



# THE ULTIMATE OUTDOOR FITNESS SOURCE BOOK





## THE EXCITING, FUN OUTDOORS

What keeps people from working out indoors? For most, there are many obstacles to exercising at home: the indoor environment, equipment cost, intimidation factor, not knowing where to start, exercising alone, fear of injury; and lack of time, motivation, or even lack of childcare.

### The Answer is Outdoor Exercising!

- It's true that for those who are already fit, even a park bench can become a gym.
- But it's never been more important to get EVERYONE in the community exercising!
- BODYLINE helps your community members overcome the indoor barriers by providing gym equipment in a friendly outdoor setting. The outdoor gyms in parks allow family members of varying ability levels to work out in the same area, often while keeping an eye on the kids in an adjacent area of the park.

### GREAT FOR OPEN SPACES

- PARKS
- TRAILS
- SENIOR & COMMUNITY CENTERS
- RESIDENTIALS
- HOSPITALS
- CORPORATE CAMPUSES
- SCHOOLS
- COLLEGE CAMPUSES
- MILITARY BASES





**TAKE YOUR FITNESS ROUTINE TO THE NEXT LEVEL**

Check out our most comprehensive design and premiere outdoor fitness range of equipment for an inclusive, full-body workout experience.

BODYLINE helps to customize your workout exactly as you need with completely weatherproof and virtually maintenance-free outdoor equipment. These are perfect for urban settings such as condos, rooftops, hotels, green spaces, public parks, schools, universities, senior centres and more.



## HEALTH WALKER / AIR WALKER

### Function:

- Hip and ankle joints, strengthen the flexibility of muscles group and enhance the cardiopulmonary function
- Holds the handle with hands, step on the two footboards, move two legs back and forth simultaneously and continuously

### Specifications:

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 1300x610x1350mm



## SIT UP BENCH

### Function:

- Strengthen the abdominal muscles.
- Lie down on the camber and hook the feet at the rung put the hands behind the head. Use abdominal muscles to sit up and return to original position.

### Specifications:

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 1600x1065x580mm



**MINI SKI (DOUBLE SIDED)**

**Function:**

- Activate and strengthen the waist joints, enhance the cardiopulmonary function.
- Step on the footboard, hold the two handles, utilized the strength of waist to move the legs like a pendulum.

**Specifications:**

- Main pipe: Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- SIZE: 915x1165x1345 mm



**HORSE RIDER**

**Function:**

- Active body joints and strength the flexibility of the muscles group and the cardiopulmonary function.
- Sit and holds the two handles, put the feet onto footboards, utilized own weight to pull and stretch on legs and then return to sit position.
- Repeat the cycle.

**Specifications:**

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 1090x560x1065mm



**DUAL SKY STEPPER****Function:**

- Activate upper and lower limbs and waist joints; strengthen the flexibility of the muscles group and the cardiopulmonary function.
- Hold the two handles and step on the two footboards, push and pull the handles repeatedly with the feet simulating sliding.

**Specifications:**

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 1545x660x1700mm

**BIG TURNING WHEEL****Function:**

- Train wrist, elbows shoulders, and waist, and enhance their flexibility and the cardiopulmonary function
  - Use one hand to grasp and one handle of the wheels and tum the wheels clockwise or anti clockwise then change hand and repeat the movement
- Or
- Grasp the handle of a wheels at the same time and tum the body continuously

**Specifications:**

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 875x635x1740mm



**TRIPLE TWISTER (3 SIDED)****Function:**

- Train waist joints and enhances their flexibility and the cardiopulmonary function
- Hold the handrail with both hands (distance between hands same as distance between shoulders) and stand on turn-disc, lean upper body forward slightly and twist the lower body clockwise and anticlockwise.

**Specifications:**

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 1775x1775x1475mm

**STANDING & SITTING TWISTER****Function:**

- Waist Twister: This apparatus is beneficial to the muscle groups of waist And back while rotating
- Waist Twister: Hold the black handles with both hands while keeping your feet steadily on the rotating disc.
- Then, move your waist from left to right and right to left repeatedly.

**Specifications:**

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 1140x865x1575mm





**PULL DOWN CHALLENGER****Function:**

- Enhance the muscles strength of upper limbs, chest and the back.
- Sit on the seat planed with facing inward or outward, hold the pull down the handles, hold a moment and return slowly to original position.
- Repeat the cycle.

**Specifications:**

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 2110x890x2085mm

**CHEST PRESS (DOUBLE SIDED)****Function:**

- Enhance the muscles strength of upper limbs and the back.
- Sit on the sit plank, hold and push the handle, hold a moment and the return slowly to original position.
- Repeat the cycle.

**Specifications:**

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 1830x735x2060mm





**ROWER****Function:**

Enhance the muscles strength of upper & lower limbs, chest and abdomen.

Sit steadily on seat plank tread on footrest, and pull the handles like rowing a boat

**Specifications:**

Main pipe Dia: 127mm

Thickness: 3mm

Base plate Dia: 200mm

Thickness: 10mm

Powder coating

SIZE: 1475x860x1065mm

**LEG PRESS (DOUBLE SIDED)****Function:**

- Train waist, abdomen joints and lower body, enhance their flexibility, leg power and cardiopulmonary function
- Sit on the seat plank tread onto the footboards and stretch the legs, hold a moment at the max stretch then release the stretch slowly. Repeat the actions

**Specifications:**

• Main pipe Dia: 127mm

• Thickness: 3mm

• Base plate Dia: 200mm

• Thickness: 10mm

• Powder coating

• Size: 2185x460x1700mm



### PARALLEL BARS / PUSH UP BARS (DOUBLE SIDED)

**Function:**

- Enhance the muscles strength of upper limbs, shoulders, chest and the back.
- With both hands grip tightly on the horizontal bar, lift the body up and down.

**Specifications:**

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 1780x710x1470mm



### CROSS TRAINER

**Function:**

- Activate upper and lower limbs and waist joints, strengthen the flexibility of the muscles group and the cardiopulmonary function
- Hold the two handles and step on the two footboards, push and pull the handles repeatedly with the feet simulating sliding

**Specifications:**

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 1370x660x1755mm



## CYCLE

### Function:

- Enhance cardiovascular health and motion of the legs.
- Sit upright on the chair and hold the handle bars in front. Using your legs, spin the pedals provided for a cardio movement.

### Specifications:

- Main pipe Dia: 127mm
- Thickness: 3mm
- Base plate Dia: 200mm
- Thickness: 10mm
- Powder coating
- Size: 1143x553x1295mm



### ADD-ONS

BODYLINE Outdoor Fitness is your one-stop shop for nearly any amenity to complement an outdoor gym.



FENCES, RAIL GUARDS, BENCHES, FLOORINGS AND MANY MORE

**DESIGN ASSISTANCE**

We consider several factors when helping you design your outdoor gym:

- Available space and surrounding area
- Intended users
- Budget
- Set-up

**OUR MISSION**

To make the best use of space in any oddly-shaped area, maximize fitness opportunities and spur park visitors to fast-forward their fitness journeys. Our ultimate goal is to deliver fitness awareness and products to different corners across the country

We're ready to help you reinvigorate any space! Call us today at 9836062590 to get started.

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