

fitness
with fun!

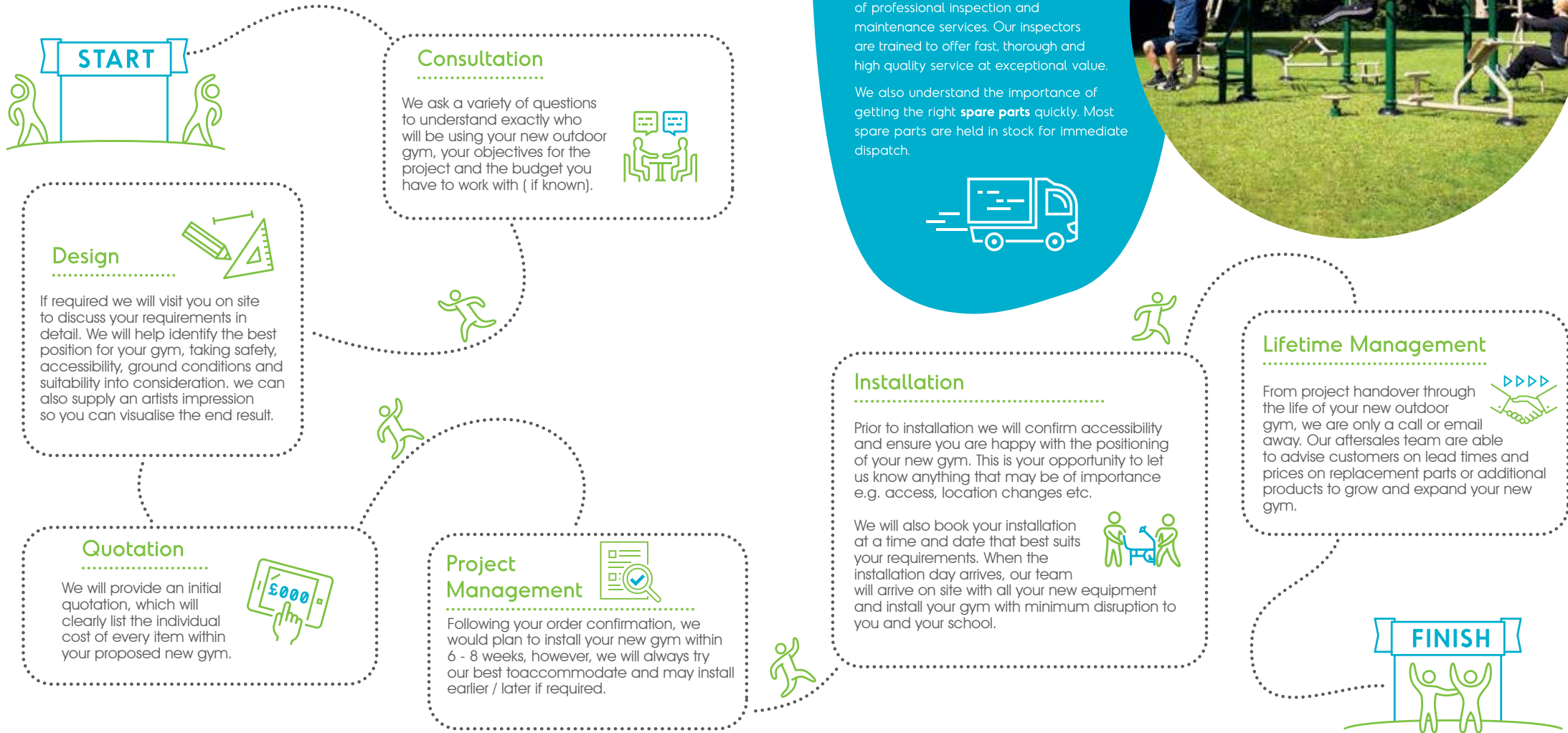


Primary & Secondary School Outdoor Gym Equipment

01275 463601 www.signetsigns.co.uk

How we work

With over 40 years experience in the educational sector, we can be trusted to deliver. We always aim to beat expectations with an efficient, friendly service and of course, exceptional equipment. We'll be with you every step of the way.



