

Welcome to the 2014 Greener, Safer,

Stronger TGO brochure packed with our most exciting products ever. TGO were the first company to bring the concept of outdoor gyms to the UK back in 2007 and since then we have successfully delivered over 400 sites across the UK and have moved our manufacturing base back to the UK, and are exporting all over the world.

TGO really is the greenest, safest and strongest outdoor gym manufacturers on the planet. Our low carbon footprint is off set by an on-going commitment to plant a tree (via our chosen charity the NHS Forest) for every single item of gym equipment that we install. This year we have gone a giant step further with our green commitment, launching our revolutionary cardio charge gym. This is the first of our green energy gym products where the user generates green electricity that can then be used to charge their mobile phone.

TGO have always been the flag bearers in terms of safety being the first company to be compliant to EN1176 and EN957. Today we manufacture the safest outdoor gym equipment in the world having led the formulation of the British Standards Institute (BSI) UK specification for outdoor gyms. Not only that but our equipment also exceeds the German DIN79000 standard and we have independent third party certification for both.

TGO equipment is the 'strongest' in the world in more ways than one. All our equipment is made in the UK by skilled, certificated welders and our steel is all BSI kite marked. We load test our equipment to four times that of indoor gyms making it the highest quality and most robust on the market. Our equipment has also been designed by British Engineers and some of the world's leading fitness experts (including an ex-Royal Marine PTI) ensuring that all users (whatever their ability) can be as strong and as physically active as they can be.

TGO, is the 'Greenest', 'Safest' and 'Strongest' outdoor gym equipment in the world.



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Meet the TGO trainers

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Products

Greener, safer, stronger.

TGO gyms are the next generation of outdoor gyms perfect for your community's needs. Whether you are safety conscious or eco friendly, TGO is the only choice and offers great value products that are greener, safer, stronger and perfect for you.

Specification:

Finish: Zinc rich powder coating Frame Material: Mild steel grade S275 Back Rest Material: Polyurethane Seat Material: Reinforced Nylon Manufacturing Standards: ISO 9002

Product Standards: PAS 888, EN1176, EN957 and DIN 79000 certifide

Key elements of IFI 100% Made In Britain

Installation:

For installation requirements see the 'TGO installation manual'

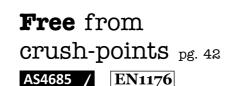
What makes TGO's designs different?

Instructional videos via QR codes









APPROVED



Safety compliant for ALL ages & abilities pg. 40





User friendly

- Instructional videos via QR code.
- Designed by fitness experts.
- Resistance proportional to user's own body weight (30%).
- Available in other colours.
- Installed onto pre-set ground anchors meaning it can be easily replaced or upgraded.

Child friendly

- Crush-point, sharp edges and entrapment free.
- Compliant to: PAS888, EN1176 & EN957, AS4685, DIN79000
- Mini range available.

Disability friendly

Inclusive Fitness Initiative (IFI) features:

- Wider seats with lowered access points and transfer handles.
- Wheel chair accessible.
- Easy to follow signage with clear start & finish diagrams and 12 pt plus font for visually impaired.
- · Contrasting colours for the visually impaired.

Environmentally friendly.

- Users can generate their own electricity on our cardio charge pieces.
- TGO plant 1 tree in the NHS Forest for every piece of gym equipment sold.
- Made to last, 100% made in Britain.



Introducing the first products from the TGO Green Energy Range....



Energy Cross Trainer

A low impact cardiovascular exercise that works both your legs and arms.

Energy Hand Bike

The star inclusive piece, it can be used by wheelchair users and able bodied users.

Energy Spinning Bike

A completely new piece that offers users a spinning style experience.

Energy Recumbent Bike

Accessible, simple and effective, making exercise & charging your phone easy.

'Illustration representation only, design subject to change.

Features

- Charges smart phones, iPads & other devices via a USB port.
- · Weather proof.
- Crush-point free.
- 100% made in Britain.
- Meets BSI outdoor gym specification PAS888, EN1176, EN957 & DIN7900.
- Eco friendly.
- Inclusive, meets key IFI elements.



The console on each piece of equipment includes a holder for the device, a Watt counter that lights up when in use, instructional signage & a QR code.

Upgrade your package

Why not upgrade your gym to include these four products. All TGO packages are upgradable in this way.



*Illustration of a TGO medium park gym upgraded to Cardio Charge

Greener, safer, stronger www.tgogc.com







- Entrapments all enclosed
- Crush-point free
- Best seller!



