



**DENFIT**  
OUTDOOR FITNESS

# PRODUCTFOLDER

Free Fitness Fun for All





# WELCOME TO DENFIT

Cool that you have found us. 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/end users and our agents. Thanks to our energy, sporting input, dedication and entrepreneurship, we are successful as a brand and company.

In our company values our core values are emphasized, so that you know exactly which company is behind the outdoor fitness equipment, that change every place into an inspiring fitness location.

Below we give a short explanation about our values.



## VALUE 1:

**BE EAGER AND DARE TO STAY DIFFERENT:**

**WE ARE ENTREPRENEURS**

With drive, guts and a distinctive, sometimes even perk vision, we have made Denfit great. That is why this value stands for our entrepreneurial blood. We are eager to be the first and the best in everything, and we are not afraid to deviate from the beaten track. Just there we see the biggest opportunities! And if we see a chance, then we go for it.



## VALUE 2:

**WOW THE CUSTOMER!**

At Denfit we strive to exceed the expectations of our client with a personal approach. We like clarity and that we live up to our commitments is only natural. We say what we do and we do what we say. In addition, we also think proac-tively. Our highest goal is to surprise our customers. And our customers are not only our agents/dealers, but also the athletes, installers and transporters.



## VALUE 3:

**DREAM BIG AND PURSUE YOUR DREAMS, EVERY DAY!**

You determine the future yourself, so dare to dream! With focus, creativity and perseverance we develop devices that make dreams come true.

We are aware of our own limits and of the possibilities to push them.



## VALUE 4:

**BUILD AND ACHIEVE RESULTS TOGETHER**

Together you achieve greater successes. And everyone has other talents and the synergy of it leads to the best results. The trick is to value others on their strengths and to use them. Moreover, it is much more fun to celebrate success together.



## VALUE 5:

**BE HUMBLE**

Everyone within Denfit and its producer has its own qualities, and at the same time contributes to the bigger picture. And everyone is equally important. We make no distinction and always look at the big picture.

And we are thankful.



## VALUE 6:

**CREATE AND EXPERIENCE FUN AND BE HAPPY**

No matter how diverse all the people with whom we work are, in background or education, we are like-minded in en-thusiasm and energy. We also transfer that energy to our environment. Working must be fun. Not only for ourselves, but also for our customers and the athletes. Together with them, we come up with the most creative solutions.



## VALUE 7:

**FAIL FAST, LEARN FAST, IMPROVE FASTER!**

This value is the most important of all, because it represents the way we do things at Denfit. We think and do at the same time; quick and always solution-oriented. We are continuously improving; every flaw, no matter how small, must be removed. At Denfit we see every problem as a challenge, as an issue to solve, to get new opportunities and to grow.



# DENFIT

OUTDOOR FITNESS

## Take the Gym Outside



## PROFESSIONAL SPORTPOINT

Denfit Professional Sportpoint is a unique product developed to take the gym outside. It is a professional fitness equipment line with adjustable weights, creating a wide variation in resistance. The appliances are attractive for young and old, from the beginner to the very experienced athlete and strength training fanatic. Denfit Professional is suitable for various ways of training: keep fit, strength training, cardio and weight loss, and even for the elderly. Everyone can find their challenge on this innovative but simple piece of equipment on which you can train the whole body or specific muscle groups.

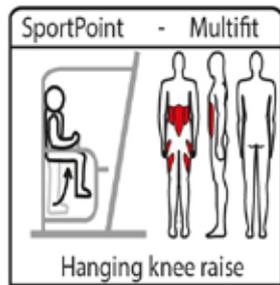
In addition to working out, Denfit Professional is an ideal and attractive social meeting place. With the problem of increasing obesity, this is the ideal way to encourage people to get active and healthy in the fresh air.

Denfit Professional is a dynamic line based on the wide variety of exercises that can be done on each device. There are a total of 3 cardio and 13 strength devices, this makes it possible to put together a fitness circuit in which power is perfectly interspersed with cardio. The result is a whole body workout and all muscle groups are more than fully covered.



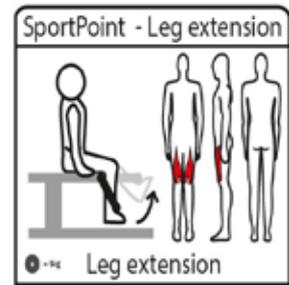
# DENFIT PROFESSIONAL SPORTPOINT

**Multifit (1109)**



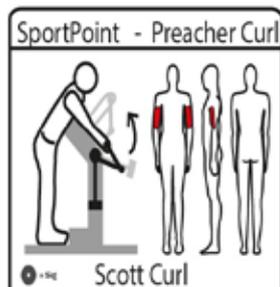
Legs/abdomen

**Leg extension (1102) - 10 weights of 5kg**



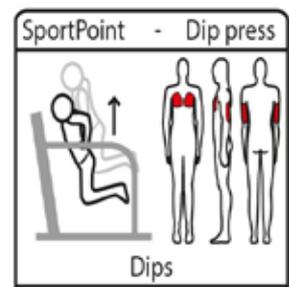
Upperlegs

**Preacher Curl (1103) - 8 weights of 2 kg**



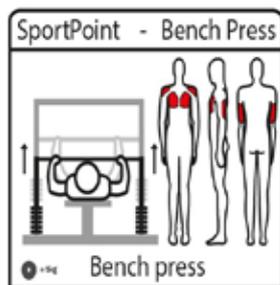
Arms

**Dip Press (1101)**



Chest/arms

**Bench Press (1106) - 14 weights of 5kg**

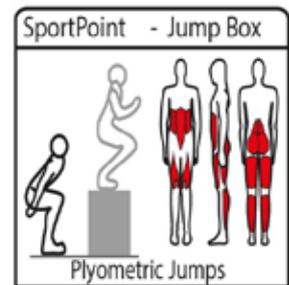


Chest/arms

**Jump-box (1117-1116-1115) - for plyometric training**

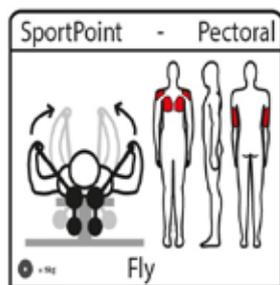


75cm - 60cm - 45cm



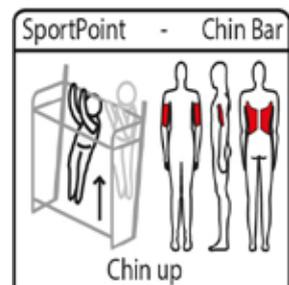
Legs/abdomen/bottom

**Pectoral (1107) - 12 weights of 2kg**



Chest/shoulder/arms

**Chin Bar (1104)**

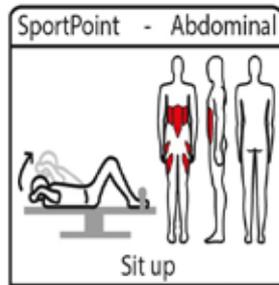


Back/arms



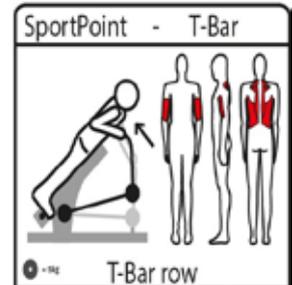
# DENFIT PROFESSIONAL SPORTPOINT

Abdominal (1105)



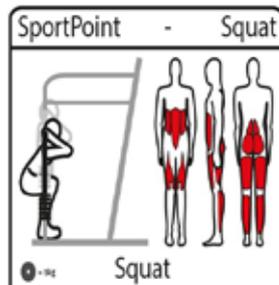
Abdomen/legs

T-Bar (1108) - 10 weights of 5kg—start resistance 15kg



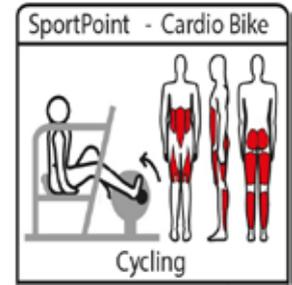
Back/arms

Squat (1114) - 14 weights of 5kg



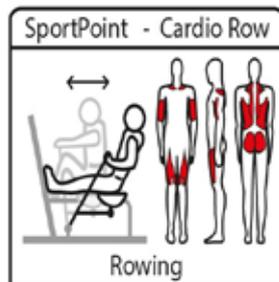
Abdomen/legs/  
bottom/back

Cardio Bike (1113) - with adjustable resistance



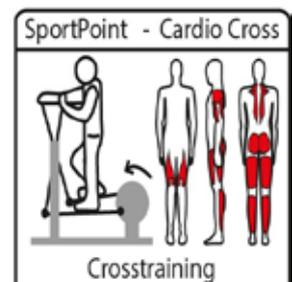
Legs/bottom/  
calves/abdomen

Cardio Row (1111)



