



BOOYS

activity energy joy

Equipment for outdoor exercise



OBJECTIVES

- ☑ We want BODYS Outdoor Gyms to be available to everyone: short and tall, young and mature alike.
- ☑ We want BODYS equipment to be present in the places where the availability of exercise will be unlimited.
- ☑ We want to contribute to the development of physical activity and outdoor exercise, which means better health and wellbeing of the Poles.
- ☑ Together with our Partners we manage the space around us using our unique equipment designed for outdoor exercise.



Body5 – equipment for outdoor exercise – recreational equipment from the premium group. We focus on quality and modernity. We believe that our design and attention to detail will win the hearts of our prospective customers.

ANNA POLANIECKA,

President of the Board,
body5 sp. z o.o.

BODY5 IS

- ☑ Allowed maximum load on BODY5 equipment is 155 kg.
- ☑ The equipment has the certificates TUV Rheinland: PN-EN 16630:2015
- ☑ The whole process of design and production takes place in Poland, in Nowa Wieś Książęca. Only in this way can we control and affect the quality of our products.
- ☑ Modern design, unique colours, top quality of manufacturing and safety of the devices.
- ☑ The equipment has corrosion protection – by extra powder pre-coating with very reach zinc powder applied after mechanical shot blasting.
- ☑ BODY5 equipment is manufactures in a plant which has the norms: PN-EN 1090 and PN-EN ISO 3834-2 (welding norms).
- ☑ The equipment is made of reinforced structural steel S355 and stainless steel.
- ☑ The equipment is powder-painted with metallised paints.
- ☑ Movable joints have maintenance-free covered bearings, type 2RS.
- ☑ We provide a 1-year warranty period.



MISSION

We enable the activity in the fresh air giving exercising energy and enjoyment every day.



PERMANENT INVESTMENTS

Equipment for outdoor exercise can be used for many years. It is essential to choose a suitably secured equipment and made with the highest care.

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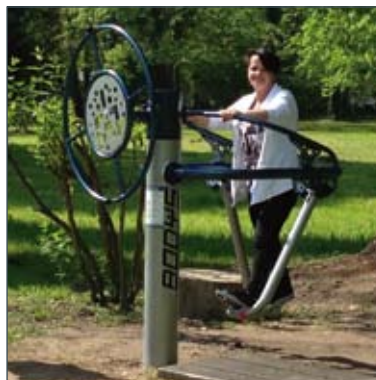
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COMPLETED PROJECTS

We would like to thank the communes and private investors who trusted us and fulfilled their duties and dreams by buying BODYS equipment for outdoor exercise.

You can find BODYS equipment i.a. in:

- ☑ Poland
- ☑ Sweden
- ☑ Denmark
- ☑ United Kingdom
- ☑ United Arab Emirates
- ☑ Italy
- ☑ Slovenia
- ☑ Kyrgyzstan
- ☑ Lithuania





ACTIVITY ENERGY JOY FOR EVERYONE

☑ BODYYS equipment for outdoor exercise is complete sets of equipment we previously saw in fitness parlours and gyms. They have been adjusted to outdoor assembly.

☑ Outdoor Gyms can be used by people of all ages. Everybody will find them fun and entertaining. Adults may actively improve their physical condition. The elderly and disabled will be able to keep fit and flexible thanks to Outdoor Gyms, and young people can warm up before classes or competitions.

☑ Exercising on BODYYS equipment is intuitive, gives you a lot of joy and is safe.

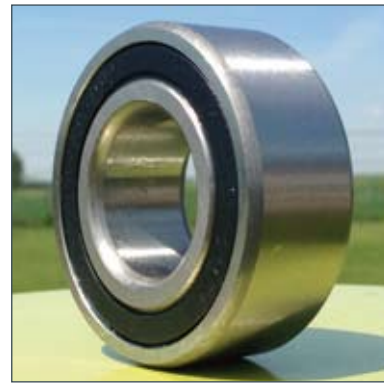
☑ BODYYS equipment supports the functioning of various muscle groups: forearms, arms, shoulders, chest, abdomen, pelvis and legs.

☑ An Outdoor gym is a combination of movement and the joy of being outdoors and among other people.

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PLACE OF PRODUCTION

BODY5 equipment for outdoor exercise is manufactured in Poland, in Nowa Wieś Książęca, in a plant whose history dates back to 1995. Our construction office and technology department monitor the quality and innovativeness of the solutions. While manufacturing BODY5 equipment, we use original and tested components. BODY5 equipment is manufactured on the latest generation machines.





MAINTENANCE

The equipment must be regularly tested for safety and functionality. A routine control (inspection) should be conducted once a week. Functional control should be conducted on average every 1-3 months. Basic control is conducted once a year. A detailed description of the maintenance is included in the Maintenance Manual.

CERTIFICATES



The BODYS equipment is manufactured to the norm PN-EN 16630:2015 – outdoor gym equipment installed permanently-safety requirements and test methods. This norm is specially designed for outdoor gyms. This equipment is designed for recreational activities in the fresh air for adolescents and adults and users over 1,4 m tall. Norm PN-EN 16630:2015 was published by the Polish Committee For Standardization on 10.06.2015.

We have the following certificates:
PN-EN 16630:2016-06 (playground equipment),
PN-EN 1090 (making metal constructions),
PN-EN ISO 3834-2 (complete requirements for welding quality)





MATERIALS

- ☒ The post (also called the pylon) is the main load-bearing construction made of reinforced structural steel S355J2G3 with the cross-section of \varnothing 193.7 mm, thickness 4.0 mm.
- ☒ On the pylon there is a legible operations manual for the device and manufacturer's details.
- ☒ The load-bearing construction has been made of steel pipes with the cross-section of 60.3 mm and thickness of 3.2 mm, while handles and other pipe elements have been composed of pipes with the cross-section of \varnothing 31.8x3.6 mm, and \varnothing 48.3 mm and thickness of 3,2 mm.
- ☒ Seats and backs are made of stainless steel.
- ☒ Rubber shock-absorbing parts (buffers) are connected to the frame with a screw with metric thread
- ☒ The screws are made of stainless steel.
- ☒ Galvanized nuts and self-locking nuts protected against unscrewing and plastic caps on the nuts.
- ☒ We use the corrosion protection by extra powder pre-coating with very reach zinc powder applied after mechanical shot blasting.
- ☒ Outer layer is polyester powder paint.
- ☒ All movable joints in the devices have high-class covered bearings, type 2RS, which prolong their useful life.
- ☒ Assembled on reinforced concrete foundations.

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COLOURS

We focused on modern design and unique colours. The basic colour set is made up of metallised paints. They look attractive throughout the whole year.

ACTIVE BLUE* – blue

ENERGY GREEN* – lime green

HAPPY PINK* – pink

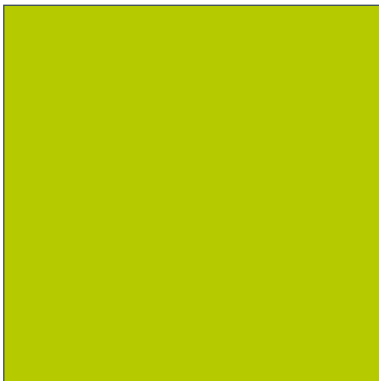
We will also manufacture the equipment in the colour of your choice.

