



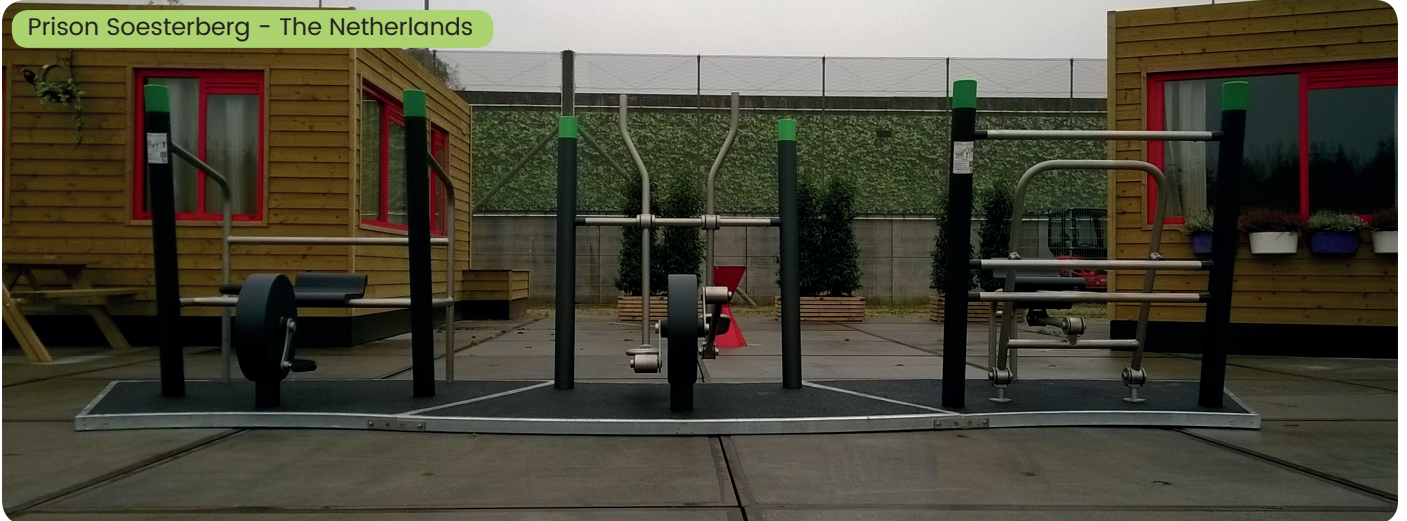
DENFIT FOR PRISONS



DENFIT
OUTDOOR FITNESS

Fitness equipment for prisons

Prison Soesterberg – The Netherlands



Exercising outdoor is healthier than in a gym, according to many studies. Scientists say moving or working out in the open air has a positive impact on both the mental and physical health.

The studies show that exercising outdoors leads to greater feelings of revitalization, increases energy and positive engagement. Tension, confusion, anger and depression are being prevented by it.

For people in prisons and detention centres the ability to move and exercise is extremely important. It keeps them fit and healthy and helps to get rid of boredom. To combine the daily fresh air moments for the prisoners with the option to workout is a win-win situation. With the Denfit non removable adjustable weights you create the perfect energizing spot.

Prison Wortel – Belgium



“Nice to be able to train outdoors and not in a stuffy booth”

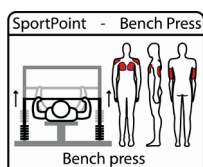
Professional SportPoint

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.

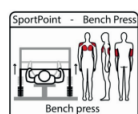
Denfit Professional SportPoint is a dynamic line based on the wide variety of exercises that can be done on each device. There are a total of 3 cardio and 10 strength devices, this makes it possible to put together a fitness circuit in which power is a perfect variation with cardio. The result is a whole body workout and all muscle groups are more than fully covered.



Bench Press



Bench Press



Instructions:

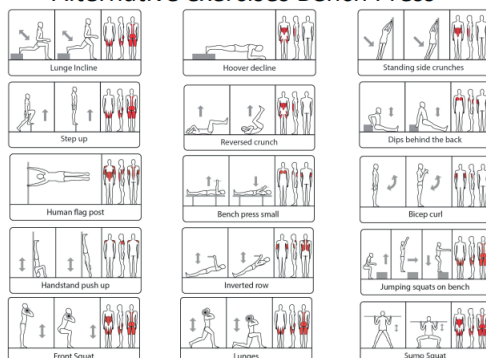
- Lay down on the bench
- Put hands at shoulders width
- Slowly lower the bar and push out explosively

Including 14 weights of 5kg each
bar/start weight = 10kg

Training goal:

- Strength
- Stay Fit
- Cardio
- Loss Weight

Alternative exercises Bench Press



Alternative exercises Bench Press



Devices

Also Prison version with more weights

Pectoral



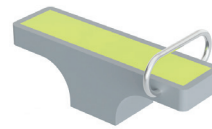
Preacher Curl



T-Bar



Abdominal



Bench Press



Cardio Bike



Cardio Cross



Cardio Row



Chin Bar



Dip Bench-3



Dip Press



Leg extension



Multifit



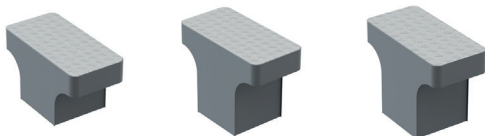
Squat



UpperBody inclusive



Jump-box 45-60-75cm



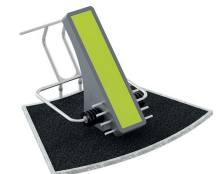
SportPoint circle



SportPoint snake



SportPoint on floor



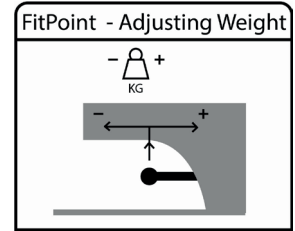
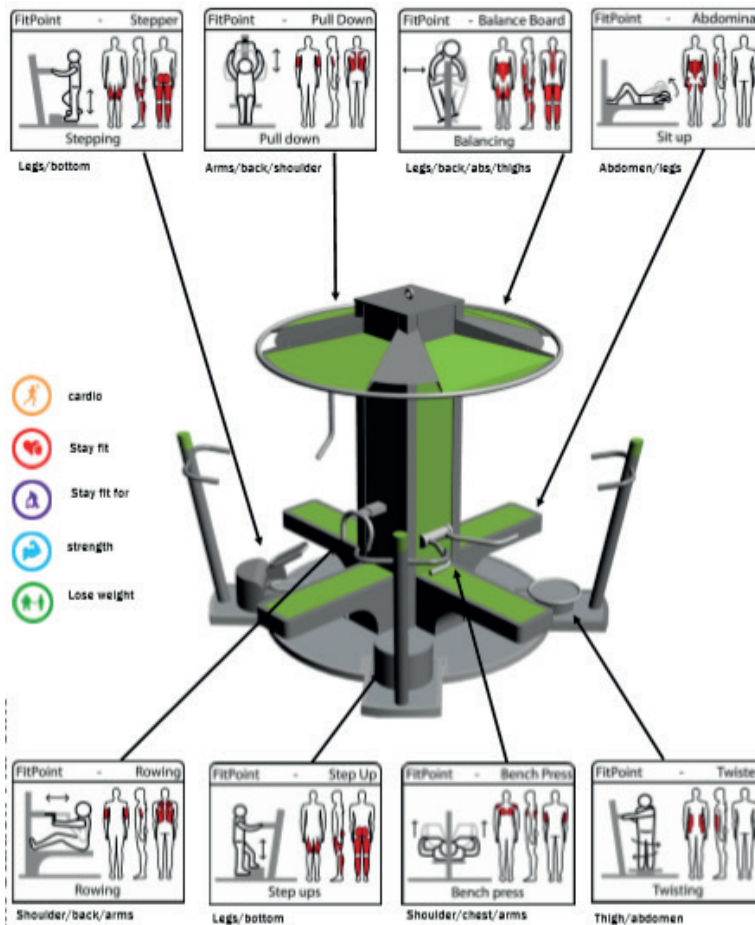
USP'S

- Professional outdoor fitness
- High quality
- Easy to place
- Completely preassembled on own floor
- Adjustable weights in secured system
- Many alternative exercises for each item
- Certified accoring to EN16630
- Multifunctional training on each device
- Low maintenance
- For beginners and professionals
- Cardio Bike and Cross with adjustable resistance
- Experience in the worldwide Outdoor Fitness market since 2001



FitPoint

The Fitpoint is perfect when the available space is limited. The Fitpoint offers no less than 8 different exercises, 3 of them with adjustable resistance, on a very small area. Ideal to replace once in while to an other area if needed. Many alternative exercises can be done besides the main exercises.



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 |



Castington prison - England



Installation

Easy installation with own floor on any flat surface. If 3 SportPoint floors are connected no anchoring needed. Easy installation with a crane or forklift on any flat surface.



FitPoint has a hoist hook for easy installation on any flat surface without anchoring.





Denfit has extensive experience in delivering outdoor fitness equipment to prisons. Denfit Professional SportPoint and FitPoint are perfectly suitable for placement in penitentiaries due to the proven long life durability and multi-functionality. Worldwide we have many reference locations.

Denfit has delivered fitness equipment to :

The Netherlands

Prison Zwolle
Prison Dordrecht
Prison Amsterdam
Prison Zeist
Prison Zaandam
Prison Rotterdam
Prison Soesterberg
Prison Sassenheim

England

Stoke Prison
Castington Prison

Germany

Youth prison Hamb

Switzerland

Orbe Prison
Witzwil Prison

Belgium

Prison Vorst-Brussel
Prison Hasselt
Prison Wortel
Prison Dendermonde
Prison Merksplas
Prison Brugge
Prison Antwerpen
Prison Gent
Prison Mons
Prison Leuze en Hainaut
Prison Ittre
Prison Ham-sur-Heure
Prison Haasdonk
Prison Lantin
Prison Haren



DENFIT IS PROUDLY MANUFACTURED AND DESIGNED IN THE NETHERLANDS

For questions and more information:
info@denfit.nl / www.denfit.nl