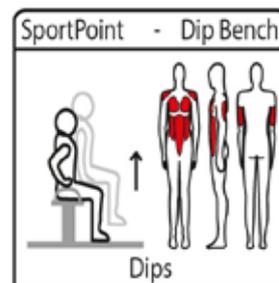
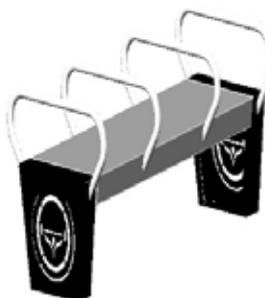
Shoulder/back/  
arms/legs

Cardio Cross (1112)- with adjustable resistance



Legs/bottom/shoulder

Dip Bench-3 (4401)



Arms/chest/  
shoulder/abdomen





# DENFIT PROFESSIONAL SPORTPOINT

## SPECIAL PRISON VERSION

**Pectoral (1107-P)**  
8 weights of 5kg



**Preacher Curl (1103-P)**  
8 weights of 5 kg

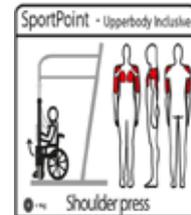


**T-Bar (1108-P)**  
15.5kg start +  
12 weights of 5kg



## SPECIAL INCLUSIVE VERSION

**UpperBody inclusive (1118)**



Chest/arms

Denfit Professional units are easy to install and move when they are installed on an own floor part. No fundation is needed, just a flat surface. Low installation costs.



### Product details:

Assembly/anchoring the equipment is completely assembled:

- on own floor (no foundations needed, just flat ground—easy to place and replace)
- directly on concrete

Material:

- zinc and powder coated steel combined with stainless-steel
- floor is steel with wet pour (optional artificial grass)

Characteristics:

- the adjustable weights are 5kg or 2kg each.
- floor dimensions: 2400x1715x1306 / diameter total circle inside 3817mm - outside 7017mm.
- extra treatment for C-5 environment possible.
- a wide variety of alternative exercises is possible next to the standard exercise mentioned on the pictogram.
- instruction board with customized training program is possible.
- low maintenance / vandalism resistant.
- any RAL colour is possible.
- suitable for all target groups, especially attractive for the very experienced fitness fanatic.

Certified according to EN16630:2015 for permanently installed outdoor fitness equipment.



**DENFIT**  
OUTDOOR FITNESS

## Work your body at anytime



## URBANGYM

Denfit UrbanGym is a body weight resistance based training system which incorporates a cross fit 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.

Denfit UrbanGym consists of 30 aesthetic designed fitness units that brighten every public space and complement it with a new sports use.

The units are suitable for both young and old, and no matter if you are a beginner or an advanced athlete all units are fully accessible to users of all capabilities. We have a wide selection of devices that are very suitable for the elderly and for inclusive users.

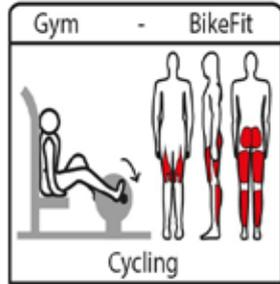
Denfit UrbanGym allows you to create urban spaces to facilitate exercise in the open air, free of charge and it also creates a social space to promote health and wellbeing within the community. Become fit, gain strength and/or condition, lose weight.

Pick your goal!! Its all possible on Denfit UrbanGym.



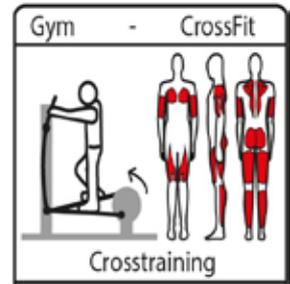
# DENFIT URBANGYM

**BikeFit (6004-S)**  
Optional with adjustable resistance



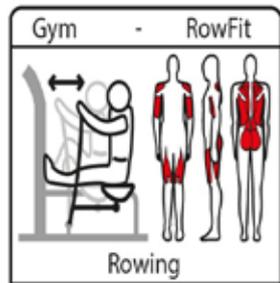
Bottom/legs

**CrossFit (6423-S)**  
Optional with adjustable resistance



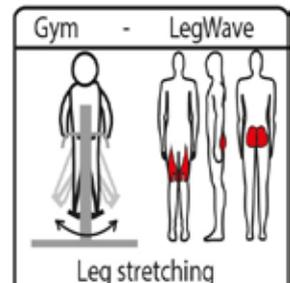
Shoulder/bottom/  
chest /arms/legs/back

**RowFit (6003-S)**



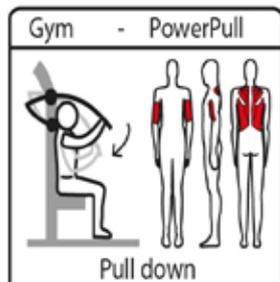
Bottom/arms/shoulder/  
legs/back

**LegWave (6007-S)**



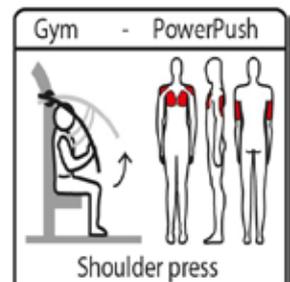
Legs

**PowerPull (6002-S)**



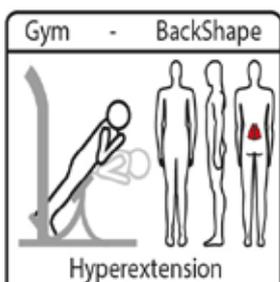
Arms/back

**PowerPush (6001-S)**



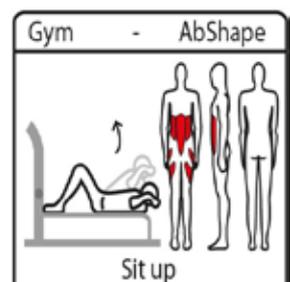
Chest/shoulders/arms

**BackShape (6419-S)**



Lower back

**AbShape (6416-S)**

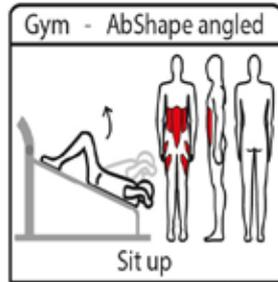


Hips/abdomen



# DENFIT URBANGYM

AbShape angled (6416-A)



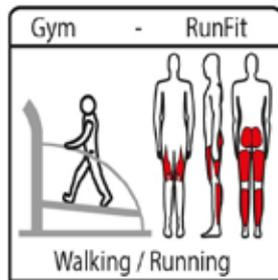
Hips/abdomen

WaveWalk (6009-S)



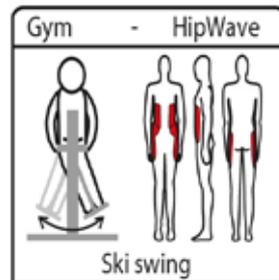
Abdomen/legs/bottom

RunFit (6005-S)



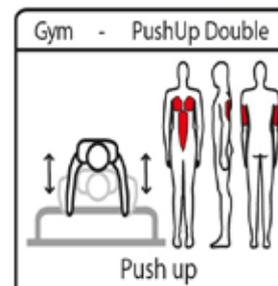
Bottom/legs

HipWave (6008-S)



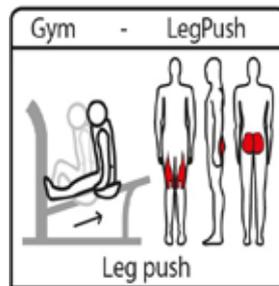
Thigh/hips/abdomen

PushUp Double (6426-S)



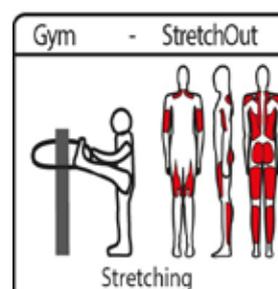
arms/abdomen/chest

LegPush (6413-S)



Legs/bottom

StretchOut (6472-S)



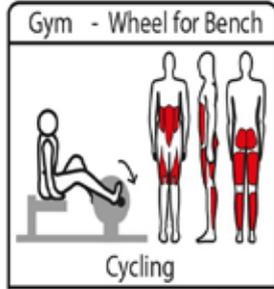
whole body





# DENFIT URBANGYM

Wheel for bench (6414) optional with adjustable resistance



Legs/bottom/abdomen



With existing bench



With Denfit bench (6725)

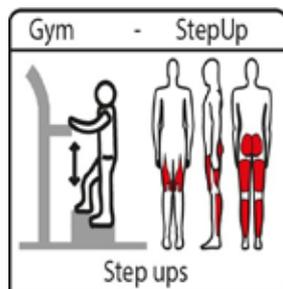


On own floor (6727)



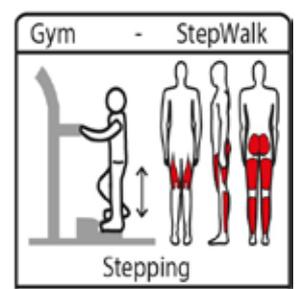
The following UrbanGym devices are very suitable for the elderly to become and stay fit and healthy. Building strength and flexibility through the use of Denfit UrbanGym reduces the risk of falling of older people, leading to a better quality of life.