- Integrated signage
- Sloping back seat for ergonomics
- Easy to access
- Upgrade available to Cardio Charge







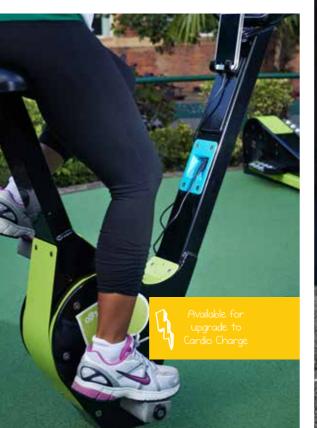


• Great to buy in a strip/row

• Upgrade available to Cardio Charge









Spinning Bike

UKTG0970

he spinning bike is a classic machine for any gym. This cardiovascular piece of equipment works the lower body as well as heart and lungs. Install several together to create an outdoor spinning class. All the mechanisms and built in resistance are cleverly concealed within the housing. This makes the spinning bike extremely safe as well as protected from the elements. Leaving it ready and smooth to be used by anyone, whatever the

Cardio

Dimensions (approx):

Length: 1009mi Width: 482mi Height: 1298mi

Greener, safer, stronger www.tgogc.co

Hand Bike

UKTG0907

All TGO products are designed to be as inclusive as possible but this is one of TGO's star pieces for inclusivity and can be used by both able bodied users and wheelchair users. It is an excellent cardiovascular piece of equipment and helps tone up arms whilst improving muscle, stamina and endurance.

The seats and handles on the hand bike (as well as all TGO products) are designed to an anti-vandal, UV and fire retardant specification so will look as good when it is installed as it will in years to come.

Cardio

Dimensions (approx):

Width: 470mm
Height: 1216mm





- Compliant to IFI guidelines
- Star inclusive piece for wheelchair users
- Great rehabilitation tool
- Upgrade available to Cardio Charge



'I'm disabled and on a low income but need to do regular physio. The outdoor gym equipment at Burnham Park has been a REAL gift. My condition was starting to decline because I could no longer afford a gym membership to maintain my physio regime that LITERALLY allows me to keep my mobility. Then I discovered this amazing gym on my doorstep for free. The Great Outdoor Gym Company has in a very true sense given me a new lease of life & I am sincerely grateful.'

James Read, Gym user

Treadmill/ Oblique

UKTG0941D

This double unit includes a treadmill that uses a roller system set at a 3 degree incline to give the user the ability to jog or walk depending on their level of fitness. All the rollers are stainless steel and run using self-lubricating bearings. This is to ensure that the TGO treadmill stays looking shiny and working brilliantly year after year. This roller system means that the faster the user runs...the faster they roll.

Cardio

Dimensions (approx)

Length: 2003mn Width: 670mm Height: 1500mm Weight: 140kg





- Kids have great fun using this machine.
- 2 exercises in 1 installation
- Low impact







QPR Defender, Anton Ferdinand

- Good for beginners
- Low impact
- Good for warm up & cool down
- Thumbs up from Anton





UKTG0920

Cardio

Leg press /Bench

UKTG0951D

A double unit with the leg press one side which TGO took inspiration from the indoor gym industry and designed a smooth and easy to use leg press that glides up and down an inclined track. The large footplate allows for a variety of foot positions to accommodate a wide variety of exercise variations and users. The leg press will work leg and gluteal muscles under a controlled plane, with feet fixed onto the designated footplate. Change foot position to work the calf muscles too. It is the perfect exercise for the legs.

Dimensions (approx): Length: 2768mm Width: 1821mm Height: 1500mm Weight: 179kg



- Indoor gym experience
- Larger foot plate to adjust your feet to complete different exercises













UKTG0825D

The lat pull down and shoulder press should be the centre piece of any TGO outdoor gym. Giving two exercises for the price of one, this is a really popular piece. Based on lifting approximately 30% of the users body weight, this machine works the shoulders and arms on one side and the arms and back on the other, giving a great upper body workout for all abilities.

