

The Real Outdoor Gym

HYDRAULIC OUTDOOR FITNESS CATALOGUE



Proludic®

URBANIX



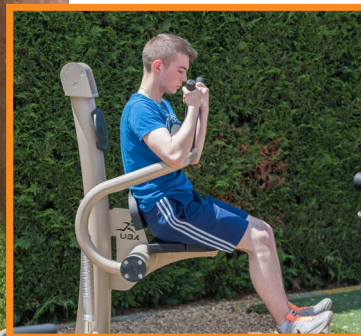
REVOLUTIONISING OUTDOOR FITNESS

Proludic Urbanix is the latest innovation in outdoor fitness and gym equipment. Certified to current gym standard EN16630, the **Proludic Urbanix** fitness range consists of a plethora of real gym equipment containing hydraulic, static and cardio stations that allow users to exercise all the core muscle groups.

Built on a hydraulic system, the patented piston allows users to progress their workouts by varying the resistance to suit all abilities.

There are 8 levels of resistance, giving users a controlled workout which is similar to the types of exercises that can be undertaken at indoor gym facilities.

Suitable for users aged 14 years to 99 years, **Proludic Urbanix** is a great solution to suit all ages and abilities. It is suitable for all environments and climates, fully inclusive, certified to current standards and uses latest technologies to ensure optimum safety for users.



ADJUSTABLE RESISTANCE

The patented piston used on Proludic Urbanix provides 8 levels of resistance (from 5-60kg). This allows beginners and fitness enthusiasts to exercise alongside each other in public settings.

UNRIVALLED

Our piston is unique to the UK market as traditional outdoor gym companies normally rely on body weight only. This means the fitter you get the less useful the product becomes, because there is no progression and no challenge.



BI-DIRECTIONAL

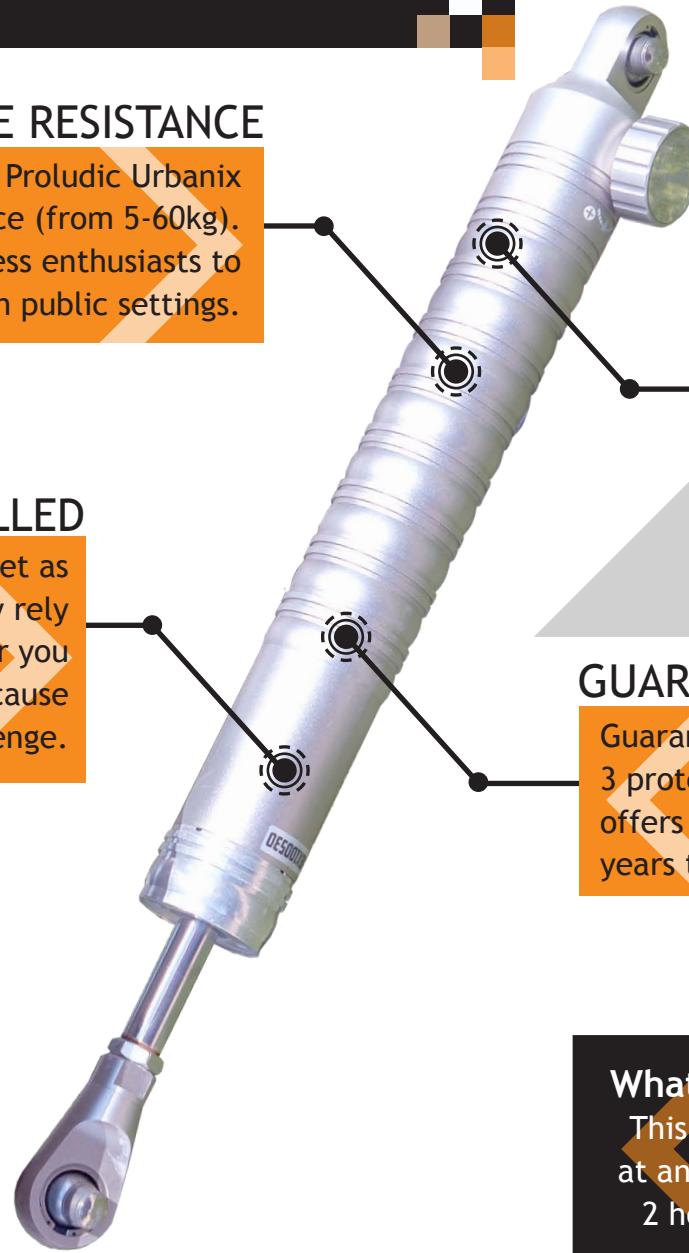
The bi-directional function of the piston also means that different muscle groups are worked as you use the products, allowing muscles to extend and contract.