StepUp (6415-S)



Bottom/legs

StepWalk (6412-S)

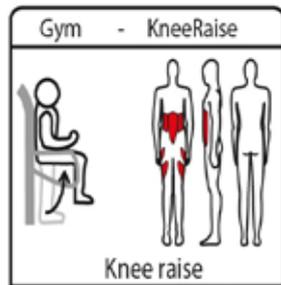
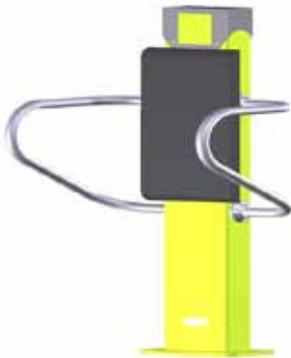


Bottom/legs



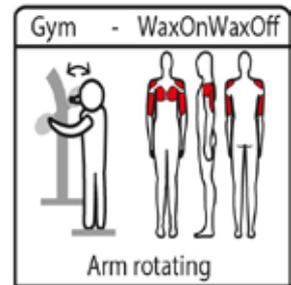
# DENFIT URBANGYM- SENIOR VITALITY

**KneeRaise (6420-S)**



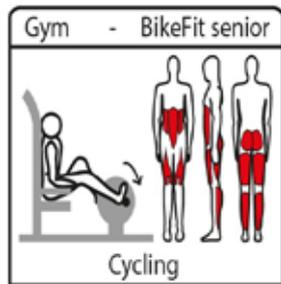
**Abdomen/thigh/hips**

**WaxonWaxoff (6010-S)**



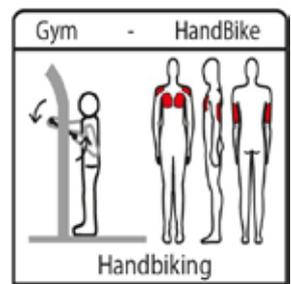
**Chest/arms/shoulder**

**BikeFit Senior (6421-S)**



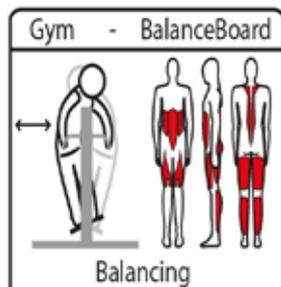
**Bottom/legs**

**HandBike (6418-S)**



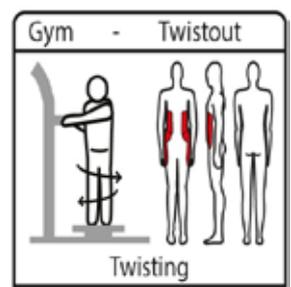
**Thigh/hips/abdomen**

**BalanceBoard (6417-S)**



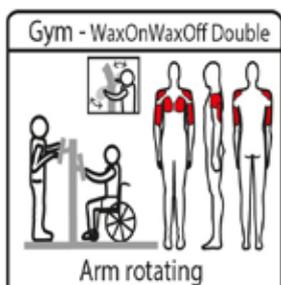
**Legs/abdomen/  
thigh/back**

**TwistOut (6411-S)**



**Abdomen/thigh**

**Waxon Waxoff Double (6425-S)**



**Chest/arms/shoulder**





# DENFIT URBANGYM-INCLUSIVE

Denfit UrbanGym has got an extra dimension by creating fitness stations that can be adapted for people with a passion for fitness and wellbeing who may have special needs. We have developed multi capacity fitness devices to allow users with diverse abilities to train and interact socially.

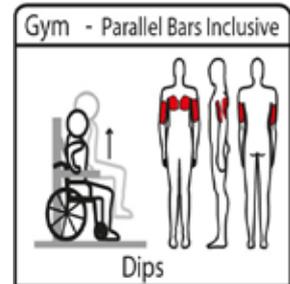
## PowerPush Inclusive (6050-S)



Chest/arms/shoulder

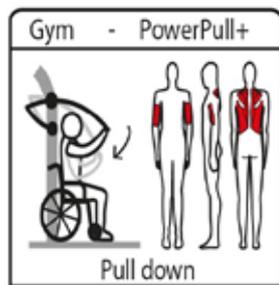
RESISTANCE 1 = between 8 and 17 kg  
RESISTANCE 2 = between 1 and 9 kg

## ParallelBars Inclusive (6424-S)



Chest/arms

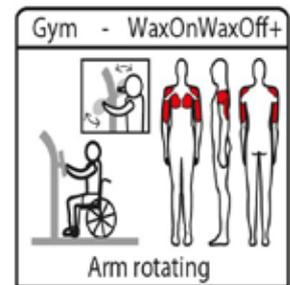
## PowerPull Inclusive (6051-S)



Arms/back

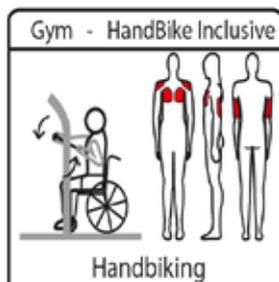
RESISTANCE 1 = between 10 and 12 kg  
RESISTANCE 2 = between 0.4 and 4.7 kg

## WaxonWaxoff Inclusive (6052-S)



Arms/chest/shoulder

## HandBike Inclusive (6053-S)



Arms/chest/shoulder



On Denfit UrbanGym a wide variety of alternative exercises is possible next to the standard exercise mentioned on the pictogram. DenFit has developed a training program which can be placed near the devices on a board. That way you can choose for which purpose you want to train, for example, to lose weight, gain strength etc and you can choose from multiple trainings circuits for alternation.



# DENFIT URBANGYM

Installation of Denfit UrbanGym is very easy with our hot dipped galvanized installation frames. No concrete needed with this system. And on own floor the Denfit UrbanGym can be easily moved if wished.

On own floor  
no foundation needed



- With wet pour
- With artificial grass

Directly on concrete



In soft surface  
no concrete needed



Bent top

Straight top

Robinia post

Stainless steel post



## Product details:

Assembly completely preassembled:

- on own floor (no foundation needed—easy to place and replace)
- directly on concrete
- with installation frame in the ground (no fluid concrete needed)

Material:

- zinc and powder coated steel combined with stainless-steel
- floor is steel with wet pour (optional artificial grass)

Characteristics:

- own body weight resistance.
- low maintenance and vandalism resistant.
- any RAL colour is possible.
- extra treatment for C-5 environment is possible.
- own body weight resistance suitable for all target groups, special items for elderly and users with special needs.

Certified according to EN16630:2015 for permanently installed outdoor fitness equipment



**DENFIT**  
OUTDOOR FITNESS

## Work your body together



## URBANGYM COMBI'S

While some prefer an individual workout, as it enables us to keep on track and stay focused, others enjoy working out with partners, friends, neighbours, colleagues or total strangers who become training buddy's. Advantages are: Friendly competition, social interaction, motivation, new ideas and a regular routine.

The UrbanGym combi's are combinations of 2 or 3 UrbanGym products in one device. This gives lots of training possibilities on limited space. We also integrated items for seniors and inclusive users. 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.

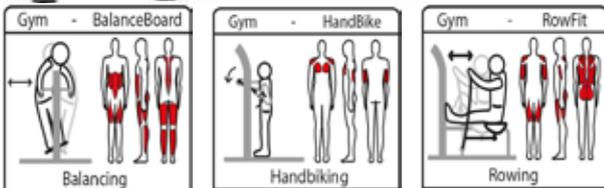
Check out our wide selection of this beautiful product range!