Good to know

Regular inspections and **planned maintenance** will extend the life of your outdoor gym and surfacing as well as reduce the likelihood of accidents occurring. We supply **maintenance packs** with all installations, providing step by step guides on how to maintain your gym.



Alternatively we offer **Maintenance Contracts**, that provide a full range of professional inspection and maintenance services. Our inspectors are trained to offer fast, thorough and high quality service at exceptional value.

We also understand the importance of getting the right **spare parts** quickly. Most spare parts are held in stock for immediate dispatch.



Why an Outdoor Gym?

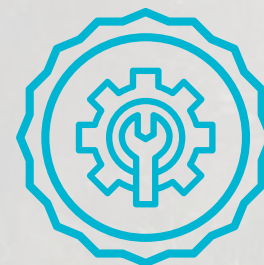
- ✔ A new approach to PE encouraging every child to enjoy a different style of sport
- ✔ Fresh air and exercise are a winning formula for physical, mental and emotional wellbeing
- ✔ Endorsed by OFSTED
- ✔ Creates an additional outdoor classroom
- ✔ Perfect for PE lessons or as part of general playtime
- ✔ A great training facility for teams and sports clubs
- ✔ Makes exercise fun!



25 year warranty

Main Structural parts come with a 25 year warranty.

We also provide 5 years warranty on paintwork, 2 years on bearings and 1 year on accessories.



Maintenance

Although our product has a very low maintenance requirement, regular maintenance checks are essential to keeping the equipment safe for use and in good working order. When your installation is complete, we will provide you with a maintenance guide.

Children



CHILDREN'S AIR SKIER



The Air Skier, provides the joy of swinging whilst standing! Specially designed for children under the age of 11, children can set their own pace and position to swing back and forth or side to side. Suitable for all abilities from beginners upwards, the Air Skier is easy-to-use and gives a full body workout.

1153 x 826 x 1068mm

CHILDREN'S SEATED LEG PRESS



Our seated leg press is suitable for all abilities from beginners upwards. This simple yet effective piece of equipment is easy-to-use. Once seated, children use their legs to push their seat away from the frame working using all their leg muscles. Kids working opposite each other naturally encourages bigger, longer presses!

2375 x 463 x 1900mm

CHILDREN'S CARDIO COMBI



A combination of our 2 most popular pieces of Children's outdoor gym equipment, allowing 4 children to exercise at once! The Children's Cardio Combi combines the Children's Double Air Walker with the Children's Air Skier. Specially designed for children under the age of 11. Children develop strength, flexibility, control and balance.

3180 x 770 x 1000mm

CHILDREN'S DOUBLE AIR WALKER



Our most popular piece of equipment, specially designed for children under the age of 11, is the Double Air Walker. Suitable for all abilities from beginners upwards, it is easy-to-use and an enormous amount of fun. This piece really gets the heart racing, and at the same time works all the major muscle groups in the lower part of the body. It can be used by 1 child or by 2 at once.

2285 x 630 x 1000mm



CHILDREN'S ARM AND PEDAL BIKE



Specially designed for children under the age of 11, our arm and pedal bike is suitable for all abilities from beginners upwards. Easy-to-use, it is designed so that children can build their hand-eye co-ordination and balance skills. Cycling with their legs while turning the handles, working arm, leg and core muscles.

1148 x 478 x 1108mm

CHILDREN'S T'AI CHI SPINNERS



Much like rubbing their tummy and patting their heads, children can use the spinners in a variety of directions, moving both hands in the same or opposite directions. Easy-to-use, children can set their own speed and motion, working shoulders and arm muscles whilst building the communication between the two sides of the brain, crucial for language development.

1272 x 1058 x 1268mm

Children



CHILDREN'S DOUBLE CROSS COUNTRY SKIER



Children can work at their own pace, moving their arms and legs back and forth working a variety of muscle groups. Kids love to work in pairs and together they can master the challenge of co-ordinating both their arms and legs together.

