

**EFFECTIVE TRAINING -
FOR PEOPLE ON THE GO**

This solution invites everyone for an individual, and effective, training session. Users can easily adjust the training intensity, according to their own fitness levels, by adjusting the hydraulic resistance. This solution is suitable for everyone.

This circuit training solution offers the most time efficient way to enhance cardiovascular fitness and muscle endurance.

ACTIVITY TYPE
Circuit Training

PRODUCTS
Adjustable Equipment

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
SPORT & FITNESS, ACTIVE AGEING	15	126.5M²	50

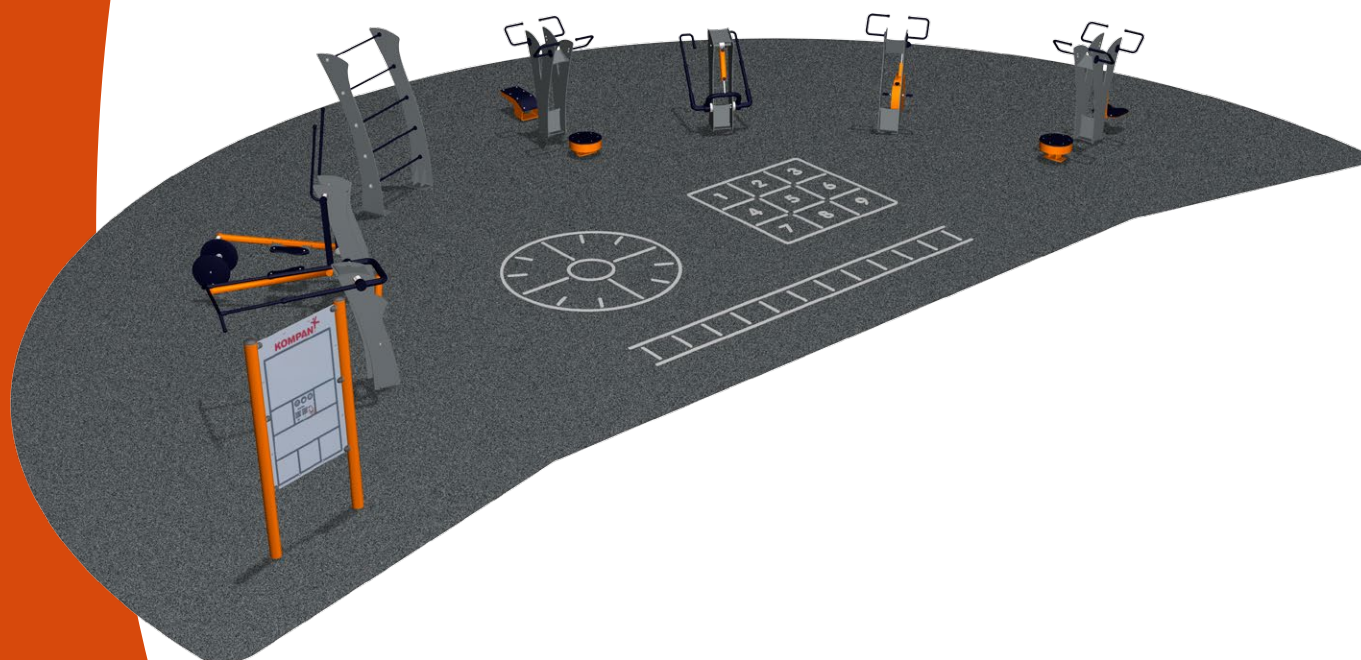
SKILLS	1	2	3	4	5
Strength	●	—	—	—	●
Coordination	●	—	—	—	●
Endurance	●	—	—	—	●
Flexibility	●	—	—	—	●
Agility	●	—	●	—	—

All prices exclude VAT. Subject to change without prior notice

CIRCUIT TRAINING

FSP401

On Tarmac: £45,000
On Grass: £50,000



**SPORT &
FITNESS**

**ACTIVE
AGEING**