* colour of the print does not correspond to the real-life shade

BLUE



LIME GREEN



PINK





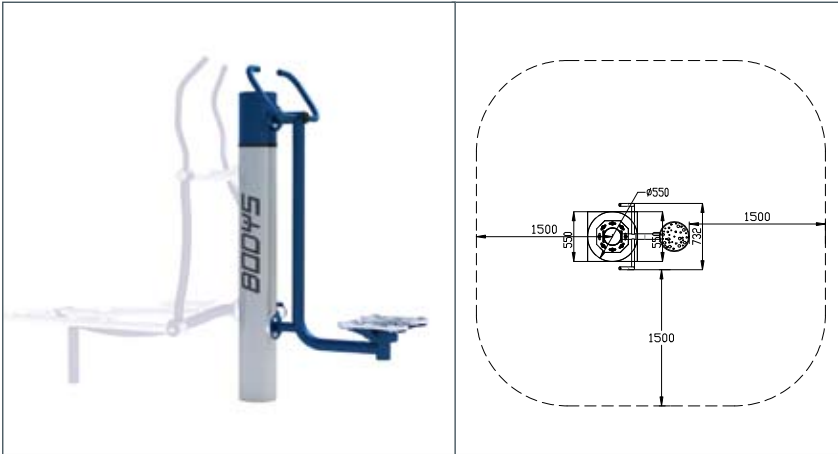
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BODYS

OUR OFFER

At the moment, we have twenty five devices, each of which strengthens a different muscle group. We constantly expand the portfolio.

LIST OF EQUIPMENT

PA 00998



BODY TWISTER

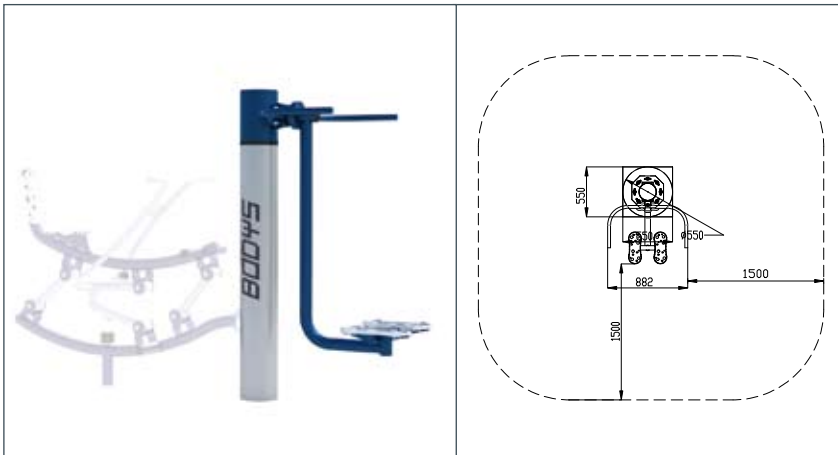
Operations Manual

Hold your hands on the handle. Place your feet on the platform. Using the abdominal and hip muscles set the platform into a twistin motion.

Result of the exercise

It strengthens the abdominal muscles, activates the work of the hip joints, improves motor coordination.

PA 01779



AIR SKIER

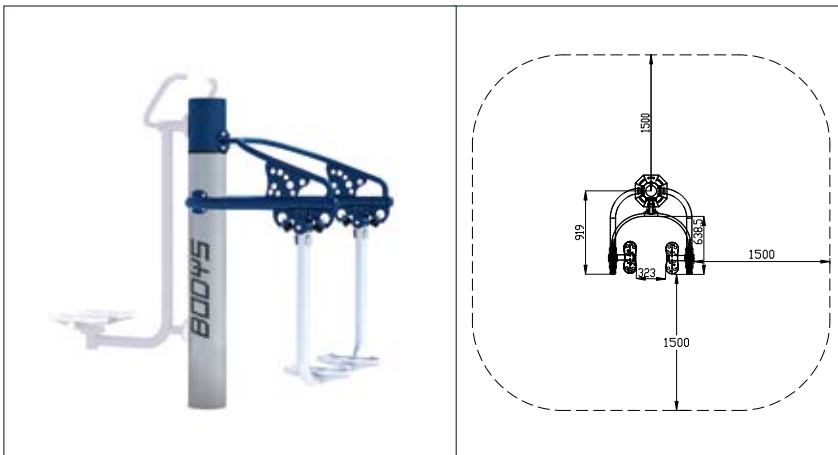
Operations Manual

Hold your hands on the handle. Place your feet on the platforms. Set the device into a left-right swinging motion.

Result of the exercise

It strengthens the muscles of the hip belt..

PA 00468



AIR WALKER

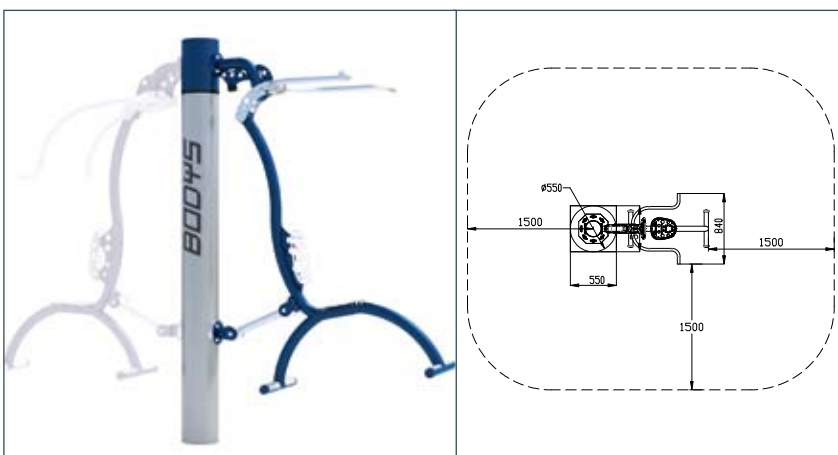
Operations Manual

Hold your hands on the handle. Place your feet on the platforms. Straighten your back and move your legs back and forth.

Result of the exercise

It strengthens the muscles of legs and abdomen. It has a positive effect on the cardio-respiratory system. It improves motor coordination.

