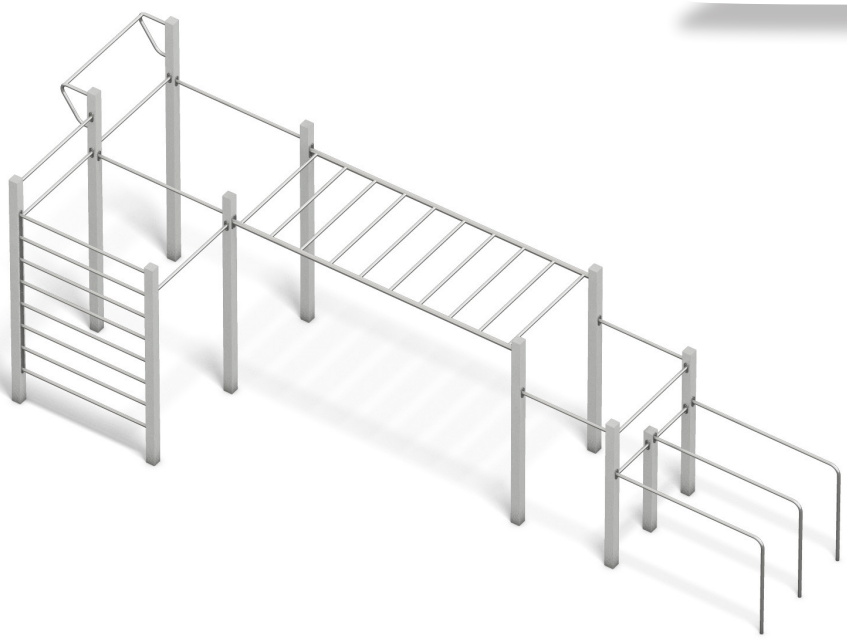
Calisthenics



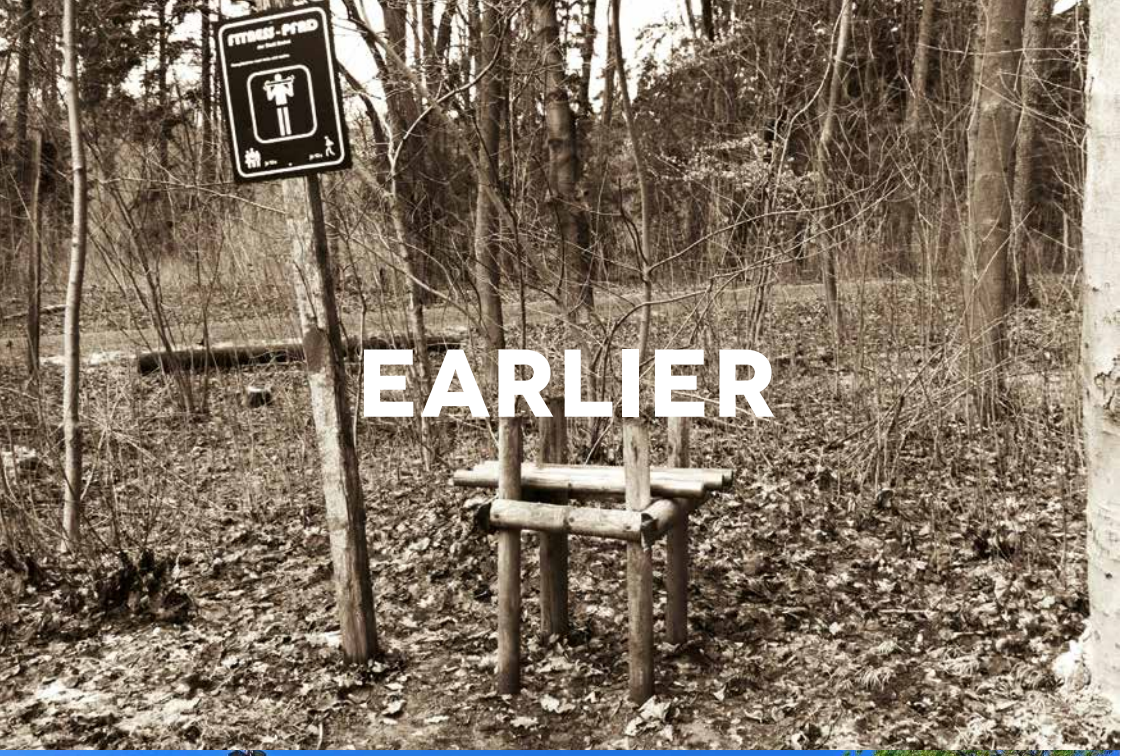
van Eeuwijk Speel

+31 342 751 950 · verkoop@vaneespeel.nl

DEAR CUSTOMERS,

This is a combinated catalogue, in which the areas of movement (4FCIRCLE ®) and playing (NEOSPIEL ®) have moved closer together than ever. Not without reason: after all, the transition between movement & game is fluid. The partnerships with the DOSB and the general German University Association (ADH) should also be briefly mentioned here. The heart of our 4FCIRCLE ® is and remains the sport scientific concept. Mobile as the users of the parcours, the 4FCIRCLE ® continues to evolve. Usage analyses and the latest findings are integrated into the planning of current projects. Our sport scientist unites theory and practice in one person: as a 4FCIRCLE ® developer and trainer, he is at all times available for consultations and training.
If you want to make a difference in the long term, you have to understand, motivate and give new impulses to people around you.
You will find out how this works on the following pages or at the latest in a personal conversation with us.

LIST OF CONTENTS



STAY FIT!

The first German fitness wave

The issue of health has become increasingly important over the past 20 years. In the truest sense of the word, the body weight of people has increased, and, as a result, problems with health have also increased.

Already 40 years ago, the German Sports Federation recognized the problem and supported the trim trail. Outside in the open countryside, people should bring their bodies back into shape through occasional training on simple devices. The action became a huge success because millions of Germans discovered the fun of movement.

FIT, FREE, FUN, FUNCTION!

4FCIRCLE® – PIONEER OF THE NEW FITNESS MOVEMENT

In the meantime, people's needs have changed dramatically. Everything seems to have become scarcer.
We feel to have less time and space every day. Fitness, however, is more than ever one of the great wishes and goals of large groups of the population. Regardless of age, gender or social background.

We all want to be fit, want to move freely, having fun doing so and train in a sensible meaningful way. In short, we want Fit, Free, Fun and Function: 4F!

Each course contains
100% of movement comp
= Maximum of function

Fitness for everybody

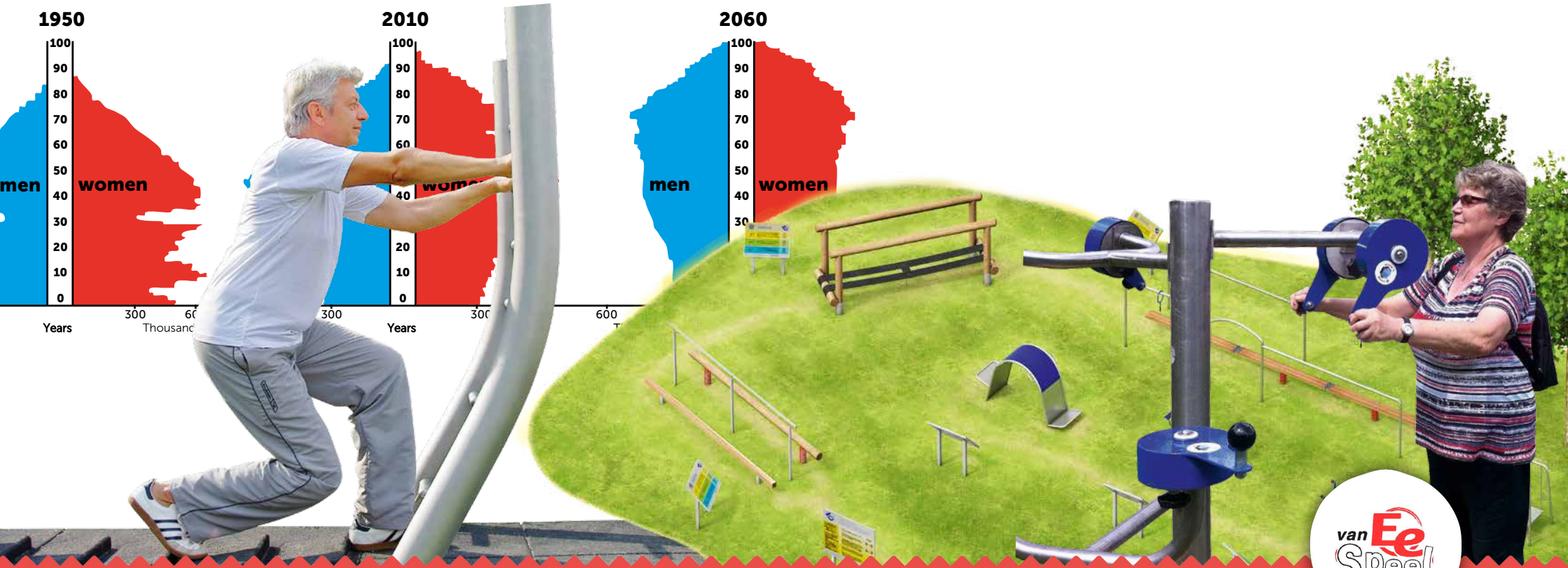
Let´s take a look at the demographic change all over Europe! We´re all getting older. One in two will reach an age above 80. This is also a result of the changing health consciousness. Nowadays we take care of our body and have learned a lot about the connection of nutrition and movement.

