

 **MADE IN
BRITAIN**



tgo the
great outdoor
gym company

Activating your community





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Join the green movement

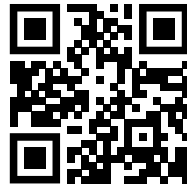
This is our most exciting time in our company's history. With over 1,000 outdoor gyms under our belt, our mission is to install another thousand and build active communities over the next five years.

We are so excited about our range. Our entire history has been about innovating, pioneering, being greener, safer and stronger. We now have something for the whole community - from people who are totally inactive to the very active. Inclusivity is at the heart of what we do.

Our products are strong, 'smart' and sustainable and this is what sets us apart. We continue to manufacture in the UK and our products are robust and made to last. We continue to plant a tree for every piece we install in the UK. Our energy range recycles human energy and turns it into usable electricity. We have worked very hard on our latest innovation - going smart. With the launch of our new app, 'Activate' and our new smart technology built into our gyms, we will be able to provide a valuable insight into the gym usage.

We hope you like the brochure. We have included some key historic projects to show you our journey and some close up insight into all our new products. It is interactive and the QR codes will take you to videos relevant to that page.

This QR code will show you our 2 minute film about our mission over the next five years and will give you a taste of us as a company:



Scan to see the video



TGO Founders Georgie and Matt Delaney

The TGO Journey

2007

TGO
established



2010

TGO moved manufacturing
to the UK



2012

TGO installed
the first
green energy
gym called The
Green Heart



2014

TGO gyms started
generating
human powered
energy to
charge mobile
devices, light
up the gym and
tie back into
the grid



2016

The United
Nations
commissioned
TGO in the
follow up
Global Climate
Change
conference to
install an
energy gym in
Marrakech



2018 **ACTIVATE**

Launch of the
'Activate' App



2008

- 2012

TGO designed
and delivered
75 adidas and
London 2012
branded outdoor
gyms delivering
Olympic legacy



2011

Expanded to
Australia



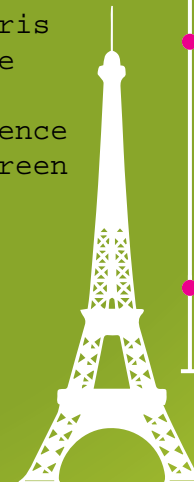
2013

Expanded to
UAE, Singapore
and Malaysia



2015

TGO was
part of
the Paris
Climate
Change
Conference
with green
energy
gyms



2017

TGO developed a
'smart' gym and
the 'Activate' App

1000th
gym was
installed



Developing greener, safer,
stronger outdoor gyms

2007-2011

With over a 1,000 gyms installed worldwide, here are just a few examples of TGO gyms and what we have delivered to make our communities more active.

PORTFOLIO





Inclusive community activation

About the gym

TGO installed 70 gyms for adidas and the Department of Education as part of adidas' sponsorship of the London 2012 Olympic and Paralympics Games.

adiZone. 2008–2012



Client
adidas



Completion
2008 - 2012



Planted trees
777



Scan to see the videos



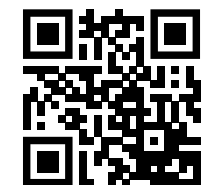
Location
Across the UK



Pieces of equipment
18 on 1 site



Features
A multi use design including gym,
dance area and street ball





Sustainability

About the gym

TGO installed the first ever outdoor gym globally to generate electricity through human power. The gym was featured internationally on CNN.

Green Heart, Hull. 2012



Client
Hull City Council



Completion
2012



Planted trees
7



Location
Hull



Pieces of equipment
9
5 of which are energy



Features
TGO's Energy Display Unit (EDU) stores the human powered electricity to light the gym at night



Scan to see the video





Inclusivity

About the gym

Part funded by Sport England, this large gym and multi-use games area is an example of a project targeting young people with disabilities.

St Piers Young Epilepsy School. 2016



Client
St Piers Young Epilepsy School



Completion
2016



Planted trees
8



Location
Surrey



Pieces of equipment
10
4 of which are energy



Features
All TGO gym pieces have inclusive features such as transfer handles, large fonts, wide seats and high contrast interactive parts



Scan to see the video





Climate action / People power

About the gym

TGO were commissioned by the UN to install an energy gym glow system that produces electricity to light the gym space as part of the Global Climate Change Conference COP22. The gym was used to engage with the population of Marrakech about Climate Change action.



Energy Spinning Bike



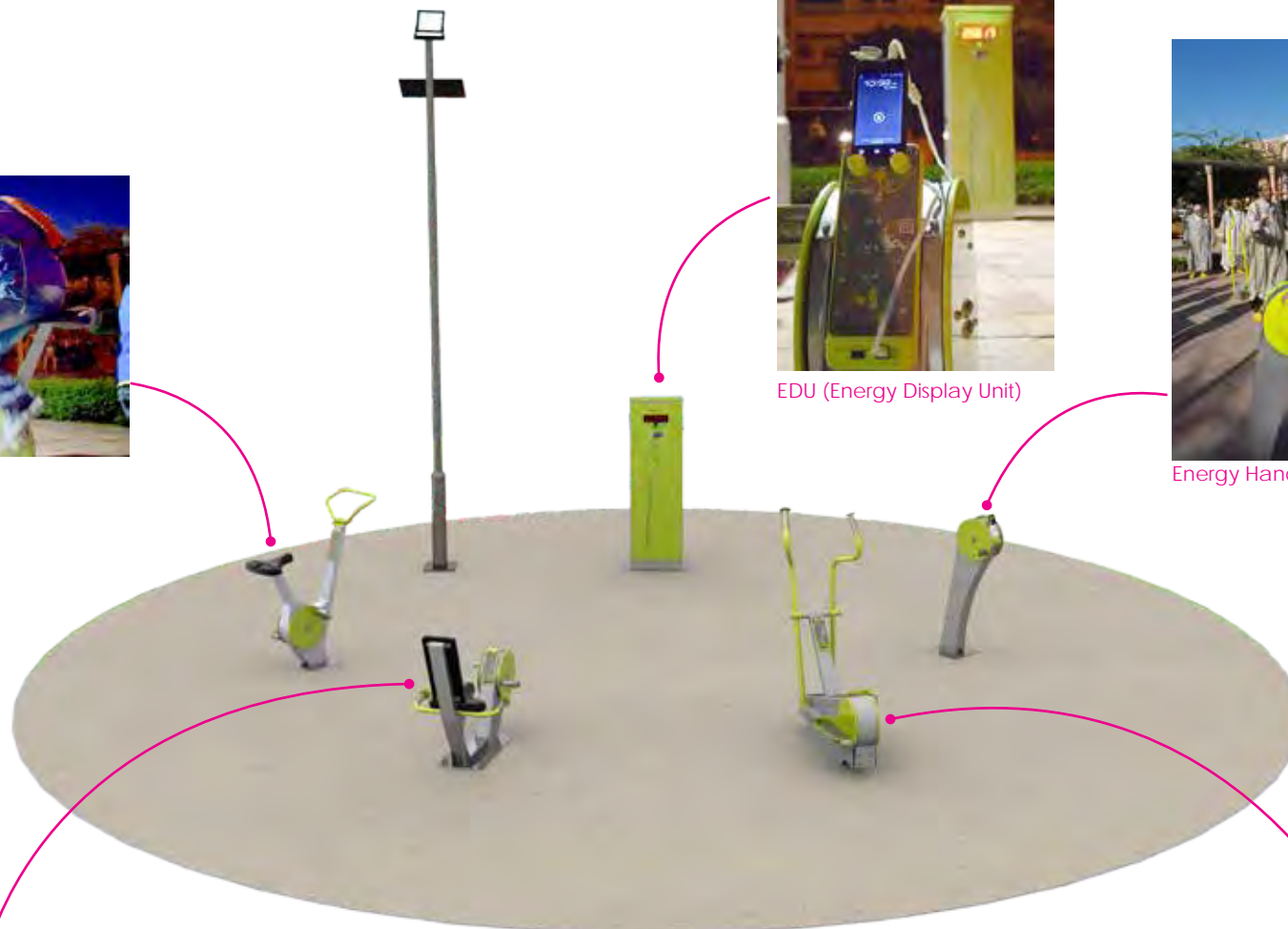
EDU (Energy Display Unit)



Energy Hand Bike



Energy Recumbent Bike



Energy Cross Trainer



Client
Unido



Completion
2016



Location
Marrakech



Pieces of equipment
1 EDU (Energy Display Unit)
5 energy pieces



Features
4 energy pieces generate electricity that gets stored in the Energy Display Unit (EDU) to light up the space



Recycling and Partnership

About the gym

Part of the gym is made from aluminium with 2,500 recycled Right Guard aerosol cans. This is a great example of TGO working with both sponsors and the Queen Elizabeth Olympic Park.

Queen Elizabeth Olympic Park (QEOP), London. 2017



Client
Right Guard / QEOP



Completion
2017



Planted trees
5



Location
Queen Elizabeth Olympic
Park, London



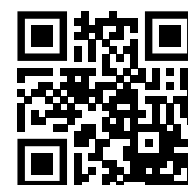
Pieces of equipment
1 Rig
with 4 energy pieces



Features
Human power from the energy
equipment lights up The Rig



Scan to see the videos





Mind, body and soul theme

About the gym

A great example of TGO working in partnership with a customer on a bespoke installation. The University of Warwick chose TGO to help design and build a unique gym for the mind, body and soul to create the country's most active campus.

