

# PROFESSIONAL OUTDOOR FITNESS EQUIPMENTS



[www.parkworldmne.com/info@parkworldmne.com](http://www.parkworldmne.com/info@parkworldmne.com)

2024

## You can end a price war and get more margin in outdoor fitness market!



### Why is this a good chance?

- ✓ Fill in the market vacancy of professional outdoor gym.
- ✓ Patent design and fewer competitors..
- ✓ EN16630 standard, safe for using..
- ✓ Control a tender with the special items.
- ✓ Good reliability by testing for 2 years in the market.



Patent design For adjusting the Loading weight

### Materials and Technical Specifications:

- ☐ This equipment is mainly made of high grade carbon steel.
- ☐ The main tube is 150\*100mm and thickness is 3.00mm..
- ☐ The equipment is coated with special zinc layer firstly and external color powder to make it weather resistance.
- ☐ The load disks are with plastic composite coating.
- ☐ The cross bar which store the disks is coated with special wear-resisting powder.
- ☐ The seat is made of steel.
- ☐ The handles are made of durable polymer.
- ☐ Base cover is strong and anti-theft due to ABS material.
- ☐ All the screws are with anti-theft stainless or ABS cover.
- ☐ Maintenance free bearings are manufactured by reputed company duly oil sealed and self lubricated.
- ☐ Fully UV resistant.
- ☐ The shaft is made of 45# steel,  $\phi 30$
- ☐ You can choose the loading weight disks: 5kg and 2.5kg



Shading, solar pannel and light are optional.



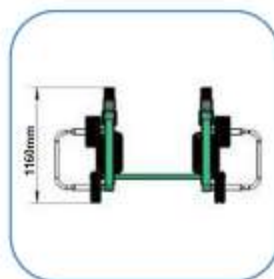
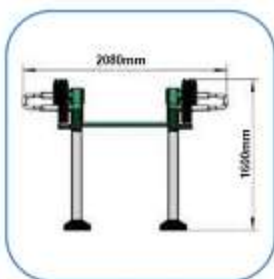
Double Side



Single Side



## Squat PF 101

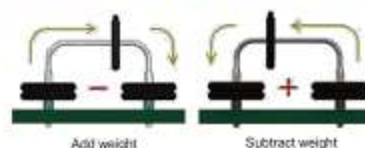


## Squat

### 1. Functions:

Work out the muscles of abdomen and legs by squat and lift.

### 2. Load change layout; patented design.



### 3. Technical Data

Name: Squat

Code: PF 101

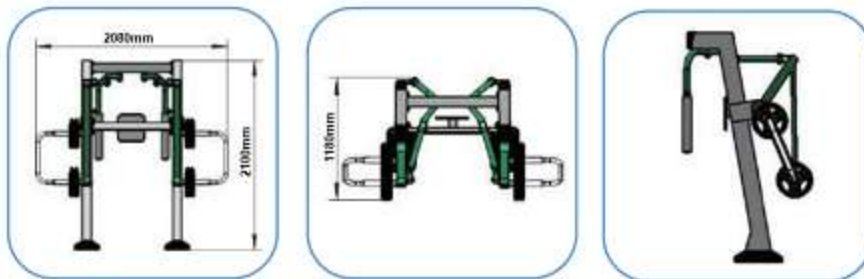
Size (mm): 2080X1160X1600

Net Weight: 130kgs

### 4. Use Instructions

- 1) Adjust the weight on both sides based on your own need.
- 2) Stand with your back to the equipment, feet shoulder width apart. Grip the handles and squat under the bar, placing it on the trapezius muscle.
- 3) Slightly bend back and move the pelvis forward, straighten your legs.
- 4) Slowly bend your knees and squat down. Return to original position.
- 5) Perform the exercises in 4 sets of 10 repetitions.

## Pec Fly PF 102

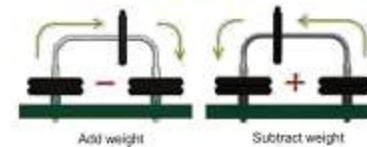


## Pec fly

### 1. Functions:

Work out the pectoralis and biceps.