It starts at kindergarten age and doesn´t stop when we reach the age of retirement. Not everybody wants to run a marathon, but movement is “cool” for the young ones and should be an integral part of everyday life for grownups and seniors.

Fun for fitness

Staying fit is as natural as eating and drinking - and should be as much fun. 4FCIRCLE® picks up this issue: we want to be close to the people. Training takes place in the city, not “out in the woods” like in former times.

On streets and squares, in city parks and leisure facilities, people take their daily fitness unit. 4FCIRCLE ® is always present, continuously open, animating to try out and convinces by motivating items for regular "training consumption". The 4FCIRCLE® complements the "traditional" activities such as running, walking or cycling optimally. Here we make ourselves warm, stretch ourselves or put together our very individual workout. Even a walk through the park can become part of the concept of movement within the framework of the 4FCIRCLE ® philosophy. Everything is possible, let´s overcome the borders of yesterday.



SPORT SCIENCE

Target group human being

4FCIRCLE® is the ideal tool to implement training and movement installations in public spaces. It can be either added modularly to (almost) every other existing movement offer (in cities, hospitals, recreational areas, clubs etc.) or set up in new areas to offer a motivating and fun-oriented incentive effect.

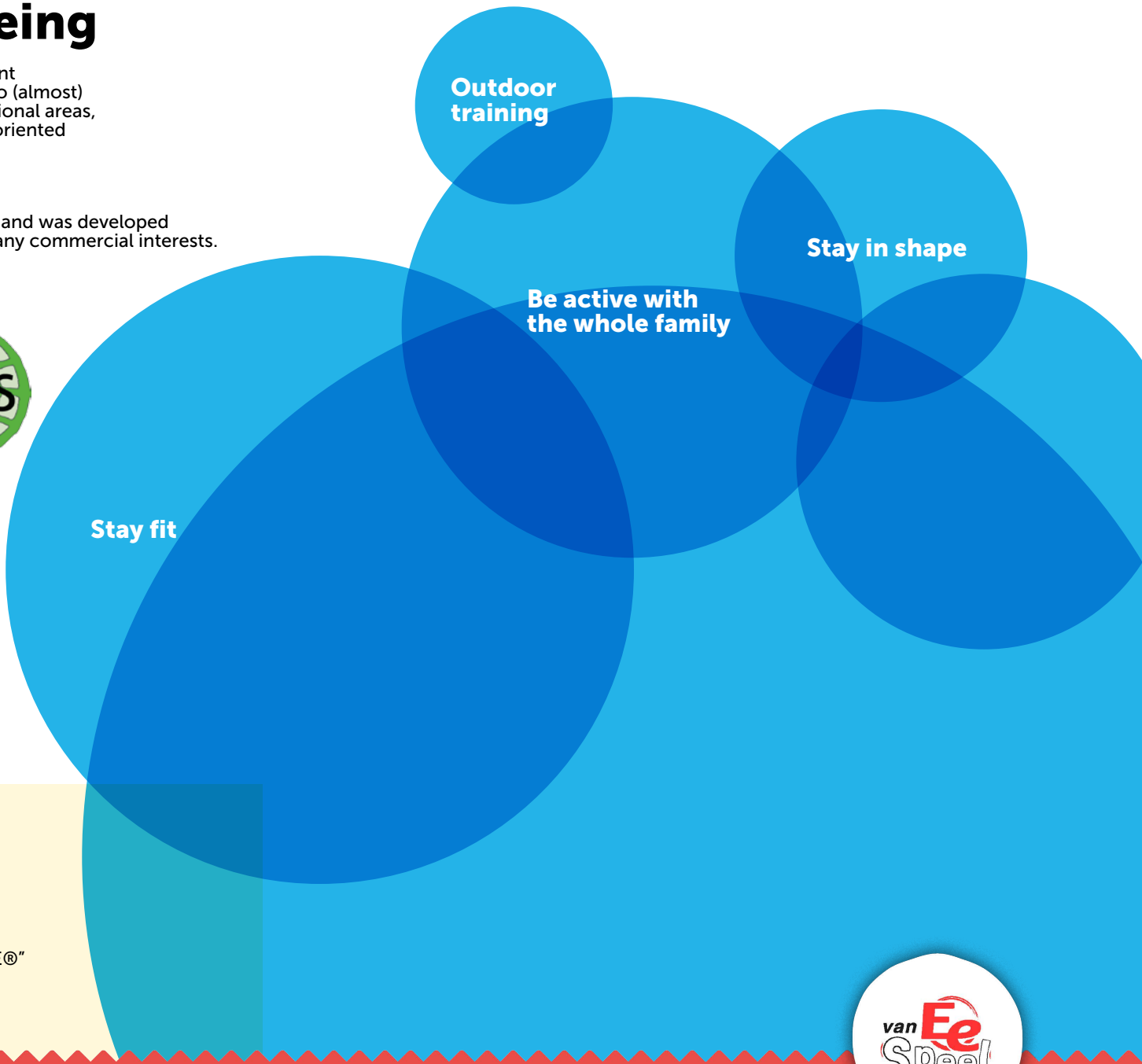
4FCIRCLE® is based on sport scientific research and was developed arising from yearlong sport experience without any commercial interests.

adh

IAKS

EMPFOHLEN DOSB EMPFOHLEN

BSFH
Wir schaffen Spielräume



Oliver Seitz

Sport scientist

- Studies of sport science at the Technical University of Munich
- Bachelor paper about"4FCIRCLE®"
- Since 2001 consultant for 4FCIRCLE® questions

van Eeel Speel

+31 342 751 950 · verkoop@vaneespeel.nl

PLANNING SCOPE

Development of a 4FCIRCLE®

While planning and developing a multi-generational movement park sometimes uncertainties or questions may arise.
We face these questions with our conceptional approach, our experience, scientific studies and a well-organized planning of project. This way we create a secure way of realizing your movement parcour.

A) The phase of planning

1. Basic Info Talk
The initiator of the project informs about goals, wishes and the budget.

2. Site analysis and inspection of location
Where is the best place for a 4FCIRCLE®
Taking into account the:

- **Location**
- **Social environment** – Who is living next to the parcour and what are the needs of the different user groups?
- **Local structures** – Clubs, Schools, kindergartens, retirement homes or others.

3. Creation of a requirement profile
The results of the analysis are all put together by the specialists and our sport scientist. This builds the basis for the individual and location-based concept.

4. Conceptional suggestions and offers
According to the requirement of the customer a choice of movement units is made.
Despite our claim to offer a high functionality we work together closely with landscape architects and planners to integrate the parkour successfully into the existing environment.

B) Realization

5. Production of the movement units and the tailor made parcour signs.

6. Installation and assembly of the sport equipment - the concept comes to life.
Implementation by our company.

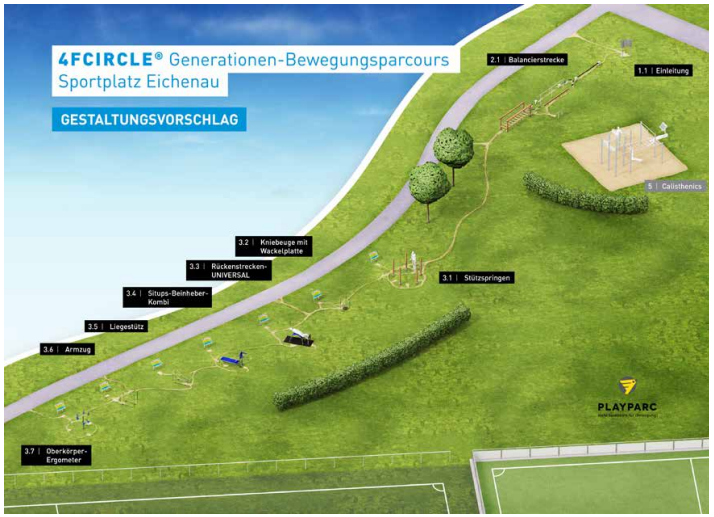
7. Advice and support during the whole phase of realization
We are available for the customer for any questions or technical advice at any time.

C) The installation in operation

8. Opening event with our sport scientist.
The best way to get publicity for the new movement offer is to organize an opening event. We help you with the preparations and on the opening day event, our sport scientist will be on-site.

9. The after-sales-service
Each 4FCIRCLE® should become a long-term success. That´s why our sport scientist will accompany, if you like, other events on site with you, even in the opening. He will present newest methods of training or models for fun ori verybody.


4FCIRCLE® Generationen-Bewegungsparcours
Sportplatz Eichenau
GESTALTUNGSVORSCHLAG
2.1 | Balancierstrecke
3.2 | Kniebeuge mit Wackelplatte
3.3 | Rückenstrecken-UNIVERSAL
3.4 | Situps-Beinheber-Kombi
3.1 | Stützspringen
Stadtwald Krefeld
3.6 | Armzug


4FCIRCLE® Generationen-Bewegungsparcours
Sportplatz Eichenau
GESTALTUNGSVORSCHLAG
2.1 | Balancierstrecke
1.1 | Einleitung
3.2 | Kniebeuge mit Wackelplatte
3.3 | Rückenstrecken-UNIVERSAL
3.1 | Stützspringen
3.4 | Situps-Beinheber-Kombi
2.5 | Liegestütz
3.6 | Armzug
3.7 | Oberkörper-Ergometer
PLAYPARC


4FCIRCLE® Meininger Sportstätten Bewegungsparcour
GESTALTUNGSVORSCHLAG
2.3 | Liegestütz
2.4 | Armzug
2.2 | Rückenstrecken UNIVERSAL
2.1 | Beinheber
2.6 | Kniebeuge mit Wackelplatte
2.8 | Dehnen
1.1 | Einleitungsschild
1.3 | Slackline
1.2 | Balancierstrecke
1.4 | Schwebende Plattform
2.5 | Stützspringen
2.7 | Oberkörper-Ergometer
PLAYPARC

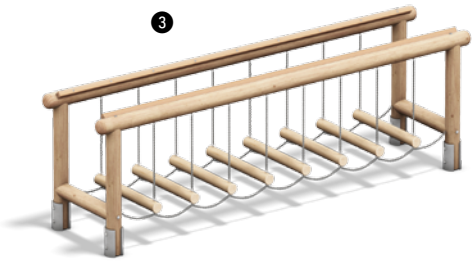

Spree
Elisabeth-Wolf-Str.
Sandower Hauptstr.