Tone

Dimensions (approx):

Length: 2039mm Width:936mm Height: 2140mm Weight: 160kg



- Crush-point free
- Great for the gym enthusiast who wants more of a challenge
- You are lifting 30% of your own body weight







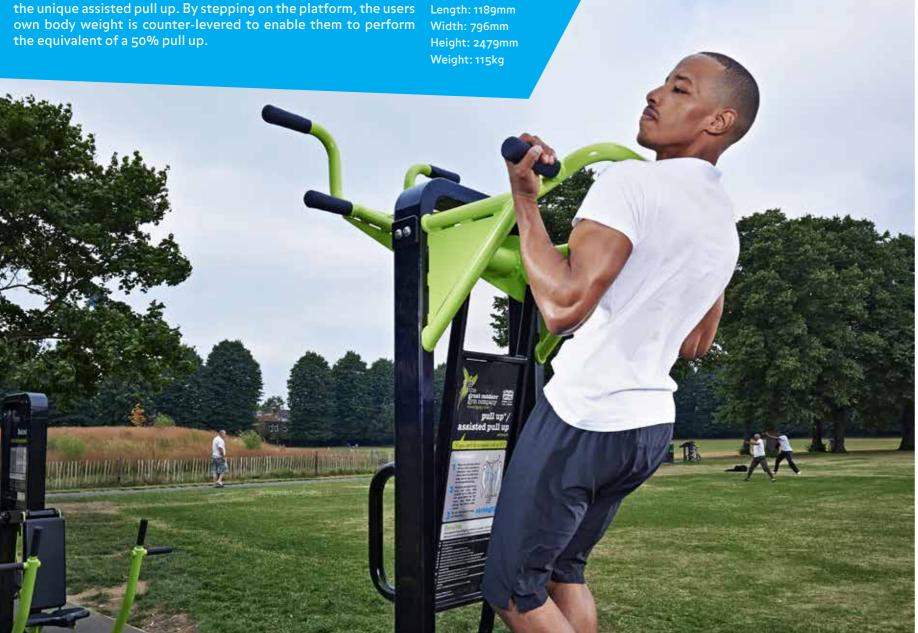


- Popular with gym users
- Builds up your arms - gets rid of those bingo wings
- You are lifting 30% of your own body weight



Pull Up/Assisted Pull Up

This jewel of a double station is the piece of equipment that caters **Strength** for the super fit user as well as those new to exercise. On one side









- For the hardcore and beginners
- Start with assisted & work your way up to a full pull up

UKTG0800D

This piece of equipment is two stunning exercises for the **Strength** price and space of one. This not only has an improved 'dips' exercise on one side but also has the more inclusive Dimensions (approx): 'leg raise' exercise on the other side. The leg raise is an Length: 1282mm excellent way to improve your core strength.

The dips is for the fitness fanatic who will visit the gym Weight: 96kg especially to use this piece and be very grateful! The dips improve the tone of the upper body in particular arms and shoulders.

Width: 763mm Height: 2210mm







- 2 for the price of 1
- For the advanced

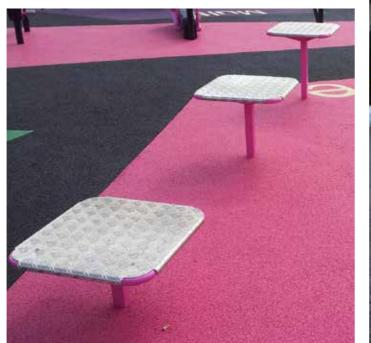


Plyometric Boxes/ Triple Step Up/ Step up*

UKTG0841/UKTG0905/UKTG0840CR

Jump to it with TGO's all new Plyometric boxes and our old favourites the triple step up and the single step up. Great for the super-fit to the new user, these are a fantastic addition to your gym giving an excellent cardio vascular work out improving heart and lung function as well as improving leg strength and overall tone.







Greener

Probably the greenest outdoor gym equipment in the world

Not only green in colour but our love for the planet is embedded in everything we do. The Great Outdoor Gym Company is committed to being industry innovators and leaders on matters relating to sustainability and the environment.

Greener

At TGO we have always been green (and not just green in colour) but we are now truly the most eco-friendly outdoor gym provider in the world. Not only do we plant a tree for every piece of gym equipment that we install but we have developed a world first – TGO Green Energy Gyms where the gym equipment actually generates green energy that can be used to charge mobile phones or used to light the local area or even put back into a nearby building.

TGO loves being green and we think you will love our new Green Energy Gym products as much as we do!





Safer

Probably the safest outdoor gym equipment in the world Your outdoor gym will be accessed by the whole community. TGO embraces this fact and has uniquely designed its gym range with everyone's safety in mind.

Safer

PAS 888 is a British Standards Institute (BSI) product specification for buyers of outdoor gyms. You can specify this to help ensure your gym in safe, inclusive and robust.

