



Activism starts young

Ninja Fitness

Challenge Fitness Equipment
(Multi-Generation)



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Welcome to Play Fitness

Play Fitness specialises in providing people with safe and affordable access to quality outdoor fitness equipment.

Our strap line is **ACTIVism starts YOUNG.**

The word activism is used because we believe that only social movement will overcome the problem of obesity, one which parents, teachers, health authorities and politicians all need to be involved in. Active and Young is highlighted because this is where Play Fitness' passion lies. We want to provide communities throughout the world with products that make being active fun. We want to encourage the population to engage in fitness physically and mentally on the inside and out.

We will provide the community with the means to encourage and motivate people of all ages to enhance their lifestyles and break down the barriers that restrict individuals from participating in physical activity. We have developed various ranges of innovative fitness systems that combine fun with a powerful cardio-vascular workout to produce an environment which is both stimulating and physically challenging. Our range of equipment employs the body mass for resistance and can be enjoyed by all ages, regardless of the user's fitness level.



Play Fitness' Activity System provides:

- A high-quality environment which will leave people feeling inspired and valued.
- A vehicle to enhance community wellbeing and social interaction.
- Our fitness equipment is perfect for recreational areas, educational establishments and leisure centres.
- Opportunities for play and recreation.
- A mechanism to support the governments healthy living initiative.



Our Story

Play Fitness is based in South Shields, Tyne and Wear. We recognised there was an obesity problem locally, nationally and globally. We identified that a change in lifestyle habits had to be made to combat the problem.

The North East has one of the highest prevalences of both child and adult obesity. We began to work closely with educational establishments and the local government to try and find a solution to this growing problem. When we first began working with schools and community centres we found that they were looking for

a platform for the children to exercise regularly with no permanent set up; this was due to the lack of space in most schools and centres. We wanted to create a fun, safe, accessible and affordable exercising environment. This is where the idea for our first outdoor gym came, our first product evolved and was the perfect solution.

The idea of the outdoor gym evolved as obesity was and still is a serious challenge that people need to work on to overcome. Obesity is one of the most serious public health issues to challenge the 21st century.



Figures show that this problem begins from childhood and is mainly due to the lack of exercise and lack of a healthy diet. Overweight children are more likely to become obese adults, which can lead to serious health issues including diabetes and cardiovascular diseases.

In 2010 we installed our first outdoor gym in a primary school in the North East. Since then we have grown and our projects continue to rise each year. This has enabled us to provide the community with the means to encourage and motivate young people, to enhance their lifestyles and break down the barriers that restrict people from participating in physical activity.



Introduction to Ninja Fitness

The Ninja Fitness course is Play Fitness' response to the fastest growing area of outdoor recreation; challenge and obstacle racing equipment.

Play Fitness has combined technology from Parkour, Rock Climbing and Ropes Courses to create the ultimate Ninja obstacle course.



All of our equipment is designed to develop the fundamentals of movement: agility, balance and coordination. These elements are key in all forms of exercise. We have created a fun and social fitness experience for people of all generations and fitness levels.

Ninja challenge is an outdoor fitness destination that connects people of all ages and backgrounds to socialise with their family and friends while becoming more active.



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Our Products

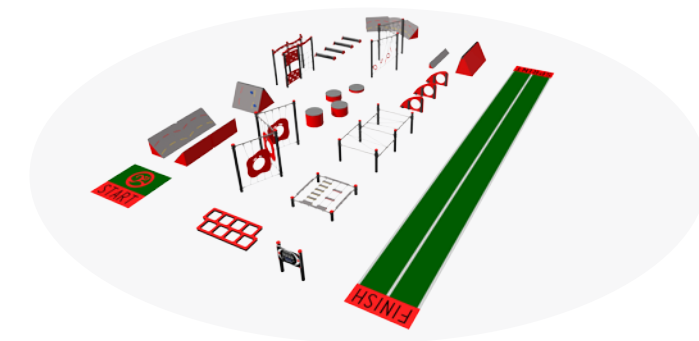
Specifically designed for outdoor use, each project can be customised to your desired preference. Together they create a functional fitness playground for all ages and fitness levels.

Each piece of equipment works a different part of the body, helping to achieve the perfect workout. Made with quality in mind, our products are designed and manufactured in the UK to the highest safety standards.



10 Year Guarantee

Built to withstand regular use, our robust equipment comes with a 10 year guarantee.



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Solar Stopwatch

The Solar Stopwatch is an ideal addition to your Ninja Fitness Course. It is where the course begins and ends. It encourages team work, fair play and some healthy competition.

The user can give themselves a challenge by trying to beat their best time.