# DENFIT URBANGYM COMBI'S

## Gym combi 1 (6601)

Combination of RowFit/HandBike/BalanceBoard



## Gym combi 2 (6602)

Combination of LegPush/WaveWalk/TwistOut



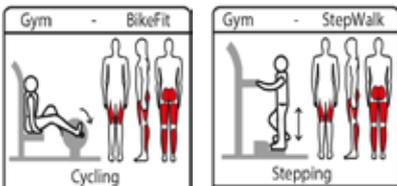
## Gym combi 3 (6603)

Combination of BikeFit/StepWalk

(BikeFit can also be with arm handles)



Optional with adjustable resistance



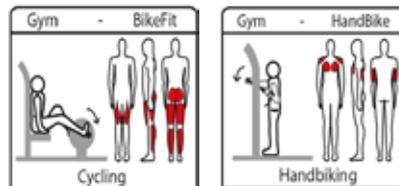
## Gym combi 4 (6604)

Combination of BikeFit/HandBike

(BikeFit can also be with arm handles)



Optional with adjustable resistance



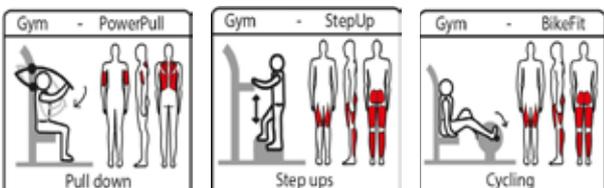
## Gym combi 5 (6605)

Combination of PowerPull/StepUp/BikeFit

(BikeFit can also be with arm handles)

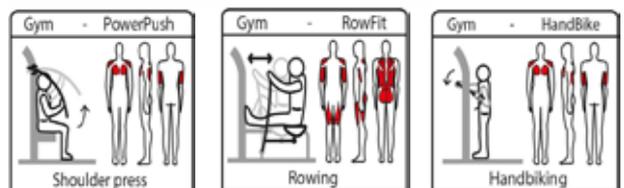


Optional with adjustable resistance



## Gym combi 6 (6606)

Combination of PowerPush/RowFit/HandBike

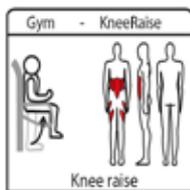
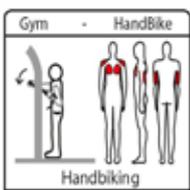
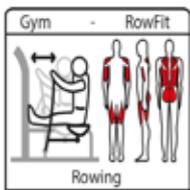




# DENFIT URBANGYM COMBI'S

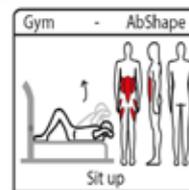
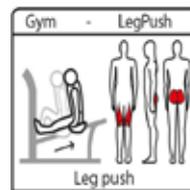
## Gym combi 7 (6607)

Combination of RowFit/HandBike/KneeRaise-Parallel



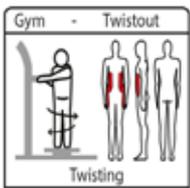
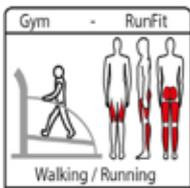
## Gym combi 8 (6608)

Combination of LegPush/AbShape



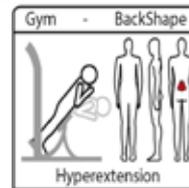
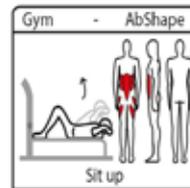
## Gym combi 9 (6609)

Combination of RunFit /TwistOut



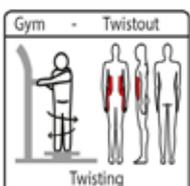
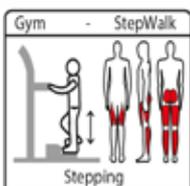
## Gym combi 10 (6610)

Combination of AbShape/BackShape



## Gym combi 11 (6612)

Combination of StepWalk /TwistOut



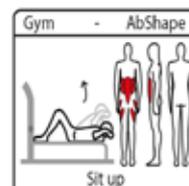
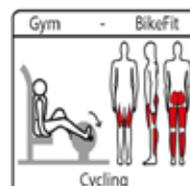
## Gym combi 12 (6613)

Combination of BikeFit /AbShape

(BikeFit can also be with arm handles)



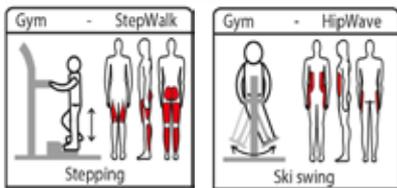
Optional with adjustable resistance



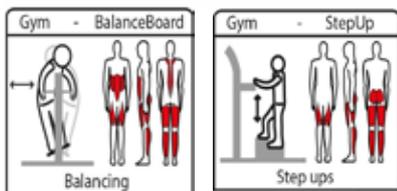


# DENFIT URBANGYM COMBI'S

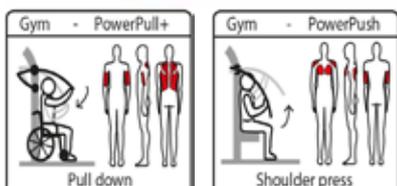
**Gym combi 13 (6614)**  
Combination of HipWave /StepWalk



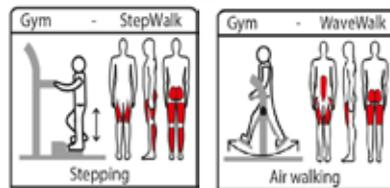
**Gym combi 15 (6616)**  
Combination of StepUp /BalanceBoard



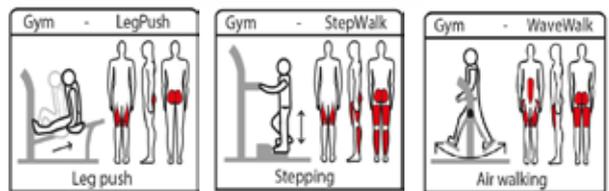
**Gym combi 17 (6618)**  
Combination of PowerPull inclusive/PowerPush



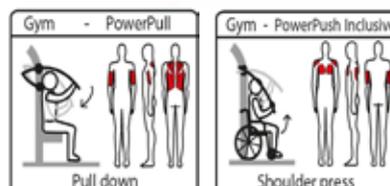
**Gym combi 14 (6615)**  
Combination of WaveWalk/StepWalk



**Gym combi 16 (6617)**  
Combination of LegPush/WaveWalk/StepWalk



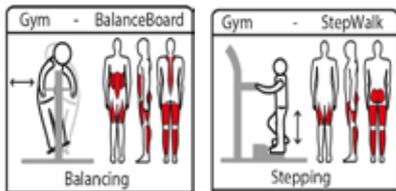
**Gym combi 18 (6619)**  
Combination of PowerPull/PowerPush inclusive



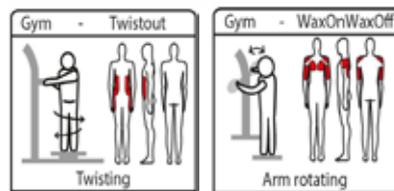


# DENFIT URBANGYM COMBI'S

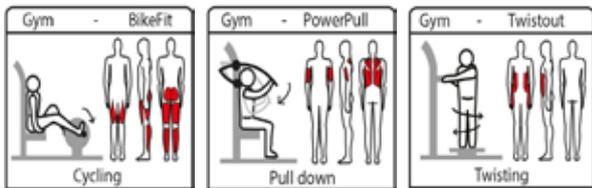
**Gym combi 19 (6620)**  
Combination of Stepwalk/Balanceboard



**Gym combi 20 (6621)**  
Combination of TwistOut/WaxOnWaxOff



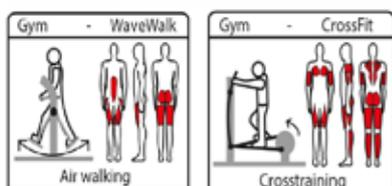
**Gym combi 21 (6622)**  
Combination of BikeFit/PowerPull/Twister  
(BikeFit can also be with arm handles)



**Gym combi 22 (6623)**  
Combination of RowFit/HandBike/TwistOut



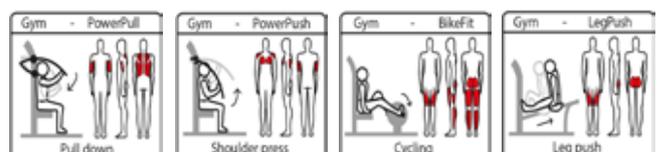
**Gym combi 23 (6624)**  
Combination of WaveWalk/CrossFit



**Gym MultiMax-2(6702) - Gym MultiMax-4 (6701)**  
Combination of PowerPush/PowerPull  
Combination of PowerPush/PowerPull/LegPush/BikeFit



Optional with adjustable resistance





**DENFIT**  
OUTDOOR FITNESS

Don't dream it, work for it



## STREETWORKOUT & CALESTHENICS

Denfit StreetWorkout is a contemporary line of static outdoor fitness equipment with a total of over 70 basic devices which can all be combined together. Training together provides a challenge and healthy competition and motivates today's active generation. Actively enjoying the fresh air, Denfit StreetWorkout brings you into contact with other people, it's social and the best way to learn from each other.

