

BARZ FLEX

**HEAVY
DUTY
LINE**



WORKOUT PARKS



FOR ATHLETES BY ATHLETES

We develop our modules in cooperation with athletes, training experts and physiotherapists.



COMMUNITY & SUPPORT

Our service does not end with the purchase – we promote communities and therefore your target group!



QUALITY

We offer you the best combination of materials in conjunction with maximum stability!

THE CONCEPT

We are an innovative, dynamic and strongly up-and-coming company that specialises in the construction of outdoor and indoor sports facilities for training with your own body weight.

Thanks to our many years of experience as athletes, we know all the details – technically, athletically and economically – that need to be taken into account in order to make a sports facility multifunctional and attractive to users. The primary goal of creating a sports facility that is used by people of all ages and body types without restriction is achieved primarily by making it completely user-friendly.

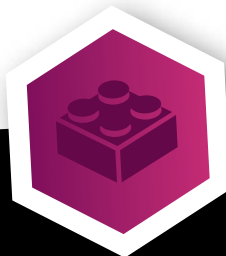
In addition, our systems are characterised by a customisable modular construction system that allows us to create perfect workout landscapes – perfect for providing each user with the ideal equipment for allowing them to train with their own body weight as well as to inspire them to surpass themselves.

BARZ FLEX



TRUSTED PARTNER NETWORK

Together with our longtime partners we are happy to implement large projects in the field of leisure, sports and children's playground equipment.



INDIVIDUALITÄT

Our modular construction system makes our facilities customisable and expandable at a later date.



EVERYTHING FROM A SINGLE SOURCE

We take care of all the work – from planning to opening!

Ing. David Jandrisevits
Director



Florian Schachner B.A.
Director

- ✓ **INDIVIDUALITY**
through implementation of special requests
- ✓ **FLEXIBILITY**
due to modular expandable system



SPORT IS FOR EVERYONE

Our love of sport has inspired us to design systems on which people of all ages and genders wish to exercise.

Our focus is always on promoting the community – our workout parks connect generations, promote health & well-being and give the environment added social value.

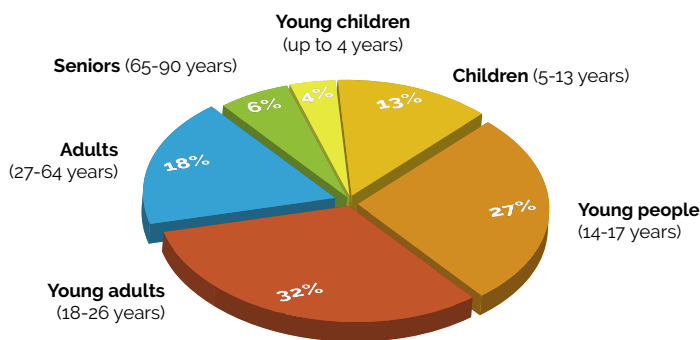


Diagram: Our offer appeals especially to young people and young adults. But children, adults and seniors are also enthusiastic users. (Source: Study by the Wiener Neustadt University of Applied Sciences, 2016)





BY ATHLETES FOR ATHLETES



We are calisthenics pioneers and, in recent years, have focused especially on working with athletes from different disciplines to keep on developing our parks. Our goal is to create the ultimate workout park for all athletes and to continue providing new challenges for all.

We love sport and the community, and we work hard to develop our parks in order to go beyond what our customers could wish for. For this reason, we work closely with clubs and athletes from the most diverse areas of training who exercise using their own body weight – calisthenics, parkour, CrossFit, pole dancing, climbing, ninja training and many more are represented. We regularly collect feedback from different target

groups (young people/old people, beginners/professionals, female/male, small people/large people) and can thus further optimise our equipment and continuously develop new modules. In cooperation with physiotherapists and sports physicians, we make sure that the parks are also perfect for rehabilitation workouts. Our vision is to offer EVERYONE safe, inviting and optimal training opportunities!





OUR WORKOUT PARKS WITH SPECIAL ADDED VALUE



Building a facility for local residents offers great added value, but sports facilities like these are often not used immediately or are used incorrectly. Thanks to our many years of experience coupled with our close connection to communities, we can offer the following advantages for your community:

- ✓ Bringing together sports enthusiasts
- ✓ Helping build a community
- ✓ Proper use of the sports facility
- ✓ Can easily be combined with classic community events (sports days, summer parties, ...)
- ✓ Image building with regard to sustainable sporting commitment

What exactly do we have to offer?

