

Chest NW101

The Chest station is a shoulder press using your own weight as resistance.

Just the right amount of resistance for safe and effective training of the shoulders, triceps and chest.

DESIGN FOR ALL

All our fitness stations use your own body weight as resistance and are challenging and effective regardless of fitness level.

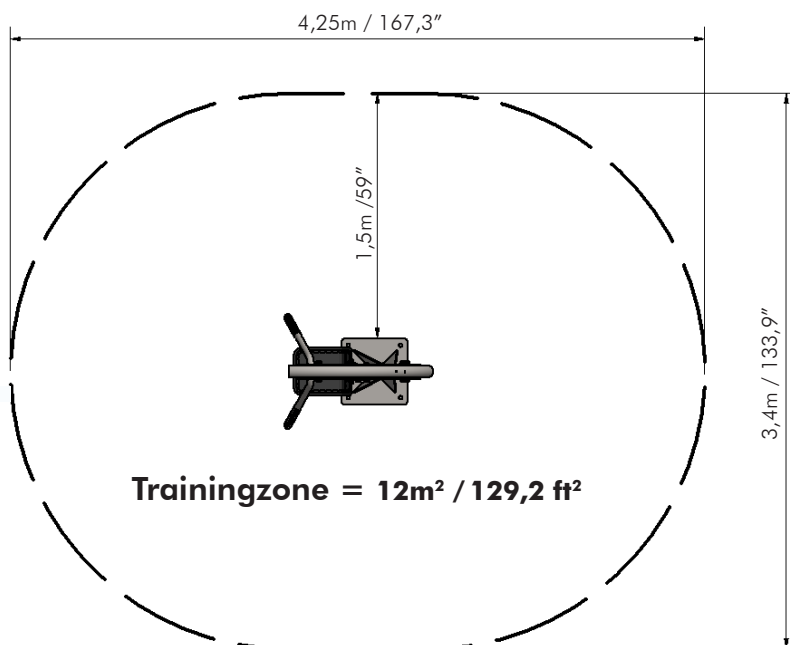
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Grab the handles and press forward until your arms are fully stretched. If you have a very high grip, the muscles in your shoulders are trained even more.



POSITION AND TRAINING ZONE:



SAFE DESIGN

The Norwell Outdoor Fitness stations are tested and approved by TÜV Product Service GmbH according to DIN79000, EN16630 and AIPS GS 2014:01 PA.

3 YEAR WARRANTY

3 years against failure due to material or manufacturing defects and corrosion breakthrough on all moving parts, plastic and rubber parts.

15 YEAR WARRANTY

15 years against failure due to material or manufacturing defects and corrosion breakthrough on pipes, foundations and welds. Please contact us for more information about warranty coverage, and for sites within 5 km of saltwater.



Back NW102

The Back is a pull-down station to build up strength in the back, the shoulders and the biceps, using your own weight as resistance.

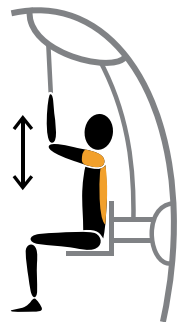
DESIGN FOR ALL

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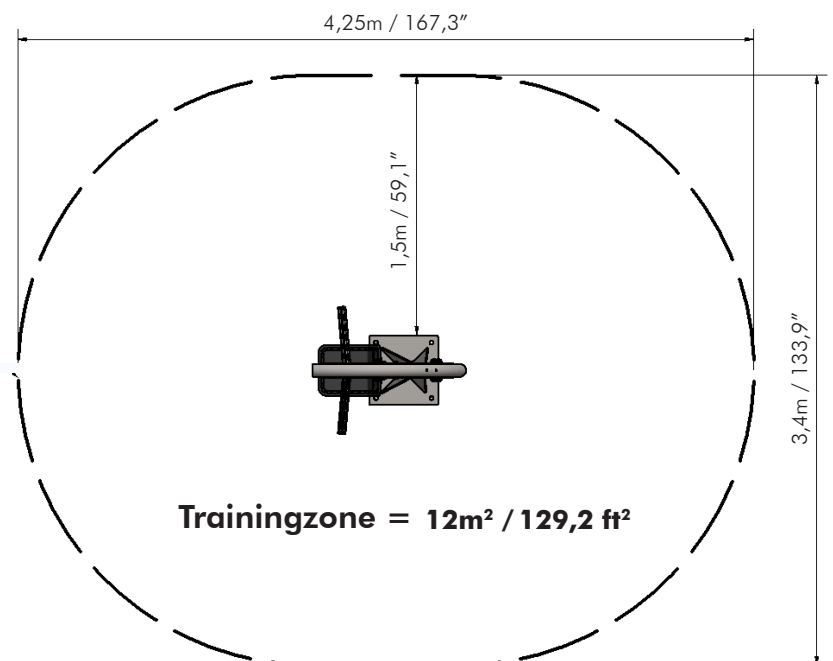
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Start sitting on the seat holding both hands on the bar handles above you. Your palms are facing forward, and your grip is as far as possible from the center pole of the bar. Pull yourself up by pulling the bar down, and try to get your head above the handlebar.



POSITION AND TRAINING ZONE:



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Sit Up NW103

The Sit Up is ideal for improving abdominal, thigh, hip and back muscles.

You can use it facing up or down, enjoying the work out.



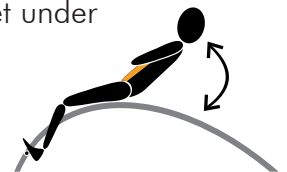
DESIGN FOR ALL

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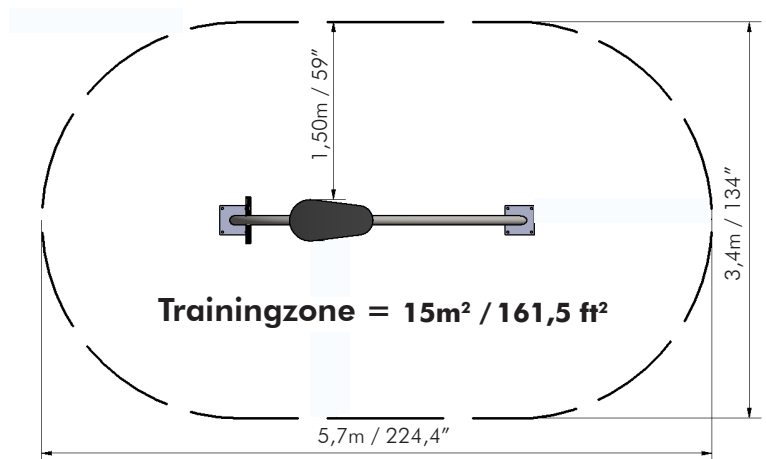
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Start by sitting comfortably with both feet under or on the pegs. Lower your upper body backwards to the bar, and raise it back up by activating the abdominals and the gluteus.



POSITION AND TRAINING ZONE:



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Pull Up NW104

The Pull Up primarily strengthens the muscles in the arms and shoulder by – as the name suggests – pulling up the body.