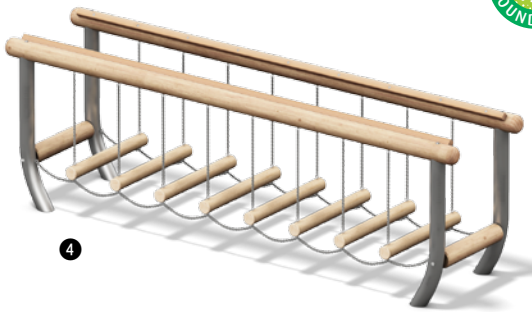

Station 6
Die SpreeMeile
Gesundheit – Wohlbefinden – Calisthenics


4FCIRCLE® Bewegungsparcours Karlshuld
GESTALTUNGSVORSCHLAG
2.2 | Geh-Schule
3.8 | Hüftschwung
3.9 | Wellenlaufen
3.7 | Oberkörper-Ergometer
5.3 | Sitzbank
5.4 | Grill-hütte
3.6 | Armzug
3.5 | Liegestütz
3.4 | Situps-Beinheber-Kombi
3.3 | Rückenstrecken-UNIVERSAL
3.2 | Kniebeuge mit Wackelplatte
3.1 | Stützspringen
1.1 | Einleitung
5.1 | Spieltisch mit
5.2 | Hocker
3.10 | Calisthenics
2.1 | Balancierstrecke
4.1 | Dehnen
2.3 | Schwebende Plattform
2.4 | Pedalostrecke
PLAYPARC

Fitness for body and mind

Coordination· Mobilization
Force · Movability· Endurance





SWING BRIDGE

❶ 12.04.002 WOOD VERSION

❷ 12.04.152 FERRUM (V2A)

In FERRUM version the unit is delivered including ready-to-install foundation.

FUNCTION

Training of the sense of balance and orientation.

TECHNICAL INFORMATION

Dimensions	4,06 m x 1,00 m x 1,23
Safety area	7,06 m x 4,00 m (space required)
Free fall height	0,40 m

BALANCE BRIDGE

❸ 12.04.003 WOOD VERSION

❹ 12.04.151 FERRUM (V2A)

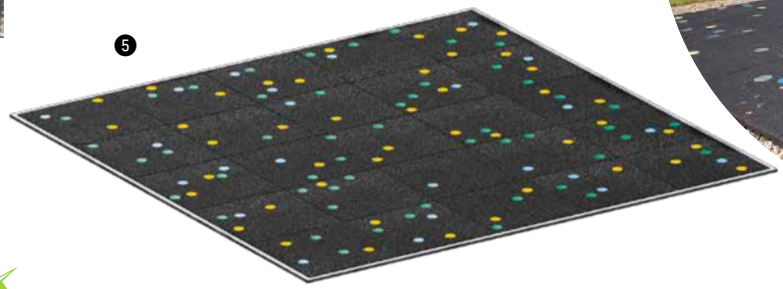
In FERRUM version the unit is delivered including ready-to-install foundation.

FUNCTION

Training of the sense of balance and the adaptation and orientation capability

TECHNICAL INFORMATION

Dimensions	4,03 m x 0,94 m x 1,26
Safety area	7,00 m x 3,94 m (space required)
Free fall height	0,43 m



JUMPING-/LETTERFIELD

FUNCTION

Training of concentration and orientation abilities

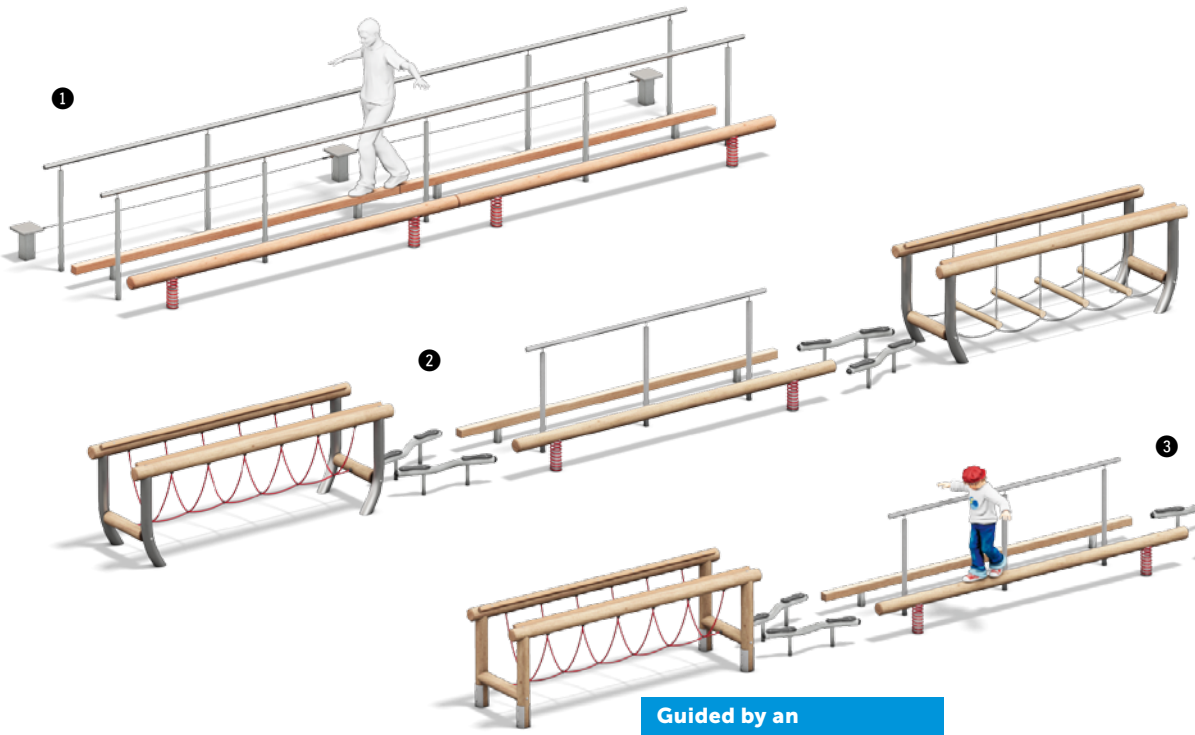
❺ 12.04.005 JUMPING FIELD

❻ 12.04.105 LETTER FIELD

TECHNICAL INFORMATION

Dimensions	5,07 m x 5,07 m
Safety area	8,07 m x 8,07 m (space required)
Free fall height	0,00 m

COORDINATION



BALANCING PARCOUR

❶ 12.04.001 / 12.04.101

FUNCTION

Training of the sense of balance.

12.04.001 BALANCING PARCOUR, 8 M

TECHNICAL INFORMATION

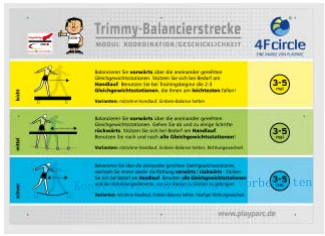
Dimensions	8,27 x 2,21 x 1,18 m
Safety area	11,27 x 5,23 m (space required)
Free fall height	0,40 m

12.04.101 BALANCING PARCOUR, 4 M (WITHOUT PIC.)

TECHNICAL INFORMATION

Dimensions	4,12 x 2,23 x 1,18 m
Safety area	7,12 x 5,23 m (space required)
Free fall height	0,40 m

Guided by an instruction sign , different balancing elements have to be mastered. Differentiated by the selection of elements and different balancing techniques, the balancing skills are trained under current sports scientific aspects.



BALANCING PARCOUR „TRIMMY II“

❸ 12.04.111 WOOD VERSION

❷ 12.04.112 FERRUM VERSION (V2A)

In FERRUM version the unit is delivered including ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions	13,21 x 1,16 x 1,18 m
Safety area	16,21 x 4,12 m (space required)
Free fall height	0,43 m

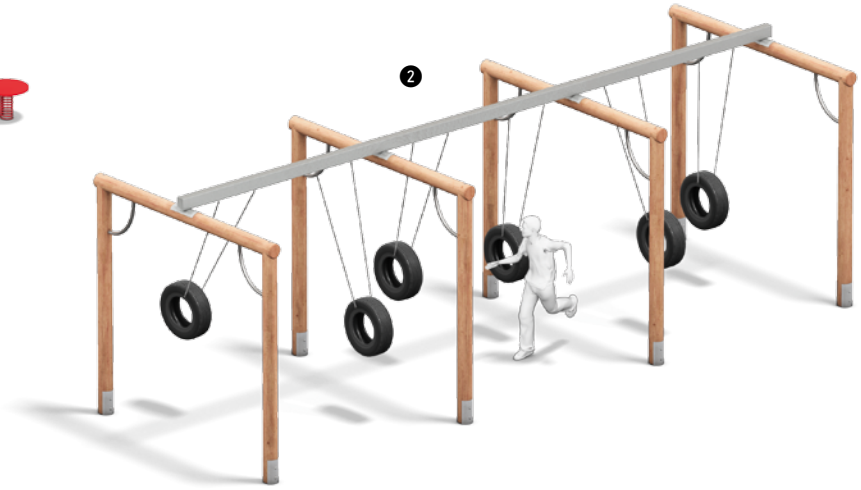
BALANCING PARCOUR „BERGHEIM“

❹ 12.04.120 WOOD VERSION

❹ 12.04.121 FERRUM VERSION (V2A)

TECHNICAL INFORMATION

Dimensions	15,04 x 1,17 x 1,18 m
Safety area	17,94 x 4,29 m (space required)
Free fall height	0,43 m



GOAL CHALLENGE

❶ 12.04.008 / 12.04.108

FUNCTION

Training of the sense of balance, orientation ability, responsiveness and throwing accuracy.