V-Ramp Run

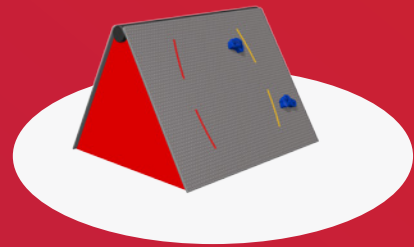
The V-Ramp Run develops the users balance, coordination and lower body strength by building up speed to stride or jump from side to side across each ramp.

Choose your difficulty: Red for more of a challenge, yellow for less.



Up Over Ascent

The Up Over Ascent is best tackled at speed to ensure that you make it to the top. Utilising the grips provided makes this challenge a little easier. This is a great exercise for arms, core and legs.



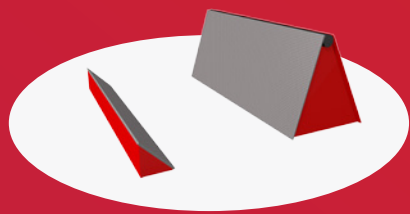
Rope Stretch Traverse

Boost your coordination, flexibility and strength by gripping each ring whilst traversing along. When traversing place your feet in the holes provided. This uses upper and lower body muscles.



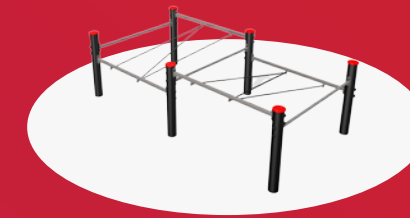
Plank Traverse

Traverse across the equipment in a plank position. This is one of the best positions for core conditioning as it improves balance and supports posture.



Cats Cradle

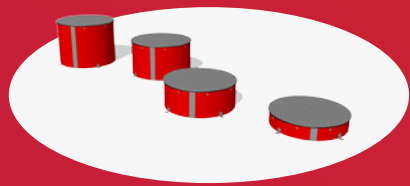
Climbing over or crawling under the Cats Cradle enhances coordination and agility. Avoiding the ropes makes it more challenging. Be careful not to get tangled up!



Round Platforms

This is a great exercise for improving balance, gaining spatial awareness and strengthening the lower body.

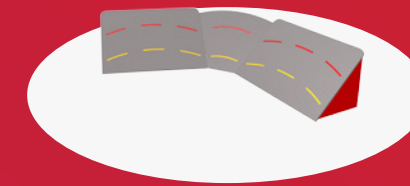
The platforms can be tackled by striding or jumping from each one. They come in four different heights adding an extra challenge. They can also be used for strength exercises such as steps and box jumps.



Ramp Run

The Ramp Run develops the users balance, coordination and lower body strength. You will need to build up speed to run along the curved ramp from start to finish.

Choose your difficulty: Red for more of a challenge, yellow for less.



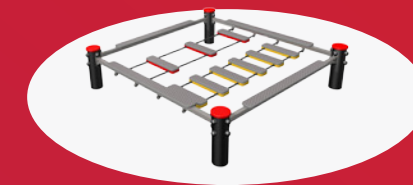
Floating Boards

The Floating Boards enhance the users balance, flexibility and upper/lower body strength. Climb from each one, making use of each board, ropes and the hand grips. Traverse your way to the end without touching the ground.



Balance Bridge

A great balancing exercise, the Balance Bridge allows the user to tackle either of the two solid outer-beams or traversing the two rope ladders for a greater challenge.



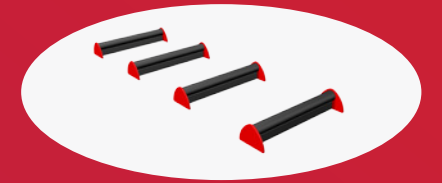
3-in-1

This is a 3 in 1 combination, allowing the user to choose their challenge. Either swing from bar to bar focusing on their grip and body strength or traverse the wall and cargo net. This combination promotes full body strength.



Hurdles

Hurdles are a great way to boost speed and agility. They are commonly used for sports training and can be used by running, hopping or jumping over each one. The participants' speed determines the difficulty. A great exercise for strengthening legs.



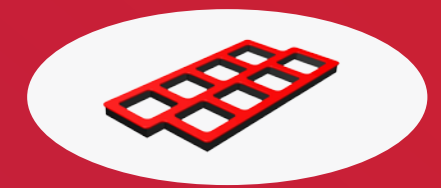
Fitness Fins

Fitness Fins allow the user to either hurdle or crawl through each fin. This improves speed and agility.



Speed Ladder

This is a great agility exercise... using controlled movements, step through the centre of each section of the ladder at your preferred speed, although the faster the better. This exercise is commonly used in military and sports training.