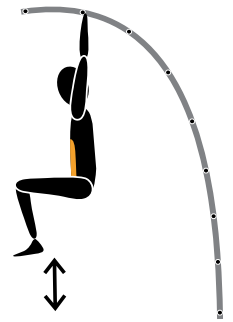
DESIGN FOR ALL

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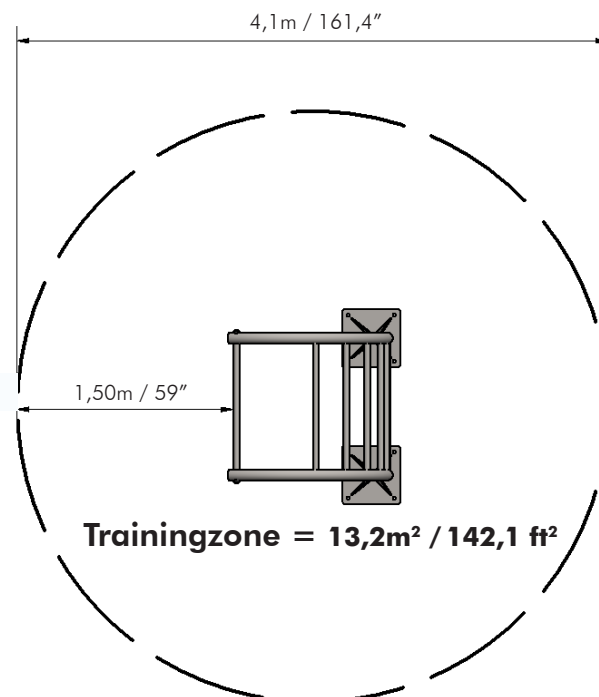
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Start by hanging still from the top bar, grip with palms facing forward. Then pull up your knees as close to the chest as possible, and back down. This exercise trains your abdomen.



POSITION AND TRAINING ZONE:



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Bar NW105

The Bar improves the strength of the upper body in a variety of ways, e.g. by doing dips or ground level pull ups.



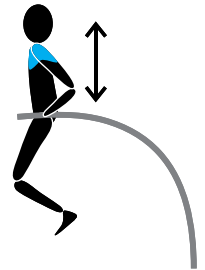
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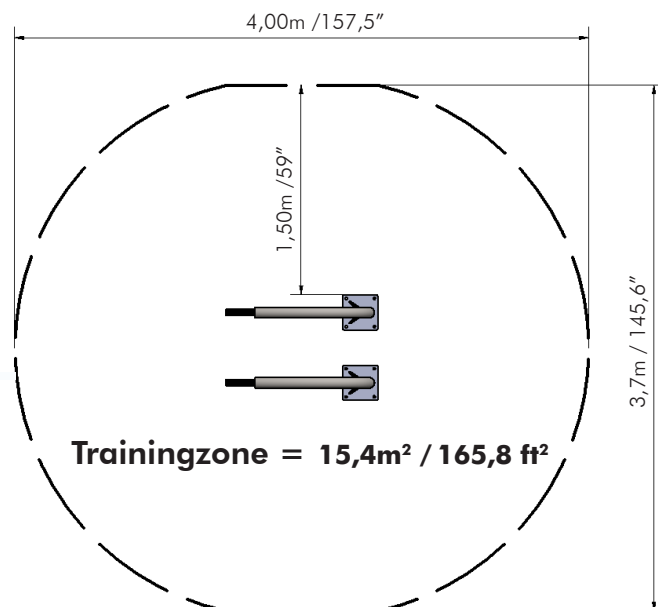
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

You start out holding the handles and hanging with your arms stretched and your knees bent, to avoid touching the ground. Dip as far down as you can – still with your knees bent and no ground contact – and then press back up again.



POSITION AND TRAINING ZONE:



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Leg NW106

The Leg fits all when it comes to building up strength in your thighs, legs and calves.

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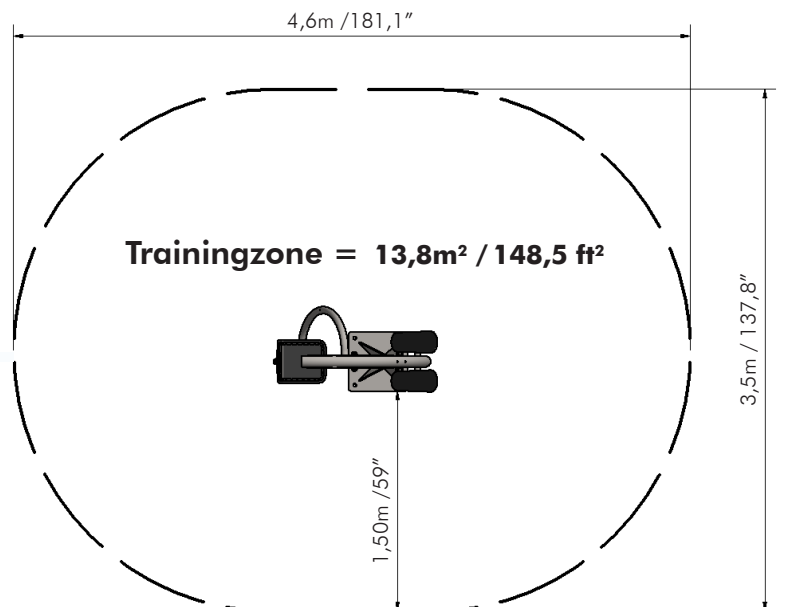
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Sit back in the seat, look straight ahead. Place your feet on the pads, ensuring contact through the heels. Extend your legs almost fully (never to full extension) – and back again. Perform the exercise in a slow and controlled pace.



POSITION AND TRAINING ZONE:



SAFE DESIGN

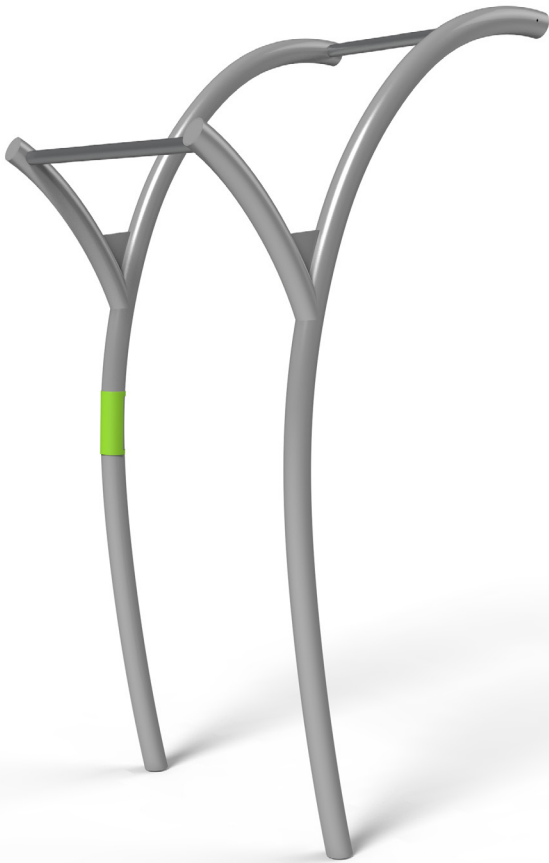
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Dual Pull Up NW107

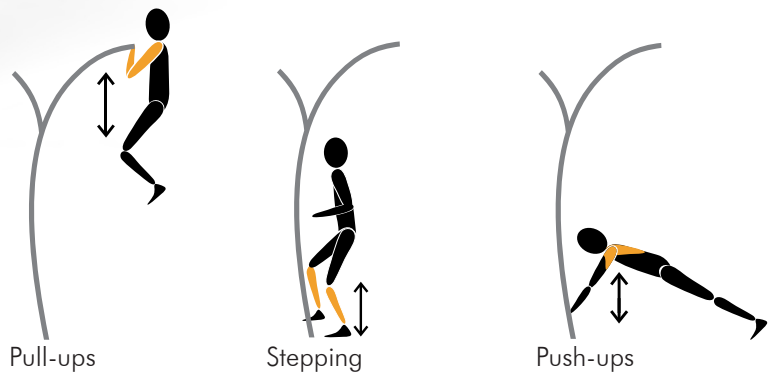
Dual Pull Up has two pull-up bars of different heights: 205 cm and 232 cm.