12.04.008 **Zielwerfen Triple**

3 throwing systems with 3 different platforms

TECHNICAL INFORMATION

Dimensions 3,50 x 4,75 x 3,72 m
Safety area 6,50 x 7,75 m (space required)
Free fall height 0,42 m

12.04.108 **Zielwerfen Double (without picture)**

1 throwing system with single spring platform, corresponds to the right system in the upper picture

TECHNICAL INFORMATION

Dimensions 3,25 x 0,50 x 3,72 m
Safety area 6,25 x 3,50 m (space required)
Free fall height 0,42 m

TYRE SLALOM

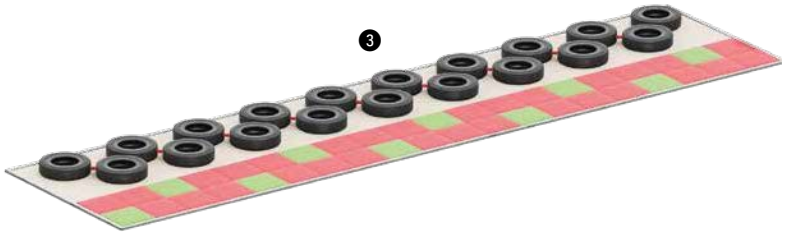
❷ 12.04.004

FUNCTION

Training of the anticipation capability and responsiveness.

TECHNICAL INFORMATION

Dimensions 9,20 x 3,60 x 3,13 m
Safety area 12,20 x 6,60 m (space required)
Free fall height 0,00 m



TYRE CHALLENGE

❸ 12.04.006

FUNCTION

Training of the rhytmicity ability and the speed rate of the leg muscles.

TECHNICAL INFORMATION

Dimensions 10,00 x 2,25 x 0,06 m
Safety area 13,00 x 5,25 m (space required)
Free fall height 0,06 m

PEDALO

❹ 12.04.107

FUNCTION

Training of the sense of balance, abilities of reorientation and rhytmicity. The Pedalo is used intensively in rehabilitation and preventive medicine!

In FERRUM version the unit is delivered including ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions 4,02 x 0,91 x 1,16 m
Safety area7,02 x 3,91 m (space required)
Free fall height 0,25 m

HOT WIRE MINI

❶ 12.04.129

FUNCTION

Training of the sense of balance and eye-hand-coordination.

The unit is delivered with ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions 2,37 x 1,83 x 1,74 m
Safety area 5,14 x 4,83 m (space required)
Free fall height 0,17 m

HOT WIRE

❷ 12.04.029

FUNCTION

Training of the sense of balance, the ability to adapt and the eye-hand-coordination.

TECHNICAL INFORMATION

Dimensions 6,08 x 1,05 x 1,39 m
Safety area 9,09 x 4,05 m (space required)
Free fall height 0,94 m

FLOATING PLATFORM

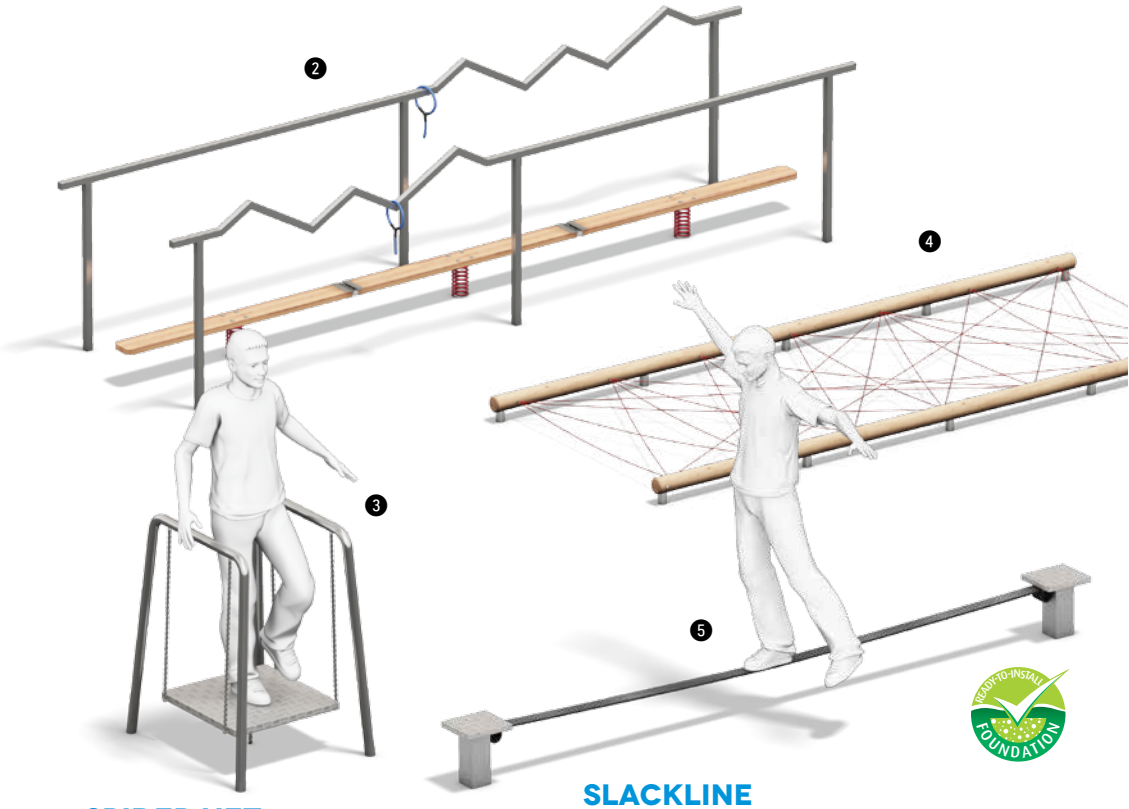
❸ 12.04.030

FUNCTION

Training the sense of balance and responsiveness.

TECHNICAL INFORMATION

Dimensions 1,24 x 0,90 x 1,20 m
Safety area 4,24 x 3,90 m (space required)
Free fall height 0,26 m



SPIDER NET

❹ 12.04.031

FUNCTION

Training of orientation and eye-foot coordination.

Recommendation:
Only to be used in supervised areas.

TECHNICAL INFORMATION

Dimensions 6,00 x 2,00 x 0,35 m
Safety area 9,00 x 5,00 m (space required)
Free fall height 0,35 m

SLACKLINE

❺ 06.01.045

FUNCTION

Training of balancing, orientation and differentiation skills.

The unit is delivered with ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions 4,12 x 0,24 x 0,40 m
Safety area 7,12 x 3,24 m (space required)
Free fall height 0,40 m

FOOT TRAINER

Designed by the developers of Terrasensa® - smoothly molded for public spaces.

12.04.046

FUNCTION

Trains balance and stability while standing and moving. Mobilizes and trains motion security and fall prevention.

The unit is delivered with ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions: 4,00 x 1,00 x 0,20 m (LxWxH)
Safety area: 7,00 x 4,00 m (space required)
Free fall height: 0,00 m

SKIPPING- TRACK

12.04.045

NEW

FUNCTION

Training of the rhytmicity ability and the speed rate of the leg muscles.

TECHNICAL INFORMATION

Dimensions	6,00 x 1,00 x 0,00 m (LxWxH)
Safety area	9,00 x 4,00 m (space required)
Free fall height	0,00 m

+31 342 751 950 · verkoop@vaneespeel.nl

The TRIMMFIT ® unit within the 4FCIRCLE ® product group is an optimal addition for all sporty ambitious users of movement equipment in public space.

It is a 4FCIRCLE ® combination device that belongs to the module "Force". All muscle groups in the shoulder, trunk and leg area can be trained with it. The TRIMMFIT ® unit consists solely of high-quality materials. The metal parts are made of stainless steel and are fully assembled on a concrete slab covered with fall protection mats. This allows a very fast assembly.

TRIMMFIT-TRAINING ZONE

12.06.000

FUNCTION

Training of all important muscle groups of the body.

The unit is delivered with ready-to-install foundation and fall protection mats.

TECHNICAL INFORMATION

Dimensions 4,00 x 1,13 x 1,53 m (LxWxH)

Safety area	6,59 x 4,13 m (space required)
Free fall height	1,50 m

BOUNCER/ TOWER

❶ 12.04.009

FUNCTION

Training of the hip stretching muscles and leg muscles.

TECHNICAL INFORMATION

Dimensions 4,74 x 2,76 x 4,32 m
Safety area 9,20 x 6,87 m (space required)
Free fall height 3,00 m

JUMP UP BARS

❷ 12.04.011 WOOD VERSION

❸ 12.04.150 FERRUM VERSION

FUNCTION

Training of the supporting muscles, the arm and shoulder muscles as well as the jumping power of the legs.

