



Outdoor Gym Option A

MAWSLEY
PARISH COUNCIL

HAGS SMP
Inspiring all generations

Air Walker

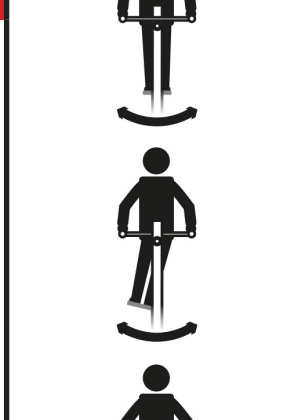


Scan for Video



Provides excellent Cardiovascular and flexibility benefits. Helps develop muscles in legs and improves coordination.

Air Skier



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Helps tone up areas around the waist, hips and thighs. Improves the general coordination of the body.

Rower

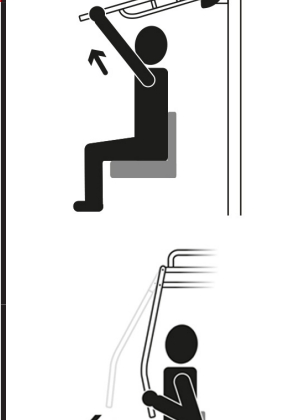


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Helps the development of body muscles; arms, legs, abdomen. Improves the flexibility and provides cardiovascular and toning benefits for all.

Lat Pull & Chest Press

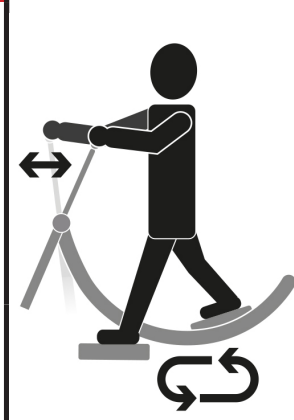


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Helps the development of upper body muscles; chest, shoulders and back. Improves the flexibility and the agility of shoulder joints, elbows and cardiovascular capacity.

Ski Stepper

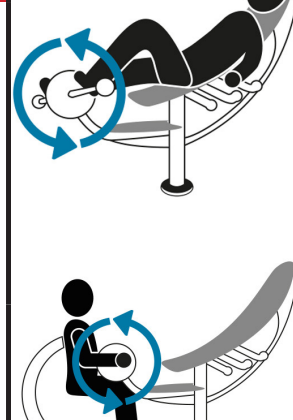
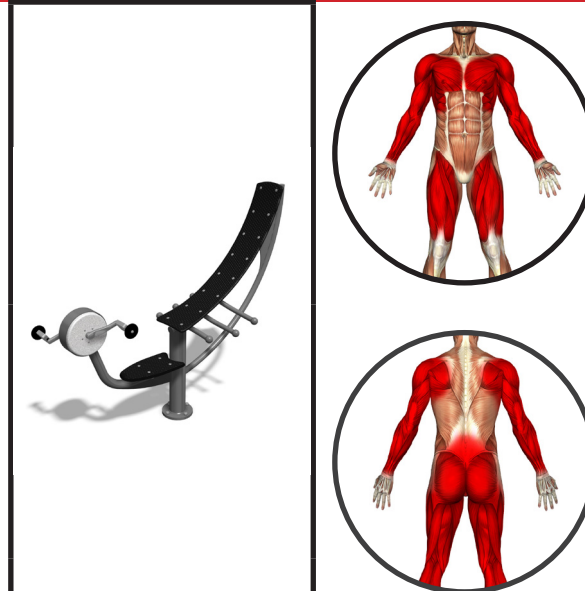


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Provides an excellent low impact workout. Helps improve cardiovascular fitness, balance and coordination.

Trinity Cycle



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The Trinity Cycle has been designed to be used both reclined and seated for a variety of exercises suitable for people of all abilities.

GUARANTEES

Being one of only a handful of companies who manufacture their Fitness equipment in the UK, and who use British Steel, we are able to offer you the following market leading Guarantees:

- 25 year guarantee on the functional strength of all structural steelwork
- 10 year guarantee against structural failure on demountable moving parts
- 5-year colour coating guarantee against corrosion
- Our fitness range conforms to DIN79000



FITNESS LABELS

Every piece of HAGS SMP Fitness equipment includes state of the art labelling with QR code's, which are designed to help the user safely and efficiently use our equipment.

Instructional images show users how they should be using the equipment. This is to help ensure users do not engage in any activity with the equipment, which could result in injury.

Recommended repetitions and workout timings to help ensure users are getting an optimum cardiovascular, or muscular workout. HAGS SMP has worked extensively with a personal trainer to ensure the repetitions and recommended timings on equipment are suitable for beginner use.