### 2. Load change layout; patented design.



### 3. Technical Data

Name: Pec fly

Code: PF 102

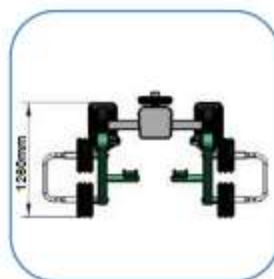
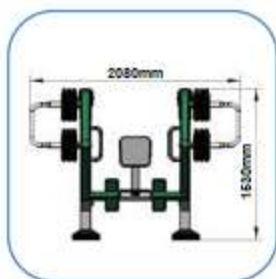
Size (mm): 2080X1180X2100

Net Weight: 230kgs

### 4. Use Instructions

- 1) Adjust the weight on both sides based on your own need.
- 2) Stand with your back against the support board, feet shoulder width apart.
- 3) Grip the handles and keep your arms against the outside the rubber bars. Slightly move your arms toward the middle as much as possible.
- 4) Slowly bend your knees and squat down. Return to original position.
- 5) Perform the exercises in 4 sets of 10 repetitions.

## Leg Extension PF 103

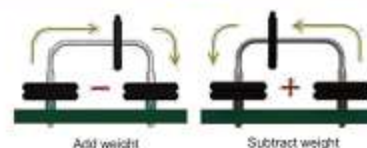


## Leg extension

### 1. Functions:

Mainly work out the muscles of legs.

### 2. Load change layout; patented design.



### 3. Technical Data

Name: Leg extension

Code: PF 103

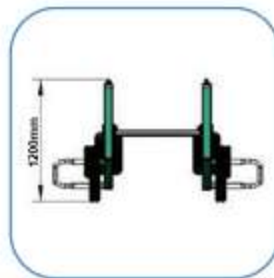
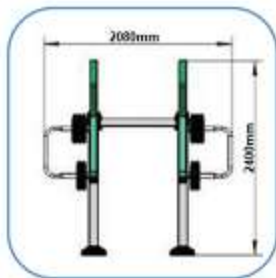
Size (mm): 2080X1260X1530

Net Weight: 150kgs

### 4. Use Instructions

- 1) Adjust the weight on both sides based on your own need.
- 2) Sit steadily on the seat and put your feet on the footrest.
- 3) Grip the handles; slowly straighten your legs as much as possible.
- 4) Smoothly return your legs to the starting position.
- 5) Perform the exercises in 4 sets of 10 repetitions.

## Pull Down PF 104

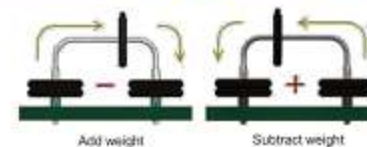


## Pull down

### 1. Functions:

Mainly exercise abdomen and biceps.

### 2. Load change layout; patented design.



### 3. Technical Data

Name: Pull down

Code: PF 104

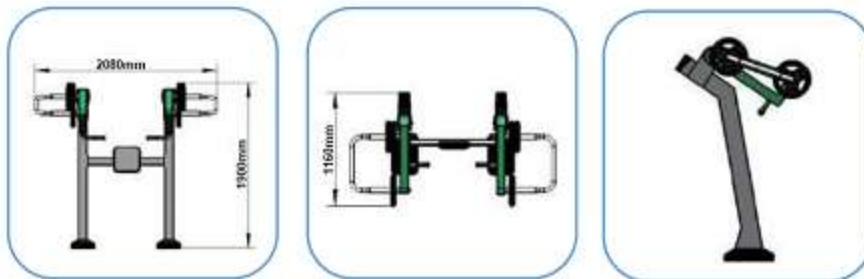
Size (mm): 2080X1200X2400

Net Weight: 160kgs

### 4. Use Instructions

- 1) Adjust the weight on both sides based on your own need.
- 2) Stand with your front to the equipment, feet shoulder width apart.
- 3) Grip the handles and bend your waist slowly as much as possible.
- 4) Smoothly straighten your body and return to the starting position.
- 5) Perform the exercises in 4 sets of 10 repetitions.

## Push Up PF 105

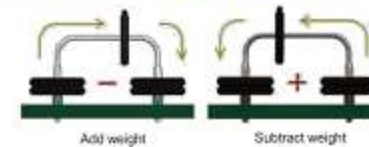


## Push up

### 1. Functions:

Mainly exercise pectoralis and biceps.