TECHNICAL INFORMATION

Dimensions 2,65 x 2,53 x 1,65 m (pentagonally shaped)
Safety area 5,55 x 5,42 m (space required)
Free fall height 1,47 m (Grip height)

KNEE BEND

❹ 12.04.027

FUNCTION

Training of the hip and leg stretching muscles.

TECHNICAL INFORMATION

Dimensions 3,27 x 0,53 x 1,03 m (group of three)
Safety area 6,25 x 3,53 m (space required)
Free fall height 0,60 m
Ground grass (according to DIN EN 1176/77)

KNEE BEND WITH WOBBLING PLATFORM

❺ 12.04.128

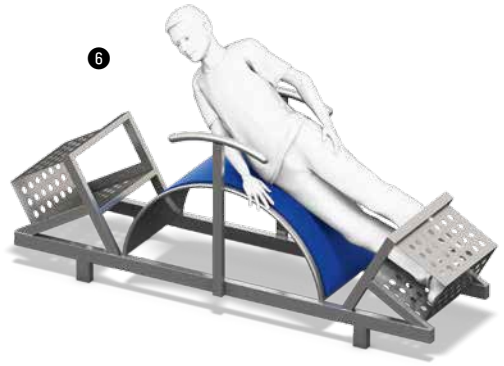
FUNCTION

Training of the hip and leg stretching muscles and the sense of balance.

The unit is delivered with ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions 0,77 x 0,53 x 0,93 m (Wobbling platform ø 40 cm)
Safety area 3,75 x 3,53 m (space required)
Free fall height : 0,50 m



SIDEWINDER

❻ 12.04.014

FUNCTION

Training of the lateral trunk muscles.

TECHNICAL INFORMATION

Dimensions 2,44 x 0,67 x 0,80 m
Safety area 5,44 x 3,67 m (space required)
Free fall height 0,80 m

BACK STRETCHING

❶ 12.04.044

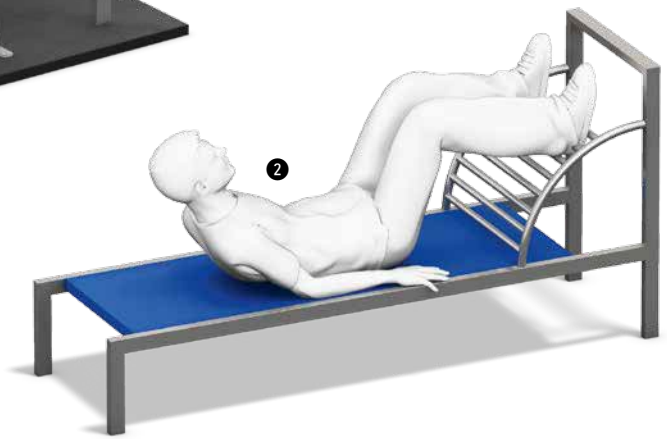
FUNCTION

Training of the entire back stretching muscles.

The unit is delivered with ready-to Install foundation and fall protection mats

TECHNICAL INFORMATION

Dimensions 2,17 x 0,78 x 0,85 m
Safety area 4,75 x 3,58 m (space required)
Free fall height 0,85 m



SIT UPS

❷ 12.04.013

FUNCTION

Training of the abdominal muscles.

TECHNICAL INFORMATION

Dimensions 2,00 x 0,60 x 0,99 m
Safety area 5,00 x 3,60 m (space required)
Free fall height 0,99 m

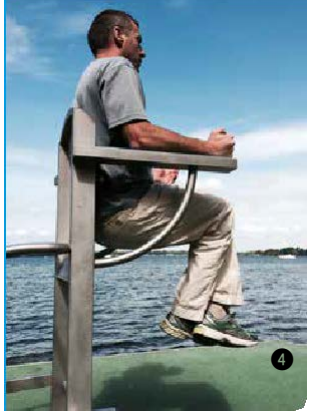
SIT UPS – LEG LIFTER COMBINATION

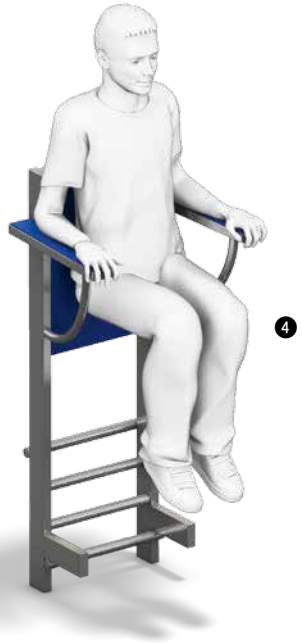
❸ 12.04.113

TECHNICAL INFORMATION

Dimensions 2,57 x 0,75 x 1,44 m
Safety area 5,56 x 3,75 m (space required)
Free fall height 1,44 m

FORCE





LEG LIFTER

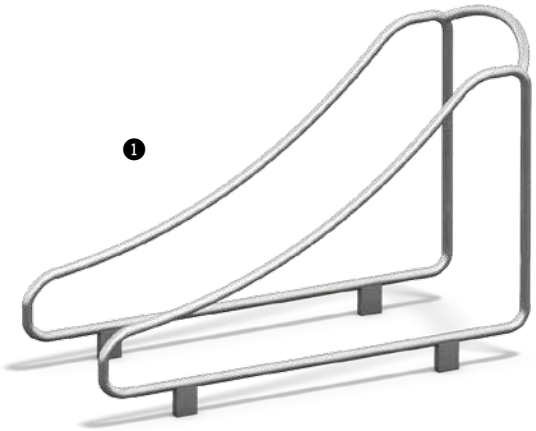
❹ 12.04.025

FUNCTION

Training of hip joint and lower abdominal muscles.

TECHNICAL INFORMATION

Dimensions 0,77 x 0,60 x 1,44 m
Safety area 3,77 x 3,64 m (space required)
Free fall height 1,44 m



PUSH UPS

❶ 12.04.015

FUNCTION

Training of arm, shoulder and chest muscles.

TECHNICAL INFORMATION

Dimensions	1,50 x 0,63 x 1,00 m
Safety area	4,50 x 3,63 m (space required)
Free fall height	1,00 m

PULL UPS

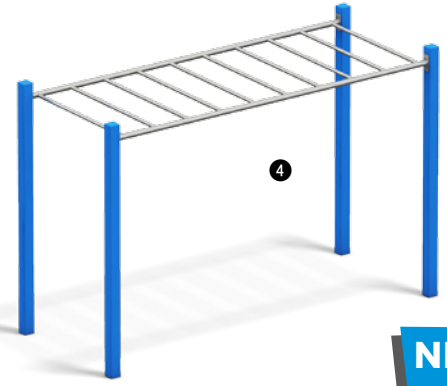
❷ 12.04.016

FUNCTION

Training of abdominal muscles, upper and lateral back and chest muscles.

TECHNICAL INFORMATION

Dimensions	1,50 x 0,63 x 1,48 m
Safety area	4,50 x 3,63 m (space required
Free fall height	1,48 m



MONKEY BARS

❹ 12.04.026

FUNCTION

Training of hand, arm and shoulder muscles, strengthening of the entire body

.

TECHNICAL INFORMATION

Dimensions	1,40 x 3,50 x2,26 m
Safety area	5,33 x 7,43 m (space required)
Free fall height	2,19 m

MONKEY BARS-SMALL

❺ 12.04.052

FUNCTION

Training of the hand, arm and shoulder muscles, strengthening of the entire body

TECHNICAL INFORMATION

Dimensions	2,35 x 0,95 m
Safety area	6,47 x 5,07 m (space required)
height	2,20 m

SUSPENSION-MONKEY BARS

❻ 12.04.126

FUNCTION

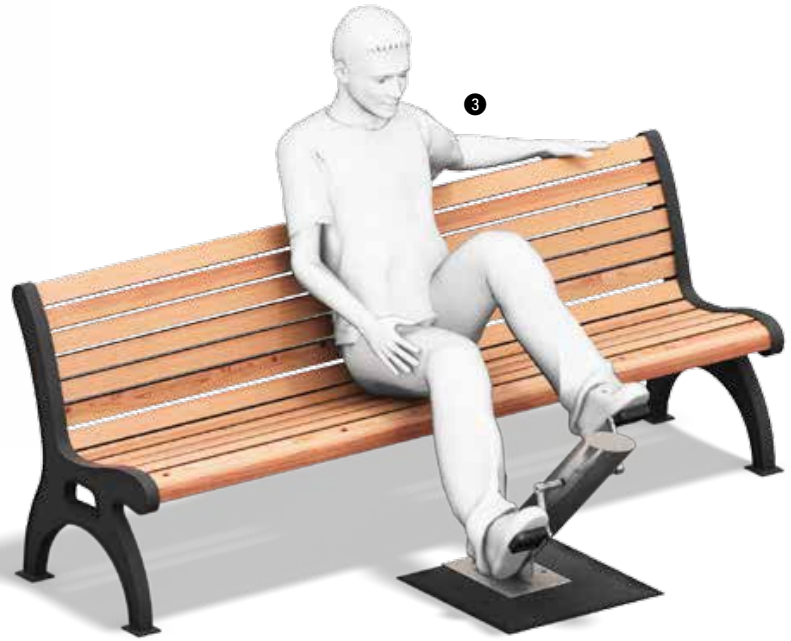
Training of the hand, arm and shoulder muscles, strengthening of the entire body

TECHNICAL INFORMATION

Dimensions	3,50 x 1,40 m
Safety area	7,64 x 5,52 m (space required)
height	2,20 m

FORCE

NEW



PULL-UPS PLUS

❶ 12.04.040

FUNCTION

Training of arm, shoulder and upper lateral back muscles.