By specifying PAS 888, you uniquely ensure your gym is designed with all ages in mind and has the safety of non-users in mind too. No other outdoor gym standard including the DIN caters for users under the age of 14 or non-users.

- PAS888 is a British Standard Institute (BSI) product specification, this means if you specify it, the products you buy will be free from known safety hazards identified by BSI.
- It is the only UK national specification on outdoor gyms.
- It is the only specification to ensure equipment is safe for all ages and abilities.
- It uniquely ensures equipment is safe 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 and the following steering group helped form the new specification:



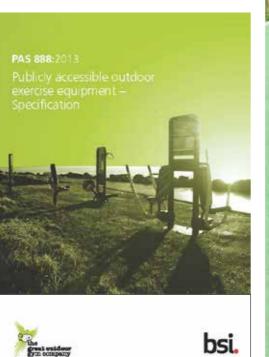






We also meet DIN 79000 but this is a German standard and only addresses 14 years upwards which is why we wanted to comply to both the DIN & PAS. Bringing you the safest outdoor gym equipment in the world!







Stronger

Made in Britain means stronger equipment and a stronger you TGO's equipment doesn't just look pretty it's as tough as nails. Made from high quality steel, anti-tamper fixings, and tested to 3 times that of indoor gym equipment, our equipment is made to last.

Stronger

TGO manufactures its gym equipment in Britain. The steel sourced is kite marked steel. All engineers are well trained and skilled. The factory conducts itself in accordance with ISO9001. Talented engineers oversee the creation of TGO products.

Many outdoor gyms are manufactured in the Far East where there isn't the same approach to manufacturing as in the UK. Sourcing of steel is often unregulated. Labourers are often unskilled. Common practices seen in the UK like using jigs aren't always in place in the far East. There also aren't always robust QC processes in place. The result can be weak equipment prone to breakages.

So always find out about the factory where the gym equipment is manufactured. Ask if they have competent and skilled staff? Do they use quality assured processes?

We are your local global supplier!

When purchasing a high quality outdoor gym not only do you get a 25 year warranty on the life of the equipment but you also receive our renowned customer care where you will have a member of the TGO team dealing with you from start to finish, with super fast response times. But it doesn't end there. We then continue to provide excellent customer aftercare. Spare parts are readily available from our UK factory. Our promise is you will never be forgotten. We are only a phone call away!











Packages

Designed with you in mind

We know you are busy, so to make life easier for you we have looked at the different types of gyms you might want and created packages tailored to your people, places and budgets.

Perfect for small spaces & budgets

Multi Gyms

Full body Multi Gym

Equipment:

1 x Lat pull down/Shoulder press

- 1 x Cross trainer
- 1 x Leg press

Specification:

Overall safety area 6.4 x 5.1m (33m²)

Surfacing area

2.7 x 4m (11m²)

4 station gym

Toning Multi Gym

Equipment

- 1 x Chest press/Seated row
- 1 x Leg press
- 1 x The bench

Specification

Overall safety area 5.9 x 5.4 (32m²)

Surfacing area

3.5 x 3m (11m²) 4 station gym

- 1 x Chest press/Seated row
- 1 x Hand bike
- 1 x Recumbent bike

Specification

Overall safety area 5.8 x 5.4m (31m²)

3.8 x 3m (11m²)

Cardio Multi Gym

Equipment

Surfacing area

4 station gym



Best Sellers Park Gyms



Small

Equipment:

- 1 x Cross trainer
- 1 x Lat pull down/Shoulder press
- 1 x Leg press/Bench
- 1 x Dips/Leg raise

Specification:

Overall safety area 10.6 x 6.4m (68m²) Surfacing area 8.3 x 3.7m (31m²) 7 station gym

Medium

Equipment:

- 1 x Treadmill/Oblique 1 x Chest press/Seated row
- 1 x Leg press/Bench
- 1 x Dips/Leg raise
- 1 x Cross trainer
- 1 x Hand bike
- 1 x Spinning bike
- 1 x Recumbent bike

Specification:

Overall safety area 10.6 x 9.6m (102m²) Surfacing area 8.2 x 7.2m (59m²) 12 station gym

Large

Equipment: 1 x Plyometric boxes (set of 3)

- 1 x Lat pull down/Shoulder press
- 1 x Leg press/Bench
- 1 x Dips/Leg raise
- 1 x Cross trainer
- 1 x Hand bike
- 1 x Spinning bike
- 1 x Recumbent bike
- 1 x Pull up/Assisted pull up
- 1 x Chest Press/Seated Row
- 1 x Treadmill/Oblique