PA 00431



PULL DOWN CHALLENGER

Operations Manual

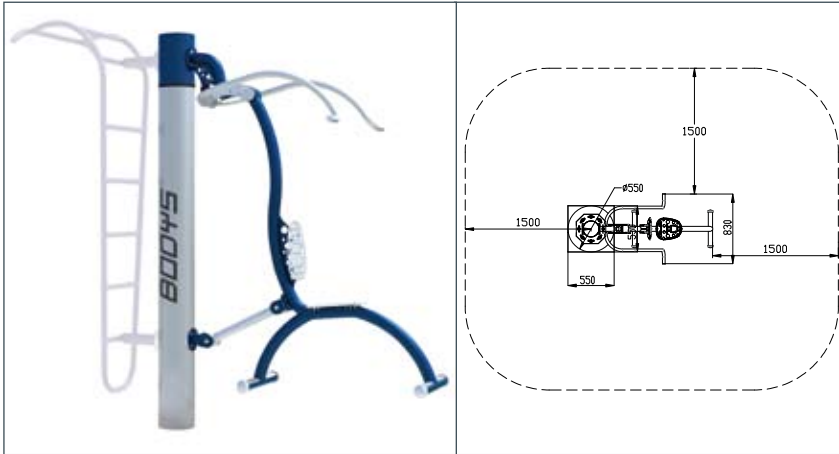
Sit back. Place your feet on the platforms. Grab both handles with your hands. Pull them downwards with one smooth motion, bending your hands.

Result of the exercise

It strengthens the muscles of arms, chest and back.

LIST OF EQUIPMENT

PA 00437



CHEST PRESS

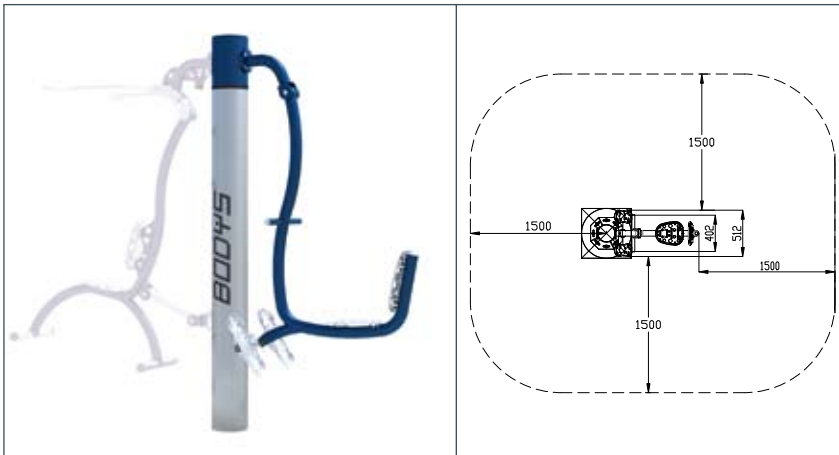
Operations Manual

Sit back. Place your feet on the platforms. Grab both handles with your hands. Push them with a strong but smooth motion, straightening your arms.

Result of the exercise

It strengthens the muscles of arms, chest and back.

PA 00441



LEG PRESS

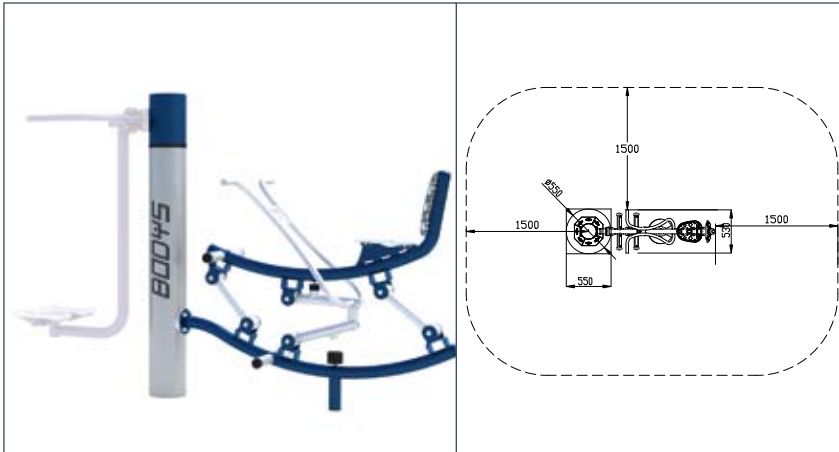
Operations Manual

Sit back on the seat. Place your feet on the platforms. Straightening your legs, push off the device with one smooth motion.

Result of the exercise

It strengthens the abdominal muscles and muscles of lower limbs, builds up the quadriceps muscle, improves joints flexibility and blood circulation.

PA 01008



ROWER

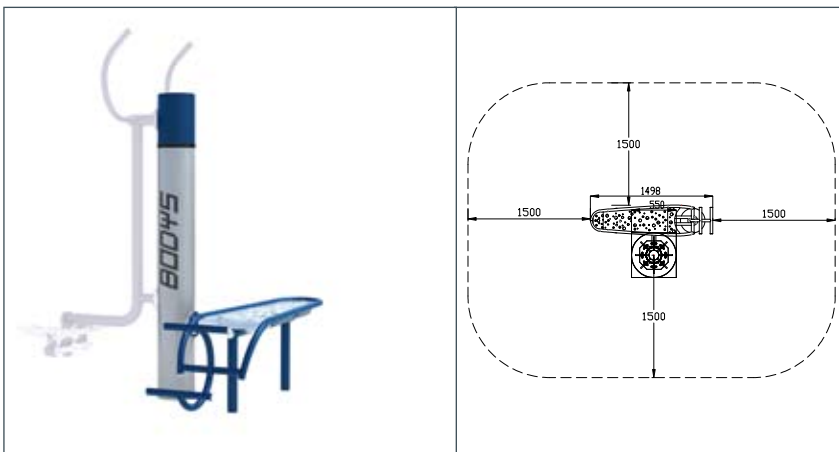
Operations Manual

Sit on the seat, grasp the handles with your hands, place your feet on the platforms. Straighten your body pulling the handles toward your chest at the same time. Get back to the starting position.

Result of the exercise

It strengthens and builds muscles of upper and lower limbs, chest and abdomen. It improves the flexibility of the lumbar spine.

PA 01000



SIT-UP BENCH

Operations Manual

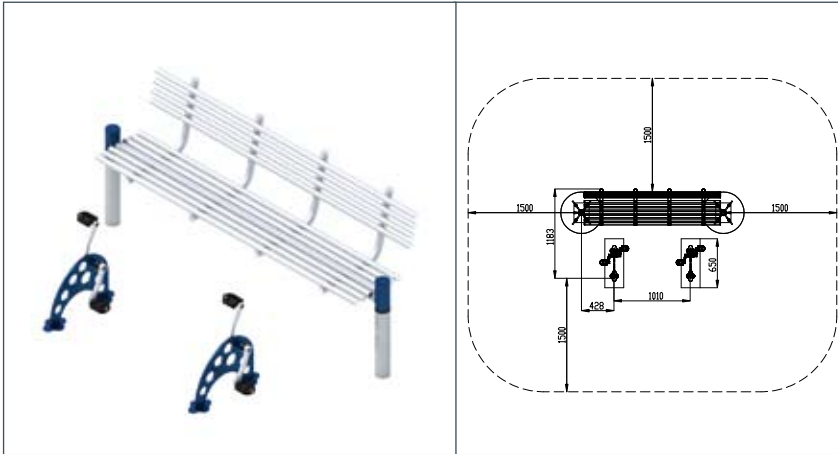
Lie on a bench, place your legs under the bars, clasp your hands behind your head. Lift your body slightly straining abdominal muscles. Lower your body to the starting position and repeat the exercise.