This gives the opportunity for combined strength training for arms, shoulders, back and core.

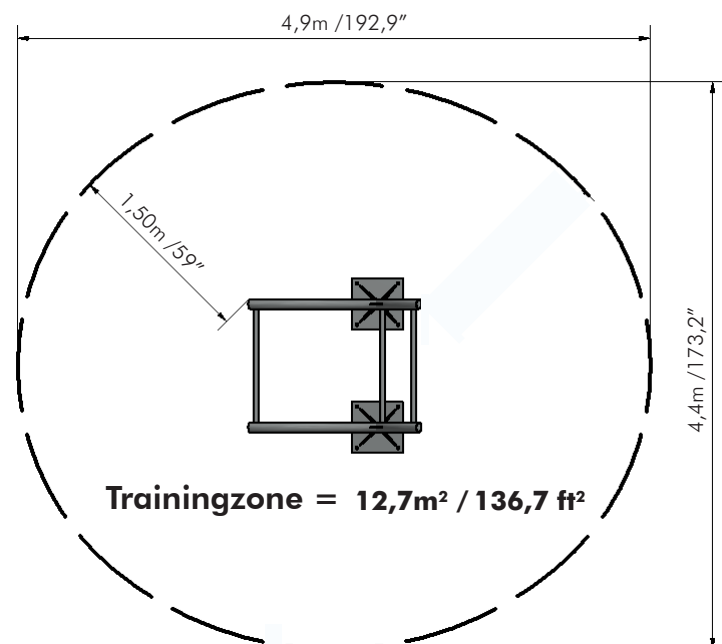
DESIGN FOR ALL

All our fitness stations use your own body weight as resistance and are challenging and effective regardless of fitness level. As a result, the exercises can be performed without risk of injuries.

EXAMPLES OF EXERCISES:



POSITION AND TRAINING ZONE:



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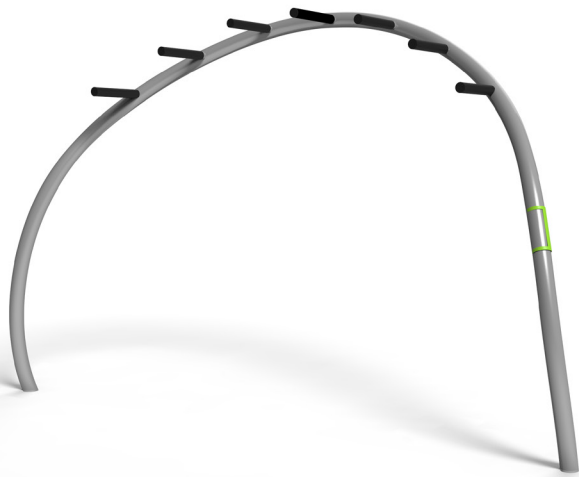
Arm Walker NW108

Arm Walker combines playful fun with exercise.

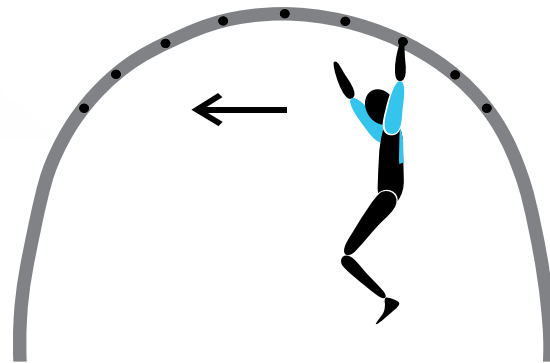
This gives the opportunity for combined strength training for arms, shoulders, back and core.

DESIGN FOR ALL

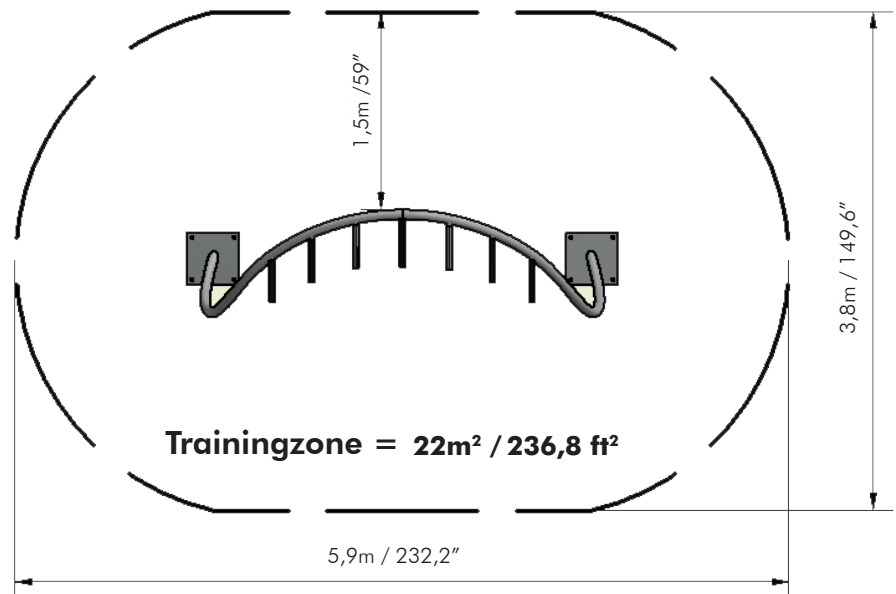
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EXAMPLES OF EXERCISES:



POSITION AND TRAINING ZONE:



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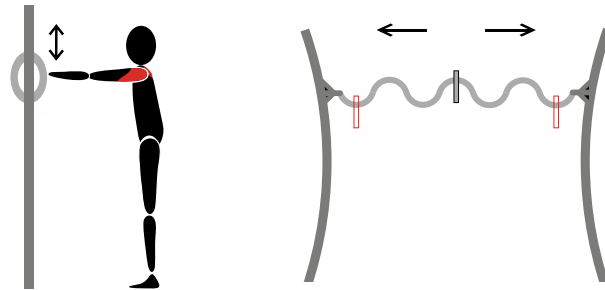
Wave Bar NW109

Wave Bar activates both hands, elbows and shoulders for a very effective way to train the entire arm. Wave Bar is very good for seniors who needs to maintain upper body strength.