University of Warwick. 2017



Client
Warwick University



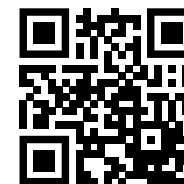
Completion
2017



Planted trees
8



Scan to see the video



Location
Coventry, UK



Pieces of equipment
9
4 of which are energy



Features
Yoga area, functional training zone, street ball, energy cardio zone, sports tracks and trampolines



Healthy towns programme

About the gym

TGO was commissioned to install 10 gyms in Dudley as part of a whole system approach to activating the town. The project was a great success.

Dudley, Midlands. UK



Client
Dudley MBC



Location
Dudley, Midlands, UK



Completion
1st gym was installed in 2010.
Ongoing projects for other areas.



Pieces of equipment
133
15 of which are energy



Planted trees
133



Features
Dudley MBC adopted a whole system approach to the roll out and activation of outdoor gyms, install TGO gyms into 8 local parks and 2 in other strategic sites, 1 being the hospital enabling cardiac patients to rehabilitate near the hospital and at their local parks

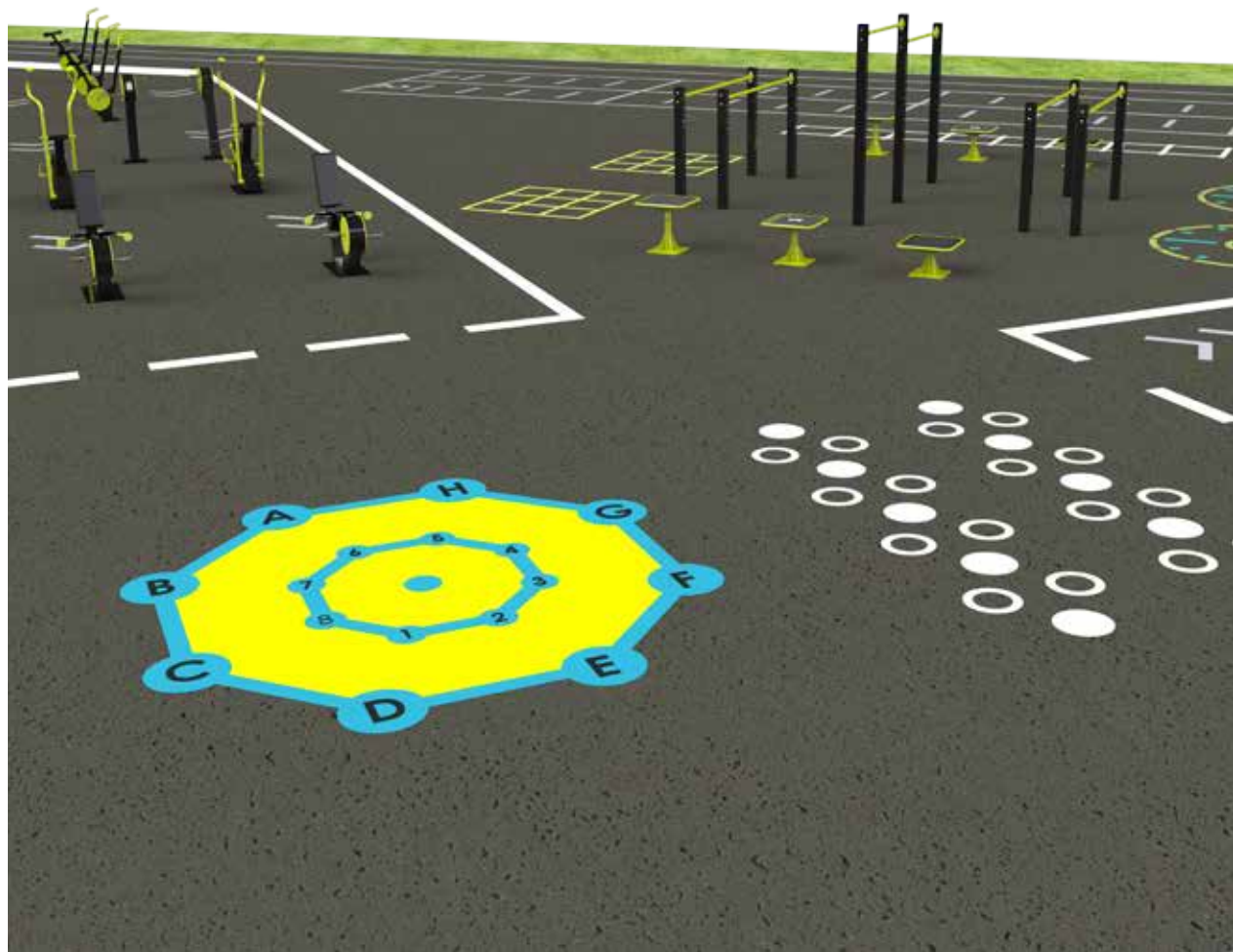
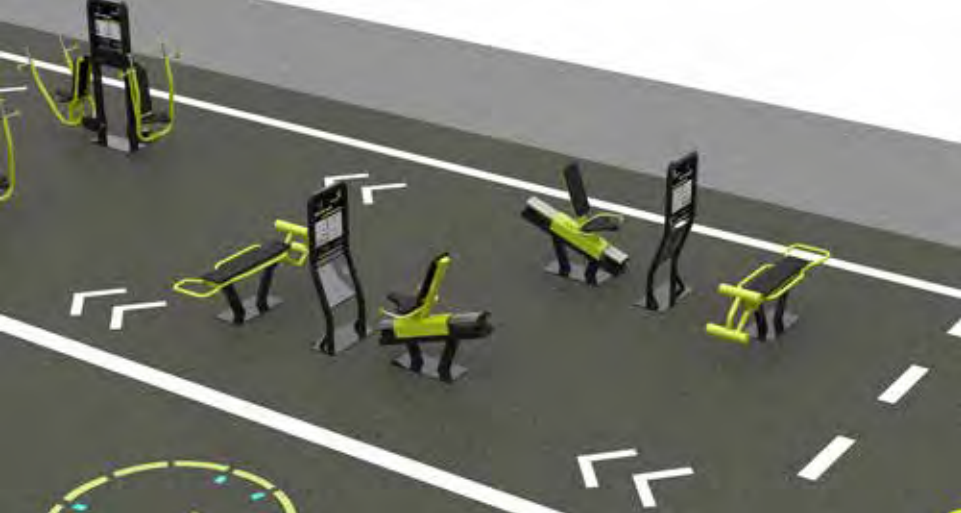


Designed for a secure and monitored premises

About the gym

Physical activity is an effective way of rehabilitating offenders. TGO designed this gym into a useful and inspiring circuit training zone, promoting positive socialisation amongst the inmates

HMP Swaleside prison. 2018



Client
HMP Swaleside Prison



Completion
2018



Planted trees
21



Location
Isle of Sheppey



Pieces of equipment
21 pieces



Features
This gym includes floor markings for HIIT training and cardio workouts as well as calisthenics equipment

What sets us apart

Our main goals for the next 5 years are to...

Install another
1,000 gyms globally

Continue to innovate and
support fitness trends

Activate
1,000,000 people

Promote climate action and
plant 5,000 more trees

Help build community spirit



Strong

- Made in the UK
- 25 year warranty on structural steel
- Load and cyclical testing
- TGO fixings are anti-vandal and anti-tamper
- CE marked steel
- Welds certified to BSEN ISO 15614
- Built-in resistance to offer great fitness value



Safe

- TGO equipment is compliant with BS EN16630:2015
- All TGO stop mechanisms are concealed
- All moving parts are limited in their movement
- All moving elements are within the framework of the equipment
- All TGO equipment is free of crush points, entrapment points, shear-points and sharp edges





Sustainable

- We recycle human energy with our energy range!
- We plant a tree for every piece we install in the UK
- TGO Cardio Charge products charge up smart phones and other devices via USB port (don't forget your USB lead!)
- Unique console on every TGO Cardio Charge piece. Includes watt counter that lights up in use for motivational boost and wow factor
- No need to disturb the groundwork if you want to upgrade as we have designed special bases
- TGO gyms are made to last



'Smart'

- 'Activate' App enables users to find their TGO gym, log and track workouts and share with friends on social media
- 'Smart' technology in TGO gyms measures hits of gyms
- 'Smart' gyms come with dashboards for gym owners to measure, engage and sustain usage
- 'Smart' signage - QR codes on signage to log and track workouts
- Device holder – to place your device where you can see it charge on cardio charge range



ACTIVATE



Inclusive

- Every piece has been carefully designed with inclusivity in mind featuring key elements of the IFI standards:
- Large font on signage
- Wider seats and transfer handles
- Brightly coloured interactive parts
- Start and finish diagrams
- Created for communities - with everyone in mind
- 'Smart' Hand Bike is featured in most packages
- TGO rig features lower pull up bars

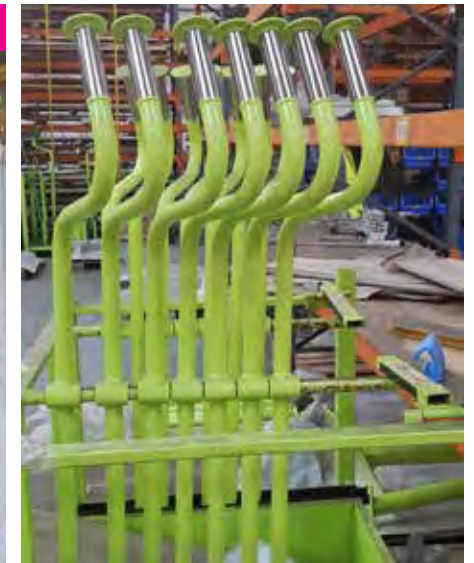




Robust quality control



In house painting and finishing



BSEN ISO 15614 welding



**MADE IN
BRITAIN**

CE marked steel

TGO is strong

Welcome to the factory

Made in the UK
installed worldwide!