Result of the exercise

It strengthens and builds abdominal muscles.

LIST OF EQUIPMENT

PA 00462



BENCH WITH A BIKE

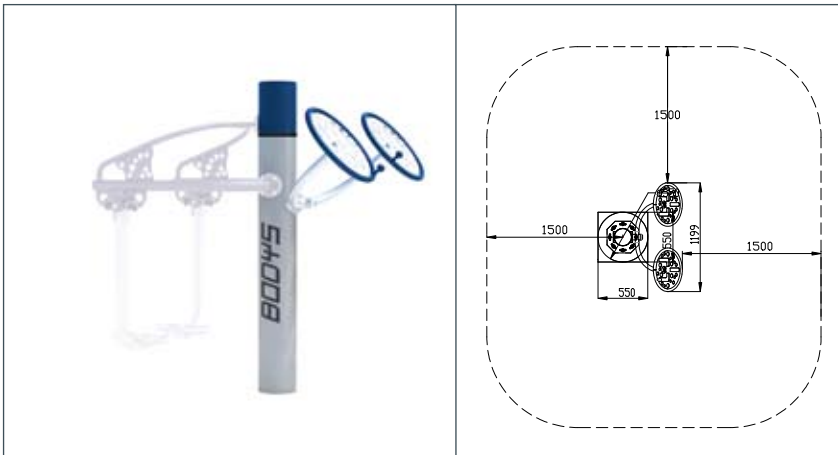
Operations Manual

Sit back on the bench.
Rest your feet on the pedals and start cycling..

Result of the exercise

It strengthens and builds leg muscles, improves blood circulation.

PA 00456



SMALL TAI CHI SPINNERS

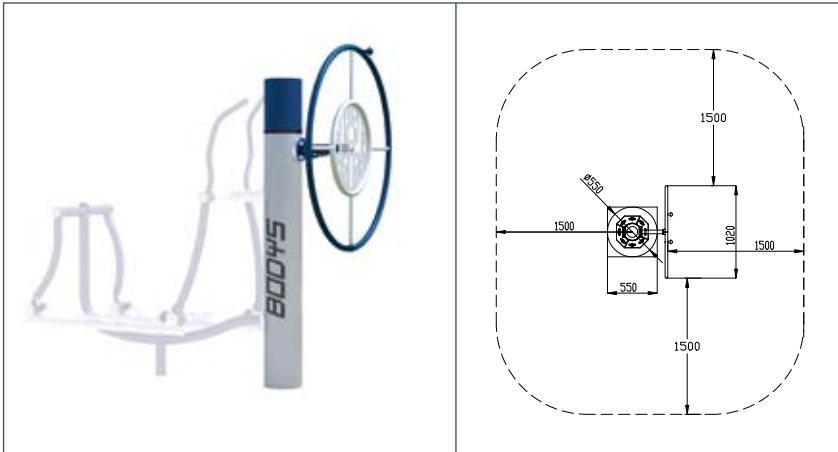
Operations Manual

Stand facing the device.
Grab the handles with your hands and turn the wheels to the right and to the left.

Result of the exercise

It strengthens and activates the work of wrists, elbows and shoulders.

PA 00457



BIG TAI CHI SPINNER

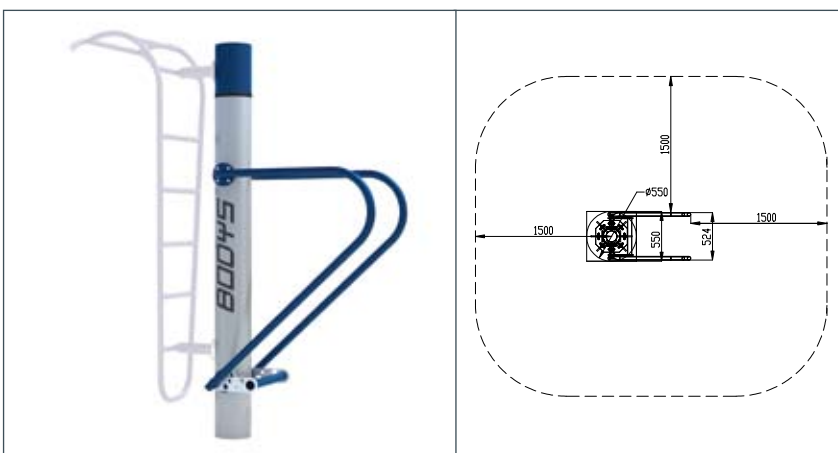
Operations Manual

Stand facing the device.
Grab the handles with your hands and turn the wheel to the right and then to the left.

Result of the exercise

It strengthens and improves the shoulder and back muscles.

PA 00458



RAILS

Operations Manual

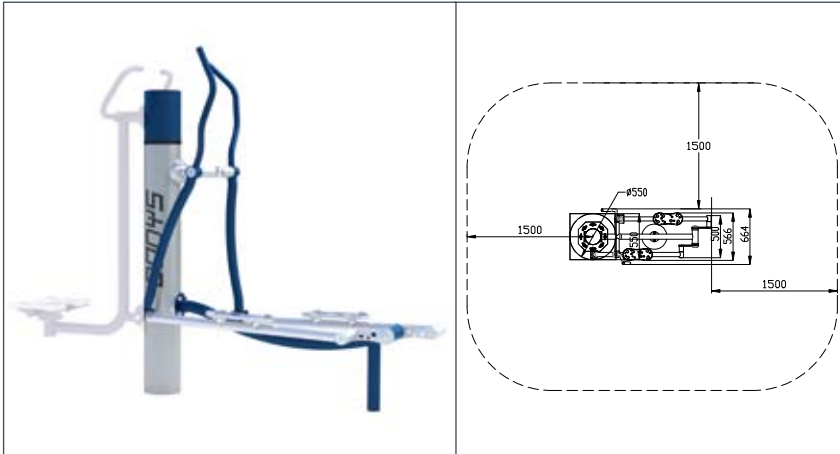
Stand back to the device. Lean your hands bent at the elbows on the bars. Lift your feet off the ground and pull up to form a right angle. Face the device, grab the handles with your hands. Bending your elbows at right angles, do the push-ups. Return to the starting position.

Result of the exercise

It strengthens the muscles of arms and abdomen, and improves coordination of the shoulders.

LIST OF EQUIPMENT

PA 00465



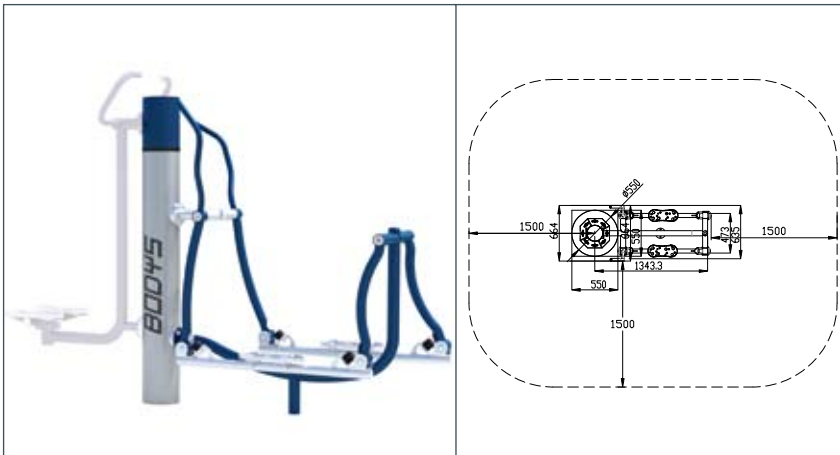
ELLIPTICAL CROSS TRAINER Operations Manual

Hold your hands on the handle. Place your feet on the platforms. Straighten your back and perform front-back alternating movements of your legs.

