



Think sports equipment, think sportsequip



## Introduction

Our extended and improved adult Timber Trail equipment is borne of years of experience installing at military bases, schools, colleges, local authorities, town and parish councils throughout the country. The aesthetically pleasing basic round timber log suits the densest woodland setting to the most open urban park. With a choice of log options and ranges offering varying degrees of difficulty we offer the largest range available to meet any budget.

The range, with the exception of PT Trails, is all designed to BSEN16630 for use by adults & teenagers over 14. Go to [www.sportsequip.co.uk](http://www.sportsequip.co.uk) for full product details, technical specifications, and technical drawings

## Stretch Stations™

Securely mounted instructive and illustrated signs offering a range of simple stretches and exercises for all abilities

## Gym Trails™

Gym Trail equipment is all low impact and low level, eliminating the risk of a fall from height

## Fitness Trails

The original and larger scale equipment giving a greater physical challenge than Gym Trails

## PT Trails™

Physical Training Trails are the largest items, all outside the scope of BSEN16630 and not suitable for general public use

## Signs

Illustrated, instructional sign plates, station indicators and trail data boards - all designed to order and customised

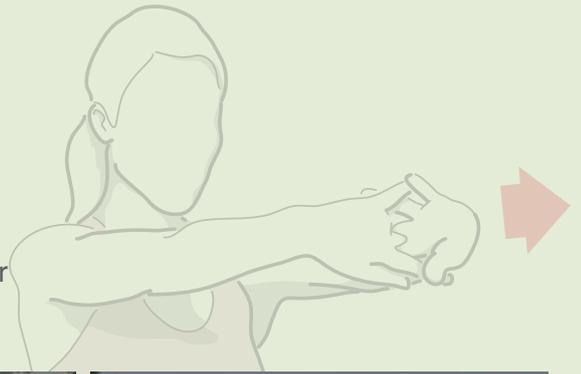
## Surfacing

In addition to all the trail equipment, we offer our range of Compliant™ safer surfacing when required

NEW

# Stretch Stations™

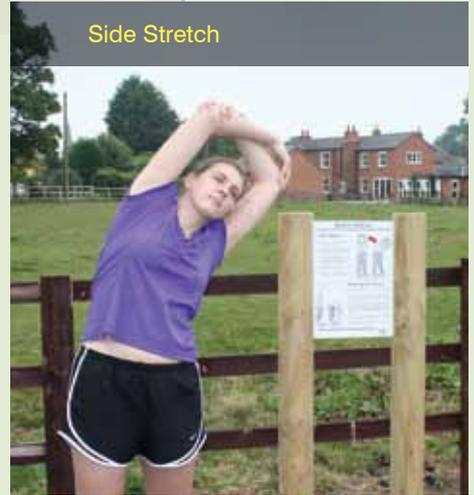
With contemporary illustrations and clear instructions Stretch Stations bring the simplest Gym exercises outside, encouraging movement and exercise by everyone. Low impact, low cost and easy to install these exercise stations offer the best value Outdoor Gyms available