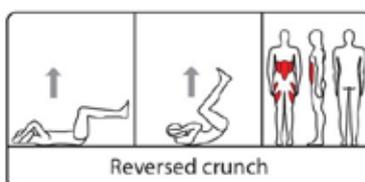
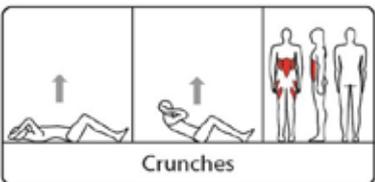
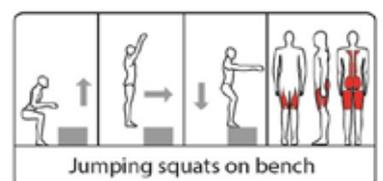
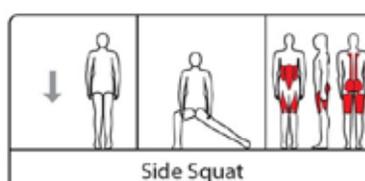
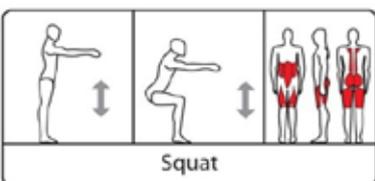
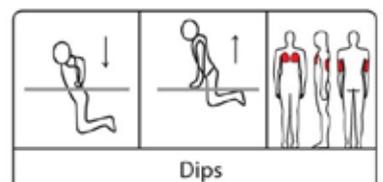
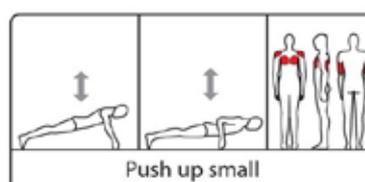
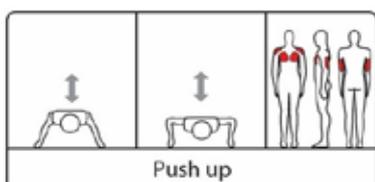
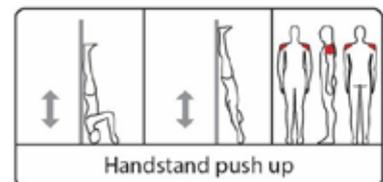
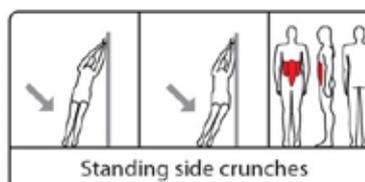
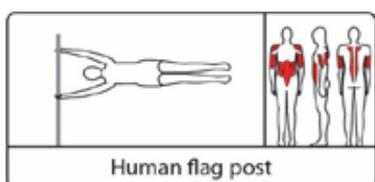
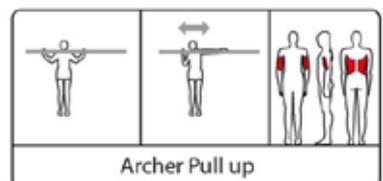
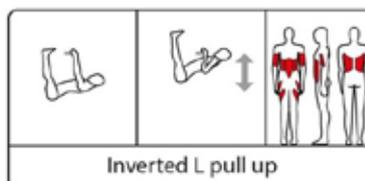
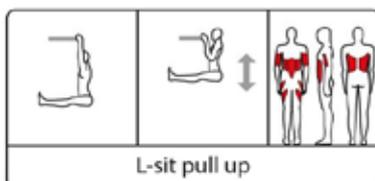
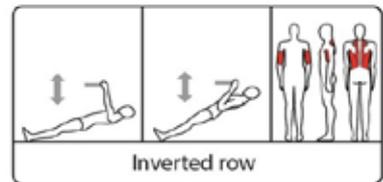
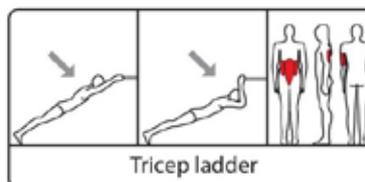
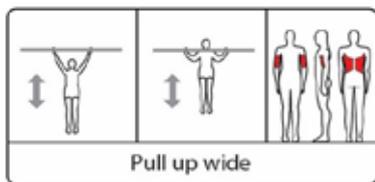
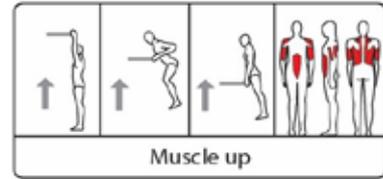
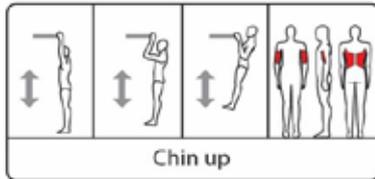
StreetWorkOut, Calisthenics, BarBrothers and UrbanFitness, BarBrothers, turnen, Bootcamp, Parkour en CrossFit. Several names for the gymnastic way of training with your own body weight as resistance combined a minimum of devices (bars), all with the goal of building a strong and supple body.

With Denfit StreetWorkOut you get more than 20 years of worldwide experience in Outdoor Fitness equipment.



# DENFIT STREETWORKOUT & CALESTHENICS

Denfit Street Workout consists of bench (incline), monkey bars, parallel bars, pull-up bars, wall, wavebar, workout desk and many bars. The training methods differ from each other by variations in resistance, number of repetitions, series and breaks. Popular training techniques include circuit training, drop sets, pyramid sets, rest-pause, diminishing sets, burnouts and many others.





# DENFIT STREETWORKOUT & CALESTHENICS

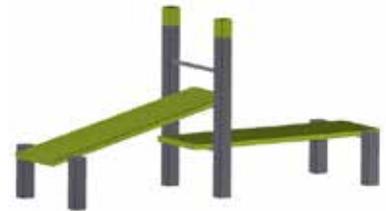
**Bench incline**  
(4113)



**Bench**  
(4112)



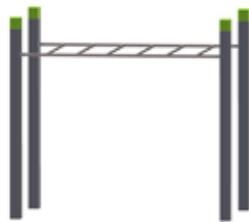
**Bench / Bench incline**  
(4115)



**Bench Sit Up**  
(4119)



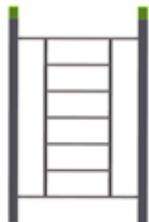
**Monkeybars one level**  
(4251)



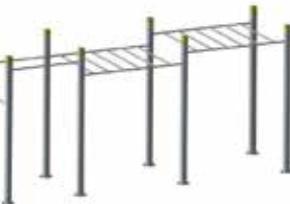
**Monkeybars one level - Wall**  
(4254)



**Wall**  
(4551)



**Monkeybars 2 level - 3 PullUps**  
(4256)



**Wall - 3 PullUps**  
(4552)



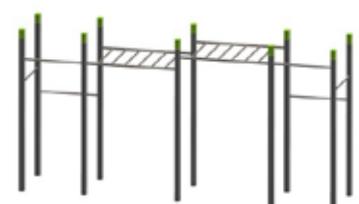
**Monkeybars 2 level**  
(4252)



**Monkeybars 1 level - 3 PullUps - Parallelbars - 2x PushUp** (4257)



**Monkeybars 2 level - 6 PullUps**  
(4253)



**Parallelbars 4 posts**  
(4351)



**Parallelbars double 2 posts**  
(4353)



**Parallelbars double 6 posts**  
(4352)



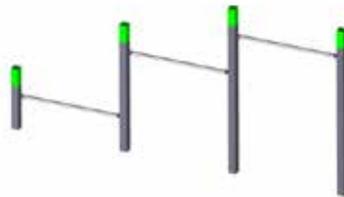


# DENFIT STREETWORKOUT & CALESTHENICS

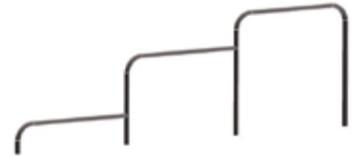
**Dance Pole (4460)**  
Option: wide 1800mm (4476)



**PushUps triple posts (4955)**



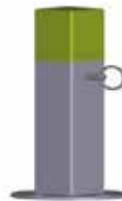
**PushUps triple no posts (4959)**



**PushUps single (4957)**



**Bootcamp rope pole (4962)**



**Horizontal ladder (4954)**



**PushUps double (4958)**



**Parallelbars (4354)**



**Parallelbars double (4355)**



**Workout desk (4951)**



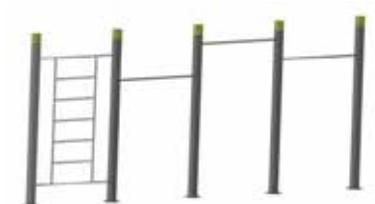
**PullUpbars (4451)**



**PullUpbars double (4452)**



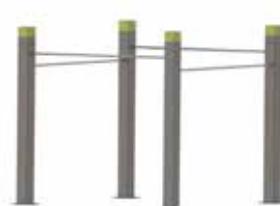
**PullUpbars 3 - Wall (4463)**



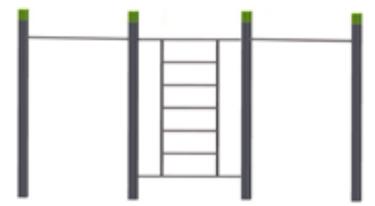
**PullUpbars 2 - Bench (4453)**



**PullUpbars 4 square (4455)**



**PullUpbars double - Wall (4457)**





# DENFIT STREETWORKOUT & CALESTHENICS

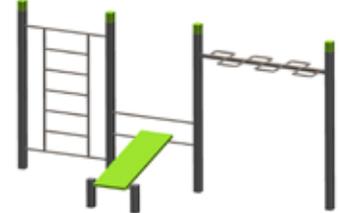
**WaveBar - 4 PullUp -  
Parallelbars (4653)**