Result of the exercise

It strengthens the muscles of legs, arms and the torso. It has a positive effect on the cardio-respiratory system. It improves motor coordination.

PA 00467



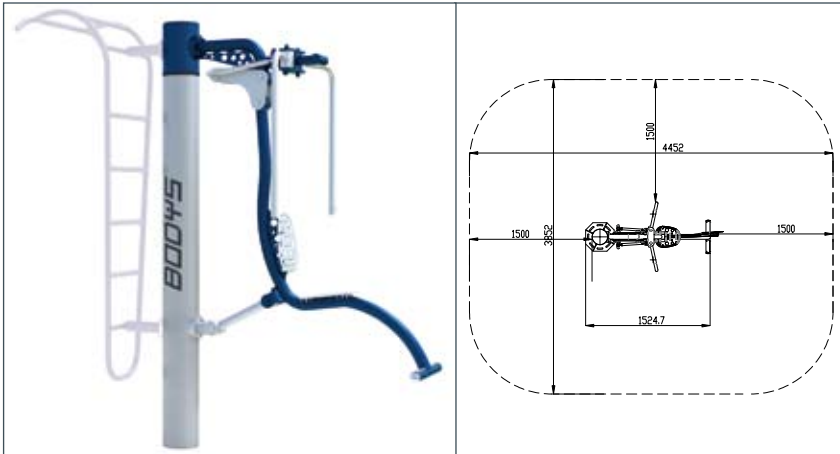
CROSS COUNTRY SKIER Operations Manual

Hold your hands on the handle. Place your feet on the platforms. Straighten your back and perform front-back alternating movements of your legs.

Result of the exercise

It strengthens the muscles of legs, arms and the torso. It has a positive effect on the cardio-respiratory system. It improves motor coordination.

PA 01046



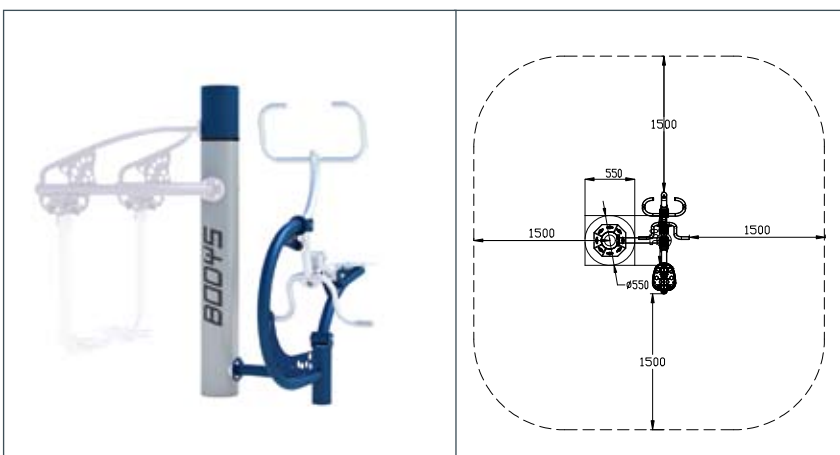
BUTTERFLY Operations Manual

Sit back. Place your feet on the platforms. Grab both handles with your hands. Pull them downwards with one smooth motion. Get back to the starting position.

Result of the exercise

It strengthens the muscles of arms, chest and back.

PA 00478



HORSE RIDER

Operations Manual

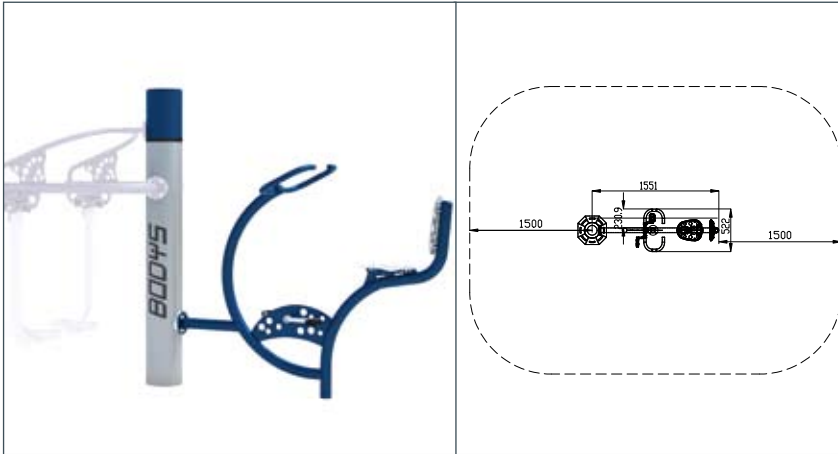
Sit on the seat, grab the handles with your hands, put your feet on the platforms. Stretch your legs, at the same time pulling the handles close. Then return to the starting position.

Result of the exercise

It strengthens the muscles of your arms, stomach and legs. Improves general condition and blood circulation..

LIST OF EQUIPMENT

PA 00476



CLASSICAL BIKE

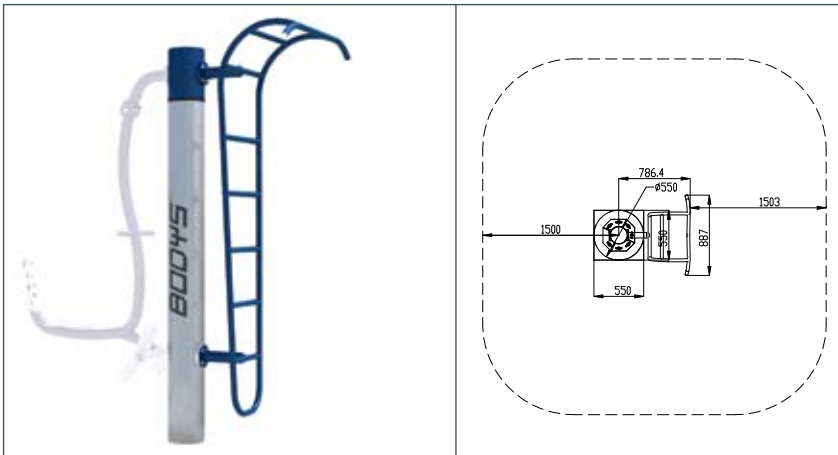
Operations Manual

Sit on the seat, grab the handles with your hands, place your feet on the pedals. Move your legs as if you were riding a bike.