DESIGN FOR ALL

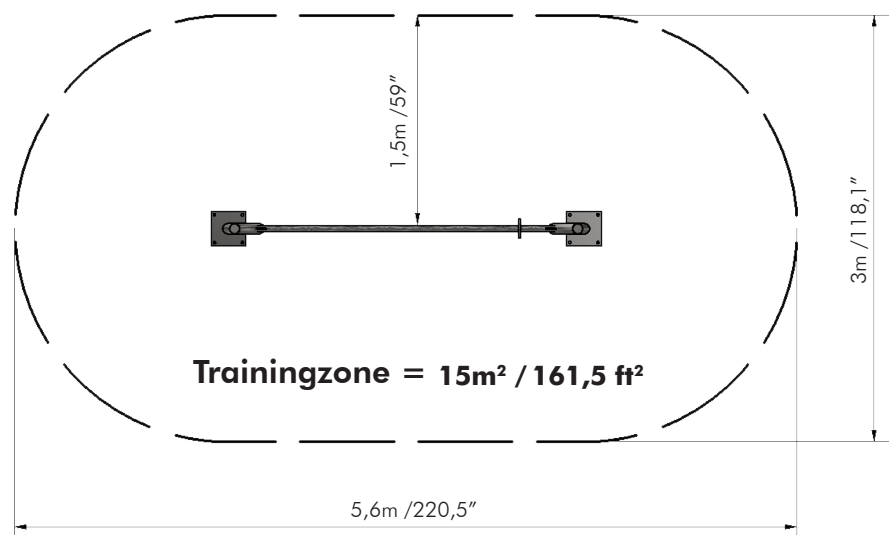
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EXAMPLES OF EXERCISES:



Shoulder coordination and mobility

POSITION AND TRAINING ZONE:



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Air Walker NW201

On the Air Walker you can “walk on air” – probably the greatest feeling of freedom, you can have.

Working out on the Air Walker improves the cardiovascular functions and increases the flexibility of the hip and thigh muscles.

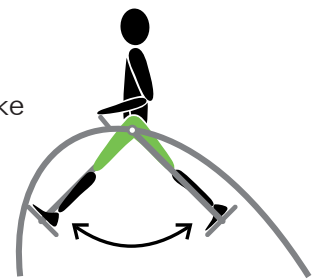
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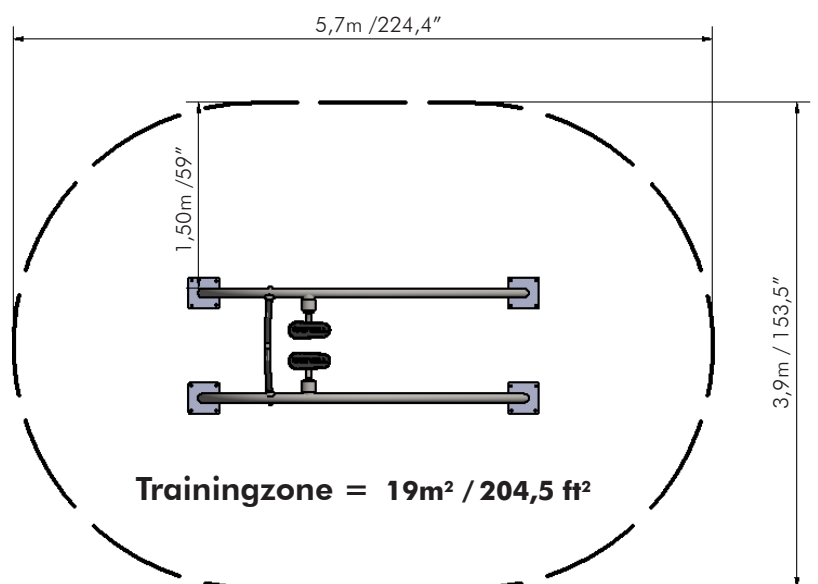
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Grab the bar with both hands and take a brisk walk. Switch between a fast and a slower pace. You get all of the benefits of running but without the risk of strain and impact injuries. This exercise is good for the cardiovascular functions.



POSITION AND TRAINING ZONE:



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Air Walker Half NW201B

On the Air Walker you can “walk on air” – probably the greatest feeling of freedom, you can have.

Working out on the Air Walker improves the cardiovascular functions and increases the flexibility of the hip and thigh muscles.

DESIGN FOR ALL

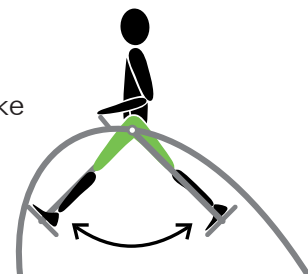
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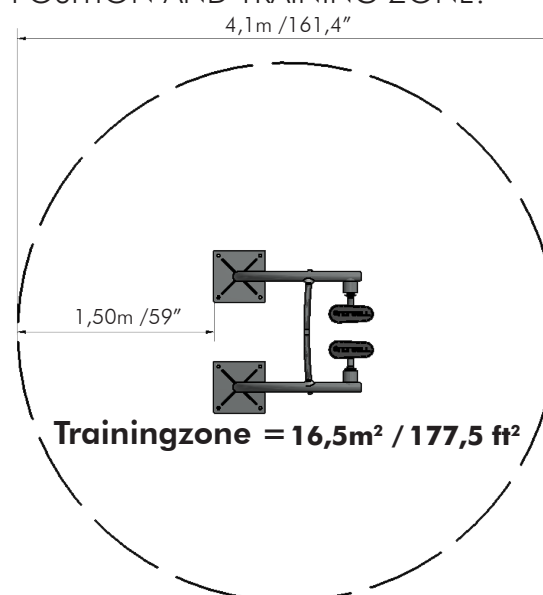
HERE IS AN EXAMPLE:

Grab the bar with both hands and take a brisk walk. Switch between a fast and a slower pace. You get all of the benefits of running but without the risk of strain and impact injuries.

This exercise is good for the cardiovascular functions.



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Cross NW202

The Cross is a great and fun way to develop the muscles of the legs, hips and arms, as well as increasing the cardiovascular capacity.

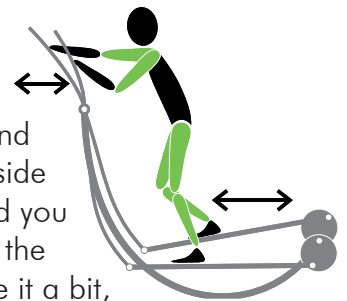
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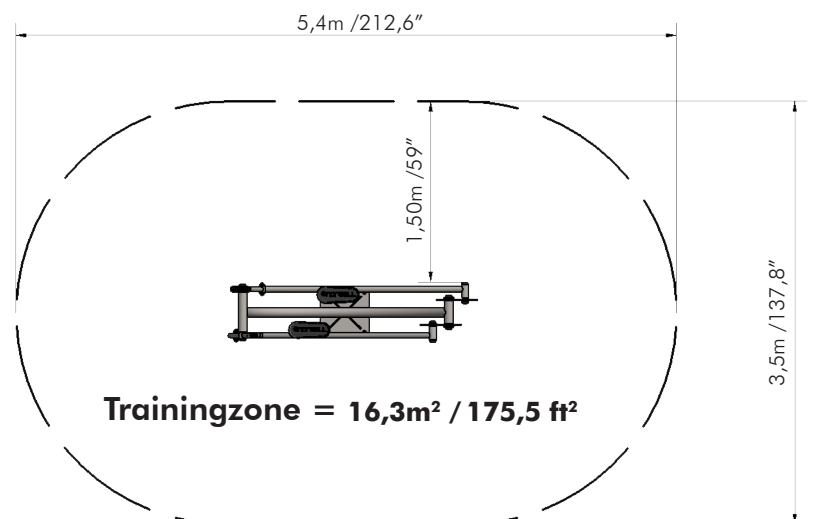
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Grab the handles and place your feet in the pedals. Pull the handle and press the pedal down on the same side – do the same on the other side and you are in motion. You are in control of the pace, but if you are able to increase it a bit, it will benefit your fitness. This exercise is a good way to develop the muscles in your legs, hips and arms, and better the cardiovascular functions.