 TGO HQ  TGO Factory

We are immensely proud to 100% design, engineer and manufacture our equipment in the UK.

Our factory is based in the North East of England which has a rich heritage of **quality** metal fabrication but what does 'Made in the UK' actually mean?

Made in the UK means **quality**. It means **quality** materials are sourced, **quality** procedures are in place, **quality** control, **quality** welding (with certified welders), **quality** painting and **quality** assembly. Everything is done in house and follows a strict **quality** control step procedure.

Made in the UK means peace of mind when it comes to safety. All TGO equipment has been independently certified as compliant to EN16630 by the German test house TUV.

Come see the
factory!
Contact us
for more
details



To maintain this compliance the factory is visited annually and assessed by TUV to ensure that all policies and practices are still being carried out in accordance with this European safety standard.

Made in the UK means more **robust** and **longer lasting** equipment. At TGO we test our outdoor gym equipment to twice the load levels of the industry standard.

For example, we static load test up to 390kg, we dynamic load test up to 260kg, we carry out drop testing, pull over testing and shatter testing.

Made in the UK means a product with a lower carbon footprint. We all need to do our bit for the environment and 'buying British' means **no air miles** and products that are **locally** and **responsibly sourced**. In addition to this, TGO plants a tree in the UK for every single unit that is manufactured further reducing their own carbon footprint.



Scan to see the video

TGO is safe

British standards
for global audience

TGO has always been the pioneer when it comes to outdoor gyms and safety. Of course TGO gyms comply with European standards EN16630, however before this standard came out TGO was working with the British Standards Institute (BSI) on the PAS888, the outdoor gym specification for the UK. Outdoor gyms will be accessed by the whole community (young or old) and so TGO embraces this fact and has uniquely designed its gym range with everyone's safety in mind.

PAS888 was a BSI product specification for buyers of outdoor gyms. By designing its range to PAS888 TGO created a range that cares about all ages and people around the gym. It uniquely ensures equipment is safer for users and non-users around the equipment that interact with it. Removes crush-points, sharp edges & entrapments. Seen as industry leaders, TGO was asked by the BSI to sponsor the new outdoor gym specification

As you would expect, TGO exceeds the European safety standard EN16630 (as this only caters only for users 1400mm and above) and TGO designs safety features that makes it equipment safe for all users and non-users regardless of size of age.

As a worldwide supplier of outdoor gym equipment, TGO also comply to the American Standards ASTM F3101-15.

Certificate of Compliance

Awarded to The Great Outdoor Gym Co. Ltd.

The Old Dairy, Brogdale Farm, Brogdale Road, Faversham, Kent ME13 8XZ UK

Products:

TGO100 EDU Display Cabinet
TGO501 Single Pull Up Bar
TGO502 Double Pull Up Bar
TGO503 Triple Pull Up Bar
TGO504 Parallel Bars
TGO505 Overhead Ladder
TGO510 Rig
TGO701 Full Body Multi Gym
TGO702 Toning Multi Gym
TGO703 Cardio Multi Gym
TGO800 Dip/Leg Raise
TGO810 Pull Ups/Assisted Pull Ups
TGO825 Lat Pull Down/Shoulder Press
TGO835 Chest Press/Seated Row
TGO841 Plyometric Boxes (range)
TGO850 Bench
TGO861/TGO862 Cross Trainer
TGO870 Leg Press
TGO888 Sign Frame
TGO889 Welcome Sign Post
TGO891/TGO892 Recumbent Bike
TGO905 Triple Step Up
TGO907/TGO908 Hand Bike
TGO941 Treadmill/Oblique
TGO951 Leg Press/Bench
TGO970/TGO971 Spinning Bike

in accordance with EN16630:2015 limited
the items described above

Multiple
05/01/2015 - 10/12/2017
08/06-12/06/2015 & 19/12/2017
period 3 years unless the design is revised
ure of this claim is independent verification
ing of permanently installed outdoor fitness equipment
The Great Outdoor Gym Co. Ltd. in accordance with
T declared (full testing reports available upon request)
Mr N A Ford

2 The Avenue, Romford, Essex, RM1 4LD

+44(0)777 1617 239

Certificate of Compliance

Awarded to The Great Outdoor Gym Co. Ltd.

The Old Dairy, Brogdale Farm, Brogdale Road, Faversham, Kent ME13 8XZ UK

Products:

TGO511 Shortened Rig
TGO512 Lower Overhead Ladder
TGO516 Lower Double Pull Up Bar
TGO517 Lower Parallel Bars
TGO871 Shortened Leg Press
TGO887 Activity Generator Sign
TGO894/TGO898 Shortened Recumbent Bike
TGO905 Triple Step Up
TGO911/TGO912 Shortened Hand Bike
TGO942 Mini Treadmill/Oblique
TGO860M Mini Cross Trainer

in accordance with PAS888:2013 limited
the items described above

products (except TGO905) fall outside of the Scope of
a specifically excludes equipment designed for users <
superceded by EN16630:2015 PAS888:2013 is the only
ecification that has a Scope (provided by SW/136 [CEN
at incorporates Outdoor Fitness Equipment accessible by
children. EN16630:2015 should be applied for layout,
allation, maintenance and inspections.

Multiple
05/01/2015 - 10/12/2017
08/06-12/06/2015 & 19/12/2017
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TGO products comply to
the following standards:

- EN16630
- IFI
- ASTM F3101-15



1 PIECE OF TGO
OUTDOOR GYM
EQUIPMENT = 1 TREE*

*In the UK only



TGO is sustainable

We love our green nation. And we want to keep our nation green.

The NHS Forest, coordinated by the Centre for Sustainable Health, plants forest sites right across the UK – they have almost 100 forest projects up and running.

TGO is proud to contribute trees to these sites: one tree is planted for every piece of TGO outdoor gym equipment installed in the UK. In this project, TGO contributes to the goals of the NHS Forest to improve the health of staff, patients and communities through increasing access to green space.



TGO is 'Smart':

Smarter at activating communities

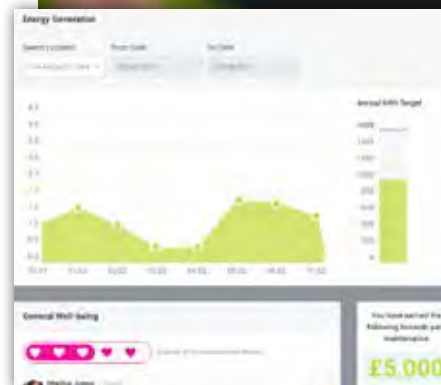
Measuring usage and demographics on outdoor gyms can be difficult. This is why TGO have developed its exciting latest innovations, The 'Smart Gym' and 'Activate' App. With technology built into the smart gym equipment and an interactive app, site owners can gain a dashboard of information showing user demographics, what equipment is being used, as well as wellbeing, activity levels and the progression of users. With smart pieces, the 'hits' on each gym installation are recorded as irrefutable data.

When the data sources are triangulated a customer gets a real feel for what is going on in its communities.

This is a unique development it will make a return on investment clear and evidenced based.

Features of the smart gym and Activate app include:

- ✓ Gym stats about usage of the pieces of equipment
- ✓ Sample survey of progression of gym users from inactive to active
- ✓ Total hits on the smart pieces
- ✓ A place for local trainers to alert local people of classes and activities
- ✓ A map and description of the gym online



1

Measure

Detailed insight into who is using the gym, how often and what workout they are doing.

2

Engage

Ability to create activities and events on the gym and beyond to engage with target groups.

3

Sustain

Generating income to pay for maintenance and upgrades and also creating a group of volunteers to help in the community.