Result of the exercise

It strengthens the muscles of your lower limbs and improves blood circulation.

PA 00469



LEG LIFT STATION

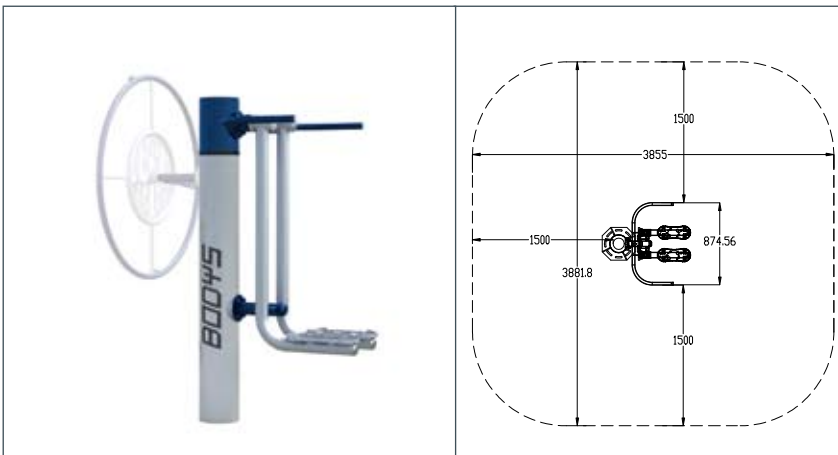
Operations Manual

Grab the bar handles with your hands and, avoiding pendular movement, pull your legs to your chest. Then evenly lower your legs. Return to the starting position.
or Rest your foot on the step at waist height. Bend down to reach the foot placed on the step and the one standing on the ground.

Result of the exercise

It strengthens the muscles of your arms, stomach and back or it stretches your muscles.

PA 01597



ROMPER

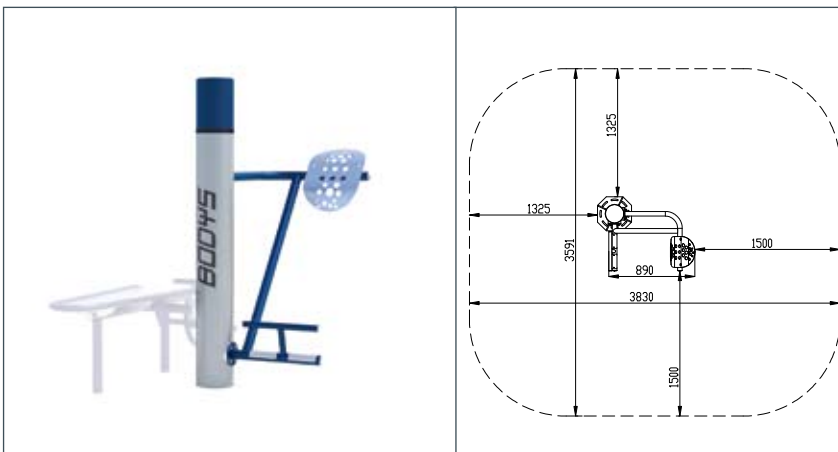
Operations Manual

Hold your hands on the handle. Place your feet on the platforms. Straighten your back and move legs as far as possible in the side performing straddle. Get back to the starting position.

Result of the exercise

It strengthens the muscles of legs and abdomen. It has a positive effect on the cardio-respiratory system. It improves motor coordination.

PA 00566



BACK STRETCHER

Operations Manual

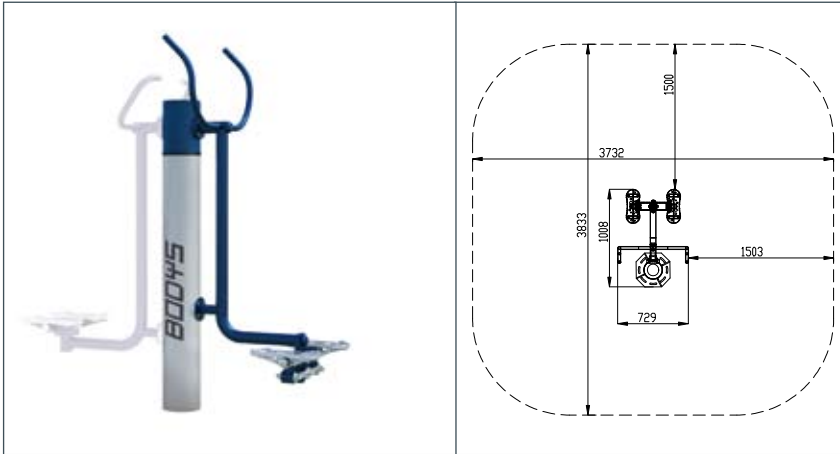
Stand on the footrest, lean your body against the bench, facing downwards. Hold your hands behind your head. Slowly, smoothly lift and lower your body.

Result of the exercise

It strengthens the back muscles in the lumbar section and abdominal muscles.

LIST OF EQUIPMENT

PA 01596



STEPPER

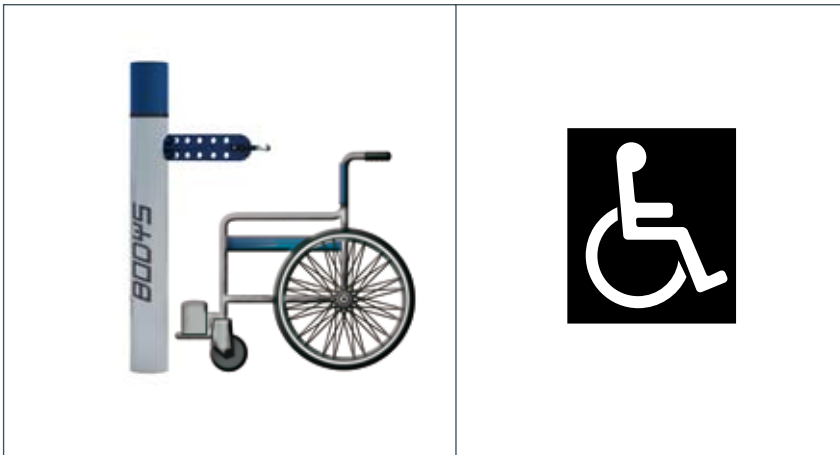
Operations Manual

Place your feet on the risers. Slightly bend your knees and move your legs alternately, as if you were climbing the stairs. The feet must closely adhere to the ground. The body should be upright and abdominal muscles - tense.

Result of the exercise

It slims down the buttocks, increases the strength of leg muscles and general efficiency of the body and the cardiovascular system.

PA 00574



PEDALS FOR THE DISABLED

Operations Manual

Grab the handles with both hands and start to pedal.

Result of the exercise

It strengthens and builds the muscles of your arms and shoulders; improves blood circulation.