Specification:

Overall safety area 14.4 x 9.8m (141m²) Surfacing area 12 x 7.4m (89m²) 19 station gym



For different age groups

Senior Gym

Equipment:

- 1 x Cross trainer
- 1 x Hand bike
- 1 x Recumbent bike
- 1 x Spinning bike
- 1 x Leg press/Bench
- 1 x Treadmill/Oblique

Specification:

Overall safety area 10.4 x 7.6m (79m²) Surfacing area 7.8 x 5.2m (41m²) 8 station gym

Outdoor Classroom Gym

Equipment:

- 2 x Cross trainer
- 1 x Hand bike
- 1 x Spinning bike
- 1 x Recumbent bike
- 1 x Plyometric boxes (set of 3)
- 1 x Leg press/The bench
- 1 x Chest press/Seated row

Specification:

Overall safety area 10.4 x 9.6m (100m²) Surfacing area 8.1 x 7.2m (58m²) 12 station gym





Creating a fitness & sports space

MUGA Fit



Equipment:

1 x Dips/Leg raise, 1 x Pull up/Assisted pull up, 1 x Leg press/ Bench, 1 x Treadmill/Oblique, 1 x Chest press/Seated row, 1 x Hand bike, 1 x Cross trainer, 1 x Spinning bike, 1 x Recumbent bike

Specification:

Overall safety area - 26.9 x 18.7m (503m²)
Surfacing (MUGA+gym) - 25.4 x 9.8m (249m²)
Surfacing (Pens) - 4.8 x 3.3m x2 (= 32m²)
14 station Gym, 3m High ends
16 x 9m MUGA court with 6 access points (2DDA accessible)
2x Small sided football goals incorporating basketball hoops

Basketball, and football line markings

Spin Bundle

Equipment: 4 x Spinning bikes

Specification:

Overall safety area 9.6m x 4.1m (39m²) Surfacing area 7.2 x 1.5m (11m²) 4 station gym



To your spec

Making sure it is just how you want it. At TGO we are always here to help, so now that you have chosen your fabulous TGO gym equipment you might want to think about a few other things.

Coastal upgrade

TGO's mission is to always provide you with a quality outdoor gym installation. TGO is really pleased to launch our unique coastal specification for salt spray environments.

For all outdoor gyms located within 1 km of the sea or in areas with high corrosive conditions we strongly recommend an upgrade to our unique coastal specification.



The coastal spec includes:

- Upgrading key parts to 316 grade (marine) stainless steel, including axles, fixings and non-painted parts.
- Replacement of zinc primer with e-coating of all steel parts after fabrication which is equivalent to hot dip galvanizing.
- TGO's proven polyester powder coat is maintained
- Upgrading of bearings to ceramic bearings and stainless steel roller bearings.

This specification was designed for installation on the top deck of cruise ships.



Colour options

You know that TGO is the greenest outdoor gym provider on the market and we like to show this in our actions but also in our colours. 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 go for our brand new silver colour scheme.









Installation & Surfacing

Once you have decided which fabulous TGO gym units or packages you want, don't forget the different surfacing options available to you. We can provide a range of options from more affordable grass matting through to intricate designs in wet pour. The choice is totally yours depending on what you want and the budget that you have.