TGO is 'Smart':

'Smart' technology can

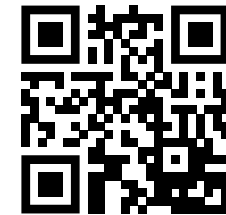
be built into energy

equipment to measure usage

QUANTITATIVE DATA

Record the usage on each equipment feeding back activity levels to the dashboard

ACTIVATE DASHBOARD



Scan to see the video

QUALITATIVE DATA

Gives an insight into the usage of the equipment



Generator connected to user input

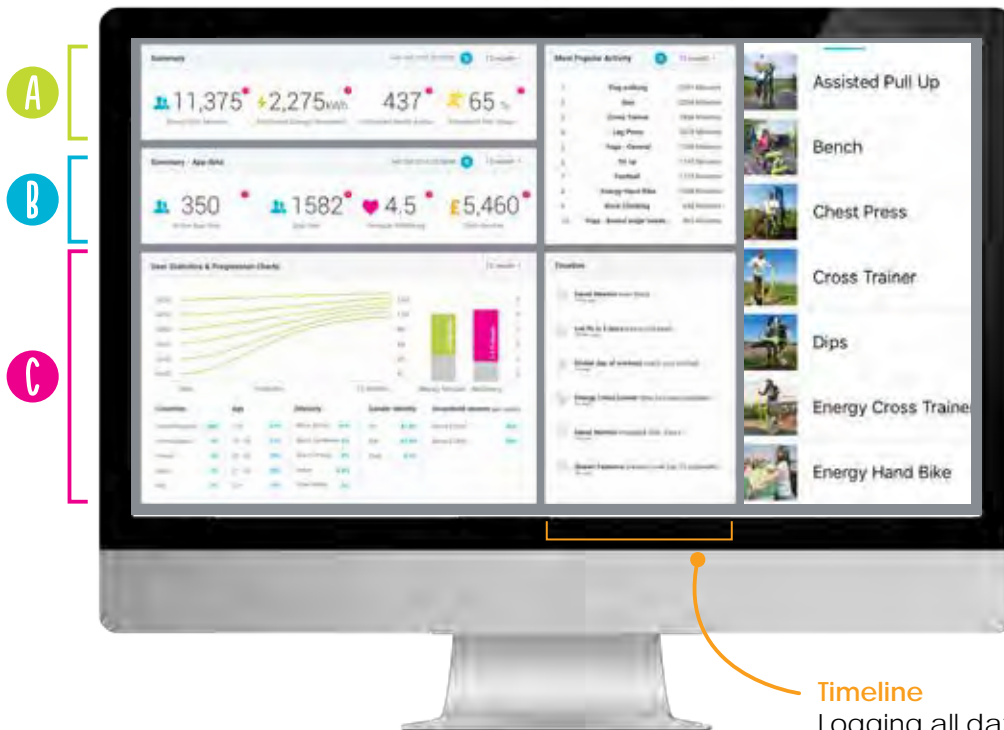
Internal electronics (Bluetooth receiver)



Place benefits of the 'Smart' gym and 'Activate' App

Most Popular Activity

Most popular activity based on the sum of minutes per activity



ACTIVATE DASHBOARD

Timeline

Logging all data produced from the gym such as PT hired, purchases, new members and data updates

A

Summary (Left to right):

- Whole gym value to show total gym usage
- Whole gym value to show the total amount of energy generated
- Whole gym value to show the amount of users - newly active users. Users who since using the app, now do over 1x30 minutes per week
- Whole gym value to show percentage of gym utilisation. Based on theoretical allowable minutes of use per site, against actual use

B

Summary - App data (Left to right):

- Local people that have been Active
- Local people with the Activate App
- Average of all reported wellbeing values
- Income assigned to site owner generated through the application

C

User Statistics & Progression Charts (Clockwise):

- User proportioned from their initial activity levels at start of time period to their new actual activity levels, over time.
- Bar graph, in grey representing the average original reported value, with average new value from given time period
- Demographic information showing the details from the users that have used the gym within the time period. Top 5 where more than 5 results

Gym Equipment

Gym equipment in the site

TGO is inclusive



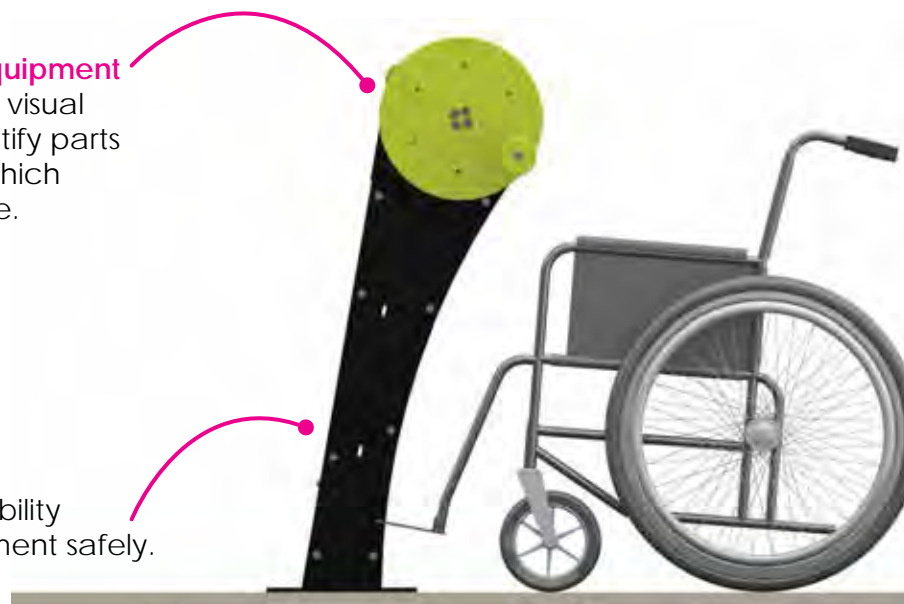
Easy to follow usage instructions and start and finish diagrams to enable people with learning difficulties and visual impairments to understand how to use each piece of equipment. QR codes are also now available on signage which once scanned give the user access to a 'how to use' instructional video with dialect.

All TGO equipment is designed with elements of the Inclusive Fitness Initiative in mind making it appropriate for all ages and abilities.



Brightly coloured equipment
To help people with visual impairments to identify parts of the equipment which need contact to use.

Lowered access points
To enable people with mobility problems to mount equipment safely.



Gyms installed on flat surfaces

Typically, we install our outdoor gyms on completely flat areas often with safety surfacing, so as to ensure that moving from piece to piece within the outdoor gym is as easy as possible for people of all abilities.



A RANGE FOR THE WHOLE COMMUNITY

TGO's range of gym equipment provides a full body workout and caters for people new to exercise as well as great equipment for the very active

CARDIO

TGO907
Hand Bike
■ ● ▲

TGO970
Spinning Bike
■ ●

TGO905
Triple Step Up
■ ● ▲

TGO891
Recumbent Bike
■ ● ▲

TGO861
Cross Trainer
■ ●

Energy

TGO971
Energy Spinning Bike
● ● ★

TGO892
Energy Recumbent Bike
● ● ★ ▲

TGO908
Energy Hand Bike
● ● ★ ▲

TGO862
Energy Cross Trainer
● ● ★

Toning

TGO951
Leg Press / Bench
■ ●

TGO850
Bench
● ●

TGO870
Leg Press
▲ ●

TGO941
Treadmill / Oblique
■ ● ● ▲

TGO825
Lat Pull Down /
Shoulder Press
■ ●

TGO835
Chest Press
/ Seated Row
■ ●

TGO702
Toning Multi Gym
■ ● ●

TGO701
Full Body Multi Gym
■ ● ●

The TGO range of equipment

- TGO Active ■ TGO Calisthenics ● Energy
- Cardio ● Toning ● Strength
- ★ Smart upgradable
- ▲ Available in TGO mini range

TGO703
Cardio
Multi Gym
■ ● ●

TGO841
Plyometric Boxes
■ ●

Strength

TGO810
Pull Up /
Assisted Pull Up
■ ● ●

TGO800
Dips / Leg Raise
■ ●

TGO505
Overhead
Ladder
■ ● ▲

TGO501
Single Pull
Up Bar
■ ● ▲

TGO502
Double
Pull Up Bar
■ ● ▲

TGO503
Triple Pull Up Bar
■ ● ▲

TGO504
Parallel Bars
■ ● ▲

TGO510
Rig
■ ● ●



Product Range

We have a range of equipment for the whole community for all abilities. Our products offer cardiovascular, tone and strength benefits for the whole body. We have designed our packages with the philosophy that people new to exercise as well as the very active can enjoy our spaces.

Product key:

● Cardio ● Toning ● Strength

● Energy

These products recycle human energy and turn that energy into usable electricity for phone charging as well as compatibility with the Energy Display Unit (EDU) for lighting or grid tie.

★ Smart upgradable

TGO has developed Smart technology as an upgrade for the Energy pieces which will count the hits of the gym and feed back to the dashboard.

▲ Available in TGO mini range
Designed for younger users, the Junior Range is perfect for primary and junior schools. You can also add these pieces to Senior Gyms and Park Gyms, so the whole family can now work out together.

This Junior Range aims to set an early pattern for physical activity in young people, encouraging them to adopt a healthy lifestyle as they get older.

TGO Active



TGO861
Cross Trainer



TGO891
Recumbent Bike



TGO907
Hand Bike



TGO970
Spinning Bike



TGO941
Treadmill/Oblique



TGO Active



TGO870
Leg Press



TGO850
Bench



TGO951
Leg Press/Bench



TGO841
Plyometric Box Set



TGO Active



TGO905
Triple Step Up



TGO825
Lat Pull Down /
Shoulder Press



TGO835
Chest Press /
Seated Row



TGO810
Pull Up /
Assisted Pull Up



TGO800
Dips / Leg Raise



TGO Active

The Multi Gym range offers a selection of equipment designed around each other to provide a compact workout solution. The Sign Post offers an economical solution to welcome a user to a gym.