Opening ceremony by a street workout club including workshop & show

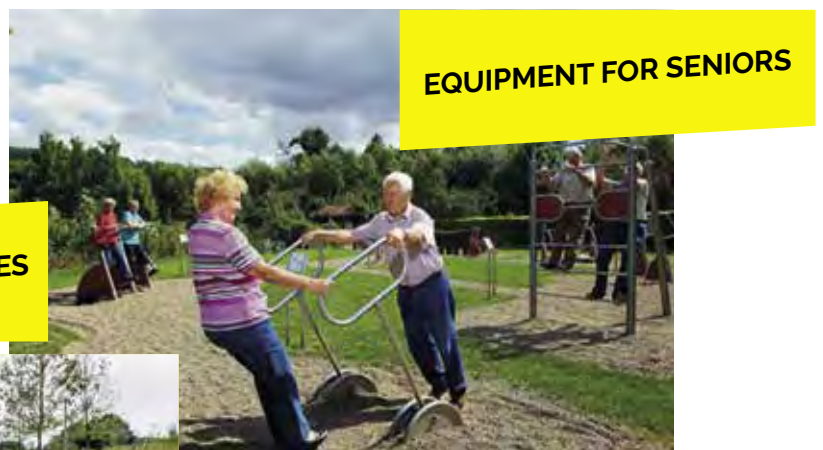
1- to 2-day workshops to dispel reservations and to demonstrate first possible uses

Ongoing support by a personal coach & building of a community

COOPERATION PARTNERS

For large-scale projects, we work closely from the outset with our reliable partner companies to be able to offer our customers only the best. Here, too, we are always mindful of our strict quality criteria.

We are pleased to support you in the following areas:





HEAVY

DUTY LINE



BARZFLEX



The Heavy Duty range by Barzflex won't be knocked down any time soon. The solid steel parts firmly anchored into the ground or base are designed for tough indoor and outdoor requirements. The modular system is popular both in the public and private sector (communities, schools, associations, military, police, etc.)

Solid Steel Construction

Anchored

Ultimate Dimensions

Public / Private / Commercial

Modular construction system

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SAFETY FIRST



TÜV AUSTRIA

With no exceptions, our products have been certified by TÜV-Austria, Austria's most stringent inspection authority. In addition to certification, our systems are approved on site.

Our services

- ✓ Coordination work with the inspection authority
- ✓ Coordination oder acceptance work
- ✓ Attendance service at acceptance
- ✓ Forwarding of the acceptance report

MAINTENANCE

We offer two different maintenance models:

Basic maintenance

- ✓ Quarterly inspection of the facility in accordance with ÖNORM EN 16630
- ✓ Annual acceptance by TÜV-Austria in accordance with ÖNORM EN 16630
- ✓ Checking the tightness of the screws and possible retightening
- ✓ Cleaning the facility
- ✓ Reporting of any damaged components

Full maintenance

- ✓ Quarterly inspection of the facility in accordance with ÖNORM EN 16630
- ✓ Annual acceptance by TÜV-Austria in accordance with ÖNORM EN 16630
- ✓ Provision of maintenance personnel
- ✓ Checking the tightness of the screws and possible retightening
- ✓ Cleaning the facility
- ✓ Replacing all damaged elements





IDEAL MATERIAL COMBINATION

Our solid heavy-duty facilities are made of different materials that are put together in a sensible way. The aim is to optimise costs for our customers without having to forgo durable, high-quality and versatile sports equipment.

QUALITY FEATURES

- ✓ **Weather resistant**
- ✓ **Durable**
- ✓ **Low maintenance**
- ✓ **Super sturdy**
- ✓ **Well thought out for sport**

STANDING ELEMENT

- ✓ Solid steel
- ✓ 5 mm wall thickness
- ✓ Galvanised & powder coated

CONNECTING CLAMPS

- ✓ CNC milled steel steel
- ✓ Powder coated
- ✓ Screwed together in 8 places
- ✓ Double welding

BAR & BAR ELEMENTS

- ✓ Stainless steel or powder-coated steel
- ✓ Under 2 m in length – 3.2 mm wall thickness
- ✓ More than 2 m long – solid steel
- ✓ Floor elements – 5 mm wall thickness

ROPES & NETS

- ✓ Synthetic hemp reinforced with steel fibres
- ✓ Stainless steel fittings

PLATES

- ✓ UV-resistant plastic
- ✓ Non-slip surface



ULTIMATE DIMENSIONS

No wobbling or squeaking – just stability and safety!