### 2. Load change layout; patented design.



### 3. Technical Data

Name: Push up

Code: PF 105

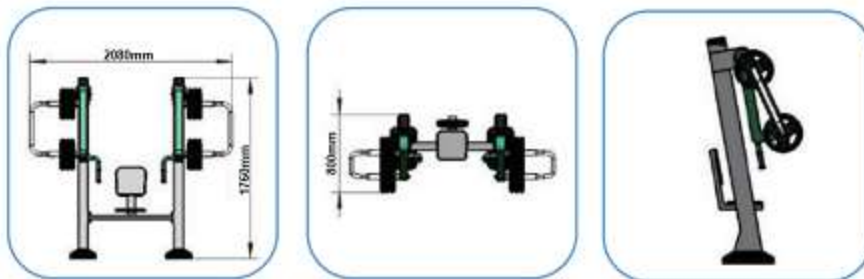
Size (mm): 2080X1160X1900

Net Weight: 165kgs

### 4. Use Instructions

- 1) Adjust the weight on both sides based on your own need.
- 2) Stand with your back against the support board, feet shoulder width apart.
- 3) Grip the handles and push up and forward with straightening your arms.
- 4) Smoothly return your arms to the starting position.
- 5) Perform the exercises in 4 sets of 10 repetitions.

## Chest Pres PF 106

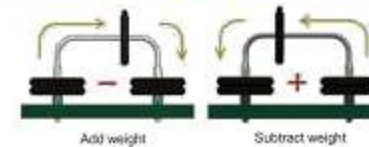


## Chest press

### 1. Functions:

Mainly work out the pectoralis and biceps.

### 2. Load change layout; patented design.



### 3. Technical Data

Name: Chest press

Code: PF 106

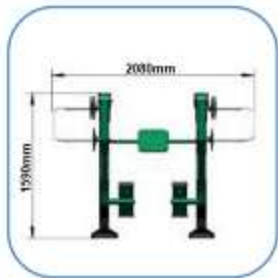
Size (mm): 2080X800X1760

Net Weight: 170kgs

### 4. Use Instructions

- 1) Adjust the weight on both sides based on your own need.
- 2) Sit steadily on the seat.
- 3) Grip the handles and push forward with straightening your arms as much as possible.
- 4) Smoothly return your arms to the starting position.
- 5) Perform the exercises in 4 sets of 10 repetitions.

## Rear Kick PF 107

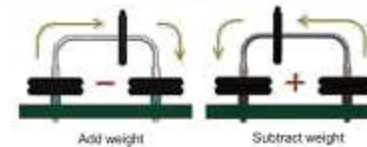


## Rear Kick

### 1. Functions:

Work out the muscles of legs by raising leg backward.

### 2. Load change layout; patented design.



### 3. Technical Data

Name: Rear Kick

Code: PF 107

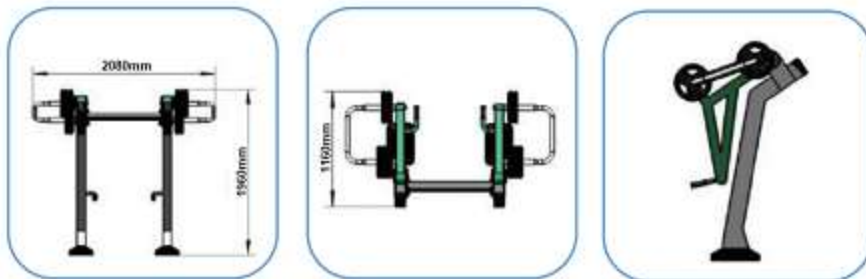
Size (mm): 2080X1160X1590

Net Weight: 155kgs

### 4. Use Instructions

- 1) Adjust the weight on both sides based on your own need.
- 2) Stand with your front to the equipment, feet shoulder width apart. Grip the rail and put your calf against the lower roller.
- 3) Smoothly push your leg back or bend your knees as much as possible.
- 4) Slowly return your leg to the starting position.
- 5) Alternate your legs. Perform the exercises in 4 sets of 10 repetition.