TGO701
Full Body Multi Gym



TGO702
Toning Multi Gym



TGO703
Cardio Multi Gym



TGO889
Sign Post



TGO887
Activity Generator



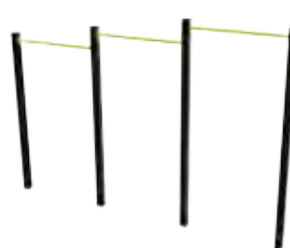
TGO Calisthenics



TGO501
Single Pull Up Bar



TGO502
Double Pull Up Bar



TGO503
Triple Pull Up Bar



TGO504
Parallel Bars



TGO505
Overhead Ladder



TGO510
Rig



TGO Energy



⚡ TGO862
Energy
Cross Trainer



⚡ TGO892
Energy
Recumbent Bike



⚡ TGO908
Energy
Hand Bike



⚡ TGO971
Energy
Spinning Bike



⚡ TGO100
EDU
(Energy Display Unit)



TGO861 Cross Trainer

 Space required 4892x4232mm  Product weight 108kg  No. of users 1

● Cardio

Features

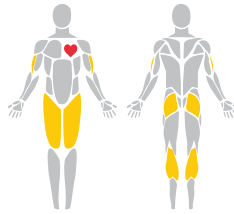
- Fully enclosed mechanisms avoiding traps
- Stainless steel handles and aluminium
- Designed for all body cardio workout
- Thick disks create resistance
- Brightly coloured for IFI

Benefits

- Cardio function all body use low impact for inactive users
- Inclusive of all abilities

Fact

- Obesity is the second biggest preventable cause of cancer in the UK but research shows that only 15% of the public are aware of the link. Cancer Research



TGO891 Recumbent Bike

 Space required 4371x3700mm  Product weight 90kg  No. of users 1

● Cardio ▲ Available in TGO mini range

Features

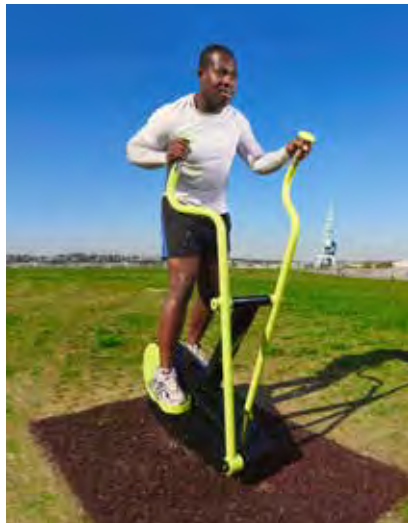
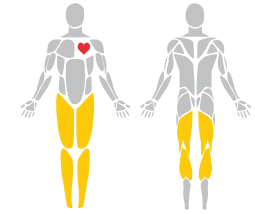
- Built in resistance
- Transfer handles, wider seats and back support
- Easily accessible
- All workings enclosed
- Aluminium features
- Stainless steel handles

Benefits

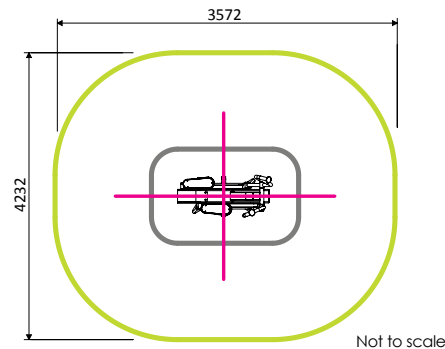
- Main piece for elderly people
- Good rehab tool
- Good for people new to exercise

Fact

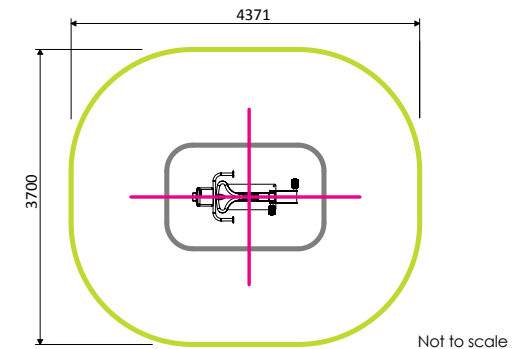
- 1 in 4 people don't complete 30 minutes of exercise per week



Scan to see the video



Scan to see the video

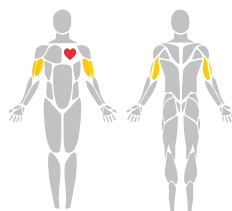


 Clear space required. Over lapable with other products. (25mm tolerance added in each direction)  Base Plate & Centre Lines  Recommended Surfacing.

TGO907 Hand Bike


Space required
 3562x3502mm
 
Product weight
 76.5kg
 
No. of users

 Cardio
  Available in TGO mini range



Features

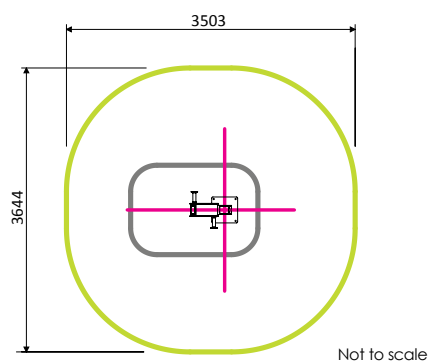
- Star inclusive cardio piece
- Built in resistance
- Upgradable to smart and energy

Benefits

- Wheelchair accessible
- Cardiovascular
- Affordable
- Compact



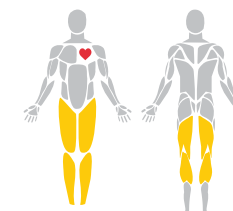
Scan to see the video



TGO970 Spinning Bike


Space required
 4085x3532mm
 
Product weight
 80.5kg
 
No. of users

 Cardio

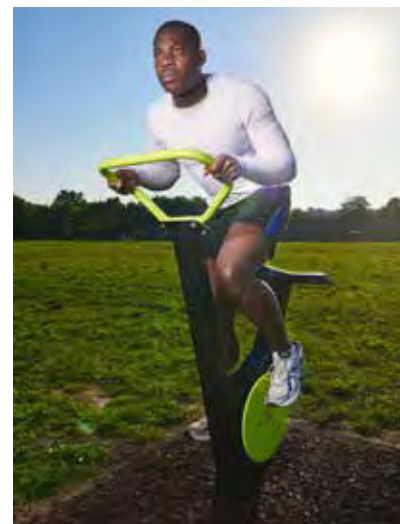


Features

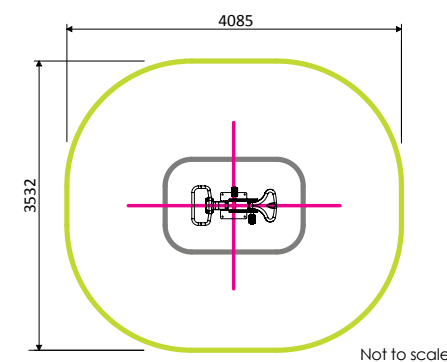
- Cycling
- Does not free wheel
- Familiar exercise
- Resistance
- Built in Cardiovascular
- Upgradable to energy and smart products

Benefits

- Built for popularity of cycling
- Boost confidence and draws people in
- People know how to use this
- Good for targeting people new to exercise



Scan to see the video



TGO841 Plyometric Boxes



Space required
6225x3575mm



Product weight
500 Plyometric Box 18.5kg
400 Plyometric Box 18.5kg
300 Plyometric Box 17.5kg

No. of users



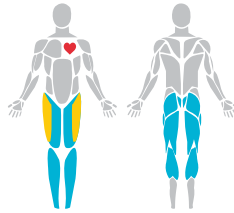
● Cardio ● Strength

Features

- Different height steps
- Unlimited usage

Benefits

- Step ups
- Great for all ages especially children
- Inspires creative circuits
- Great for personal training



TGO905 Triple Step Up



Space required
4558x2158mm



Product weight
80.5kg

No. of users



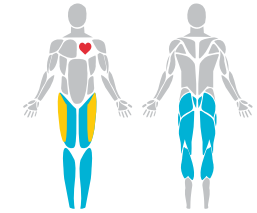
● Strength ▲ Available in TGO mini range

Features

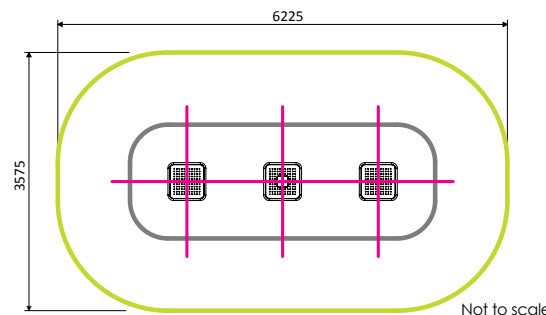
- Different height steps
- Unlimited usage

Benefits

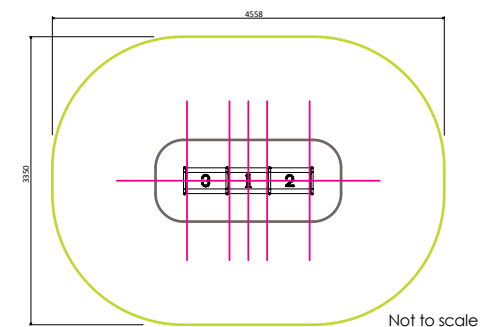
- Step ups
- Great for all ages especially children
- Inspires creative circuits
- Great for personal training



Scan to see the video



Scan to see the video



Clear space required. Over lapable with other products. (25mm tolerance added in each direction)
 Base Plate & Centre Lines
 Recommended Surfacing.