Head Turns



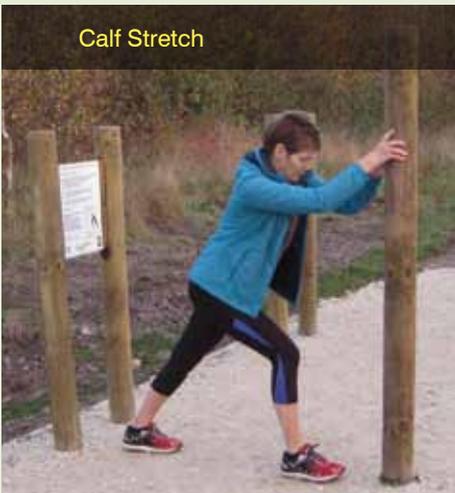
Side Stretch



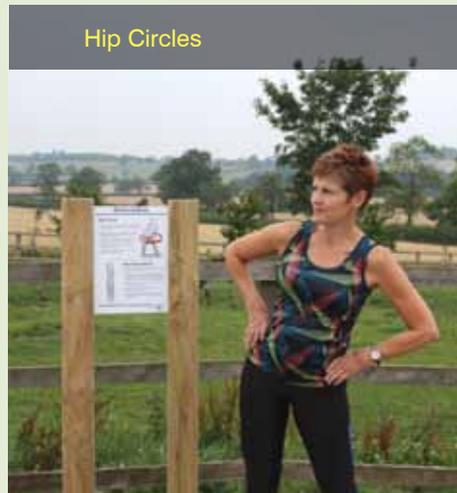
Shoulder Shrugs



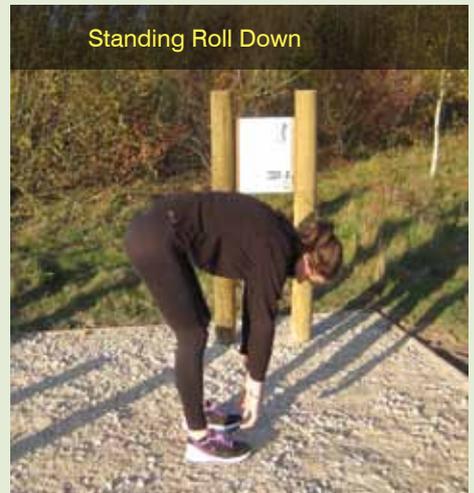
Calf Stretch



Hip Circles



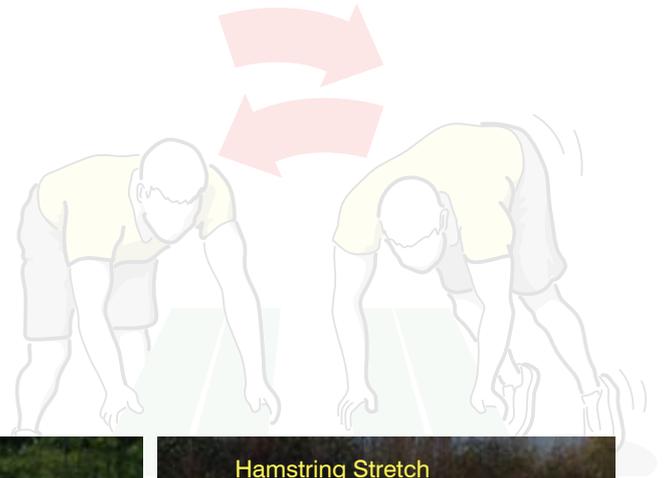
Standing Roll Down



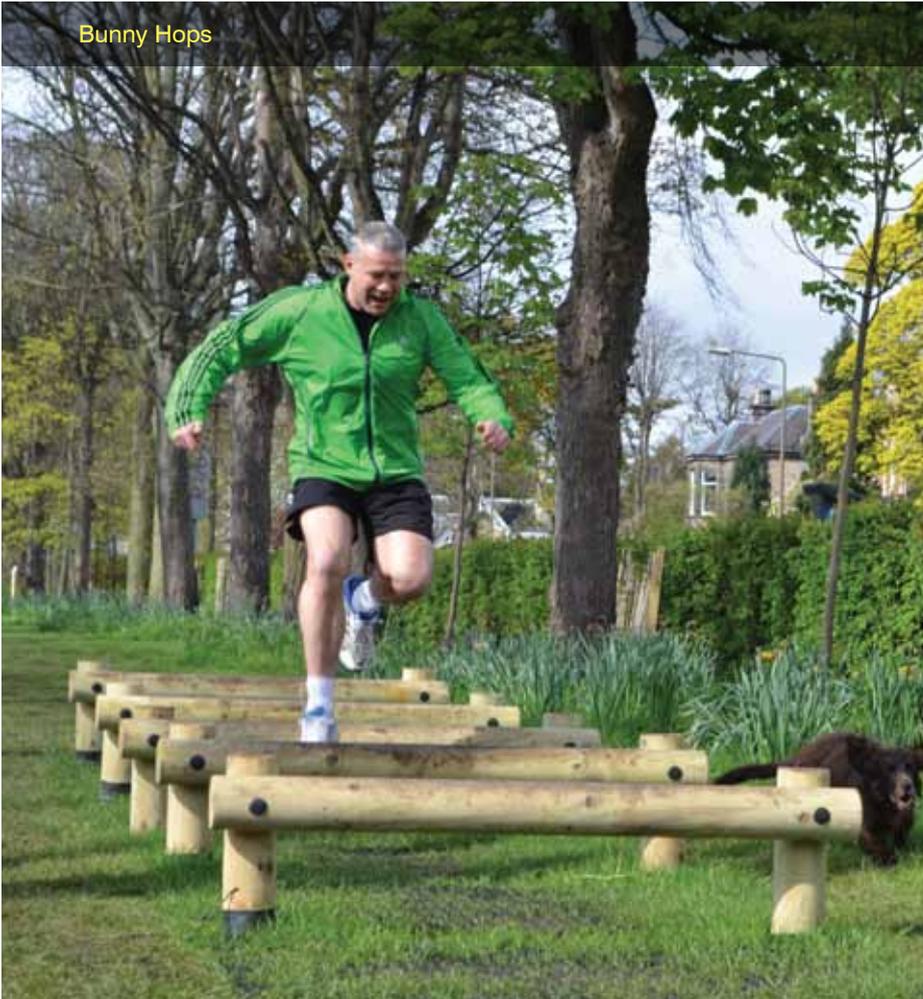
NEW

# Gym Trails™

Gym Trail equipment is an extension to the Stretch Stations, using only the smallest low impact and low level equipment, eliminating the risk of a fall from height. Importantly no surfacing is required, so overall costs are reduced and spend is maximised