The unit is delivered with ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions 1,54 x 0,71 x 2,00 m

Safety area 5,14 x 4,31 m (space required)
Free fall height 1,95 m (Grip height)

SUSPENSION TRAINER

❷ 12.04.048

FUNCTION

Training of all important muscle groups of the body.

TECHNICAL INFORMATION

Dimensions 3,08 x 2,39 x 2,63 m
Safety area 6,08 x 5,39 m
Free fall height 0,62 m

LEG MOVER

❸ 12.04.043

FUNCTION

Mobilization of the leg muscles

The unit is delivered with ready-to-install foundation and safety mats. Suitable for different kinds of seats. Delivery without bench.

TECHNICAL INFORMATION

Dimensions 0,54 x 0,50 x 0,45 m

Safety area 3,54 x 3,47 m (space required)
Free fall height 0,45 m

FORCE

ERGOMETER FOR UPPER PART OF THE BODY

❶ 12.04.032

FUNCTION

Training of the arm and shoulder muscles, especially the shoulder-rotators.

The unit is delivered with ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions Ø 1,34 x 1,59 m
Safety area Ø 4,40 m (space required)
Free fall height 1,37 m

WHEELCHAIR TRAINER

❷ 12.04.034

FUNCTION

Mobilization and strengthening of the shoulder girdle muscles and the arms. Promotes agility in the upper body. Relief of the spine, back muscles and buttocks.

The unit is delivered with ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions 1,75 x 0,50 m
Safety area 4,75 x 3,50 m (space required)
Free fall height 1,70 m

INCLUSIVE ERGOMETER FOR UPPER PART OF THE BODY

❸ 12.04.050

FUNCTION

Training of the arm and shoulder muscles, especially the shoulder-rotators.

The unit is delivered with ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions Ø 1,34 m x 1,59 m
Safety area Ø 4,40 m (space required)
Free fall height 1,37 m

FORCE

DIPS-BARS DOUBLE

1 12.04.118 *Incl. Ready-to-install foundation und fall protection mats*

2 12.04.123 *to be set into concrete*

FUNCTION

Training of supporting muscles & arm and shoulder muscles

TECHNICAL INFORMATION

Dimensions 2,33 x 0,61 x 1,30 m
Safety area 5,33 x 3,60 m (space require)
Free fall height 1,30 m

DIPS-BARS TRIPLE

3 12.04.119 *Incl. Ready-to-install foundation und fall protection mats*

4 12.04.124 *to be set into concrete*

FUNCTION

Training of supporting muscles & arm and shoulder muscles

TECHNICAL INFORMATION

Dimensions 2,33 x 1,16 x 1,30 m
Safety area 5,33 x 4,15 m (space required)
Free fall height 1,30 m

STRETCHING

12.04.019

FUNCTION

Stretching maintains and increases the mobility of all important body structures.

TECHNICAL INFORMATION

Dimensions 1,15 x 0,80 x 1,98 m
Safety area 4,69 x 4,76 m (space required)
Free fall height 1,98 m

WAVE RIDER

❶ 12.04.037

FUNCTION

Mobilization of lower back, hip and pelvic area. Promotes the ability of balance. Activation of the leg muscles.

The unit is delivered with ready-to-install foundation.

TECHNICAL INFORMATION

Dimensions 2,06 x 0,70 x 1,48 m
Safety area 4,85 m x 3,39 m (space required)
Free fall height 0,59 m

MOBILIZATION

HIP SWINGER

❷ 12.04.038

FUNCTION

Mobilization of lower back and lateral torso muscles. Promotes the sense of balance. Activation of the leg muscles.

The unit is delivered with ready-to-install foundation and fall protection mats.

TECHNICAL INFORMATION

Dimensions 2,06 x 0,62 x 1,48 m
Safety area 5,07 x 3,62 m (space required)
Free fall height 0,69 m

ADULT-SWING

12.04.500

FUNCTION

Having fun, relaxing and laying back with this extra high swing for grown- ups.

TECHNICAL INFORMATION

Dimensions (L x W x H) 2,28 m x 4,54 m x 3,00 m
Safety area (space required) 4,54 m x 8,72 m
Free fall height 1,70 m

4F-PLAY

12.04.049

FUNCTION

This 4F play element helps to improve the use of the 4FCIRCLE ® course in a sustainable way.

TECHNICAL INFORMATION

Dimensions 1,22 m wide. x 1,76 m high (installation dimension)

A key aspect of the implementation and use of the sport-scientific concept are clear and easy to understand exercise descriptions in different levels of difficulty, along with well-recognizable graphics.

❶

❷

INSTRUCTION SIGN

❶ 12.04.021

Original-4FCIRCLE® (A1-graphic) incl. galvanized frame

For each 4FCIRCLE ® unit there is an individual instruction sign available
It describes how the user can use the equipment for professional training and increase his own performance level.

INTRODUCTION SIGN

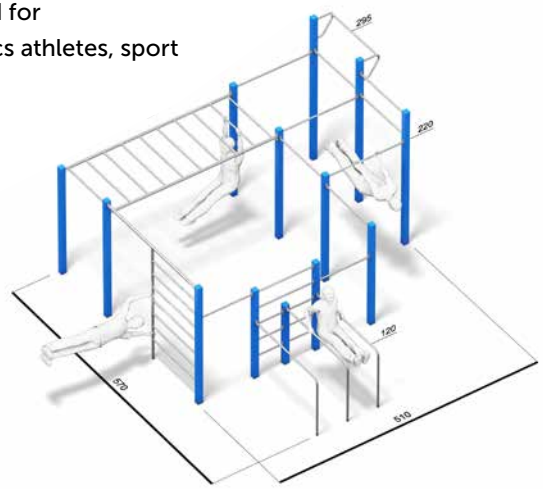
❷ 12.04.022

Original-4FCIRCLE® (A1-graphic) incl. galvanized frame

In the entrance area t… …d entry panel, which explains th… …individual modules that guid… …urse.

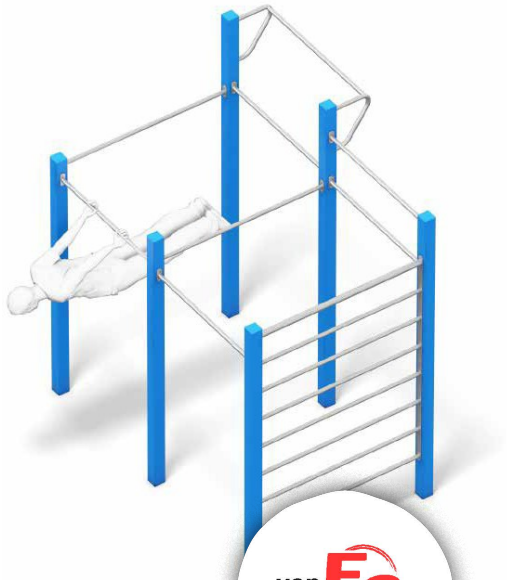
CALISTHENICS

What is Calisthenics? It is a full body workout without great technical effort! These are physical and strength gymnastic exercises, which are mainly exercised with the own body weight and partly with additional equipment. You can use predetermined structures in the open air; easier and more targeted, however, is training on devices especially designed for Calisthenics. Together with Calisthenics athletes, sport facilities, are developed which are placed in parcs or special playgrounds and can be made available to the general public.



CALISTHENICS

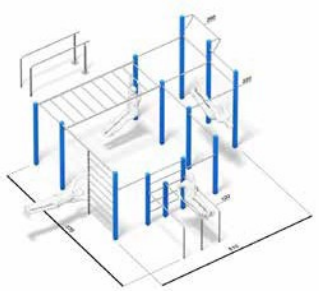
Calisthenics is a very individual sport and so are our units: put together your own Calisthenics system according to your needs and possibilities. We will create your individual device together with you so that you can concentrate on the sport. Leave construction, safety questions and planning confidently to us.

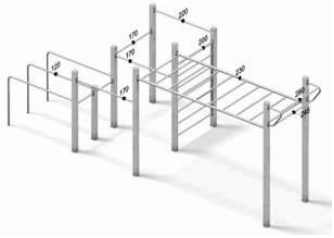


+31 342 751 950 · verkoop@vaneespeel.nl

HEIGHTS, DISTANCES AND VARIABILITY

Calisthenics-4FCIRCLE® are always made for individual customers. There are certain standard systems, for which heights and spacings were defined by Calisthenics athletes in order to offer optimal training and competitive situations for a broad group of users. However, the units are always individually changeable and can be enlarged or reduced. Especially the heights of the bars, ladders, poles and ADD-Ons, angle settings for benches and also distances of posts and thus also lengths of bars are customizable. We produce each park individually in our production facility in North Rhine-Westphalia, Germany. The functional flexibility is always guaranteed.





SECURITY

4FCIRCLE®-Calisthenics units comply with all applicable safety standards (DIN EN 16630 (in combination with an instruction sign) and DIN-EN 1176), which are necessary for the use in public space. We are members in national and international standardization committees, and watch very carfully that also customized products always comply with all safety standards. Safety flooring is mandatory in the safety area of the Calisthenics unit. The type of surface is dependent of the free fall height. We will be happy to provide personal advice.

INSTALLATION

For each unit, there's an installation instruction, which simplifies the assembly and construction. Basically, the installation of equipment can be performed by the customer himself. Or we can arrange the installation to be executed by one of our installation partners. Depending on the type of equipment, the Calisthenics will be set into concrete on site or will be delivered with ready-to-install foundation The ready-to-install foundations facilitate and shorten the work on site tremendously and allow an immediate use after completion of the ground works.