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Stepper NW203

The Stepper develops the leg muscles and improves your cardiovascular functions.

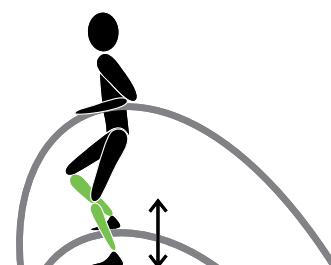
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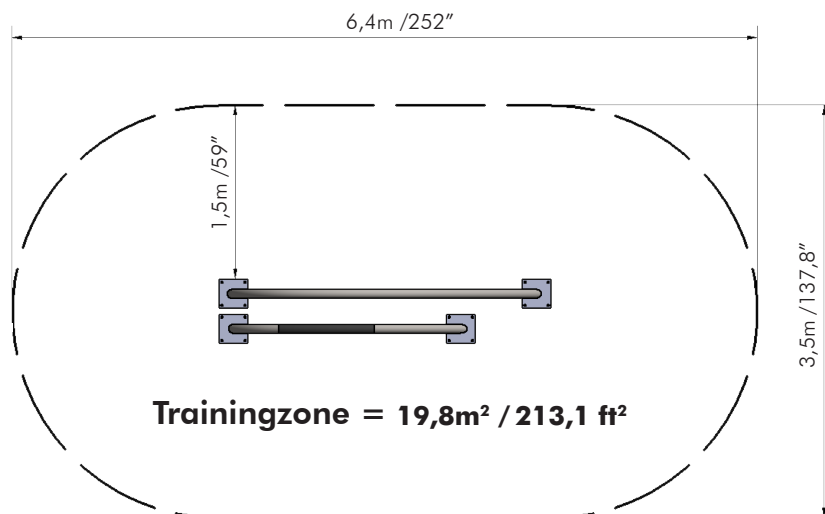
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Grab hold of the high Stepper, put one foot on the low Stepper and step up. Step down again and repeat with alternate foot. Perform the exercise in a slow and controlled pace. Make sure to tighten the core and keep the chest high, to ensure a good posture.



POSITION AND TRAINING ZONE:



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Hip NW204

The Hip is a different kind of swing, gently developing the muscles of the back, hips and abdomen, as well as improving the cardiovascular functions.

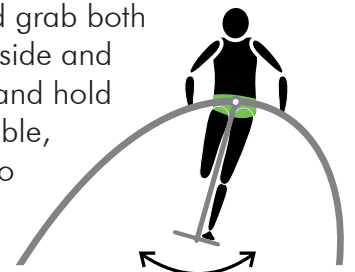
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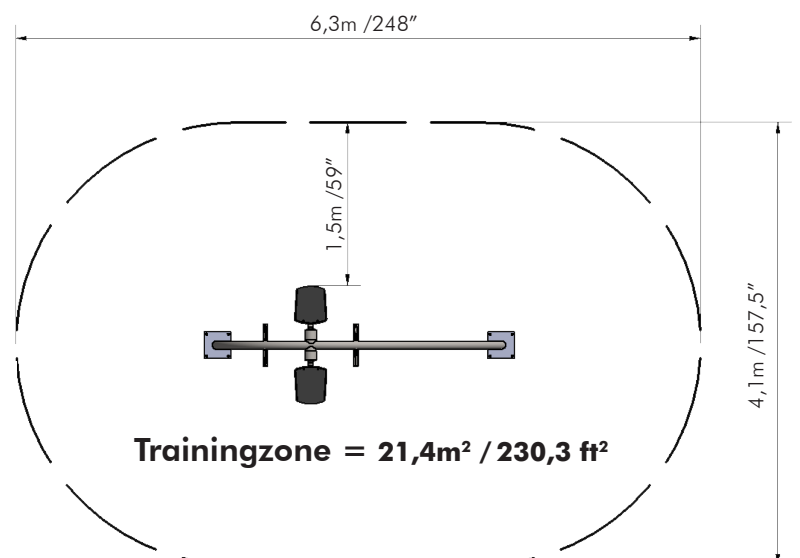
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Place one foot only in the pedal and grab both handles. Swing hips and leg to one side and you are in motion. Bend your knee and hold your upper body as straight as possible, while leg and hips swing from side to side. This exercise is good training of the muscles in your thighs and of your balance.



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Cycle NW205

The Cycle is like a real cycle - only this one stays at the pretty site, where it is installed. It has a built-in resistance which enables you to vary your effort to your ability.

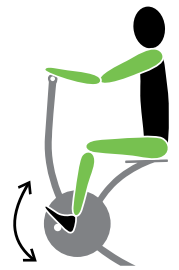
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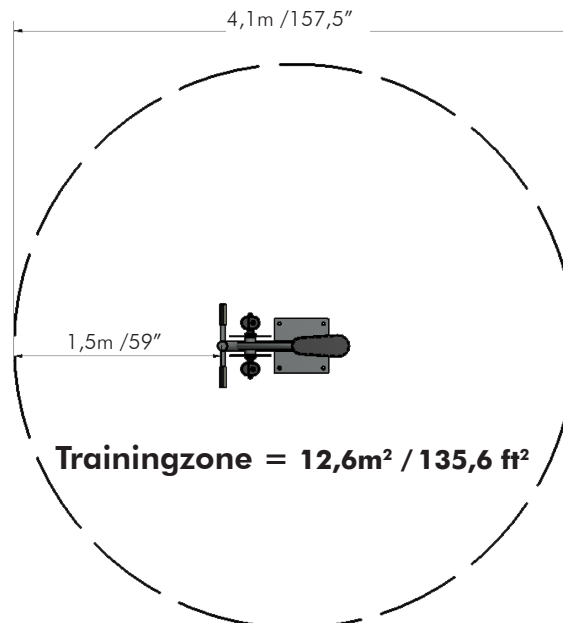
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Sit on the saddle with your hands on the handlebars and your feet on the pedals. Make sure to tighten the core and keep the chest high, to ensure a good posture. Push one foot forward and get the pedals in motion. Vary the speed in which you pedal, and hold each pace for a few minutes. This exercise is good training of the muscles in your thighs and core.



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Rider NW206



The Rider is an extremely effective rowing machine to train the whole body. It simulates rowing and therefore offers a very intense circuit training, with varied use of muscles in both the upper and lower body and the body load. At the same time, the device is designed so that you do not burden joints, tendons and back too much.