1720 x 546 x 1346mm

CHILDREN'S ELLIPTICAL CROSS TRAINER



Specially designed for children under the age of 11, our cross trainer is suitable for all abilities from beginners upwards. Easy-to-use, it is designed so that children can set their own pace and choose between forward or reverse motion to work different muscles. Kids love mastering the challenge of co-ordinating arms and legs simultaneously!

1464 x 637 x 1436mm



Children



CHILDREN'S BALANCE BEAMS



Hugely versatile and simple to use, our Balance Beams provide the opportunity for numerous exercises during a PE class or sports day. Not only can children practise balancing along them, they can work individually or in pairs for bunny hops, single leg balance or touch downs to name but a few.

3051 x 1925 x 314mm

CHILDREN'S HIP TWISTER



Our Children's Hip Twister has been designed for up to 3 children to use at once. Developing flexibility and co-ordination, it allows children to work in a group or to twist independently, all within their own ability. Twisting has never been so much fun!

1601 x 1429 x 1453mm

RIDER



One of our most popular pieces of equipment in the children's range, the Rider, is easy-to-use and suitable for all abilities. Similar to a rower, but positioned upright, children use their entire body to move the seat and handles up and down. It has been specially designed for children under the age of 11, children can set their own pace, building cardio strength, stamina and muscular strength.

2375 x 463 x 1900mm

FAQs

Can I use the Sports Premium to pay for an outdoor gym?

Yes! Hundreds of primary schools have already used some or all of their sports premium to install an Outdoor Gym facility.

What kind of ground surface can the equipment be installed into?

Our equipment can be fixed into nearly any level surface including grass, concrete and tarmac.

Which products are best for our school?

Our sales team are trained to identify which products would meet the needs of the children at your school. For more information, call our sales team to talk through the various options 01275 463601.

Primary Schools
Gym Package
£8,243 + VAT
+ £1,200 (Delivery & Installation*)
Subject to Site-Survey



Double Air Walker



Air Skier



Arm and Pedal Bike

Seated Leg Press



Tai Chi Spinners



* Installation into grass surface as standard - for installation into tarmac or other surface please contact mail@signetsigns.co.uk - for safety surface options please get in touch.

Adult



ARM AND PEDAL BIKE



A cycling and upper arm exercise rolled into one. Improves balance and co-ordination while providing a full body workout.

1312 x 480 x 1408

DISABLED ARM & PEDAL BIKE



The Disabled Arm & Pedal Bike is suitable for wheelchair users. The clever design enables the user to position their chair in front of the frame and use the equipment whilst seated. A simple yet effective low impact exercise. The pedals develop strength and tone in the arms and legs while improving co-ordination, cardiovascular strength and core stability.

898 x 486 x 1306mm

DOUBLE AIR WALKER



Our hugely popular Double Air Walker is suitable for all abilities, beginners to advanced. It's easy to use and a huge amount of fun. One or two people can use the equipment at a time. Users can set their own pace, choosing a wide walk, stretching legs and developing flexibility in the hip joints or a shorter faster pace to build cardio strength.

2285 x 630 x 1158mm

AIR SKIER



By swinging both legs together from side to side the Air Skier strengthens and develops the lower abdomen hips and thighs, improves balance and co-ordination through "core" activation. Excellent warm-up and work-out for all, but also can provide gentle exercise for fitness beginners. Very popular and good fun.

1190 x 826 x 1381mm



DOUBLE CROSS COUNTRY SKIER



The Double Cross Country Skier has been especially designed to provide a full body workout. Just like a cross country skiing, users stand on the foot plates, moving legs forwards and back while using their arms to drive the handles forwards and back. Users can work individually or in pairs for some synchronised skiing!