## Pull Up PF 108

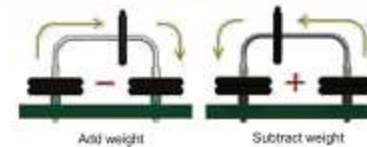


## Pull up

### 1. Functions:

Mainly exercise pectoralis and biceps.

### 2. Load change layout; patented design.



### 3. Technical Data

Name: Pull up

Code: PF 108

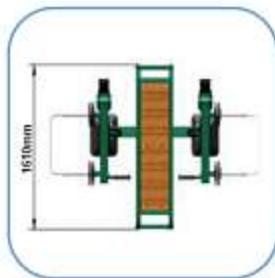
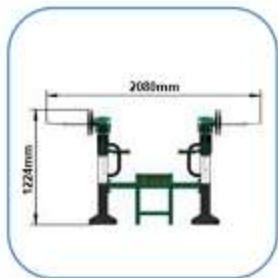
Size (mm): 2080X1160X1960

Net Weight: 150kgs

### 4. Use Instructions

- 1) Adjust the weight on both sides based on your own need.
- 2) Stand with your front to the equipment, feet shoulder width apart.
- 3) Grip the handles, slowly lift up as much as possible.
- 4) Smoothly return your arms to the starting position.
- 5) Perform the exercises in 4 sets of 10 repetitions.

## Bench Lift PF 109

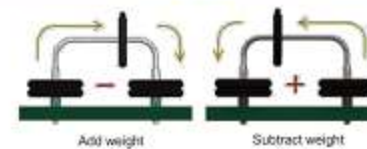


## Bench lift

### 1. Functions:

Mainly exercise pectoralis and biceps.

### 2. Load change layout; patented design.



### 3. Technical Data

Name: Bench lift

Code: PF 109

Size (mm): 2080X1610X1224

Net Weight: 160kgs

### 4. Use Instructions

- 1) Adjust the weight on both sides based on your own need.
- 2) Lay steadily on the bench.
- 3) Grip the handles and push up forward with straightening your arms as much as possible.
- 4) Smoothly return your arms to the starting position.
- 5) Perform the exercises in 4 sets of 10 repetitions.

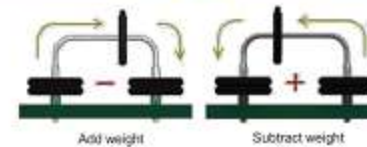
## Rowing PF 110

## Rowing

### 1. Functions:

Mainly exercise arms, shoulders, chest, back and abdomen.

### 2. Load change layout; patented design.



### 3. Technical Data

Name: Rowing

Code: PF 110

Size (mm): 2080X1770X1045

Net Weight: 150kgs

### 4. Use Instructions

- 1) Adjust the weight on both sides based on your own need.
- 2) Sit steadily on seat with feet on footrests.
- 3) Pull and push the handles like rowing a boat..
- 4) Smoothly return your arms to the starting position.
- 5) Perform the exercises in 4 sets of 10 repetitions.



## Rubber Floor

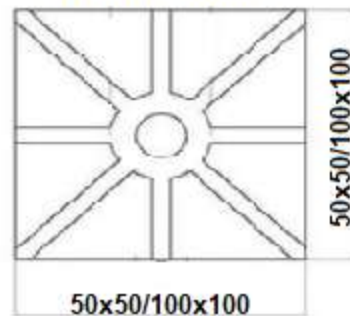


Top wiew

50x50/100x100



Buttom wiew



## Rubber Floor

### Technical Data

MODULAR RUBBER SBR(Styrene Butadiene Rubber) Synthetic rubber with wide application area manufac-tured from recycled products/raw materials. We are also offering 3 different color options for SBR products. The product comes with options of thickness between 1,5 cm to 5 cm and shapes of tile, hexagon, puzzle and keystone.

### Thickness

1,5cm

2cm

3cm

4cm

5cm

### Color Options





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**[www.parkworldmne.com](http://www.parkworldmne.com)**  
**[info@parkworldmne.com](mailto:info@parkworldmne.com)**  
**M:+382 69 226 334**  
**M:+382 69 226 339**  
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