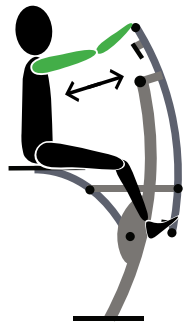
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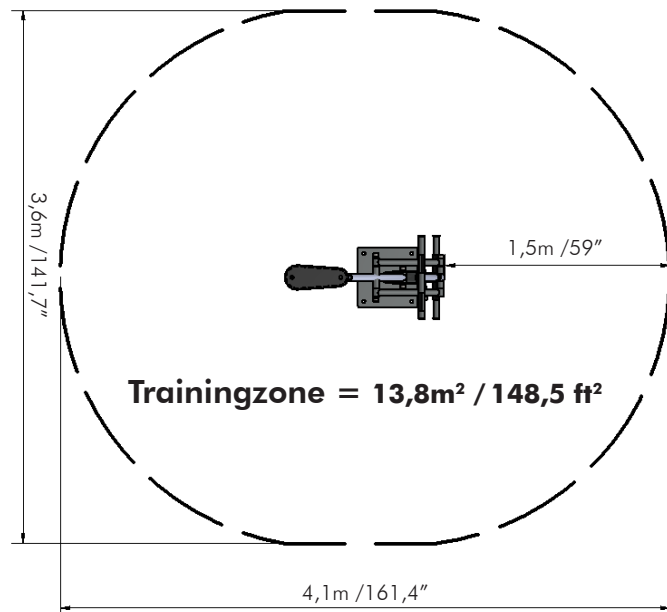
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Use arms and upper back to pull the handles while pressing with your feet on the pedals to create a rowing motion.



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Twister NW301

The Twister has two individual platforms, one you stand on and one you sit on, using the curve as support. This station improves your balance and coordination skills, combined with developing the muscles in the back.

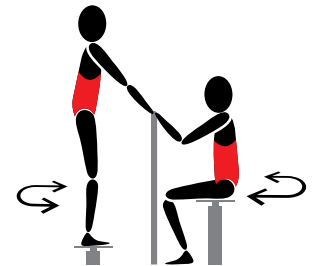
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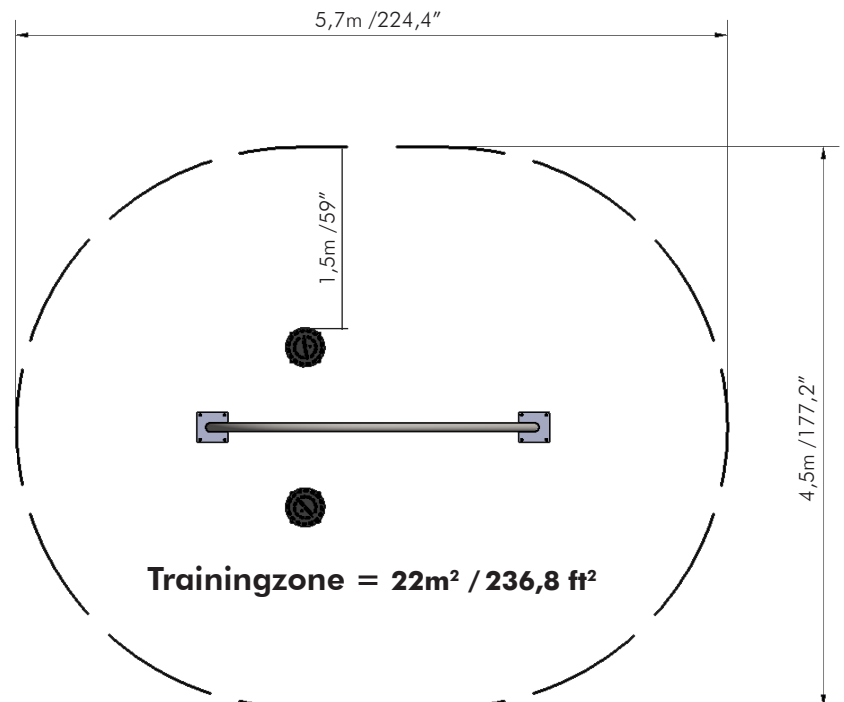
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Sit on the seat and hold on to the bar in front of you. Twist the lower body by activating the core. Twist back and forth, and try to hold the upper body still while rotating the core region.



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Springer NW302

The Springer has two platforms to stand on, one with a hard spring and one with a softer spring. The Springer provides varied training of your balance by improving the strength of ankle and knee joints.



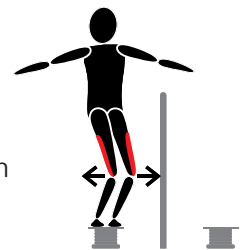
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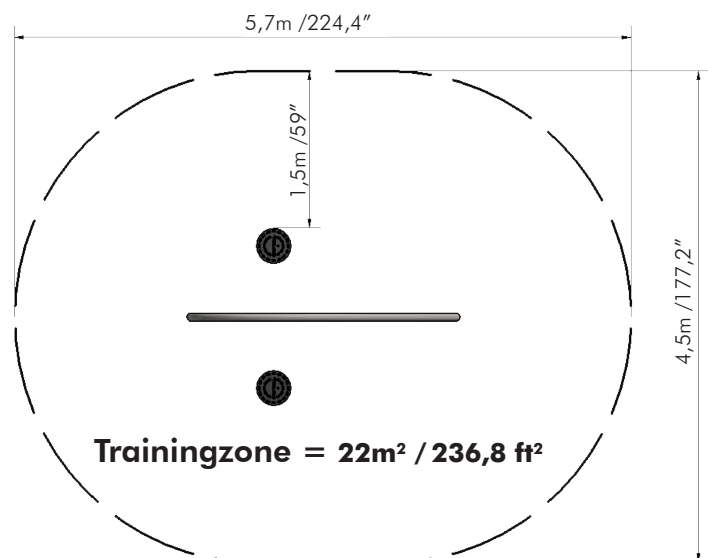
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Place both feet on the platform, and place one hand on the bar as a start, to keep your balance. Rotate the platform by shifting your weight.



POSITION AND TRAINING ZONE:



SAFE DESIGN

The Norwell Outdoor Fitness stations are tested and approved by TÜV Product Service GmbH according to DIN79000, EN16630 and AIPS GS 2014:01 PA.

3 YEAR WARRANTY

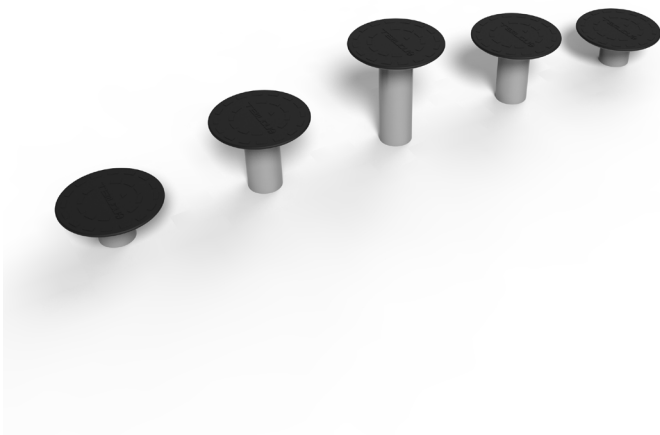
3 years against failure due to material or manufacturing defects and corrosion breakthrough on all moving parts, plastic and rubber parts.