NO PLASTIC JOINTS

Durability and strength make doing sport fun!



MATERIAL COMBINATIONS THAT MAKE SENSE

We take the sports into account when choosing the materials and only use stainless steel where necessary.



WELDED ELEMENTS, NO SCREWED-IN ONES

More safety thanks to welded elements!



NO WOODEN ELEMENTS

We rely on UV-resistant composite panels with a non-slip structure.

BASE FALL PROTECTION MATS

We adapt our facilities to the local conditions. Whether asphalt or grass.



DESIGN: CONCRETE BASE PLATE WITH LAWN STONE BORDERING AND FALL PROTECTION MATS

The system is anchored to a concrete base plate. The fall protection mats are placed directly on the base plate and glued down.



DESIGN: CONCRETE BASE PLATE/CONCRETE FOUNDATION STRIP AND FALL PROTECTION MATS

Existing asphalt is at least partially removed. The facility is anchored onto a concrete base plate or concrete base strips. The fall protection mats are placed directly on the base plate and glued down.



FALL PROTECTION MATS

From an economic and athletic point of view, fall protection mats are an optimal covering for the workout parks.

- ✓ Low maintenance
- ✓ Easy to clean
- ✓ Durable
- ✓ Flat surface (coordination)
- ✓ Can also be used in wet conditions
- ✓ Better protection against twisting your ankle
- ✓ Accessible for people with disabilities
- ✓ Visually appealing

Seamless design also available!



BASE FILLING MATERIAL



DESIGN: CONCRETE BASE STRIPS WITH LOOSE FILLING MATERIAL

The system is anchored to several concrete base strips. The loose filling material must have a thickness of 45 cm.

This thickness is composed of the following factors taken into account in the standard:

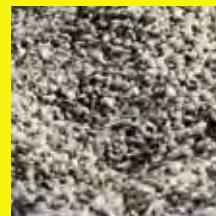
- ✓ 30 cm for fall protection
- ✓ 10 cm drift
- ✓ 5 cm safety (Barzflex standard which exceeds the norm)



BARK MULCH
Crushed bark of coniferous trees
Particle size 20 mm to 80 mm



WOOD CHIPS
Mechanisch zerkleinertes Holz (keine Holzwerkstoffe), ohne Rinde und Laubanteil
Particle size 5 mm to 30 mm



GRAVEL
Particle size 2 mm to 8 mm



SAND
Particle size 0.2 mm to 2 mm

YOUR BODY – YOUR LEVEL

WHAT YOUR
TRAINING
ACHIEVES





No matter how exercised you are, our equipment and parks are suitable for all fitness levels – and create friendships for life!

For like-minded people, it doesn't matter whether you're (still) unexercised, a casual athlete or a top athlete. Your age is also irrelevant: whether you're very young, have remained young or are already more mature – for our community, our training programmes and our

equipment, this makes no difference! True to the motto „being a part of it is everything“, you actually only need one thing: a healthy dose of motivation **to want to do something for yourself and your body.**

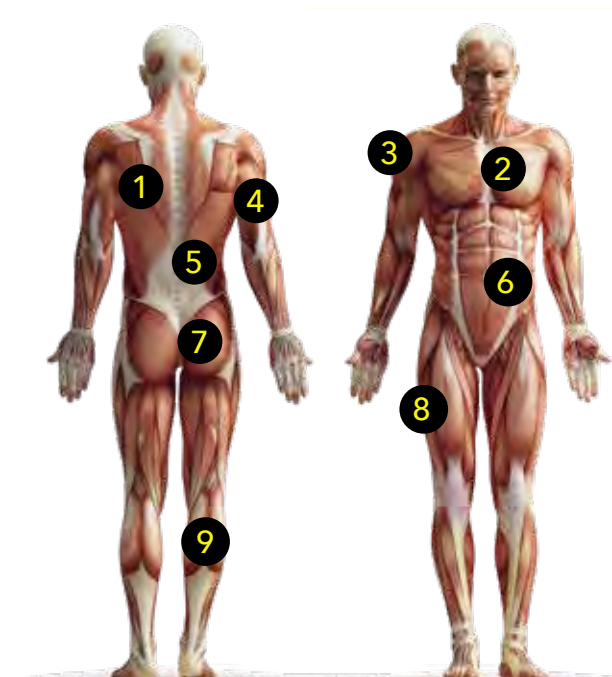
FITNESS LEVEL – our grading for guidance on the sample exercises in the catalogue