1965 x 620 x 1562mm

AIR WALKER



This universally popular apparatus provides excellent cardiovascular exercise while developing the leg muscles. Allows a full range of movement in the hip joint improving flexibility and strength, without any impact or stress to joints and back. Suitable for all ages and especially for those for whom jogging and power walking are not suitable.

1285 x 630 x 1158mm

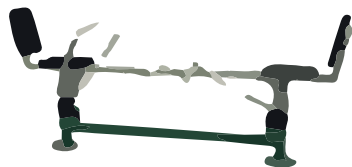
ELLIPTICAL CROSS TRAINER



Suitable for all abilities, our Elliptical Cross Trainer gets the whole body moving, providing an excellent cardiovascular workout. Easy-to-use, it is designed so that users can set their own pace and choose between forward or reverse motion to work different muscles.

1464 x 637 x 1541mm

DOUBLE ROWER



Much like a rowing boat, the Double Rower has been especially designed to provide a total body workout. Sitting in the chair, clasping the handles, users pull back with the arms, extending the body before using the core, legs and arms to pull the body back to a starting position.

2738 x 962 x 1154mm

Adult



Adult



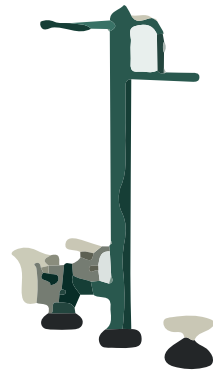
SELF WEIGHTED ROWER



Much like a rowing boat, the Self Weighted Rower has been especially designed to provide a total body workout. Sitting in the chair, clasping the handles, users pull back with the arms, extending the body before using the core, legs and arms to pull the body back to a starting position. Improving flexibility, core strength and cardio fitness. Suitable for all abilities, users simply set their own pace.

1397 x 962 x 1098mm

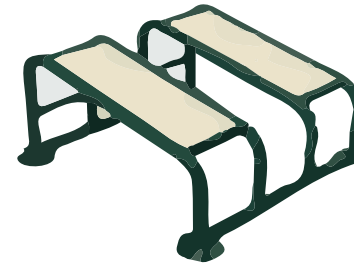
TWIST & STEP



Our Twist & Step provides two pieces of equipment in one and has been specially designed for adults to improve flexibility, core strength and cardio fitness. The twist element encourages hip twisting exercises, improving flexibility and core strength, whilst the stepper element provides a cardiovascular workout while strengthening the leg muscles and buttocks.

1842 x 647 x 1636mm

DOUBLE SIT UP BENCHES



Specially designed to provide safe, yet intense core workout, our Double Sit Up Benches are suitable for all abilities from beginners upwards. Perfect for back extensions, crunches or twists, the benches allow users to work the length of their abdominal muscles. The frame can also be used for triceps dips, incline and decline press-ups to further build upper body strength.