15 YEAR WARRANTY

15 years against failure due to material or manufacturing defects and corrosion breakthrough on pipes, foundations and welds. Please contact us for more information about warranty coverage, and for sites within 5 km of saltwater.

Balancer NW303

With the Balancer Stepper the body is strengthened by means of balance and coordination.



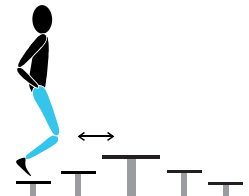
DESIGN FOR ALL

All our fitness stations use your own body weight as resistance and are challenging and effective regardless of fitness level.

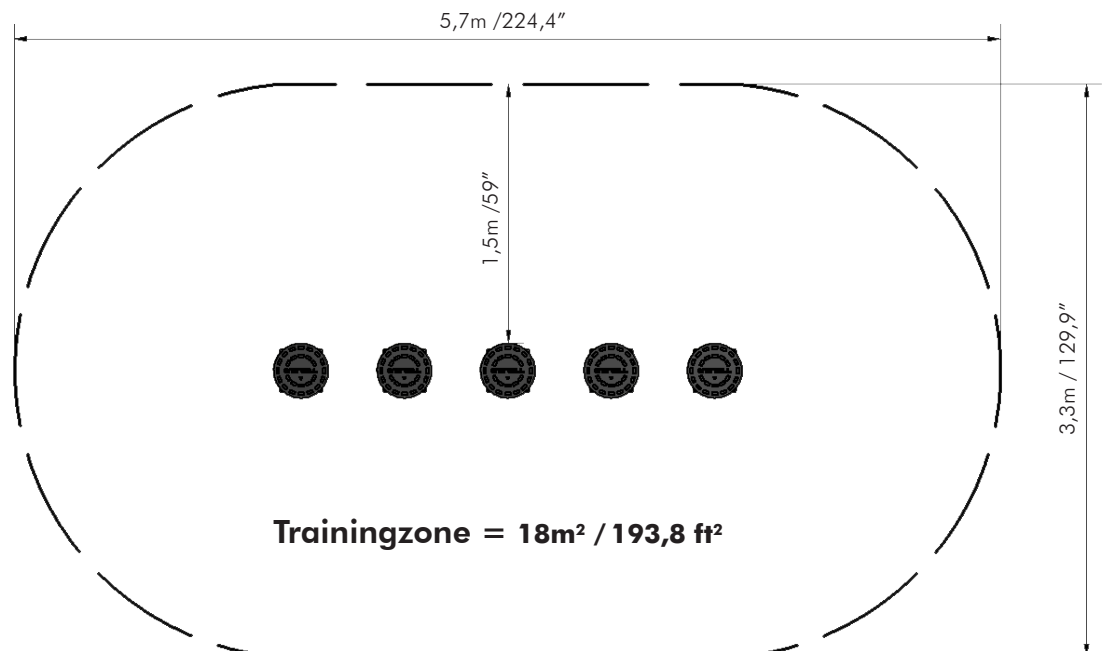
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Use the Balancer for jumping, Training balance and coordination.



POSITION AND TRAINING ZONE:



SAFE DESIGN

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3 YEAR WARRANTY

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Stretch NW401

The Stretch is very efficient for keeping the mobility and flexibility in your hamstrings, calves and gluteus when you cool down and stretch out after exercising.



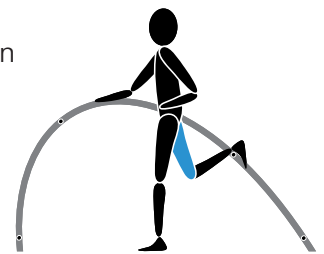
DESIGN FOR ALL

All our fitness stations use your own body weight as resistance and are challenging and effective regardless of fitness level.

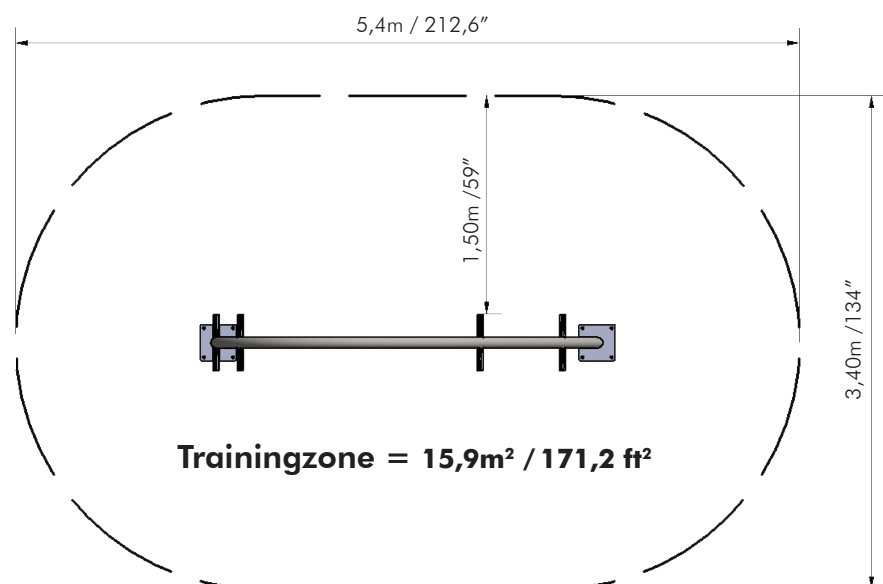
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Bend one leg and place your ankle on one of the upper pegs. Hold your thighs together, stand up straight, slightly extend your hip, and feel the stretch on the front side of your thigh. Repeat with alternate leg.



POSITION AND TRAINING ZONE:



SAFE DESIGN

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3 YEAR WARRANTY

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Bench NW501

The Bench is full of possibilities for training the abdomen, back, arms and legs – and to rest comfortably between workouts.



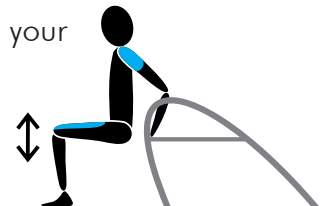
DESIGN FOR ALL

All our fitness stations use your own body weight as resistance and are challenging and effective regardless of fitness level.

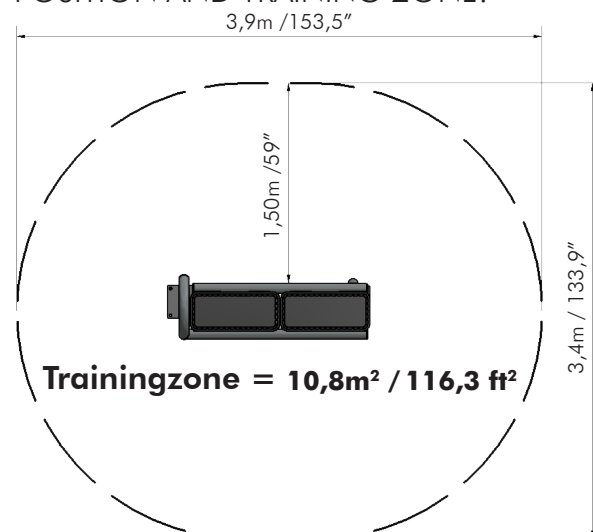
As a result, the exercises can be performed without risk of injuries. The Norwell App and the QR codes on each station inspire to exercise and give full instruction of use.