- 1 **Motivated beginner** – little or no experience
- 2 **Casual athlete** – little to average experience
- 3 **Experienced athlete** – a lot of experience
- 4 **Professional athlete** – superior amount of experience

In addition to gaining self-confidence, mental strength and promoting your entire well-being, you train various muscle groups of your body with our system! In this catalogue, you will find an example exercise for each piece of equipment, including the corresponding fitness level. In addition, you can see which parts of the body are exercised.

- 1 **Wide dorsal muscle**
(*Musculus latissimus dorsi*)
- 2 **Major pectoral muscle**
(*Musculus pectoralis major*)
- 3 **Shoulder muscle**
(*Musculus deltoideus*)
- 4 **Biceps & Triceps**
(*Musculus biceps rachii & M. triceps brachii*)
- 5 **Lower back**
(*Musculus serratus posterior inferior*)
- 6 **Straight abdominal muscle**
(*Musculus rectus abdominis*)
- 7 **Large gluteal muscle**
(*Musculus gluteus maximus*)
- 8 **Thigh muscle**
(*Musculus quadriceps femoris*)
- 9 **Calf muscle**
(*Musculus gastrocnemius*)



YOUR WILL – OUR EQUIPMENT



Key to the
different elements

PLUS

Attachments that
save space and
money

WOB

Elements specially developed
for professional calisthenics
exercises

SWITCH

Elements that can be
individually adjusted in
height





THE RING SWITCH

The ring element can be optimally used for stability training. The best way of strengthening your shoulder muscles or back! The rings are height-adjustable in 10 cm increments. Also suitable for wheelchair users.

Standard dimensions (m)	1.7 x 3.7 x 0.6
Area required (m)	6 x 4.4
Variants	-
Fall protection	Yes



THE SLING SWITCH

Standard dimensions (m)	1.7 x 3.7 x 0.6
Area required (m)	5.8 x 4.2



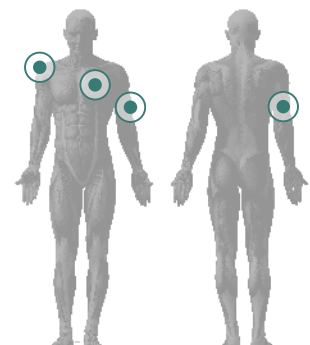
EXERCISE EXAMPLE: Fly

Grasp the rings at shoulder-width and extend your legs backwards so that your toes are on the floor, and you are in a straight line from shoulders to heels. Then move your extended arms outwards from your body. In doing so, your upper body will slowly move towards the floor. As soon as the lowest point has been reached, hold the position briefly and then push upwards in a controlled manner to your starting position.

FITNESS LEVEL



The main muscle groups exercised here



Maintain your body tension; keep your arms straight if possible; do not let your shoulders and hips sag; adjust the height of the rings to your personal performance level (the lower the rings are placed, the harder the exercise is!)



P-BARS

Our bars are ideal for any kind of dip training, pull-up workout or a variety of calisthenics exercises. Coordination on this equipment is prioritised.

Standard dimensions (m)	2 x 1.3 x 0.5
Area required (m)	5 x 3.5
Variants	-
Fall protection	Yes



P-BARS PLUS

Standard dimensions (m)	1.7 x 1.3 x 1.6
Area required (m)	4.5 x 3.5



P-BARS SHORT

Standard dimensions (m)	1 x 1.3 x 0.5
Area required (m)	4 x 3.5

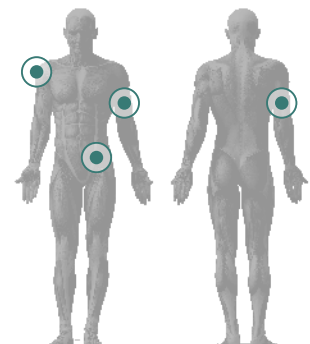
EXERCISE EXAMPLE: *Knee lift*

Grasp the bars with your palms facing inwards and hold your position with your arms extended. Raise your legs with the knees bent, so that your hip joints are at an angle of about 90°. Lower your legs back slowly to your starting position.