GUARANTEED PERFORMANCE

Guaranteed for over 2,000,000 repetitions with 3 protection mechanisms, our patented piston offers superior durability and functionality for years to come.

What does 2 million repetitions mean?

This is the equivalent of roughly 3 years use at an average of 4 seconds per repetition and 2 hours of continuous use on a daily basis.



WHAT ARE THE FEATURES & BENEFITS?

COLOUR

Beige in colour - attracts the right age group for the product. Durable and resistant finish.

LONG HANDLES

Long handle grips - suits all ages and abilities.

MAXIMUM SAFETY

Safestop piston with zero touch-points and internal stoppers. These prevent sudden drops and falls and finger entrapments.

SIGNAGE

Clear concise signage - users know how to use the equipment safely and efficiently QR Code technology.

SEATING SYSTEM

Polysafe soft seats - ensure comfort, durability and usage all year around.

VARIABLE RESISTANCE

8 levels of resistance ranging from 5kg-60kg allows progression to all ability levels.



WHAT ABOUT INCLUSIVITY?



Fitness stations allow users to develop at their own pace according to their physical aptitudes.



The handles provide full support and safety throughout movement.



The comfortable seat allows users to find a good position for effective, efficient movement.



The seat is at wheelchair height with open space around it providing an easy transfer.



“Fitness is just as important for people with disabilities, if not more important. But access to equipment and facilities is much more limited”