CALISTHENICS

CONNECTION TECHNOLOGY

Bars and Calisthenics elements are screwed permanently to the posts. For this purpose we use a stainless steel screw with additional plug-in protection so that the screws cannot be removed with "DIY tools". Special tools are required for assembly and disassembly. In addition, the screws are glued during installation. Through the 4FCIRCLE®-Calisthenics-CONNECTION TECHNOLOGY, it is possible that four bars are fixed to one post at exactly the same height. The bolts will not get into conflict with each other. A later relocation of bars can only be done by our employees or after an individual instruction by local professionals. Special drilling machines and tools are needed.

MATERIAL, COLOURS AND COATINGS

We use steel tubes with a 10 x 10 cm profile as posts. The upper ends are covered with a fully welded cap. Powder coating of the posts in all standard RAL colours is possible. We use V2A stainless steel tubes for the bars, ladders and all functional elements. The basic material of the bars is a controversial issue among users. To meet the different needs and wishes of users, the bars can as well be powdercoated.

Even if it seems absurd from a material standpoint, to additionally powder-coat stainless steel, we use no cheaper galvanised bars.

WE TRY TO FIND THE BEST WAY BETWEEN LONG LIFE EXPECTANCY AND OPTIMAL FUNCTIONALITY.

The additional coating of stainless steel bars affects the grip and movement feeling. Here all common RAL colours are possible. Feel free to ask us regarding the pros and cons of an additional coating of bars.
Additional traverses in the foundation area ensure stability, even if the Calisthenics is used by a large group of users simultaneously.

EXAMPLE:
12.06.305 PARC / S–B

EXAMPLE:
12.06.310 PARC / M–A

CALISTHENICS

EXAMPLE:
12.06.315 PARC / M–B

EXAMPLE:
12.06.320 PARC / L–A

EXAMPLE:
12.06.325 PARC / L–B

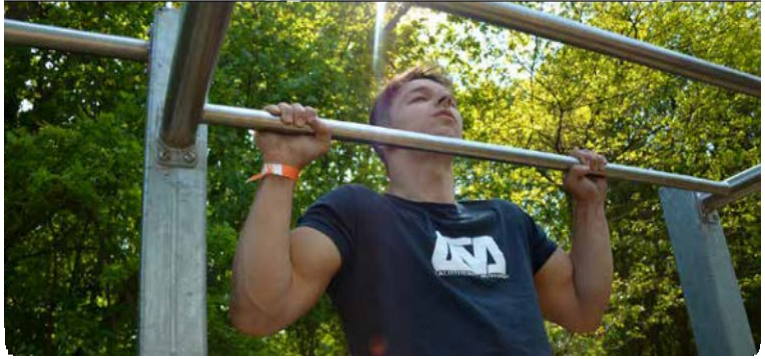
EXAMPLE:
12.06.330 PARC / XL–A

CALISTHENICS

EXAMPLE:
12.06.335 PARC / XL–B

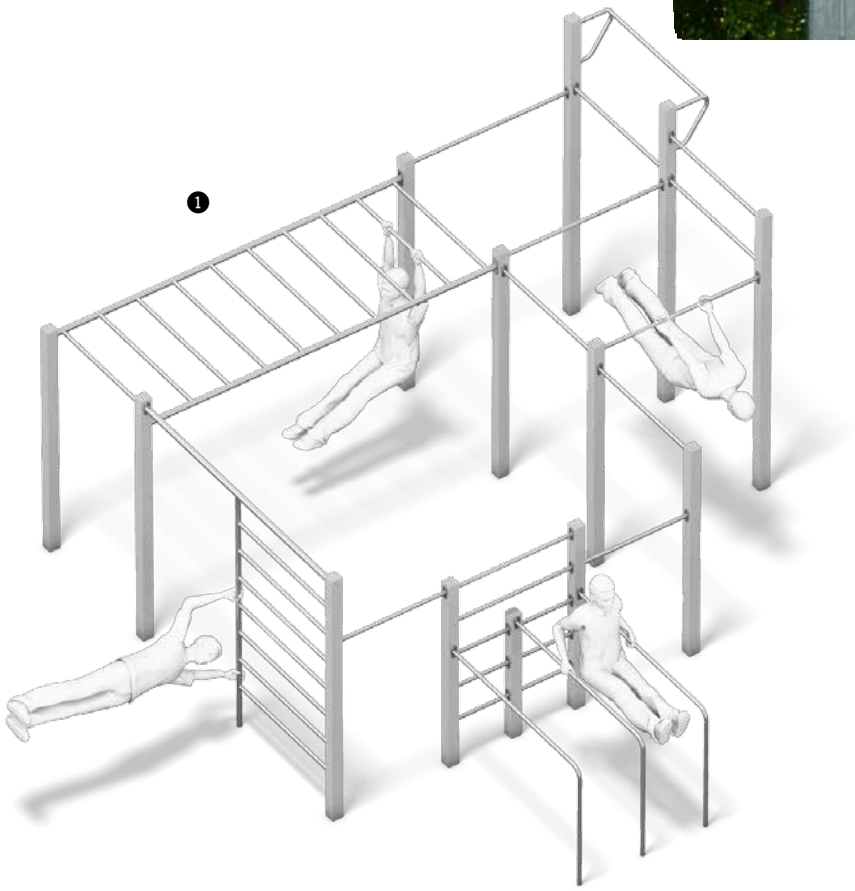
EXAMPLE:
12.06.340 PARC / XXL

CALISTHENICS



FUNCTION

Training of strength and movability of all body muscle groups.



CALISTHENICS-ALLROUND

1 12.06.100

TECHNICAL INFORMATION

Dimensions 5,72 m x 5,45 m x 3,02 m
Safety area 9,66 m x 9,99 m(space required)
Free fall height 3,02 m

CALISTHENICS-MINI

2 12.06.105

TECHNICAL INFORMATION

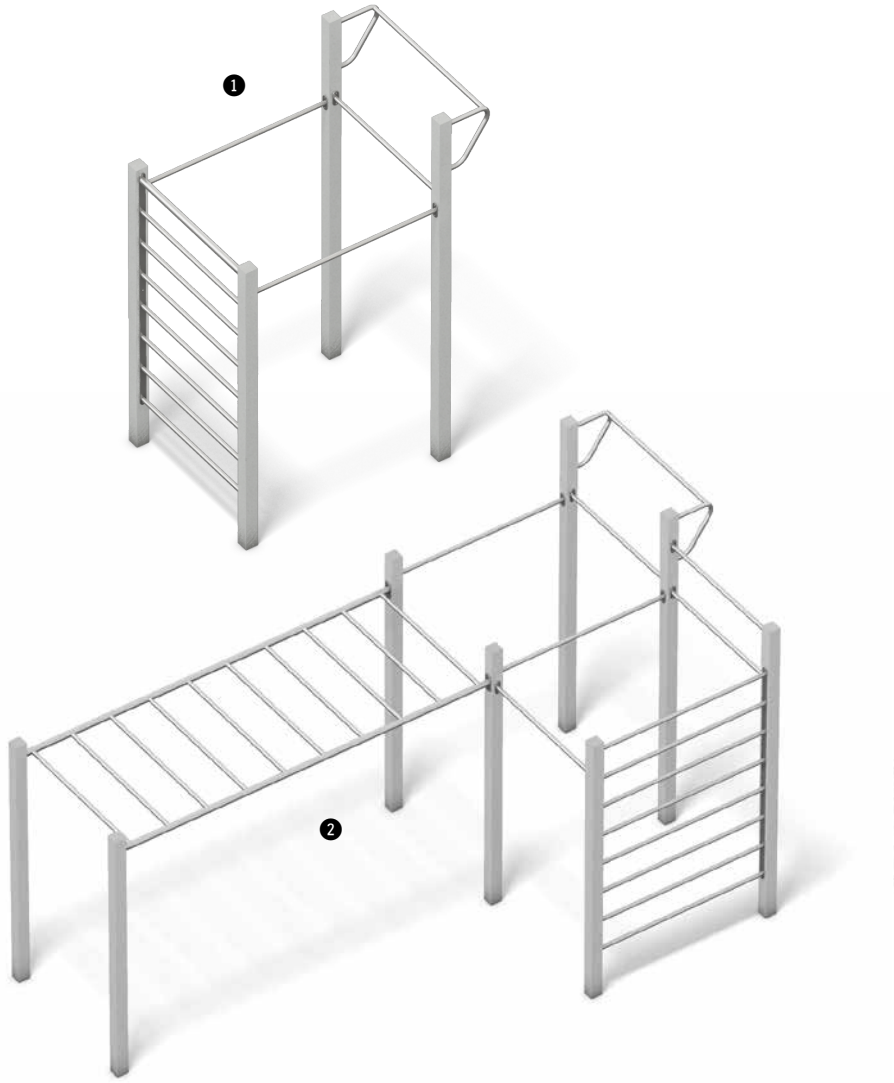
Dimensions 2,70 x 2,05 x 3,02 m
Safety area 7,43 x 6,51 m (space required)
Free fall height 2,95 m

CALISTHENICS-BASIC PLUS PUSH-UPS

3 12.06.115

TECHNICAL INFORMATION

Dimensions 2,70 x 3,11 x 3,02 m
Safety area 7,47 x 7,07 m (space required)
Free fall height 2,95 m



CALISTHENICS

CALISTHENICS-BASIC

1 12.06.110

TECHNICAL INFORMATION

Dimensions 1,40 x 2,05 x 3,02 m
Safety area 6,27 x 6,58 m (space required)
Free fall height 2,95 m