PA 00551

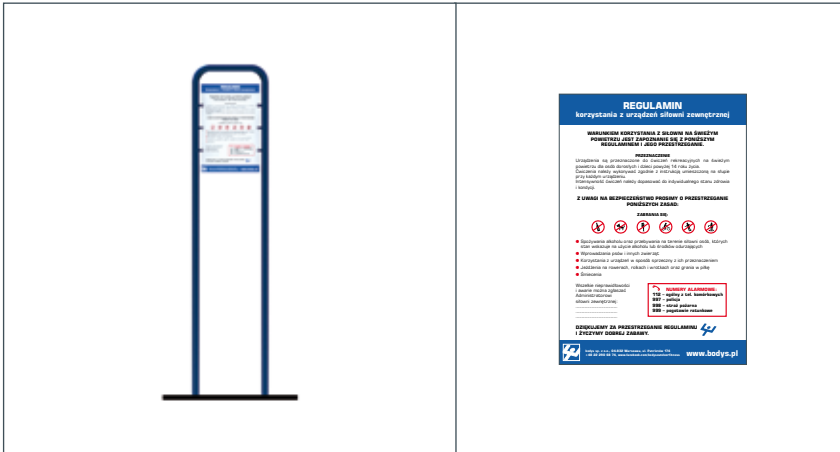


TABLE WITH RULES

Destiny

Outdoor fitness gym regulations.

BODYS AND NATURAL ENVIRONMENT

Our objective is to make the equipment harmonized and blend into the surrounding, and everyone who practice is able to contact with each other and could build the relationship and at the same time taking care of the condition.

BODYS

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SAMPLE SETS

SAMPLE SETS

BODYS equipment allows a free configuration of two devices on both sides of the one load-bearing post. We want the equipment to be functional. We created forty-five possible sets suiting to the needs of users. On each post, also called the pylon, there is a legible operations manual for the device, information on the results of the exercise and manufacturer's details.

Chest press and pull down challenger



Rower and cross country skier



Body twister and air walker



Leg press and leg lift station



SAMPLE SETS

Cross country skier and classical bike



Elliptical cross trainer and body twister



Sit-up bench and rails



Air skier and rower



Air walker and small Tai Chi spinner



Bench with a bike

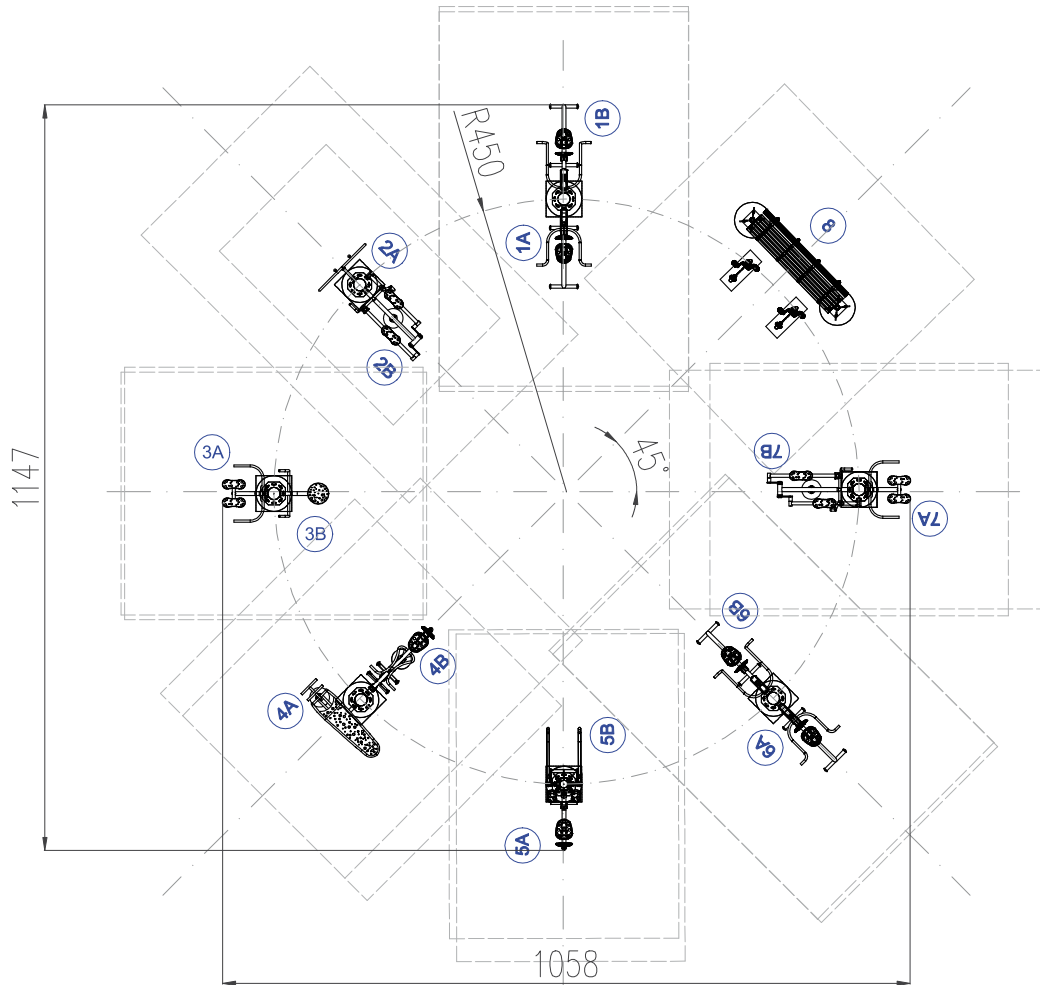


Leg lift station and butterfly



Leg lift station and rails





SAMPLE PROJECTS – LOCATION

Outdoor gyms do not take up a lot of space. A 80-300 m² square is enough. The equipment may be located in any arrangement.