TGO850 Bench

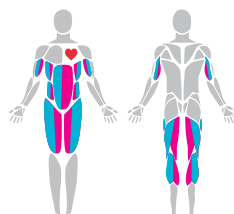


Space required
4871x3476mm



Product weight
80.5kg

No. of
users



● Toning ● Strength

Features

- Multiple Exercises: Triceps dips, leg raises, press ups, incline and decline push ups and stomach crunches

Benefits

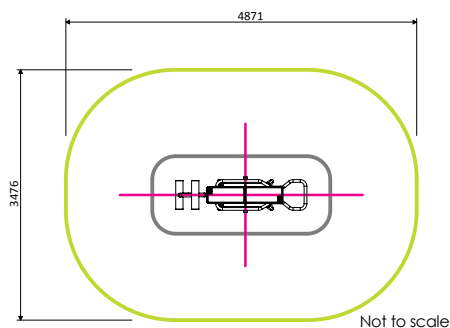
- Full body work out on one piece
- Great for core strength
- Family friendly piece

Fact

- Lower back pain is the single biggest cause of workplace absence. Therefore strengthening your core is key



Scan to see the video



TGO870 Leg Press

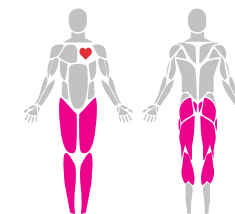


Space required
4857x3700mm



Product weight
95kg

No. of
users



● Toning ▲ Available in TGO mini range

Features

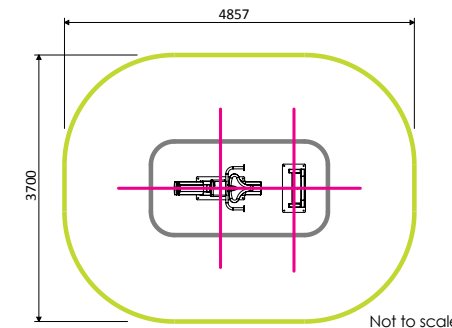
- Back rest
- Transfer handles
- Familiar piece

Benefits

- All the benefits of a squat with support
- Targets the major muscles in your legs
- Inclusive



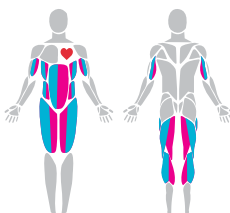
Scan to see the video



TGO951 Leg Press/Bench

 Space required 6046x4871mm
  Product weight 199kg
  No. of users

 Toning
  Strength



Features

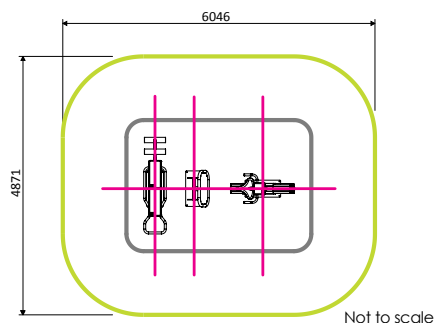
- Multiple Exercises: Triceps dips, leg raises, press ups, incline and decline push ups and stomach crunches
- Back rest
- Transfer handles
- Familiar piece

Benefits

- Great for core strength. Lower back pain is the single biggest cause of workplace absence. Therefore strengthening your core is key
- Family friendly piece
- All the benefits of a squat with support
- Targets the major muscles in your legs
- Inclusive



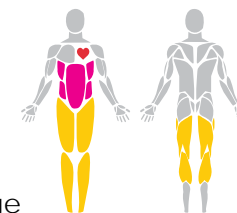
Scan to see the video



TGO941 Treadmill/Oblique

 Space required 5055x3720mm
  Product weight 143.5kg
  No. of users

 Cardio
  Toning
  Available in TGO mini range



Features

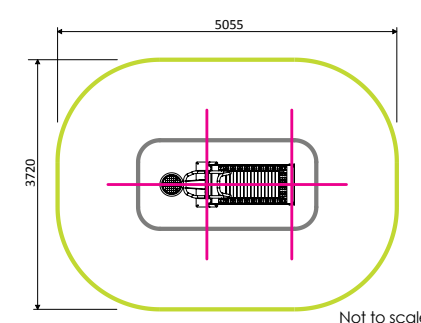
- No entrapments
- Low impact
- Stainless steel handles and aluminium tread plates

Benefits

- Good for inactive people
- Social piece
- Playful



Scan to see the video

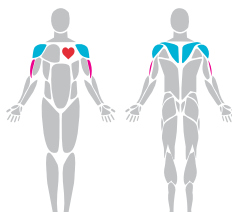


 Clear space required. Over lapable with other products. (25mm tolerance added in each direction)
  Base Plate & Centre Lines
  Recommended Surfacing.

TGO810 Pull Up/Assisted Pull Up

 Space required 4201x3872mm  Product weight 160kg No. of users 

 Toning  Strength



Features

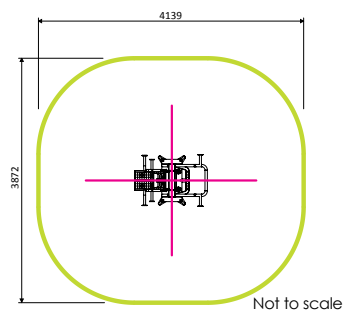
- Star progression piece
- Inclusive
- Use levers to counter balance your weight to provide a 50% of body weight pull up
- Multiple handles
- 2 users can use this product at the same time
- Good for small spaces
- Progression piece

Benefits

- Open pull ups to a wider audience
- Builds muscles
- Works multiple muscles



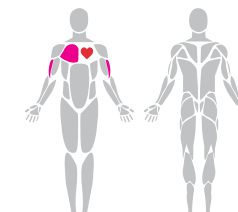
Scan to see the video



TGO835 Chest Press/Seated Row

 Space required 5470x3988mm  Product weight 128kg No. of users 

 Toning



Features

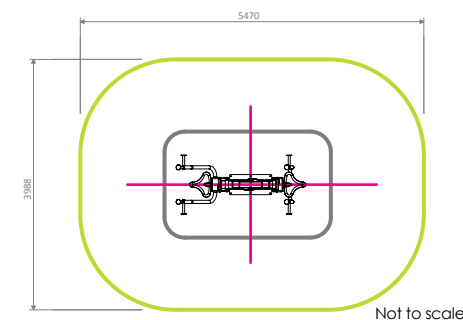
- Progression piece
- Double handles
- Double unit challenging full range of movement
- Accessible seat

Benefits

- Functional fitness
- Builds muscle offers progression
- Familiar piece
- Feels like an indoor gym piece
- Inclusive

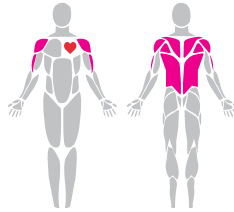


Scan to see the video



TGO825 Lat Pull Down/Shoulder Press

 Space required 5093x4088mm  Product weight 160kg No. of users 



 Toning

Features

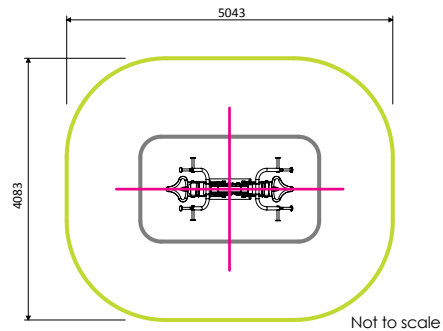
- Progression can be made
- Challenging
- Upper body strength workout
- Stainless steel handles
- Multiple handles

Benefits

- Good introduction to strength work
- Popular to already active people
- Users can increase their resistance by lifting their feet or using one hand

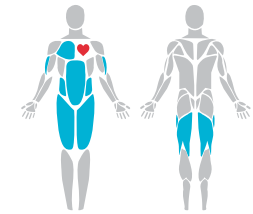


Scan to see the video



TGO800 Dips/Leg Raise

 Space required 5470x3988mm  Product weight 96kg No. of users 



 Strength

Features

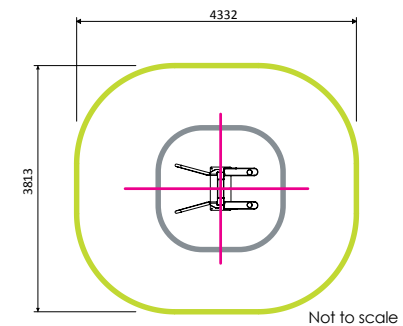
- Active to very active
- Core, hip flexes and upper body
- Low maintenance
- No moving parts

Benefits

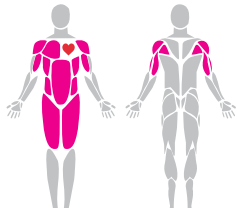
- Adaptable progression
- Arm and core strength
- Progression piece
- Functional







Scan to see the video



TGO702 Toning Multi Gym



 Space required 5449x6394mm  Product weight 331kg No. of users (Maximum) 

 Toning  Strength (Bench)

Features

- Designed suitable for small spaces
- 4 pieces in 1
- 4 users are able to use this product at the same time
- Targets upper and lower body

Benefits

- Good for small spaces
- All body workout



TGO701 Full Body Multi Gym



 Space required 6765x5043mm  Product weight 363kg No. of users (Maximum) 

 Cardio  Toning

Features

- Designed suitable for small spaces
- 4 pieces in 1
- 4 users are able to use this product at the same time
- Targets upper and lower body

