot dipped galvanized steel with a wet pour covering.

The crosstraining frame is made of HEA profile in 16mm thick hot dipped galvanized powder coated steel. Tubes are of hot dipped galvanized steel or ceramic pearly stainless steel. Magnetic Dumbbells, and rings are stainless steel ceramic pearly.

## Colors and coating

We color the environment with our diversity of standard colors for our products.

We only use exclusive, high quality structured coating.

We have 16 standard colors from which 3 are special Sablé coatings with a metallic finish.

Our coating process is a combination of hot (zinc) dipped galvanization & powdercoating (=C4) and zinc spray & powdercoating (=C3).

Optional we can do C5 protection.



**\*\*NOTE: Dark colors absorb more radiated heat from the sunlight while lighter colors reflect it\*\***

## USP'S

- Striking, different and recognizable modern design
- High quality and service – 100% quality approach
- Family run business since 2001
- Lifetime guarantee on steel construction
- Small and quick-witted organization (short lines)
- Easy installation with own floor or special designed installation frames
- Outdoor Fitness is our core business which makes us experts
- Worldwide experience with different climates and social surroundings
- Custom-made products (check out our website)
- Each station offers multiple exercises







**DENFIT IS PROUDLY MANUFACTURED AND DESIGNED IN THE NETHERLANDS**

**For questions and more information:  
[info@denfit.nl](mailto:info@denfit.nl) / [www.denfit.nl](http://www.denfit.nl)**

**Certified according to EN16630**