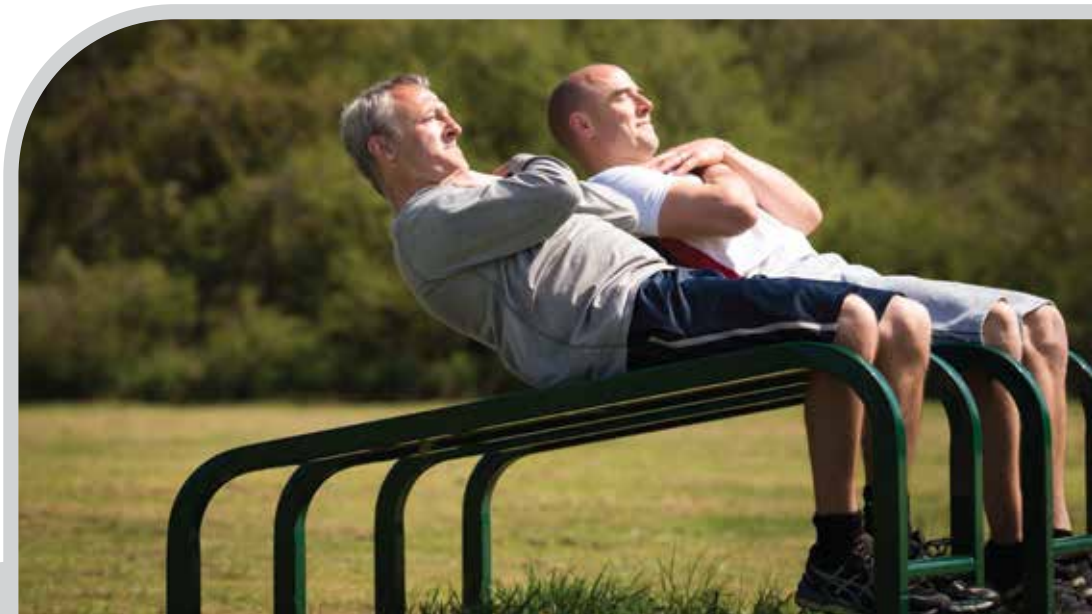
1645 x 1590 x 682mm

PARALLEL GYM BARS



Our Parallel Gym Bars provide users with a range of functional/ Callisthenic training possibilities. Build upper body strength with push-ups, pull-ups, dips and v sits for beginners. For the advanced gymnasts elevated lifts, handstands, walking along the top of the bar will provide a more challenging workout.

2490 x 941 x 1450mm



SIT UP BENCH



Specially designed to provide safe, yet intense core workout, our Sit Up Bench is suitable for all abilities from beginners upwards. Perfect for back extensions, crunches or twists, the benches allow users to work the length of their abdominal muscles and back. The frame can also be used for triceps dips, incline and decline press-ups to further build upper body strength.

1645 x 690 x 670mm

CHIN UP BARS



This double height Chin Up Bar offers a functional training frame for a variety of exercises. Users can perform overhand pull-ups, underhand pull-ups, chin-ups and hanging leg raises. A strenuous workout for strengthening and building muscles in arms, back and shoulders.

2965 x 168 x 2303mm

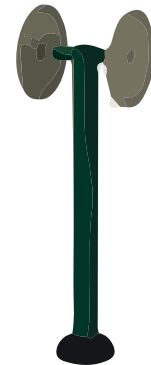
HORIZONTAL LADDER



Also known as monkey bars, this is a strenuous exercise for arms and shoulders, swinging rung by rung along the ladder. Easy-to-use, users can move at their own pace, building up the number of swings as their strength builds. Users can also perform knee or leg raises hanging from one rung for a strong core workout. A fantastic piece of equipment for body weight or functional training enthusiasts.

3136 x 1187 x 2293mm

STRENGTH TRAINER



This Strength Trainer has been specially designed to build strength in the upper body. Similar to arm wrestling, users compete with each other to turn their wheel against their opposition. The trainer can also be used singularly as an arm and shoulder stretching exercise.

500 x 454 x 1677mm



Adult



SEATED LEG PRESS



Suitable for all abilities from beginners upwards, our Seated Leg Press provides an excellent workout for thighs, hips and buttocks. This simple yet effective piece of equipment is easy-to-use, once seated, users simply push with their legs to move their seat away from the frame.

2375 x 509 x 1900mm

PULL DOWN CHALLENGER



Easy to use and suitable for all abilities, our Pull Down Challenger has been designed to strengthen and tone the shoulder and back muscles. Users can use the various handles to perform neutral and lateral pull downs or face forwards, a reverse pull down will work more of the back muscles.

2266 x 1098 x 1980mm

SEATED CHESS PRESS



This strength building piece of equipment allows two users to perform chest presses at the same time. The unique design of the Seated Chest Press means that once seated, the user creates their own resistance via their body weight. This provides a strenuous workout for the chest, shoulder and arm muscles.