Bunny Hops



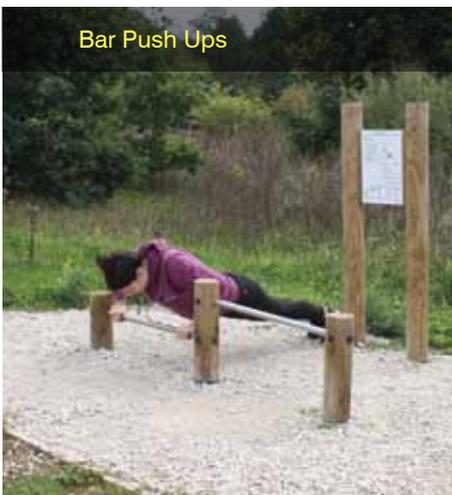
Hamstring Stretch



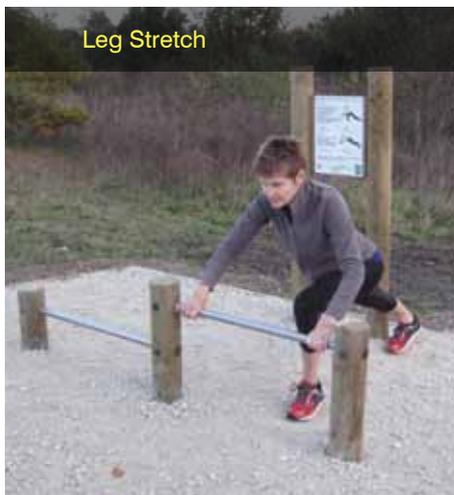
Multi Exercise Bench



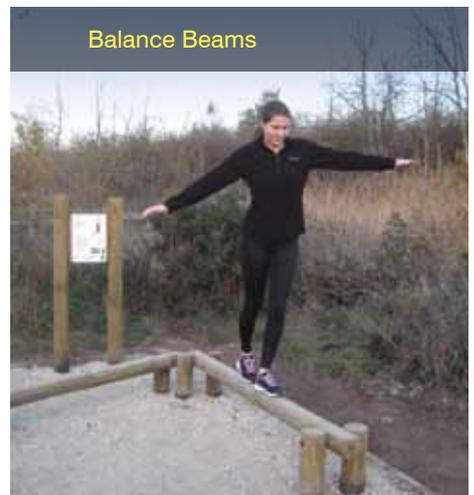
Bar Push Ups



Leg Stretch



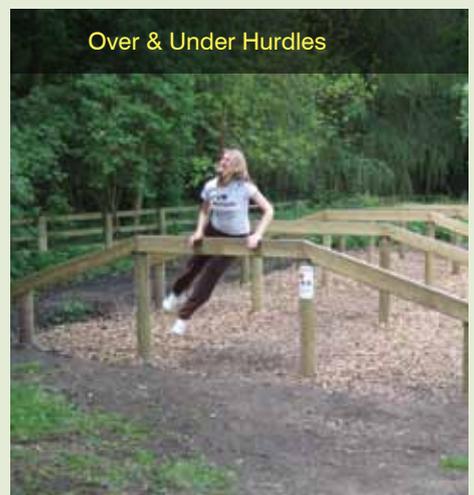
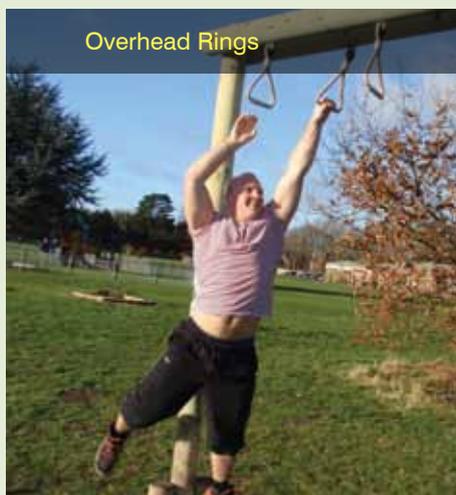
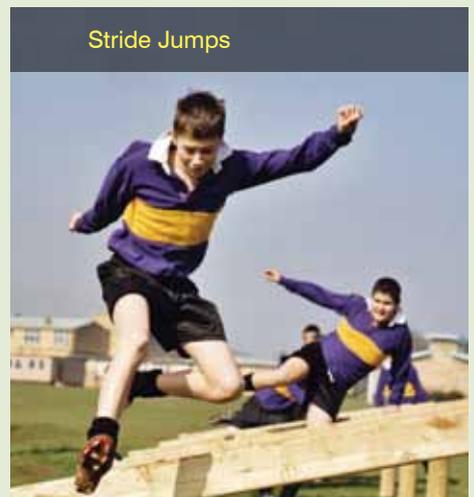
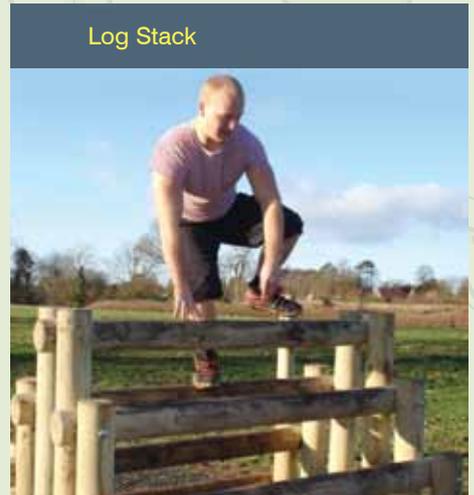
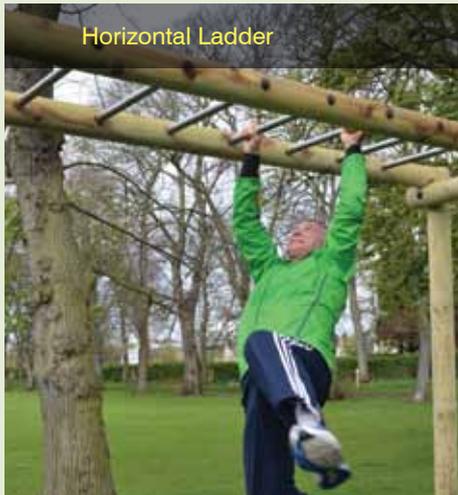
Balance Beams