**WaveBar  
(4651)**



**WaveBar - Bench - Wall  
(4652)**



**Monkeybars - Rope climb - Wall-  
3 PullUp - PushUp (4258)**



**Wall - 3 PullUpbars - 2 Benches  
(4553)**



**WaveBar - PullUpbar -  
Parallelbars (4654)**



**Wall - 3 PullUpbars - Bench -  
PushUp (4556)**



**Wall - PullUpbar - Bench  
(4573)**



**PullUpbar double - WaveBar -  
Wall (4461)**



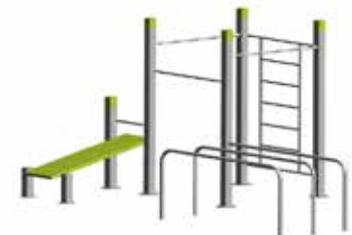
**Wall - Monkeybars - 5 PullUp  
bars - Bench - Parallelbars  
(4564)**



**Wall - 3 PullUpbars -  
2 Benches (1 incline)  
(option: rope+rings) (4558/4574)**



**Wall - 3 PullUpbars - Bench -  
3 Parallelbars (4571)**



**PullUpbars triple - Wavebar  
(4462)**



**Wall - Wavebar - Monkeybars -  
4 PullUpbars (4559)**



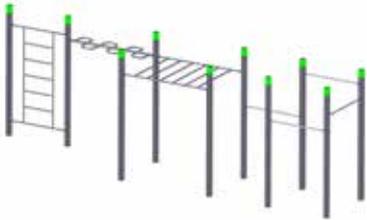
**Monkeybars 1 level - 3 PullUp  
bars - Parallelbars (4260)**





# DENFIT STREETWORKOUT & CALESTHENICS

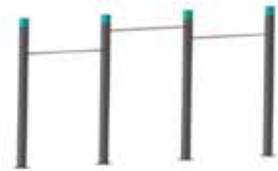
Wall - Wavebar - 5 PullUpbars  
(4557)



Wall - Wavebar - Monkeybars -  
3 PullUpbars (4560)



Pullupbars triple  
(4456)



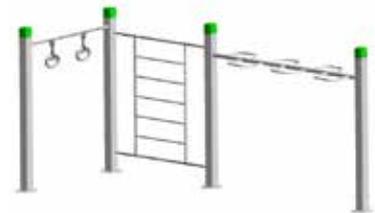
DipBench 3 + 4  
(4101 + 4102)



PullUpbars + Rings  
(4465)



Wall - Wavebar - PullUpbars +  
Rings



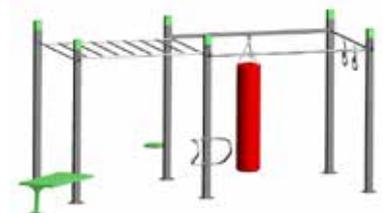
Freemove M  
(4567)



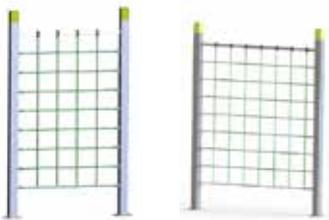
Jump platform 300/500/700  
(4964/4965/4966)



HIT training 1  
(4953)



Rope net climb 1300 + 2000  
(4464 and 4467)



Wall - Monkey bars - 7 PullUp  
bars - Bench - Parallelbars  
(4572)



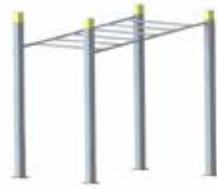
BOOTCAMP special  
(4956)



Monkeybars double +  
Monkeybars incline (4262)



Monkey Bars incline  
(4265)



Rope - 3PullUpbars - 2 Benches  
(4470)





# DENFIT STREETWORKOUT & CALESTHENICS

**CROSSFIT - SquatWorkout**  
(4459)



**Vertical Fitness Pole**  
(4474)



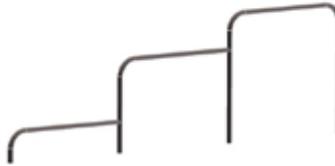
**Wall - Wavebar - Monkeybars - 3 PullUpbars - 1 PullUpbar + Rings** (4585)



**Wall - Monkeybars - 7 PullUpbars - Bench incline** (4586)



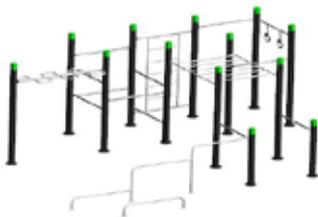
**PushUps Triple**  
(4952)



**Wall - Monkeybars - 3 PullUp bars - Parallelbars** (4588)



**FreeMove DK**  
(4961)



**HIT Training with Wall and Wavebar** (4967)



**Wall - 6 PullUpbars - Parallel bars** (4565)



## Product details:

### Assembly / anchoring:

- completely assembled together with the ground anchor
- or directly on concrete.

### Material:

- zinc and powder coated steel, bars uncoated (optional completely of stainless steel or completely uncoated)

### Dimensions:

- posts height: 400 - 2700 mm. Bars length: 1200 - 1600 mm.

### Characteristics:

- low maintenance and vandalism resistant.
- any RAL colour top is possible.

Certified according to EN16630:2015 for permanently installed outdoor fitness equipment.



**DENFIT**  
OUTDOOR FITNESS

The body achieves what the mind believes



## CROSSTRAINING & BOOTCAMP

Cross-training 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. Cross-training may serve to improve specific aspects of your fitness or performance that can lend a hand to your primary sport. Cross-training 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 cross-training comes in. Cross-training can be high or low intensity exercise and is different than just tacking on more miles.

A fitness bootcamp is a type of group physical training program. These programs are designed to build strength and fitness through a variety of types of exercise. Bootcamp workouts can vary. They generally include a fairly intense mix of aerobic, strength training and speed elements within each session. A bootcamp workout is essentially a type of interval training - bursts of intense activity alternated with intervals of lighter activity.



# DENFIT CROSSTRaining & BOOTCAMP

CROSSTRaining 1 (4963)



CROSSTRaining 2 (4970)



CROSSTRaining TRX (4971)



CROSSTRaining Dumbbells (4972)



CROSSTRaining Core (4975)





**DENFIT**  
OUTDOOR FITNESS

## Exciting outdoor workout



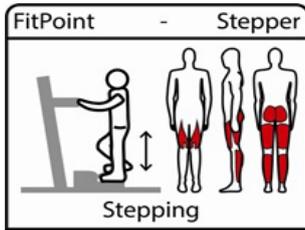
## FITPOINT & PACEWALK

Denfit Station FitPoint is a compact and complete training system, completely preassembled on its own floor. Easy to install and relocate, with a lifting eye on top of the roof. FitPoint is available in the RAL colour of your choice to allow it to blend into any environment seamlessly. The compact nature of FitPoint allows it to be installed on sites with limited space, making it the perfect solution for developing fitness zones in urban environments. The 8 fitness options are a perfect combination for a total body workout. Appealing to users of all ages, FitPoint is the perfect place for young people to meet each other and to exercise.

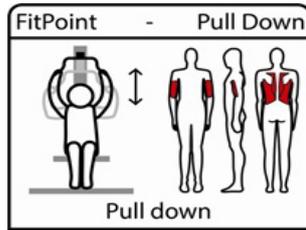
The extremely compact Pacewalk offers 4 different fitness exercises on a diameter of only 1.5 meter. It is the perfect solution for areas with limited space. Do your exercises and socialize at the same time.



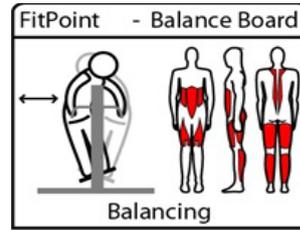
# DENFIT FITPOINT & PACEWALK



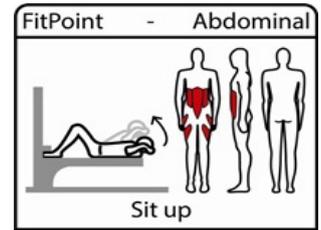
Legs/bottom



Arms/back/shoulder

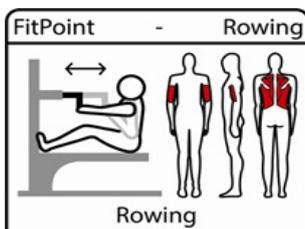


Legs/back/abs/thighs

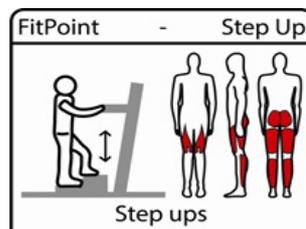


Abdomen/legs

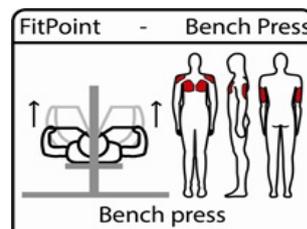
FitPoint (2018)



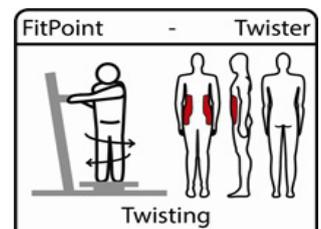
Shoulder/back/arms



Legs/bottom



Shoulder/chest/arms



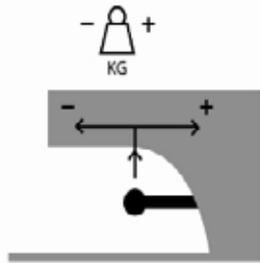
Thigh/abdomen



# DENFIT FITPOINT & PACEWALK

Denfit Station FitPoint is the perfect tool to develop fitness, strength training, balance, coordination and cardio. Benefits of FitPoint are the accessibility to all users, elderly can train without fear of injury or hesitation as all units promote stability with low entry points. All of this motivates a social sport activity in the healthy open air. On FitPoint there are three individual pieces on which the user can adjust the resistance levels to suit their own needs. This tailor made circuit can test even the fittest athletes.