- Jennifer French, US Sailing Paralympian



R37-UBX-208

Hydraulic
Butterfly



Users: 1
Activities: 1

Uni-directional

Resistance
8-45kg



R37-UBX-211

Hydraulic
Abdominals



Users: 1
Activities: 1

Uni-directional

Resistance
5-40kg



R37-UBX-215

Hydraulic Leg Press



Users: 1
Activities: 2

Bi-directional

Resistance
10-50kg



R37-UBX-217

Hydraulic Squat



Users: 1
Activities: 3

Bi-directional

Resistance
10-50kg





R37-UBX-218

Hydraulic
Thigh Combo



Users: 1
Activities: 2

Uni-directional

Resistance
6-30kg



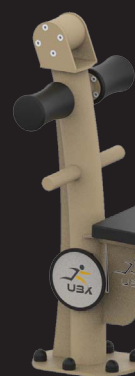
R37-UBX-223

Abdominals
Bench



Users: 1
Activities: 2+

Resistance
N/A





R37-UBX-224

Chin Up & Dip
Station



Users: 2
Activities: 4+

Resistance
N/A



R37-UBX-231

Airwalker



Users: 1
Activities: 1

Resistance
N/A





R37-UBX-232

Pendulum &
Hip Twister



Users: 2
Activities: 2

Resistance
N/A



R37-UBX-244

Hydraulic
Triceps



Users: 1
Activities: 2

Bi-directional

Resistance
5-35kg



R37-UBX-246

Hydraulic
Chest Press



Users: 1
Activities: 2

Bi-directional

Resistance
5-20kg



R37-UBX-247

Hydraulic
Shoulder
Press



Users: 1
Activities: 2

Bi-directional

Resistance
10-35kg





R37-UBX-248

**Hydraulic
High Pulley**



Users: 1
Activities: 2

Bi-directional

Resistance
10-45kg



R37-UBX-255

**Hydraulic
Arm Curl**



Users: 1
Activities: 1

Uni-directional

Resistance
10-60kg





R37-UBX-258

Hydraulic
Hip Twist



Users: 1
Activities: 1

Bi-directional

Resistance
5-60kg



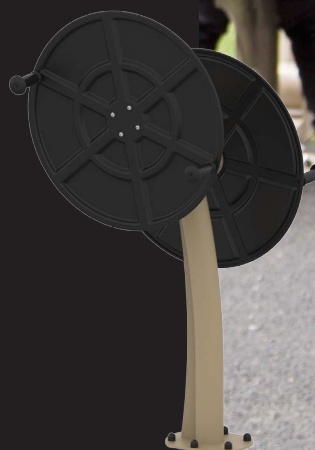
R37-UBX-286

Shoulder
Wheel



Users: 2
Activities: 1

Resistance
N/A



R37-UBX-289

Spinning
Bike



Users: 1
Activities: 1

Resistance
N/A



R37-UBX-290

Hydraulic
Rower



Users: 1
Activities: 2

Bi-directional

Resistance
5-25kg



R37-UBX-292

Hydraulic
Stepper



Users: 1
Activities: 1

Bi-directional

Resistance
5-40kg



R37-UBX-293

Hydraulic
Bench Press



Users: 1
Activities: 2

Bi-directional

Resistance
8-45kg



R37-UBX-298

Hydraulic Leg
Extension



Users: 1
Activities: 1

Uni-directional

Resistance
20-55kg



R37-UBX-303

Kickbox



Users: 2+
Activities: 2+

Resistance
N/A



NEW FOR
2017

R37-UBX-203

Elliptical
Trainer



Users: 2
Activities: 1

Resistance
N/A



R37-UBX-287 Hand Cycle



Users: 1
Activities: 1

Resistance
N/A



R37-UBX-19 Rowing Machine



Users: 1
Activities: 1

Resistance
N/A



CASE STUDY - ALEXANDRA RECREATION GROUND, WEST LONDON



**THIS
GIRL
CAN**



This Girl Can (TGC) is a national campaign developed by Sport England. It's a celebration of active women up and down the country. TGC have partnered up with our Proludic Urbanix range and have recognised it as a part of the solution to inactivity in young women.

Scan the QR code for more information

"I like the fact that you can change the resistance on this equipment so you can get a good balanced workout. It's as close as you can get to the indoor gym equipment that you can find in a public space."

- Mr Rob Waite, Green Space Manager, Royal Borough of Kingston



THE CHALLENGE:

Quadron Services and the Royal Borough of Kingston upon Thames wanted to create a social fitness area that would entice a wide range of users to exercise in an environment that was open and accessible to all; using a range of equipment that allowed progressive training to suit all abilities.

THE SOLUTION:

Proludic Urbanix by its design enables users to train together regardless of age, fitness or gender because the unique hydraulic piston allows users to work at their own level. It's unique piston ensures that opposing muscle groups are used to enable a balanced work out. This creates an inclusive place for communities to exercise and where boot camp sessions can operate for safe training.

As partners of the national UK campaign This Girl Can, Proludic worked on a video in 2015 that documented how all female training sessions can be successfully administered.

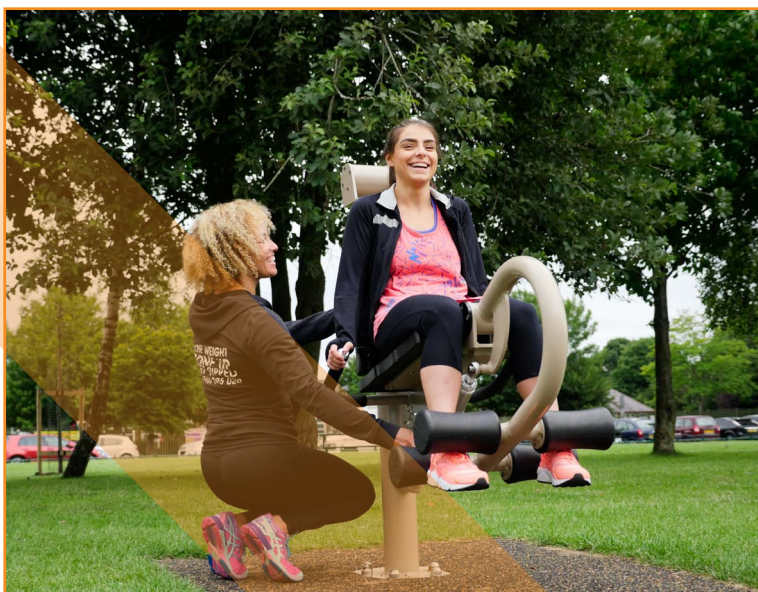
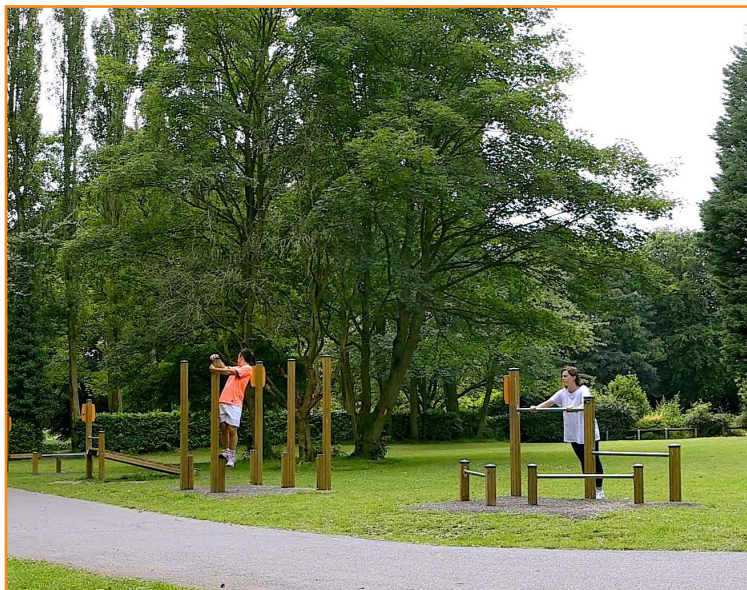
CASE STUDY - 15 SITES IN KNOWSLEY, MERSEYSIDE