HERE IS AN EXAMPLE:

Turn your back to the Bench and put your hands on the seat. Lower yourself by relaxing the arms, and raise up by tightening your triceps. Remember to keep a straight back.



POSITION AND TRAINING ZONE:



SAFE DESIGN

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3 YEAR WARRANTY

3 years against failure due to material or manufacturing defects and corrosion breakthrough on all moving parts, plastic and rubber parts.

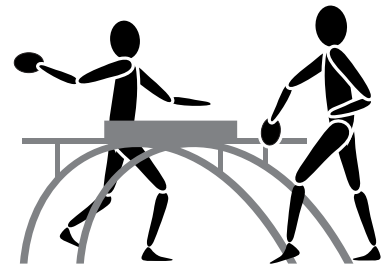
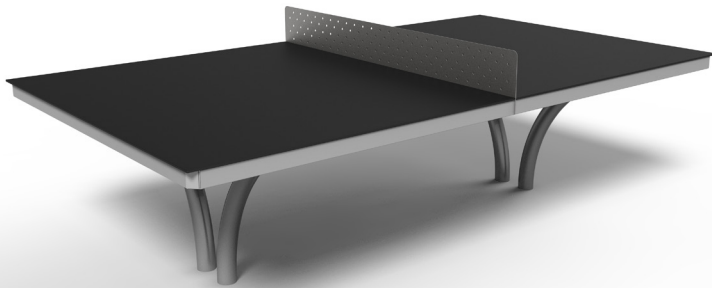
15 YEAR WARRANTY

15 years against failure due to material or manufacturing defects and corrosion breakthrough on pipes, foundations and welds. Please contact us for more information about warranty coverage, and for sites within 5 km of saltwater.

Ping Pong NW502

The Ping Pong table offers a fun and very beneficial way to get fit.

In a playful and competitive activity, you train your coordination, movement and speed at the same time.

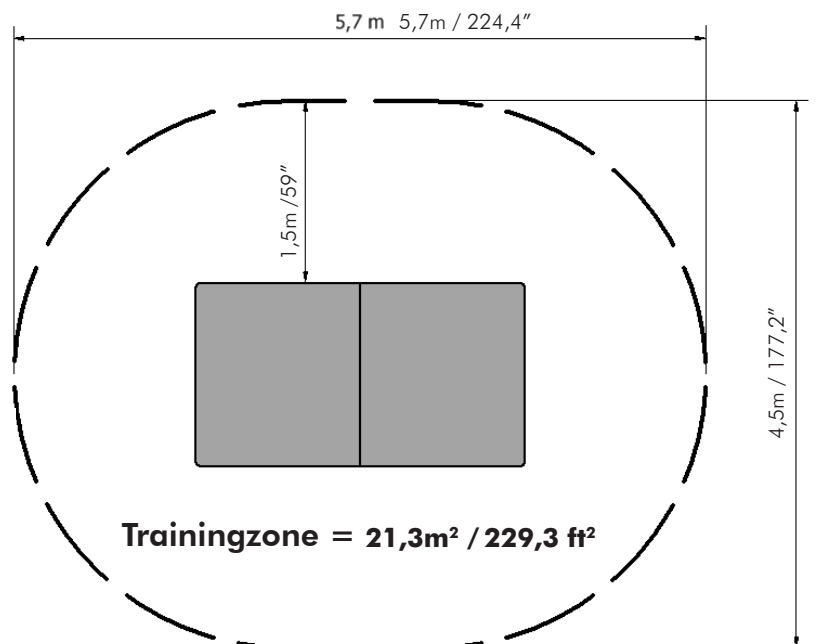


DESIGN FOR ALL

A Norwell fitness park is for everyone, from the out of shape to the very fit. They will all be comfortable and have the opportunity to exercise and train outside in the fresh air.

The fitness parks provide a convenient and comfortable setting to spend time, engaged in a healthy outdoors activity, always open, and free to use!

POSITION AND TRAINING ZONE:



SAFE DESIGN

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OUTDOOR FITNESS STATIONS FOR ADULTS

Sign NW503

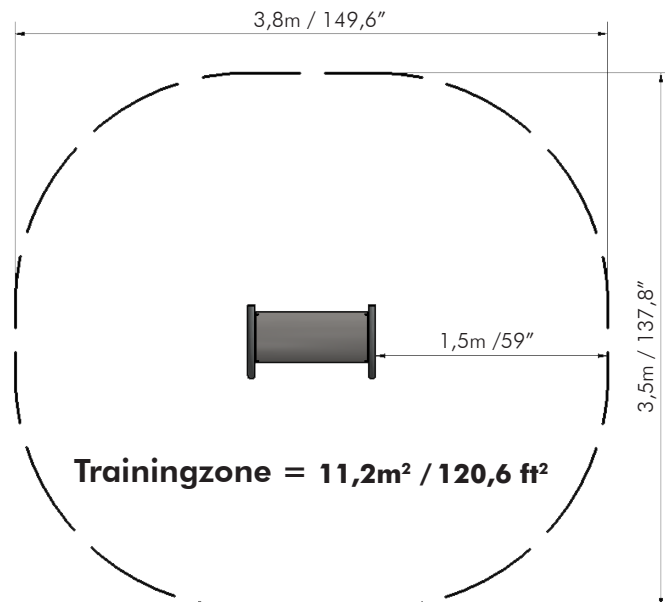
The Sign shares information about the training concept and the Norwell Junior Smartphone App.

The Sign gives a progressive signage to your Norwell Outdoor Fitness park.

Customized graphic design is possible.



POSITION AND TRAINING ZONE:



SAFE DESIGN

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3 YEAR WARRANTY

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Mini Sign NW505

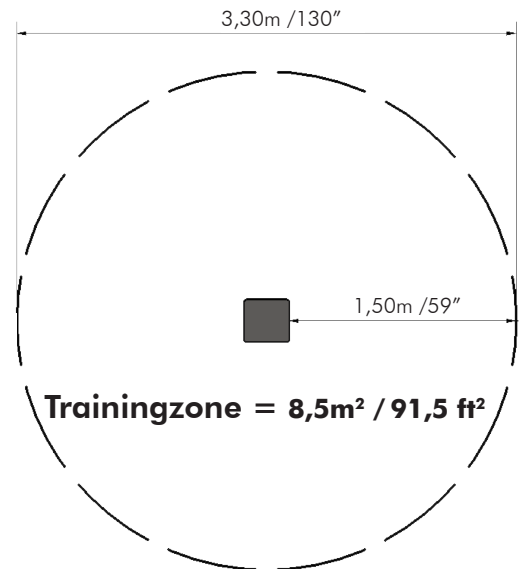
The Mini Sign offers the opportunity to e.g. give detailed information about each station.

It shares information about the training concept for each Norwell Outdoor Fitness station.

The Mini Sign gives a progressive signage to your Norwell Outdoor Fitness park.

Customized graphic design is possible.

POSITION AND TRAINING ZONE:



SAFE DESIGN

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