2586 x 750 x 1980mm

COMBI PULL DOWN & CHEST PRESS

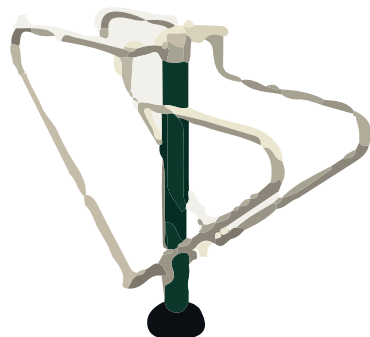


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This strength building piece of equipment has been designed to offer the benefits of a chest press and a pull down challenger on one frame. Known as the Combi, the back to back seats allow two people to workout at once. Working the chest, shoulder and arms muscles on one side, while working the lats and arms on the other.

2584 x 1098 x 1955mm

PUSH UP AND DIP



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This simple frame has been specially designed for functional training. Easy to use and suitable for all abilities, users select the bar height that is right for them and perform numerous exercises including push-ups, dips, knee raises, v lifts and much more. Providing a strenuous workout for the upper body.

1662 x 645 x 1458mm

Adult



DISABLED COMBO



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The Disabled Combo has been developed for people in wheelchairs. Its clever design enables the user to position their chair under the frame for a dual upper body workout. Comprising of a chest press on one side and a pull down challenger on the other, users can work-out individually or in twos for a more sociable, motivating workout.

2354 x 1098 x 1856mm

LEG LIFT STATION



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Used for strength building, our Leg Lift Station has been designed for users to perform knee raises and leg lifts. Beginners can start with knee raises, building strength and tone in the core and upper thighs, while the more advanced perform leg lifts, a much tougher exercise working the same muscles. The solid frame also has handles positioned at the back of the frame, perfect for neutral and lateral grip pull ups.

1309 x 278 x 2033mm



Adult



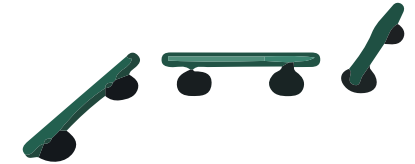
BIG SHOULDER WHEEL



The Big Shoulder Wheel has been especially designed to improve flexibility, range of movement and to improve circulation to the shoulders. Suitable for all abilities, users can set their own pace, gently moving side to side bending at the waist or by using a twisting motion to stretch deep into the shoulder muscle.

931 x 868 x 1834mm

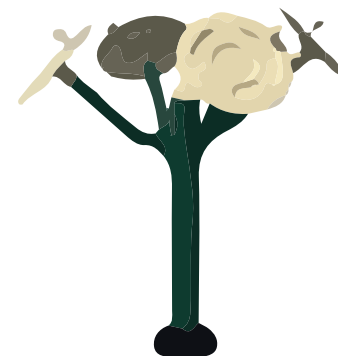
BALANCE BEAMS



These versatile Balance Beams come as a set of 3 and offer an array of exercise options. Walking the length of them will build balance and co-ordination skills. Hopping and jumping over them will really get that heart rate up, building cardio strength. They can also be used for incline push-ups, triceps dips and sit ups. A full body workout suitable for beginners to advanced athletes.

3051 x 1880 x 314mm

T'AI CHI SPINNERS



Our T'ai Chi Spinners offer a number of benefits, exercising the brain as well as the body. Designed to promote flexibility and co-ordination in wrists, arms and shoulders, they improve circulation and offer a great warm-up. Easy-to-use, the wheels move independently allowing arms to work clockwise or anticlockwise, excellent for mental agility.

1274 x 1058 x 1518mm

The Big Rig



Set within an area of 42m² and suitable for 15+ users at once, the Big Rig is the perfect solution for communities, sports teams and clubs to work together irrespective of fitness levels.

7391 x 5871 x 2743mm



- 1 Chest Press
- 2 Sit up bench
- 3 Step up
- 4 Leg lift
- 5 Multi use frame
- 6 Leg press
- 7 Pull up bar
- 8 Pull down challenger
- 9 Hip twister
- 10 Ninja rings
- 11 Static monkey bars
- 12 Horizontal ladder
- 13 Flying pull up bar
- 14 Pull up station
- 15 Vertical ladder
- 16 Dorsal Raise station



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