- In 2013 Knowsley adults were identified as exercising less than the national average.
- 23% of deaths were caused by cardiovascular disease.
- Average healthy life expectancy 57 years.

“Part of the reason we chose Proludic as our partner was the diverse range of equipment that they could offer. They have delivered a brilliant project that will help benefit the community for years to come.”

- Caroline Davies, Public Open Spaces Manager



THE CHALLENGE:

Knowsley Borough Council wanted to deliver 15 diverse fitness sites under the Green Gym Initiative. They knew through statistics that Knowsley was suffering from high inactivity levels and wanted to address this. They strategically chose 15 sites across the borough, 14 of which were in some of the most deprived areas; that would allow all residents to benefit from free, accessible and quality leisure facilities.

The council wanted each site to be bespoke and unique to the varied environments. They wanted great care and attention given to the choice of equipment, aesthetic fit and also the quality of product.

THE SOLUTION:

5 different product types within the Proludic portfolio enabled us to deliver bespoke solutions to each environment. Proludic Urbanix was at the forefront of this and was represented successfully in 10 of the projects. This helped us to deliver the 'Centre for Excellence' for outdoor provision in the North West.

Want some inspiration or pearls of wisdom?

We recognise that designing and installing outdoor gyms can be challenging, particularly if you have never done it before. That is why we have created a quick and beneficial guide using our extensive knowledge and experience. Here we list our 7 golden steps to success, filled with useful tips and hints throughout. Good luck!





1 Compliance

On any quote request or tender document that you generate, you must specify compliance as part of your invitation in accordance with BS EN16630.



2 References

Collecting references is a great way to have peace of mind when obtaining new equipment.



3 Location

Place equipment away from play areas or include a formal barrier. This is vital for the community to access and will encourage local groups to run activity sessions on the equipment.



4 Adjustable Resistance

Equipment should ideally be adjustable in difficulty so that users can continuously challenge themselves and develop their abilities and strength.



5 Safety

Use signage to prevent equipment misuse and injury, provide links to video tutorials. Take advantage of QR tag technology to ensure users are able to train safely and effectively.



6 Value Assessment

Judge your submissions on the quality of the products and not just the cheapest price or highest number of items. This should include the number of levels available per unit and if the station is bi-directional.



7 Sustainability

Ensure that the manufacturer has a minimum of 10 years product warranties to give you peace of mind with your investment.

SMALL PACKAGE

Chin-up & Dip



R37-UBX-224

Abs Bench



R37-UBX-223

Hydraulic High Pulley



R37-UBX-248

Hydraulic Stepper



R37-UBX-292

Hydraulic Chest Press



R37-UBX-246

Promotional Package Price:

£10,000

* Approx Price: Includes install, delivery, grassmat safer surfacing & signage (excl. VAT)

MEDIUM PACKAGE

Hydraulic Stepper



R37-UBX-292

Chin-up & Dip



R37-UBX-224

Abs Bench



R37-UBX-223

Hydraulic Chest Press



R37-UBX-246

Hydraulic High Pulley



R37-UBX-248

Small Package
+
3 Additional Items

Spinning Bike



R37-UBX-289

Hydraulic Squat



R37-UBX-217

Hydraulic Arm Curl



R37-UBX-255

Promotional Package Price:

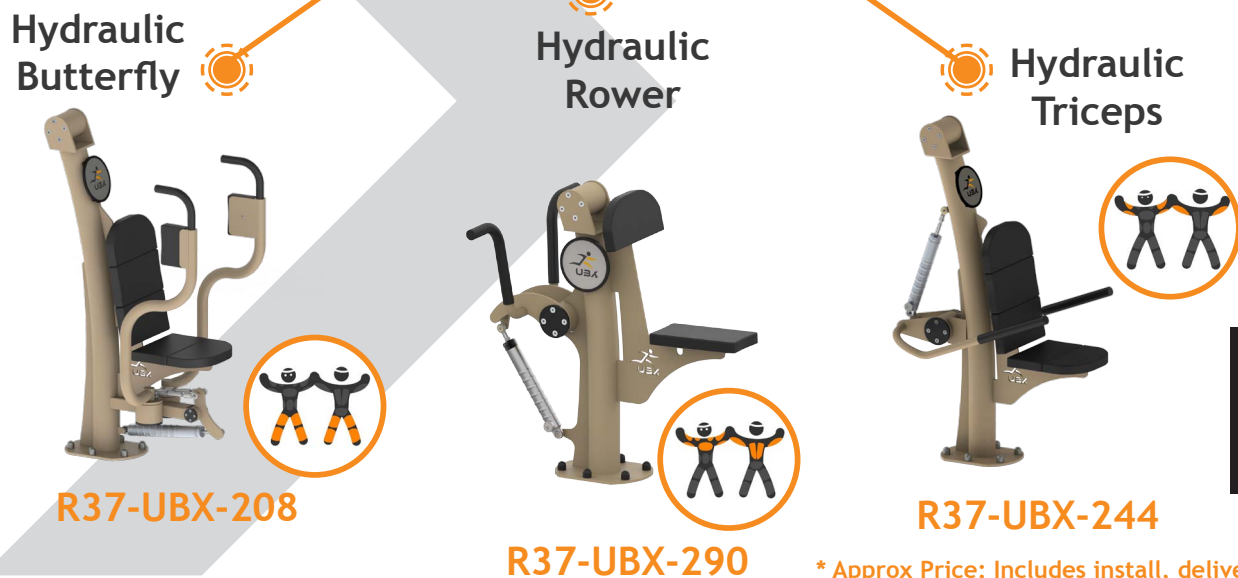
£15,000

* Approx Price: Includes install, delivery, grassmat safer surfacing & signage (excl. VAT)

LARGE PACKAGE



Medium Package
+
3 Additional Items



Promotional Package Price:

£20,000

* Approx Price: Includes install, delivery, grassmat safer surfacing & signage (excl. VAT)

The warranties provided below are more than just words on paper, they represent a personal commitment that you will be satisfied with your purchase.



For all Proludic Urbanix fitness equipment parts including bearings, hydraulic system, seats and handles against structural failure due to manufacturing defects.

For Proludic Urbanix product line structural integrity, main posts, steel tubes and welding procedure against structural failure due to manufacturing defects.



For Proludic Urbanix products stainless hardware and aluminium components against structural corrosion.



European (04/2015)

Outdoor Fitness Standard (EN 16630)

Our products have been tested by TUV RHEINLAND and meet EN16630 standard for Outdoor Fitness.



ISO 9001:2008

All contractors and associates manufacturing these product lines are certified and meet the ISO 9001: 2008 standard for management.



SGS and EN71

Colours and materials integrated into the product lines have undergone testing and are certified according to EN71/SGS standards by Dupont and BASF.



Patented Design

The Blade line carries 7 design patents under SIPO, supporting our distributors around the world.

- **Are there any colour options ?**

Yes, but we have deliberately picked a colour that is sympathetic to all natural environments. Furthermore, Vibrant colours can encourage younger children to use the equipment which for safety reasons we want to avoid.

- **Does the kit need regular maintenance?**

Proludic Urbanix doesn't need any special regular maintenance, just inspect the area on a weekly basis like you would for the equipment in your local play area. We would recommend however that it gets cleaned regularly and that grease is applied to moving parts to avoid rust.

- **Why is this equipment different to traditional gym equipment?**

The piston is bi directional (on nearly all items of equipment) meaning users are getting two work outs on one piece of equipment, they have to push to extend and pull to return the unit to its starting position. The Piston can also be adjusted so you get a real gym feel where you can exercise with a resistance higher than your own weight - this is inclusive and suitable for all abilities.

- **Can younger children use this equipment?**

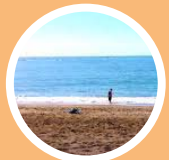
No, this equipment is suitable for children aged 14+. The new standard EN16630 stipulates that children under the height of 1.4m should not be encouraged to undertake repetitive strain when exercising. Proludic Urbanix is tested to and adheres to these rules. There should also be a minimum distance or barrier between a play area and outdoor gym equipment.

- **Can this equipment go on seafronts?**

Yes, unlike our competitors we have special warranties that cover coastal paint erosion meaning our kit really can be used by anyone, anywhere.

- **How can I find out more?**

Visit our website for full product information or call our offices on 01159823980 to arrange a site visit with your local Area Sales Manager.



www.proludic.co.uk

Proludic®



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