## FitPoint - Adjusting Weight



### 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

FitPoint without roof (2118)



### Product details:

#### Assembly/anchoring:

- completely assembled on own floor - FitPoint placed by a hoist hook no foundations needed, just flat ground.

#### Material:

- zinc and powder coated steel combined with stainless-steel
- floor is steel with aluminium checker plate (optional wet pour)

#### Dimensions:

- FitPoint: floor 2400\*62 mmØ - with the 4 training blocks 3350mm Ø - height 2650mm - weight 1500 kg.
- PaceWalk: L1500 x W1500 x H1600mm - floor 62mm - weight 210 kg.

#### Characteristics:

- low maintenance and vandalism resistant.
- can be used as a mobile sports (meeting) place for several locations.
- any RAL colour is possible.
- suitable for all target groups and small areas, especially attractive to youth.

Certified according to EN16630:2015 for permanently installed outdoor fitness equipment

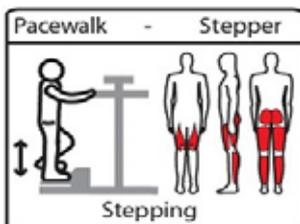


# DENFIT FITPOINT & PACEWALK

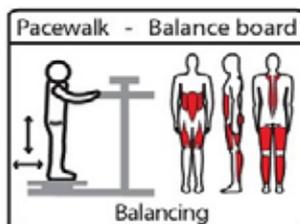
Denfit Station PaceWalk allows up to 4 users to work out at any one time. It is the perfect solution for residential areas. It allows buyers to make sound financial decisions, getting massive value for one piece of equipment and allowing the local residents to get a lower body workout as well as encouraging social interaction. In a residential area it will be the perfect addition to promote a fit and vital lifestyle. PaceWalk contains step-up, stepper, balance board and twister.

## PaceWalk (3026)

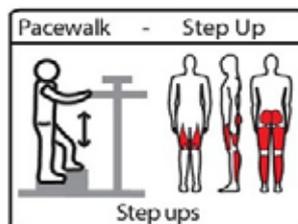
Total body workout with focus on lower body: Legs/bottom/abdomen/calves/thigh/hips



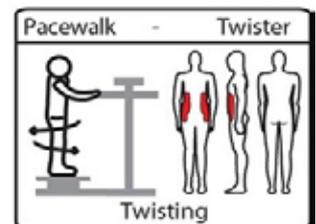
Legs/bottom



Legs/back/abs/thighs



Legs/bottom



Thigh/abdomen

On all Denfit Stations a wide variety of alternative exercises is possible next to the standard exercise mentioned on the pictogram which means you can choose off many different ways off training. This variation in functions is very stimulating. Denfit has developed a training program on all devices. That way you can choose for which purpose you want to train, for example, lose weight, gain strength etc and you can choose from multiple trainings circuits for alternation.



**DENFIT**  
OUTDOOR FITNESS

**DON'T LIMIT YOUR CHALLENGES –  
CHALLENGE YOUR LIMITS!**



## **OBSTACLE TRAIL & NINJA WARRIOR**

The Denfit Obstacle Run is a range of both challenging and exciting products that can be used to create your own track. It offers great fun for people of all ages and abilities.

In our childhood we were used to run, climb, jump and crawl almost every day, it was a natural way of movement. When we grow up our time is more and more consumed by social media and other technology, leading to less and less physical activity. The obstacle run takes us back to a natural way of movement bringing more fun, happiness and better health.

Our Obstacle Run includes element for running, climbing, jumping, balancing and crawling all with the goal of testing speed, endurance and agility. The track has go two different levels of difficulty, which makes it perfect for young and old, and strong and unfit. Create your own personal Obstacle Run and take on your friends and see who is the quickest and smartest!

There are over 20 different obstacles and when you have got specific wishes, we can create custom-made Obstacles! Just let us know.



# DENFIT OBSTACLE TRAIL & NINJA WARRIOR

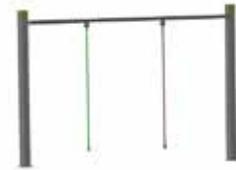
Swing Bridge (OR1452)



Rope Walk (OR1455)



Rope Swing 1 (OR1457)



Rope climb horizontal and vertical (OR1462)



Ring Swing (OR1460)



Over and under (OR1456)



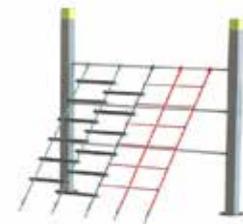
Ninja spinner 3 (OR1469)



Ninja Steps 1 (OR1459)



Net Climb (OR1458)



Monkey Bars 2 ways (OR1454)



Crawl Under (OR1451)



Climbing Wall 2 (OR1453)



Cliffhanger 3 (OR1470)



BalanceBeam square (OR1465)



BalanceBeam square high (OR1466)



Balance Beam (OR1467)



Balance Beam Incline (OR1468)



A-Climb (OR1461)





**DENFIT**  
OUTDOOR FITNESS

## Outdoor activity for all ages



### BASIXFIT

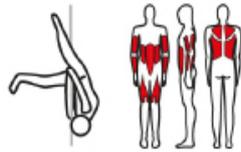
Denfit BasixFit is a modern range of outdoor fitness equipment consisting of static devices that work on all muscle groups and that form a perfect workout for everyone. Public spaces and parks are enhanced by these stylish installations which provide the community with the opportunity to exercise, socialise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

Each unit is designed to work various muscle groups, because of this they can be used by young and old and from beginners to experienced athletes. A combination of devices can make a beautiful trail which is very attractive for bootcamp, calisthenics and streetworkout. And also for parkour: moving through your environment, overcoming obstacles through running, jumping, vaulting and climbing, parkour can be practiced by anyone.

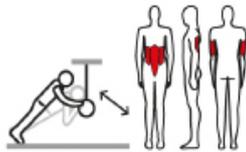


# DENFIT BASIXFIT

Denfit BasixFit MultiGym offers a variety of exercises for multiple users, challenging them to exercise with increasing levels of difficulty and allowing them to socially interact. The unit are multifunctional and suitable for many ways off training. Ideal for small area's.



Polefitness



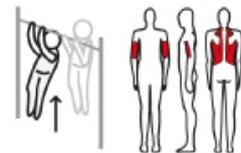
Triceps extension



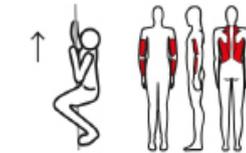
Hanging knee raise



Inverted row



Chin up



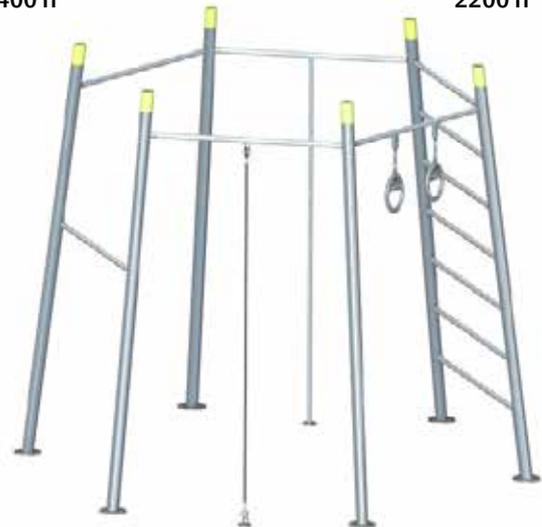
Climbing

## MultiGym (7020)

with or without rings and rope

1400 H

2200 H

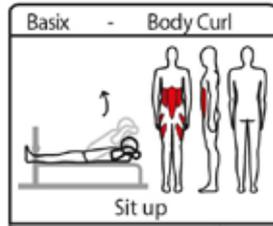




# DENFIT BASIXFIT

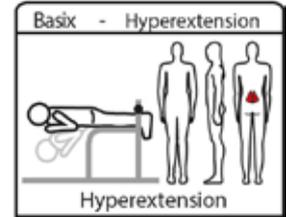
Denfit BasixFit works with the user's body weight to create resistance. The wide range of devices makes it possible to provide the right combination for users to reach their goals. Denfit BasixFit devices are suitable for strength training, weight loss, cardio, balance, coordination and it is a vital part of keeping fit for the elderly.