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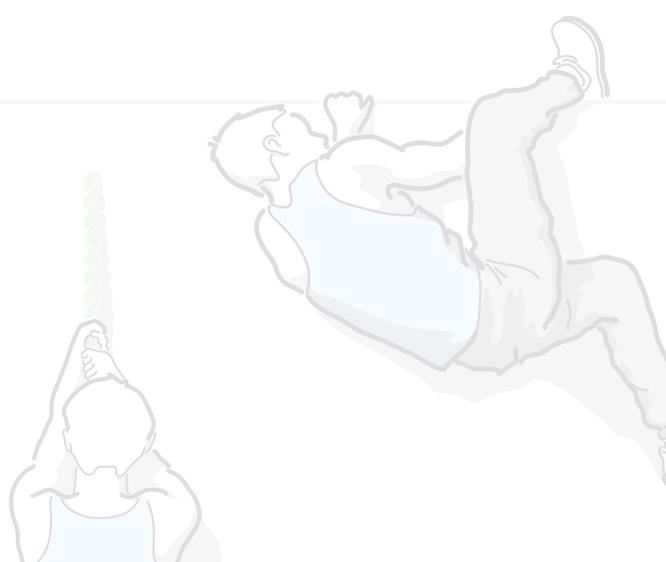
# Fitness Trails

Fitness Trail equipment is all to a larger scale and presents greater physical challenges. With designs for upper body and lower body exercises these are often supplied with small areas of impact absorbing surfacing wear pads beneath



# PT Trails™

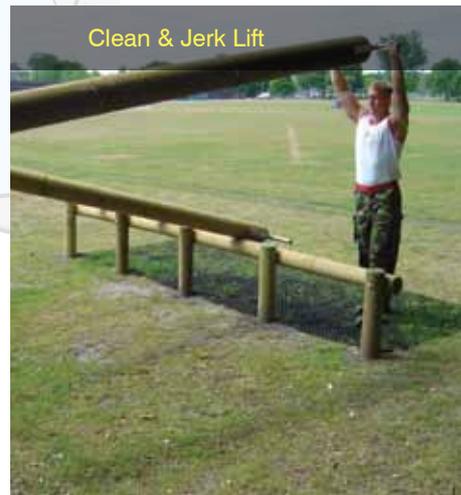
Physical Training Trail equipment is only suitable for supervised institutional use such as the military and incorporate exercises that either involve getting dirty or are outside the scope of BSEN16630. We do not recommend any PT exercise stations for unsupervised or public use



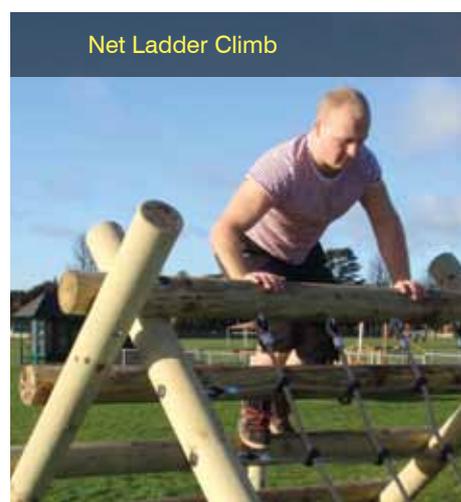
Tyre Run



Clean & Jerk Lift



Net Ladder Climb



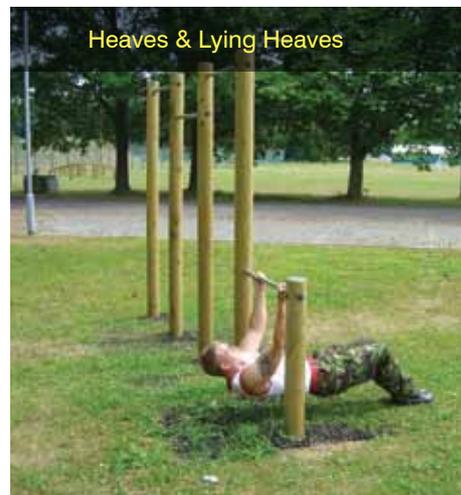
Beam Lift



Net Climb



Heaves & Lying Heaves



# Signs

To finish off the look and feel of our trails and to make sure they are used both safely and correctly we offer an unrivalled service on customised signage. This includes our new style illustrated instructional signs covering the entire range plus our original station indicators and full Trail Data Boards



Illustrated Exercise Plate



Trail Data Plate



Illustrated Exercise Plate



Trail Data Board



Oval Indicator



Charterhouse School





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