Benefits

- Good for small spaces
- All body workout



TGO703 Cardio Multi Gym

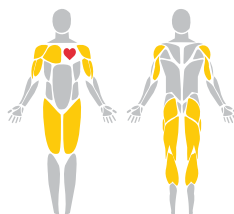


Space required
6635x5470mm



Product weight
313kg

No. of
users



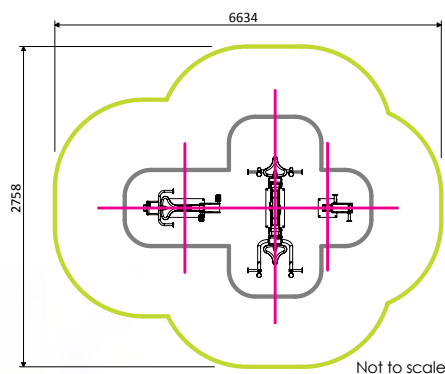
● Cardio

Features

- Designed suitable for small spaces
- 4 pieces in 1
- 4 users are able to use this product at the same time
- Targets upper and lower body

Benefits

- Good for small spaces
- All body workout



TGO504 Parallel Bars

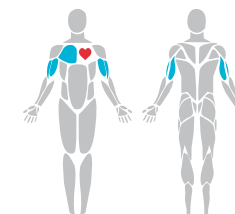


Space required
5328x3900mm



Product weight
31.7kg

No. of
users



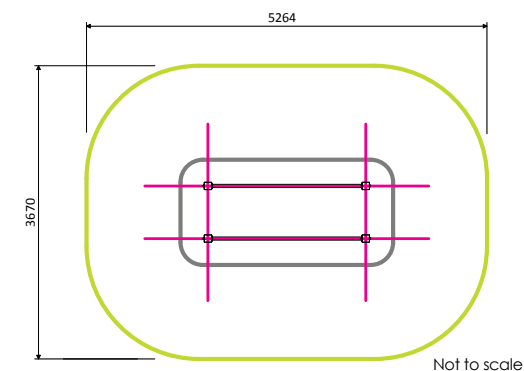
● Strength ▲ Available in TGO mini range

Features

- Designed to Olympic standard width
- Strong build
- Thick steel

Benefits

- Key calisthenics piece
- Versatile
- Supports gymnastics
- Builds upper body strength



TGO505 Overhead Ladder

 **Space required**
6524x4228mm  **Product weight**
71kg **No. of users** 

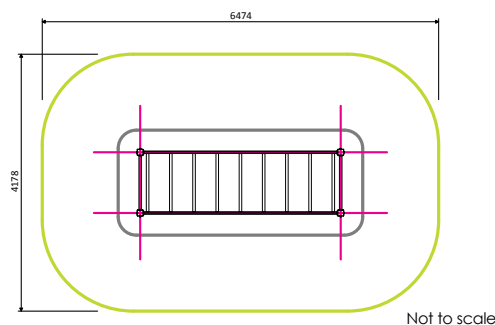
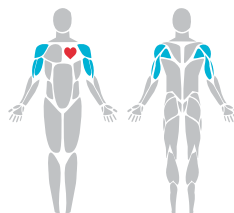
● Strength ▲ Available in TGO mini range

Features

- Intergenerational
- 9 bars
- Multi use
- Assisted step
- Generous proportions
- Progressional

Benefits

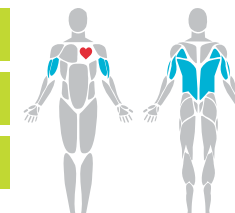
- Good transition piece for all ages



TGO501 Single Pull Up Bar

TGO502 Double Pull Up Bar

TGO503 Triple Pull Up Bar



 **Space required**
Single Pull Up: 4578x3200mm
Double Pull Up: 5928x3200mm
Triple Pull Up: 7278x3200mm  **Product weight**
Single Pull Up: 38.6kg
Double Pull Up: 108kg
Triple Pull Up: 142kg **No. of users** 

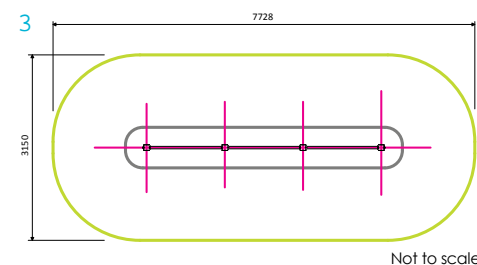
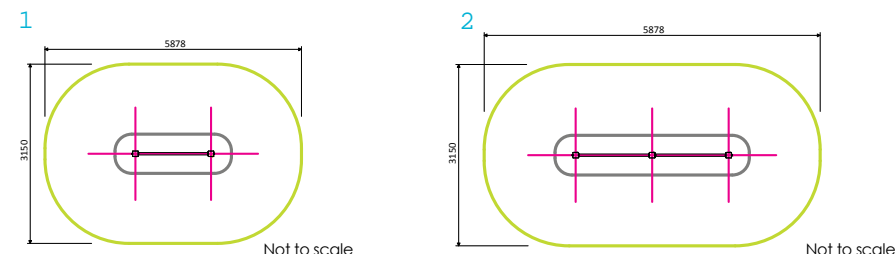
● Strength ▲ Available in TGO mini range

Features

- Correct grip diameter
- Thickness of steel
- Comes in 3 versions: single, double and triple

Benefits

- This unit will be popular amongst those users looking to build up their upper body strength (especially their shoulders, arms and back).
- Key piece for trainers
- Good for TRX bands
- Intergenerational



1. Single Pull Up Bar
2. Double Pull Up Bar
3. Triple Pull Up Bar

TGO510 Rig

 Space required 8430x7598mm  Product weight 2500kg

No. of users                                          

TGO892 Energy Recumbent Bike

 Space required 4371x3700mm  Product weight 90kg No. of users 

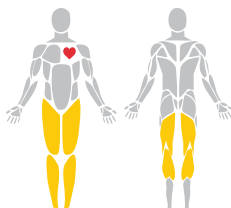
● Cardio ● Energy

Features

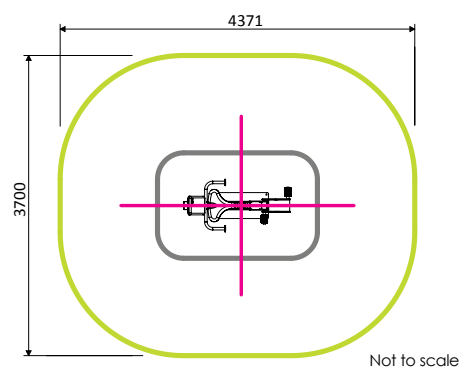
- Charge your device using human power
- Built in resistance
- Can be linked to Energy Display Unit (EDU)
- Transfer handles, wider seats and back support
- Easily accessible
- All workings enclosed
- Aluminium features
- Stainless steel handles

Benefits

- Main piece for elderly people
- Good rehab tool
- Good for people new to exercise
- Inclusive



Scan to see the video



TGO971 Energy Spinning Bike

 Space required 4085x3532mm  Product weight 80.5kg No. of users 

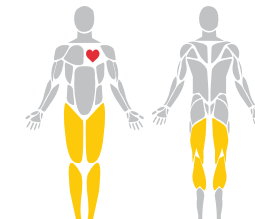
● Cardio ● Energy

Features

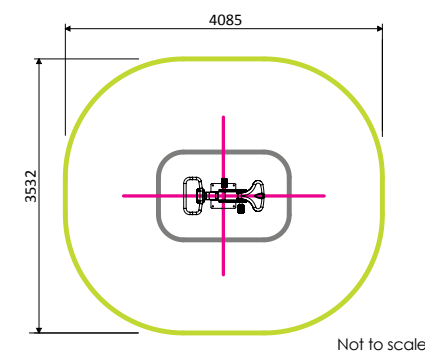
- Charge your device using human power
- Built in resistance
- Affordable
- Cycling
- Does not free wheel
- Familiar exercise
- Resistance
- Can be linked to Energy Display Unit (EDU)
- Can be upgraded to be smart and count hits of gyms
- Compact

Benefits

- Cardiovascular
- Energy literacy



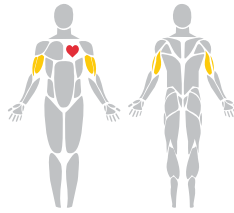
Scan to see the video



TGO908 Energy Hand Bike

 Space required 3562x3502mm
  Product weight 76.5kg
  No. of users 2

 Cardio
  Energy



Features

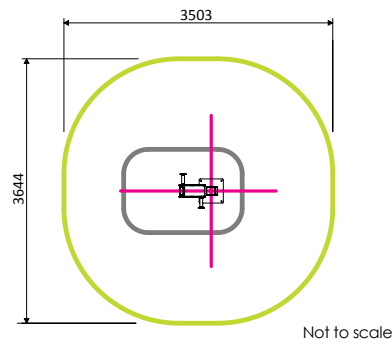
- Charge your device using human power
- Built in Cardiovascular
- Can be linked to Energy Display Unit (EDU)
- Can be upgraded to be smart and count hits of gyms

Benefits

- Good for targeting people new to exercise
- Inclusive Smart piece
- Great cardiovascular benefits for wheelchair users as well as abled bodied users
- Energy literacy






Scan to see the video



TGO100 Energy Display Unit (EDU)

Glow and Flow

 Space required 1556x511mm
  Product weight 108kg
  Maximum no. of equipment per EDU 8

User display:

Kilowatt hour meter (5 digits) – counting the total energy generated by the users of the gym. Vertical LED power meter - shows power generated, the more users the faster the lights move.