**Body Curl (5021)**



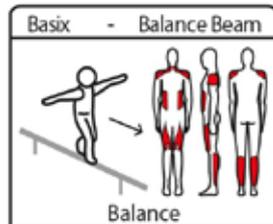
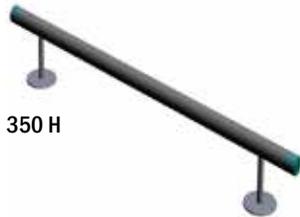
Abdomen/legs

**Hyperextension (5029)**



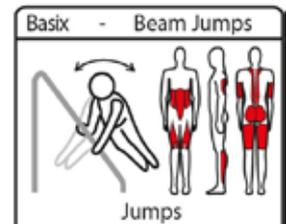
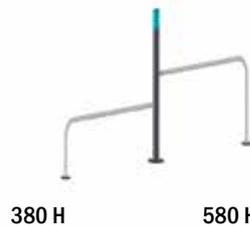
(low) back

**Balance Beam (5023)**



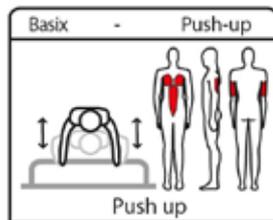
Shoulder/legs/thigh

**Beam Jumps (5024)**



Abdomen/legs/arms/  
back/bottom

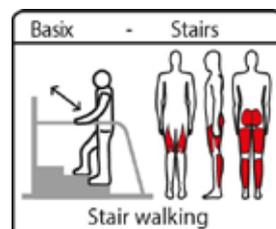
**Push-up (5030)**



Arms/abdomen/chest

Denfit BasixFit specifically designed for the elderly 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.

**Stairs (8020)**



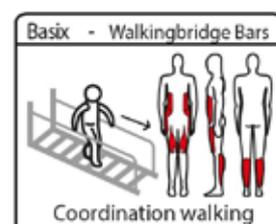
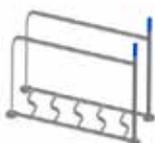
Bottom/legs

**Balance Beam-Bars (8021)**



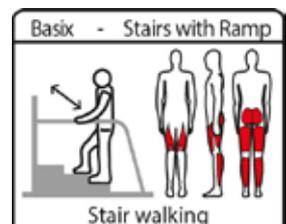
Abdomen/legs

**Walkingbridge-Bars (8022)**



Legs/thigh

**Stairs with ramp (8027)**



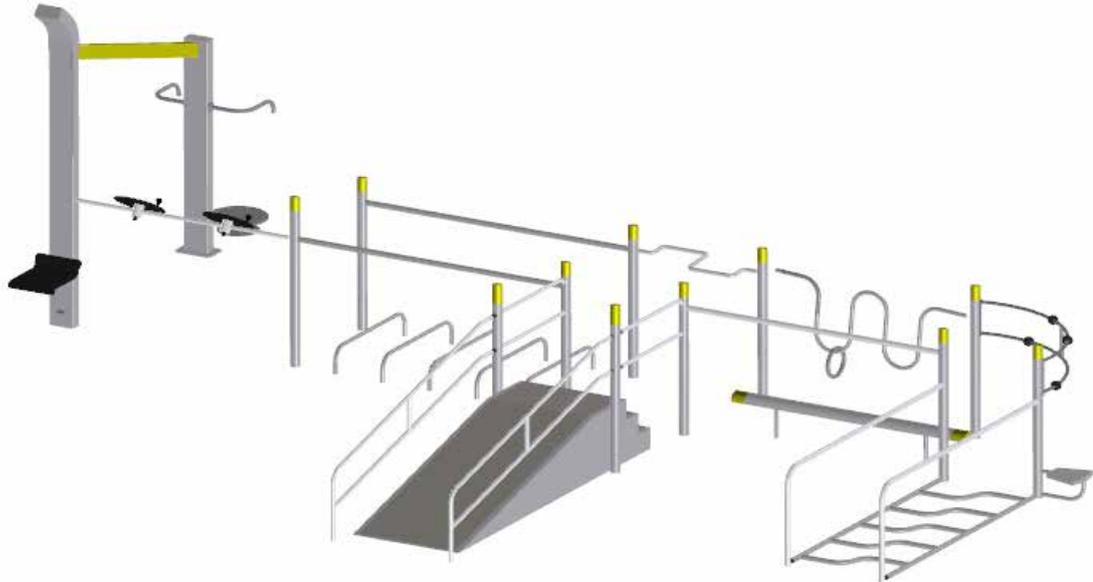
Bottom/legs



# DENFIT BASIXFIT

The Denfit MotionPlus is a user-friendly training unit for seniors. It offers multiple exercises to train fingers, hands, wrists, arms and shoulders. Next to this there are several exercises which help to improve balance and flexibility. The stairs and ramp give stronger muscles in the legs. The standard product includes: Ramp with stairs/Walking bridge bars/Balance beam/ Wavebar with ring/ Arm-wrist exercise/Handbike/5x hurdle/WaxonWaxoff/Balance board/seat/step up plate/Jump touch bar and finger exercise. It is possible to add exercises like a Stepper, Wheel and Twister, or leave out certain exercises.

## MotionPlus (8501)



### Product details:

#### Assembly/anchoring:

- completely assembled together with the ground anchor or with separate installation frame
- or directly on concrete.

#### Material:

- zinc and powder coated steel

#### Characteristics:

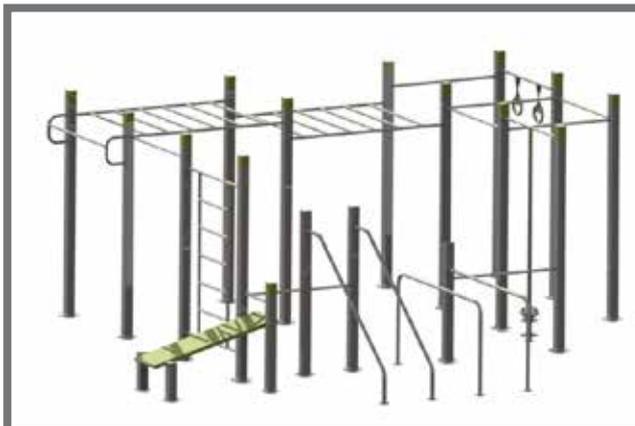
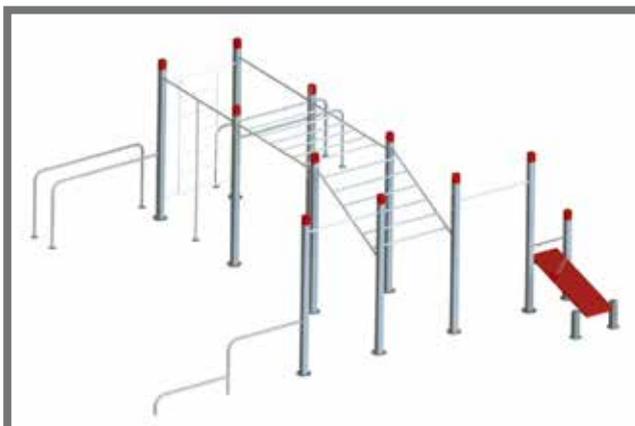
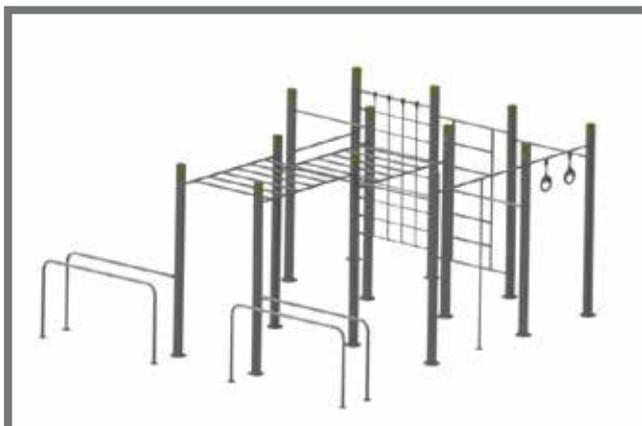
- low maintenance / vandalism resistant.
- any RAL colour top is possible.
- for all target groups also the very experienced sportsperson.
- a wide variety of alternative exercises is possible next to the standard exercise mentioned on the pictogram.

Certified according to EN16630:2015 for permanently installed outdoor fitness equipment.



**DENFIT**  
OUTDOOR FITNESS

## YOUR WISH IS OUR COMMAND



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We have over 200 products but understand that sometimes you need something special for your customer. On our website you find a wide selection of custom made drawings we have done. Please have a look to help you choose.



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