Wet-pour with bespoke logo graphic



*2012 Olympic branding is now longer available







Examples of our work

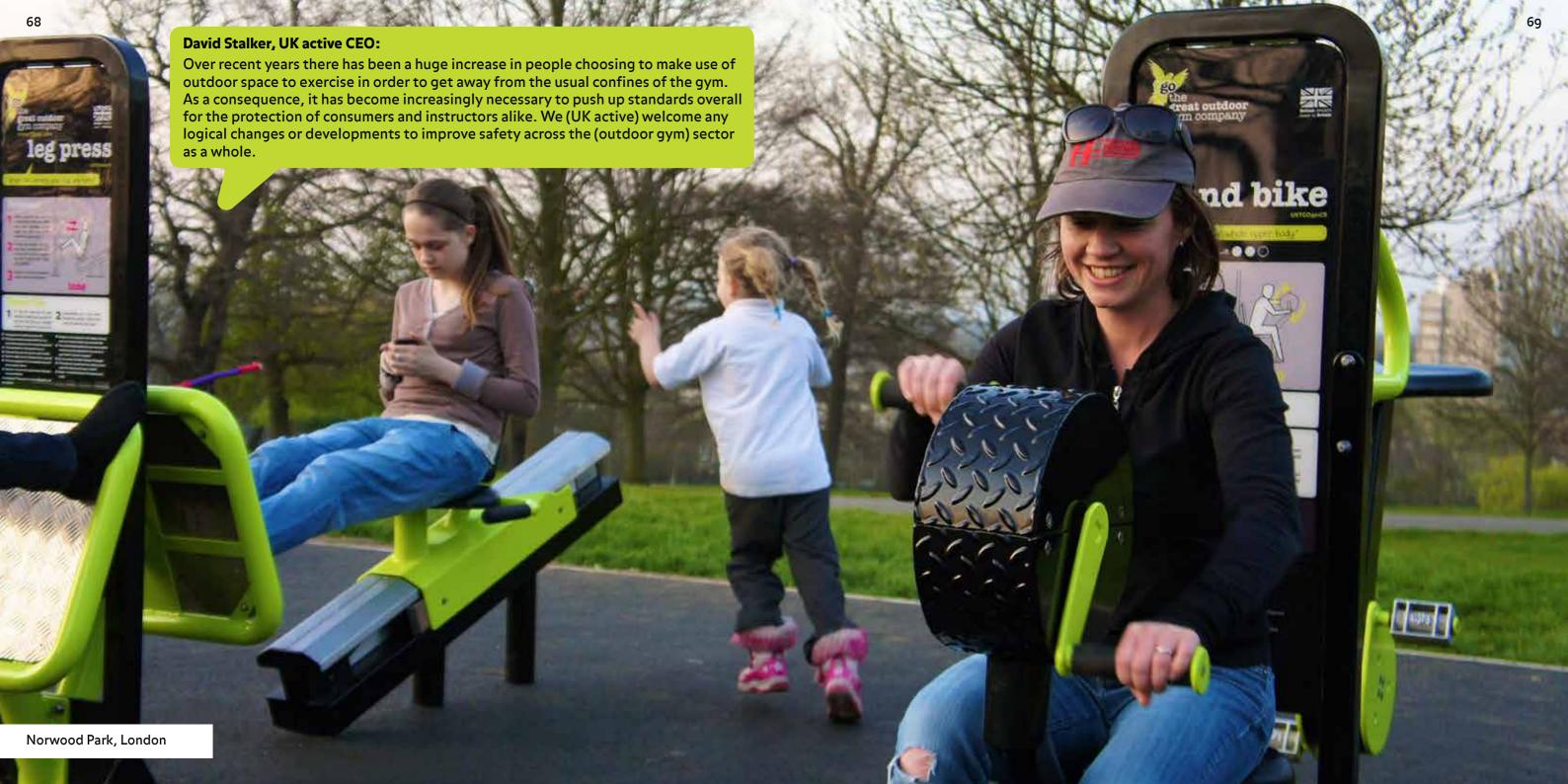
We think we create the best outdoor gyms in the world! TGO have installed hundreds of outdoor gyms from set packages to bespoke gyms. We can meet every demand from adiZones to parish councils, there is no job too big or small. Let us know what you want and we can do it!











Meet the TGO trainers with our new instructional videos via QR codes on our signage.



Easy to understand videos including:

- Instructional technique & tips
- Start & finish demos
- Circuit training
- Additional exercises

Our service...

We love emails but we love speaking to people more so please do give us a ring....we won't bite. We would love to hear about your ideas and your vision and help you out every step of the way to achieving it. It all starts with that and safety standards. first call so please do pick up the phone for a chat.

Once we know more about what you are trying to achieve we will formalise a proposal and quote for you. This can have drawings, layouts, renders of your package (where we can even insert it into a photo of your site) as well as pricing options for you to help you get funding and sign off from stakeholders if you need it. When you are ready we will do a site survey to confirm the quote so you can order your 100% British made gym.

You then need to raise a purchase order and our British factories will start to hand make your gym! Woohoo. We

Your installation will be booked in when the equipment is ready and we will ensure it is signed off by an independent safety expert to ensure compliance to all relevant health

Your TGO experience doesn't stop there. You then become a member of Club TGO which means that we will continue to support you, keep in touch and be on the end of the phone in the unlikely event that anything should happen to your gym. We will even throw the odd special offer your way or we might even ask you to pilot some of our new gym equipment for us.

As a TGO customer you will continue to be as important to us as you were the first day you made that call to us..... we hope to hear from you very soon.



Call us

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Email us

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Write to us

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great outdoor gym company

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