Sprint Track

The 20-meter Sprint Track made from artificial grass is a great addition to the course.

You can start the course on it, giving the user a warm up or end the course with a run to the finishing point.



Ground Surface

Choosing the correct surface plays a very important part when designing your fitness course. We will work together offering surface recommendations which are safe and meet all safety requirements.



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Signage

The Ninja Fitness sign welcomes users and provides information on the course layout so they can plan their route and learn how to use each piece of equipment.



No Ninja course is complete without a Play Fitness selfie board. This enables the user to take a picture of themselves after the course has been completed and record their time on our Instagram page.

Instruction labels

Instruction labels are fitted to each product giving easy step by step instructions on how to use the equipment.



Design & Layout

Play Fitness provides a free consultation service. Our specialist team will work with you giving expert advice on the design and layout of your equipment. This will be based on your specified space, needs and budget. We will share our knowledge and experience to support you through your project. We offer free advice on funding and have fresh ideas to execute the delivery of superb facilities.



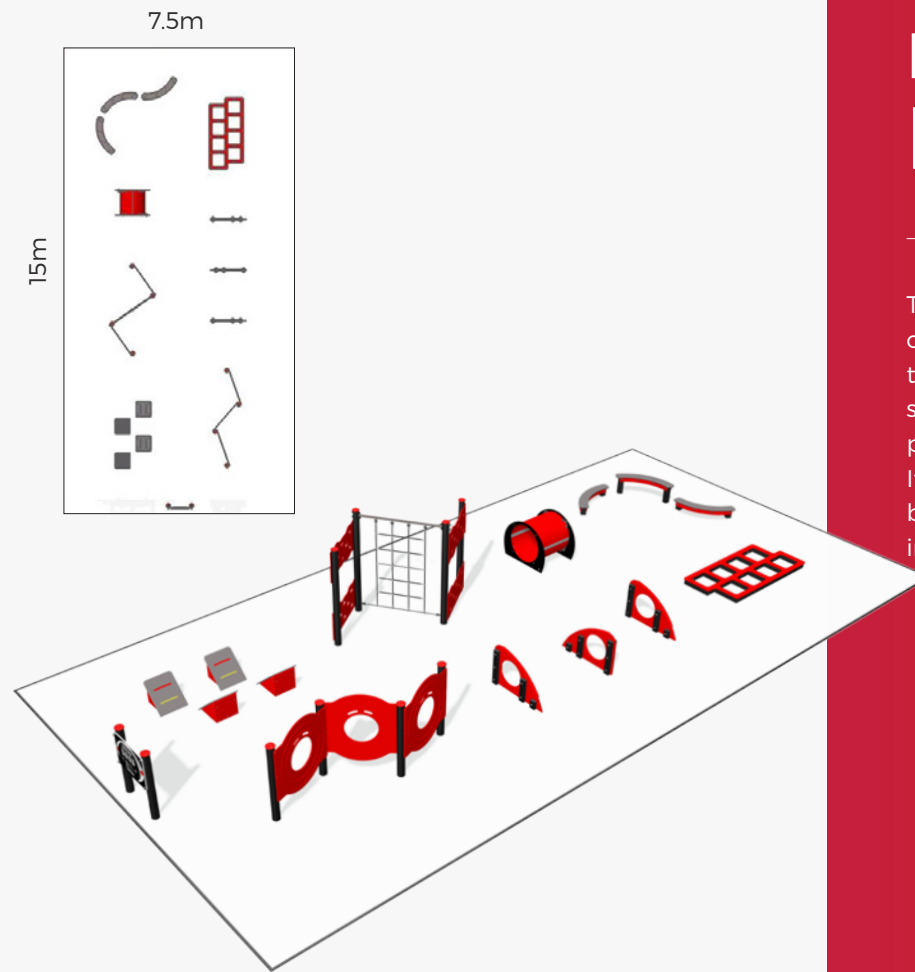
You will receive our renowned customer care as you will have a designated member of our team dealing with you on a one to one basis from enquiry to completion. This helps us to build strong relationships with our clients, provides continuity and helps us to deliver our products and services efficiently. We will endeavour to continue this service by providing an excellent customer aftercare.



Mini Ninja

Mini Ninja has been developed with Primary Schools in mind. It covers a smaller surface area and is perfect for schools wanting to invest their Sports Premium Budget in a sustainable playground project.

This is suitable for Key Stage 1 & Key Stage 2 children.



Mini Ninja Full Layout

The Mini Ninja offers a fitness course for children of all ages and skill levels. It helps them to gain self-confidence and build self-esteem. It includes all the familiar pieces of the Ninja assault course. It challenges their strength and endurance, both mentally and physically whilst increasing overall well-being.





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