Cabinet materials:

- e-coated mild steel and powercoated
- A4 stainless steel fixings
- Aluminium internal plates
- PETG graphic panel
- New TGO in-ground anchor
- IP65 rated
- Batteries - ultra high performance AGM, 2 x 12V, 70 amp hours. Cycles over 400 times to 80% depth of discharge. Capacity per battery is 97Ah - 101Ah

Consumables:

Batteries

Electronics:

Operations Temperature +50 to -20 Degrees Celsius, Humidity - 0 to 95% Non Condensing



This photo of TGO Energy gym equipment was taken at COP21 the pivotal Global Climate Change Conference in Paris.



Colour options

You know that TGO is the greenest outdoor gym provider on the market and we like to show this not only in our colour but also in our actions. We have designed our green and black range to be iconic and inviting whilst still blending in with the natural surroundings of parks and open spaces. If you would like a more urban feel to your gym then why not select our silver colour scheme.

Standard base colours are silver and black, with TGO green as the accent colour.

Other RAL colours are available at an additional charge.





Signage that goes further

TGO's new range of signage is 'Smart'. Users can scan the QR codes then log their activity on the Activate App. This information will link back to the gym's dashboard. The signage is also designed in accordance with inclusive fitness guidelines and includes video tutorials via QR codes.

All unsupervised gyms must include a welcome sign with contact details and safety information displayed to conform to EN16630 standard.



tgo the great outdoor gym company
Motivate. Activate. Celebrate.

www.tgogc.com @TGO_OutdoorGyms TGOGC TGOgym GreatOutdoorGym

Chest Press

Works your chest and arm muscles.

Technique

Don't forget to add this activity to your weekly 150 minutes using **ACTIVATE**

Find, log, track, share
Be part of TGO's community

ACTIVATE

GET IT ON Google Play Download on the App Store

Any feedback? Please contact us at www.tgogc.com and tell us.

EN 16630 25 YEAR WARRANTY MADE IN BRITAIN

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Motivate. Activate. Celebrate.

www.tgogc.com @TGO_OutdoorGyms TGOGC TGOgym GreatOutdoorGym

Plyometric Boxes

Don't forget to add this activity to your weekly 150 minutes using **ACTIVATE**

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Be part of TGO's community

ACTIVATE

GET IT ON Google Play Download on the App Store

Any feedback? Please contact us at www.tgogc.com and tell us.

EN 16630 25 YEAR WARRANTY MADE IN BRITAIN

A FEW EXAMPLES OF OUR SIGNAGE

tgo the great outdoor gym company
Motivate. Activate. Celebrate.

Don't forget to add this activity to your weekly 150 minutes using **ACTIVATE**

Find, log, track, share
Be part of TGO's community

ACTIVATE

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Scan here for a video demonstration

1

2

3

80W

60W

40W

20W

TGO971UK



ENERGY RECUMBENT BIKE





Some of our 'Smart' packages

We have designed a comprehensive range of gym packages for you to choose from. Each one is tailored to suit a different criteria and demographic. All you have to do is give us an idea of the space you have, the type of users the gym is for and an estimated budget. From there we can supply a selection of packages which satisfy your needs, and then the choice is yours. Here are some of our favourites:

Medium Community Gym - 'Smart'

1. Double Pull up Bar ●
2. Cross Trainer ●
3. Energy Hand Bike ● ●
4. Lat Pull down/Shoulder Press ●
5. Dips/Leg Raise ● ●
6. Plyometric Boxes ●
7. Spinning Bike ●



● Cardio ● Strength ● Toning ● Energy



Small Community Gym - 'Smart'

1. Single Pull Up Bar ●
2. Cross Trainer ●
3. Energy Hand Bike ● ●
4. Lat Pull Down/Shoulder Press ●
5. Dips/Leg raise ● ●



'Smart' dashboard

Child friendly
Caters for people new to exercise
Inclusivity
Space for trainers
Integrates with 'Activate App'
Supports progression



Large Community Gym - 'Smart'

1. Triple Pull Up Bar ●
2. Parallel Bars ●
3. Leg Press/Bench ●●
4. Cross Trainer ●
5. Recumbent Bike ●
6. Spinning Bike ●
7. Energy Hand Bike ●●
8. Lat Pull Down/Shoulder Press ●●
9. Chest Press/Seated Row ●●
10. Pull up/Assisted Pull Up ●



Designed in accordance with Inclusive Fitness Guidelines (IFI).

1. Wider seats
2. Transfer handles
3. Wheelchair accessible cardiovascular equipment
4. Larger font
5. Brightly coloured and contrasting interactive elements

MADE IN BRITAIN



Hong Kong

tgo the
great outdoor
gym company

Concept designs

We can also design
something more bespoke



Gardens by the bay, Singapore

COASTAL SPECIFICATION

Photograph: Ballycastle, Northern Ireland



For your peace of mind TGO's high quality coastal specification means we can offer enhanced corrosion protection on our equipment in coastal areas, which have higher air salinity or in harsh urban and industrial atmospheres with higher sulphur dioxide pollution*. Our industry leading treatment is available across our range.

*An upgrade to galvanised steel will be necessary for the warranty.



25 YEARS structural steel

On the structural integrity of steel posts, all welds, bars and steel structural equipment

10 YEARS anti corrosion

Against significant corrosion on galvanised products, which are erected at least 250m from the coastline

5 YEARS anti corrosion

Against significant corrosion on galvanised products, which are erected within 250m from the coastline

5 YEARS anti-fade on paint

For paintwork against material fade from exposure to ultra violet light

*Subject to full terms and conditions



EN
16630



25 YEAR
WARRANTY

MADE IN
BRITAIN

UPGRADE TO GALVANISED

Hot dip galvanising is the process TGO use to add a protective coating to the body of our gym equipment. It is the same process used in many industries, from ship yards to automotive, industrial to agricultural - it's very tough!

This process submerges steel components in a bath of molten zinc, not only does it provide an outside coat, but also mixes partly with the surface of the base steel. This provides an extremely strong adhesion to the base steel, making it harder to expose the steel. The protective bond between this coating and the base steel is far superior to a coating such as paint. Even if a chip does manage to break the surface of the galvanising to expose the steel, the sacrificial nature of this coating will prevent rust of nearby exposed steel.



MARINE GRADE STAINLESS STEEL

Depending on the equipment, features within the bearing assembly will also be upgraded when specified as coastal; bearing shafts/axles are upgraded to 316 stainless steel for similar reasons to the fixings (environmental), but in this case it plays a crucial role in the longevity of the equipment function.

In harsh environments, 304 stainless steel can form 'pitting' on the surface. This causes a rough finish on the shaft/axle, so TGO convert components to 316 stainless steel to maintain the smoothness and the lifespan of the moving parts.



Enhanced corrosion protection

ALUMINIUM

Across the cardio range, for the non structural panels, the s275 steel that would have been hot dipped galvanised is replaced with aluminium. Aluminium doesn't rust and corrodes in a different manor to steel therefore does not require hot dip galvanising. This allows us to have a superior finish and reduced labour time, opposed to hot dipped galvanising.

FIXINGS UPGRADED



Fixings are upgraded from A2 to A4 stainless steel. 316 Stainless steel is more commonly referred to in

fixing form as A4. Often described as the marine grade, it is the highest corrosion protection for a fixing and benefits from enhanced resistance to stress-corrosion cracking.





Manufacturer's Product Warranty

The Great Outdoor Gym Company warrant the products as follows:-

Duration

25 Year warranty on the structural integrity of steel posts, all welds, bars and steel structural equipment.

10 Year warranty against significant corrosion which threatens product integrity on galvanised products, which are erected at least 250 metres from the coastline.

5 Year Warranty against significant corrosion which threatens product integrity on galvanised products, which are situated within 250m of the coastline.

5 Year Warranty against significant corrosion which threatens product integrity of non galvanised product caused by failure of paintwork and for material fade from exposure to ultra violet light.

2 Year Warranty on bearings and bearing cases.

2 Year Warranty on plastic or composite parts, seats, fittings and clamps.

1 Year Warranty on green energy gym electronics excluding batteries and USB ports.

1 Year Warranty on gears.

Rubber handles, USB ports, batteries and polyurathane traveller wheels are not covered by warranty and should be replaced during maintenance checks if required.

All Warranty claims must be reported within 14 days of the claim arising. The reports must include the correct name of the product, installation date, a photo of the manufacturing label, photographic evidence and clear description of the issue/s.



This warranty is voided or not applicable if:

Evidence cannot be provided that the maintenance obligations, as set out in the manufacturer's maintenance instructions, have been followed.

Damage is caused by accident, negligence, normal wear and tear, misuse or vandalism.

The product is in regular contact with chlorinated or salt water or salt spray.

Non galvanised equipment is installed within 1 kilometre of the coast.

This warranty is limited to the supply of replacement parts only.

Queen Elizabeth Olympic Park, London





Phone: +44 (0)1795 373301
Email: info@tgogc.com
Website: www.tgogc.com

WHAT IS YOUR 5X30

5 x 30 is your weekly target of physical activity according to the UK government - 5 lots of 30 minutes of medium to vigorous intensity exercise. The World Health Organisation promotes the same idea – 150 mins per week.



TGOGC



TGOGyms



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