CALISTHENICS-CRAZY BARS

2 12.06.125

TECHNICAL INFORMATION

Dimensions 2,70 x 5,45 x 3,02 m
Safety area 7,17 x 9,89 m (space required)
Free fall height 2,95 m

CALISTHENICS-HYPER CRAZY BARS

3 12.06.126

TECHNICAL INFORMATI

Dimensions 2,70 x 8,
Safety area 7,17 x 1
Free fall height 2,95 m

CALISTHENICS-ALLROUND-PLUS

❶ 12.06.102

TECHNICAL INFORMATION

Dimensions	8,00 x 5,00 m
Safety area	12,27 x 9,21 m
Height	2,95 m

CALISTHENICS-HANG-UPS

❷ 12.06.112

TECHNICAL INFORMATION

Dimensions	2,10 x 1,60 m
Safety area	6,37 x 5,81 m
Height	2,95 m

CALISTHENICS-STAND-UPS

❸ 12.06.124

TECHNICAL INFORMATION

Dimensions	5,30 x 3,30 m
Safety area	9,57 x 7,51 m
Height	2,55 m

+31 342 751 950 · verkoop@vaneespeel.nl

CALISTHENICS-DOUBLE BENCH

❹ 12.06.171

FUNCTION

Training of abdominal and hip flexor muscles

TECHNICAL INFORMATION

Dimensions	2,30 x 2,47 m
Safety area	5,30 x 5,48 m
Height	1,72 m

CALISTHENICS-SQUAT-PLATFORM

❺ 12.06.166

FUNCTION

Training of jumping, leg and hip extension muscles

TECHNICAL INFORMATION

Dimensions	1,80 x 0,69 m
Safety area	4,80 x 3,69 m
Height	0,60 m

CALISTHENICS-HANDSTAND BARS

❻ 12.06.170

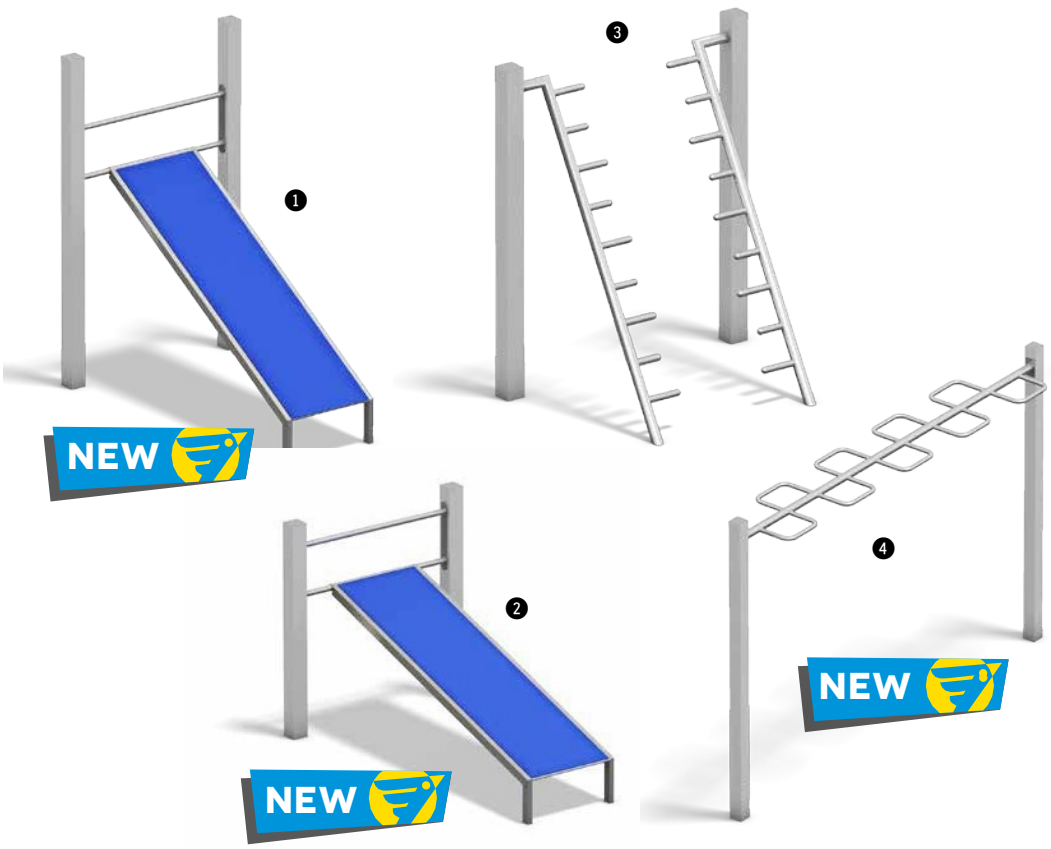
FUNCTION

Training of supporting muscles, arm and shoulder muscles

TECHNICAL INFORMATION

Dimensions	0,65 x 0,60 m
Safety area	3,65 x 3,60 m
Height	0,30 m

CALISTHENICS



CALISTHENICS ADD-ON INCLINED BENCH 45°

without posts

❶ 88.06.130

FUNCTION

Training of abdominal and hip flexor

CALISTHENICS ADD-ON INCLINED BENCH 30°

without posts

❷ 88.06.132

FUNCTION

Training of the entire abdominal and hip flexor muscles.

ADD ON PUSH-UPS/ ROW-UPS

without posts

❸ 88.06.900

FUNCTION

Training of the entire upper body muscles, arms, shoulders, chest and back.

CALISTHENICS ADD-ON LADDER

without posts

❹ 88.06.133

FUNCTION

Training of hands, arms, shoulders and back.

ADD ON SUSPENSENION-RINGS

per set

❺ 88.06.175

FUNCTION

Training of the whole body musculature.

FLAG-POLE

without posts

❻ 88.06.134

FUNCTION

Training of the whole body musculature.

ADD ON HANDSTAND WALL

without posts

❼ 88.06.177

FUNCTION

Training of the arm and shoulder muscles.

OUR ADD-ON'S ARE ATTACHMENTS, WHICH CAN BE INSTALLED UPON REQUEST AS SUPPLEMENT TO OUR COMPACT CALISTHENICS UNITS

BASKETBALLSTÄNDER
BASKETBALL RACKS

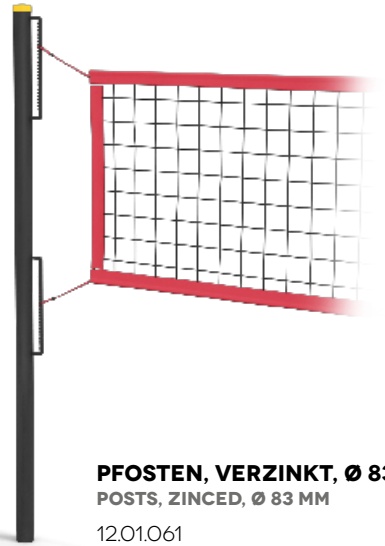
A 2,43 x 1,08 m G 3,67 m K ab 4 Jahre

12.03.120

BOLZPLATZTOR, 3 X 2 M
GOAL COMPLETE METAL, 3 X 2 M

A 3,13 x 0,73 m G 2,00 m

12.01.038



PFOSTEN, VERZINKT, Ø 83 MM
POSTS, ZINCED, Ø 83 MM

12.01.061

BEACH-VOLLEYBALL-TURNIERNETZ, POLYESTER
BEACH-VOLLEYBALL-VOLLEYBALLNET, POLYESTER

12.01.063

MINI-BOLZPLATZTOR
GOAL COMPLETE METAL, MINI

Innenmaße: 120 x 80 x 65 cm, Aluminium vollverschweißt
Internal dimensions: 120 x 80 x 65 cm, aluminum fully welded

A 1,43 x 0,73 x 0,80 m

12.01.054

Al onze voetbalkooien zijn in overleg met de klant op maat te maken. Afhankelijk van de wensen en beschikbare ruimte, wordt een model kooi met de juiste afmetingen gemonteerd. De voetbalkooien bestaan uit hekwerken van dubbelstaafmat. De doeltjes zijn geïntegreerd in het hekwerk. Zowel kleine (1,20 x 0,6m) doeltjes als grote (3,00 x 2,00m) zijn mogelijk. Ook is het mogelijk een net boven een hoge kooi te spannen, zodat geen enkele bal eruit gaat.

Naast voetbalkooien leveren en monteren we ook kleinere pannakooien, zoals de onderste op deze pagina. Deze GSP-kooi is leverbaar in rood en zwart, maar kan zoals op de foto ook in andere kleuren gecoat worden. Het voorbeeld is 5,5 x 5,5m en heeft een vloer van gietrubber.

VOETBALKOOI LAAG
DUBBELSTAAFMAT HEKWERK RONDOM 1.00M HOOG

EE.22.01

VOETBALKOOI SEMI-LAAG
DUBBELSTAAFMAT HEKWERK RONDOM 1.00M HOOG

EE.22.01

PANNAKOOI GSP
GSP-KOOI MET 2 OF 4 GEINTEGREERDE DOELTJES, WANDEN ZIJN 0.60M HOOG

EE.GSP.22.01

VOETBALKOOI SEMI-LAAG / LAAG
DUBBELSTAAFMAT HEKWERK RONDOM 0.60M HOOG, KOPSE KANTEN ZIJN 1.00M HOOG EN DIENEN ALS BALLENVANGERS

EE.22.02

VOETBALKOOI HOOG
DUBBELSTAAFMAT HEKWERK RONDOM 2.00M HOOG, KOPSE KANTEN ZIJN 4.00M HOOG EN DIENEN ALS BALLENVANGERS

EE.22.04