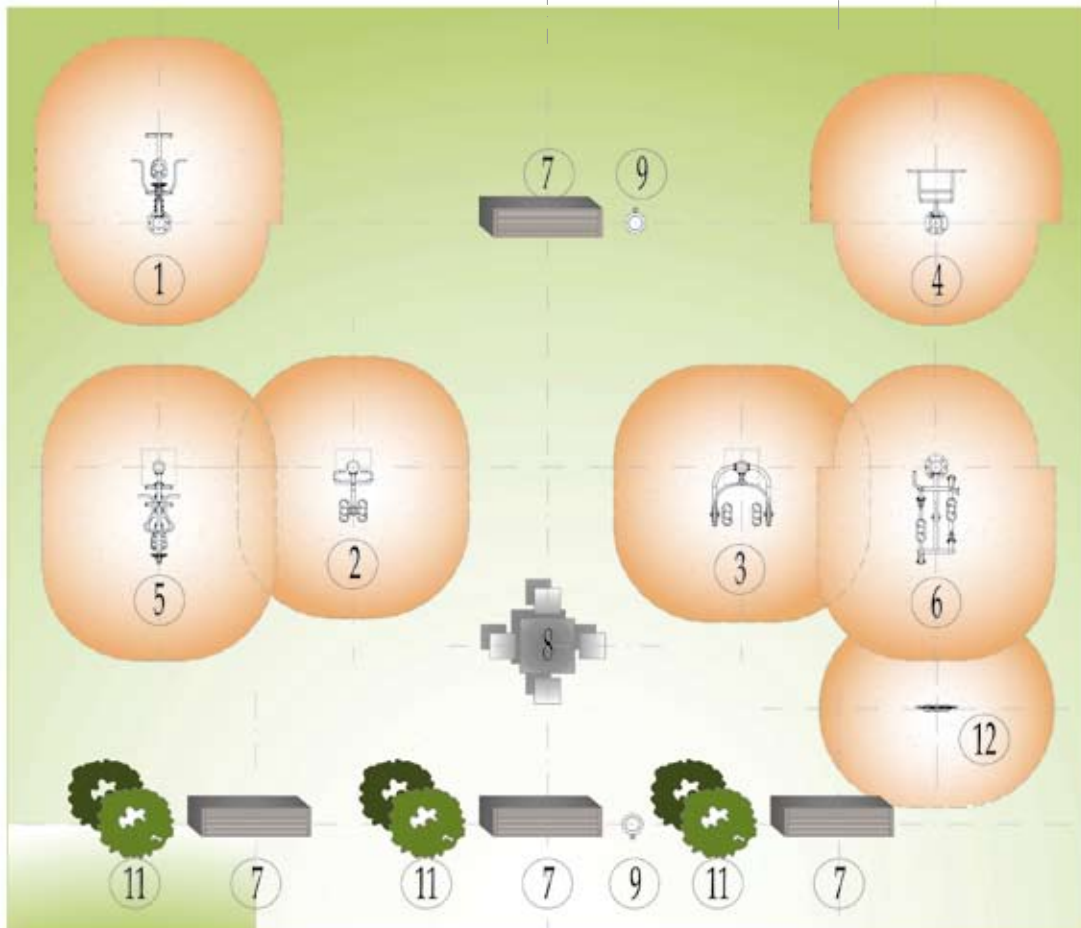
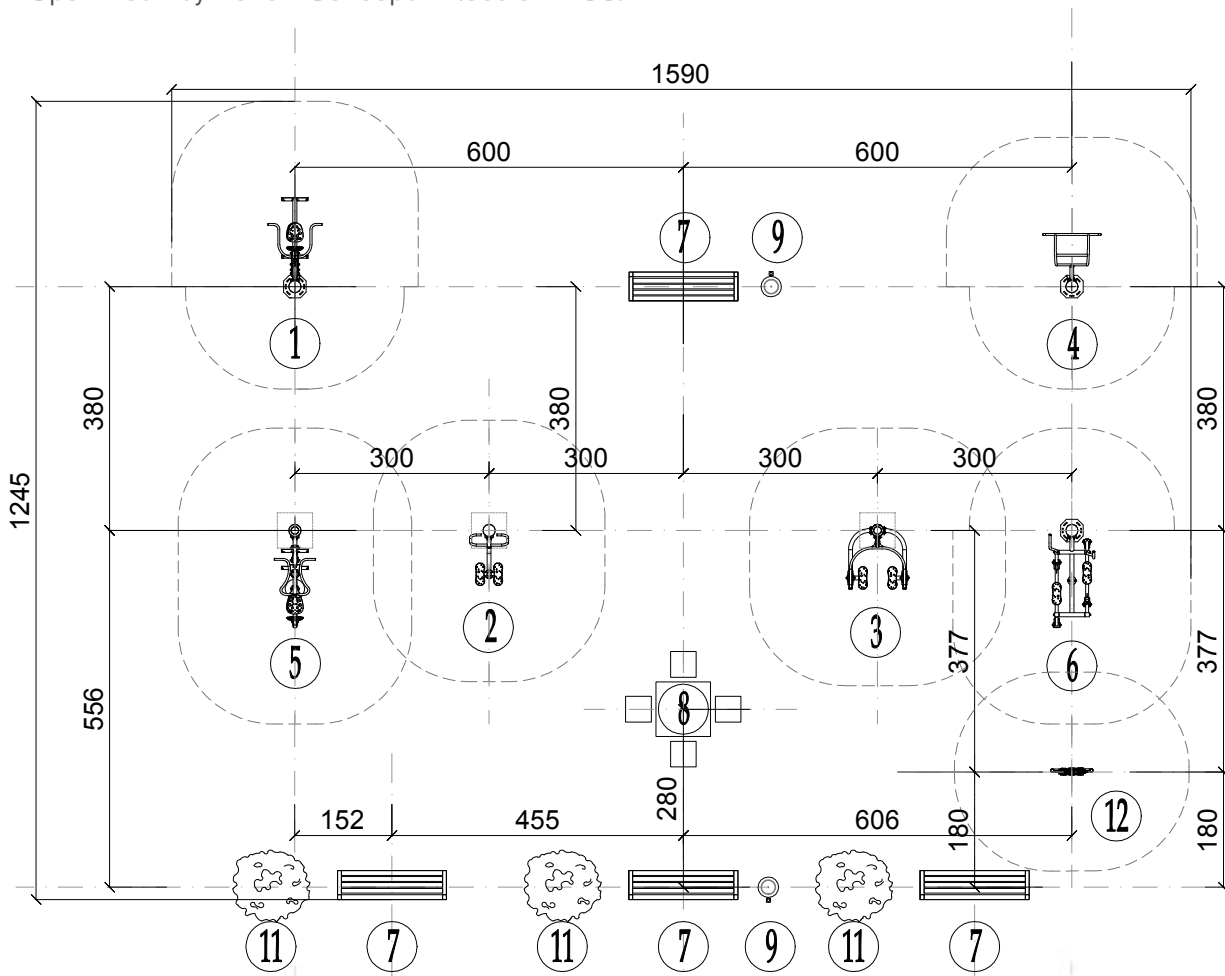
They may be exposed or included in the surrounding layout.

On the basis of a map shared with us, we will prepare an optimum location plan for the equipment. Pursuant to the provisions of the construction law, the equipment for outdoor exercise is the element of small architecture.

Such an investment is to be reported to the relevant department of architecture.



Open Activity Zone - Concept 2 (scale 1:100)





BASE

BODYYS is recreation equipment from the top class. We want the investments to be sustainable and aesthetic. Thanks to nicely designed base we will get the perfect final effect.

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STREET WORKOUT

Street Workout is colloquially known as street training. It involves the use of urban building elements and specially prepared parks. Street Workout devices enrich the small sport infrastructure. Next to outdoor fitness equipment, this is an interesting offer for people who want to take care of their vigor, appearance and health.



BODYS – A PERFECT WAY TO RELAX

- ☑ BODYS equipment for outdoor exercise is a perfect solution to ensure that outdoor places for leisure and family entertainment are made more attractive, so as to connect different generations.
- ☑ BODYS recreational equipment is a perfect way to complement walking routes, bike routes and beaches.
- ☑ BODYS Outdoor Gyms will be appreciated by the youth and the inhabitants of residential areas or housing estates.
- ☑ This equipment is also a great solution for schools and sports facilities.
- ☑ BODYS recreational equipment for exercise will be useful in all the places where you seek to relax and refresh.



www.bodys.pl
outdoor fitness



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