FITNESS LEVEL



The main muscle groups exercised here

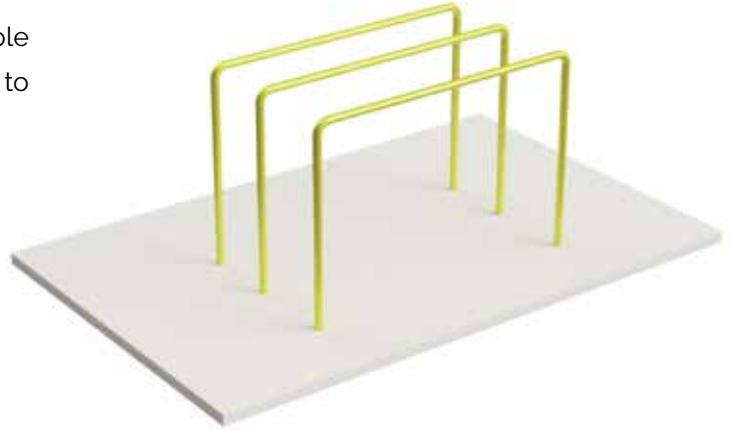


Maintain your body tension, move your legs up and down in a controlled manner, do not lift them too energetically!

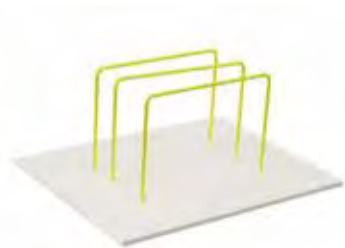


P-BARS DOUBLE WOB

You have one more bar here than in the simple version. The distances are chosen differently to suit different body types.



Standard dimensions (m)	2 x 1.3 x 1.1
Area required (m)	5 x 4.1
Variants	-
Fall protection	Yes



P-BARS, DOUBLE CONICAL

Standard dimensions (m)	2 x 1.3 x 1.1
Area required (m)	4 x 4.1



P-BARS, DOUBLE PLUS

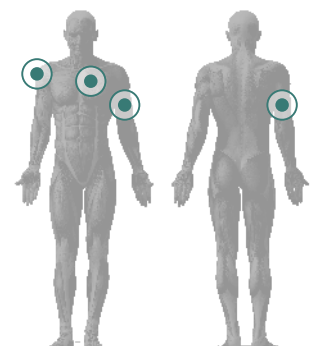
Standard dimensions (m)	1.7 x 1.3 x 1.6
Area required (m)	4.5 x 4.1


EXERCISE EXAMPLE: BAR DIPS

Grasp the bars with your palms facing each other, keeping your arms slightly bent, and take an upright position. Lower your body by bending your elbow joints and briefly holding this position. Return to your starting position by pushing yourself up with force.

The main muscle groups exercised here

FITNESS LEVEL



 No seesawing movement; maintain full-body tension; if possible, avoid arching your back; use the full range of movement; do not overstretch your elbows!



DIP STATION PLUS



Too little space for a bar but no desire to lose a great training opportunity for arms, shoulders and chest? No problem! This is exactly why the Dip Station Plus is available at an affordable price and with less space needed. Thanks to the climbing aid, even smaller athletes can train perfectly on it.

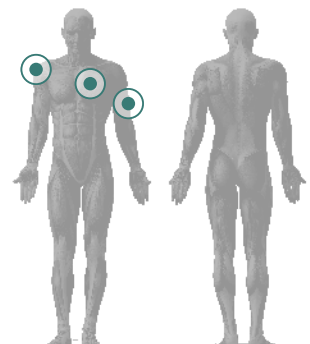
Standard dimensions (m)	1.3 x 0.9 (bar height) x 0.65
Area required (m)	4 x 3.8
Variants	-
Fall protection	Yes


EXERCISE EXAMPLE: Bar dips

Grasp the bars with your palms facing each other; keep your arms slightly bent and assume an upright position. Lower your body by bending your elbow joints and briefly hold this position. Return to your starting position by pushing yourself up with force.

The main muscle groups exercised here

FITNESS LEVEL



 No seesawing movement; maintain full-body tension; if possible, avoid arching your back; use the full range of movement; do not overstretch your elbows!

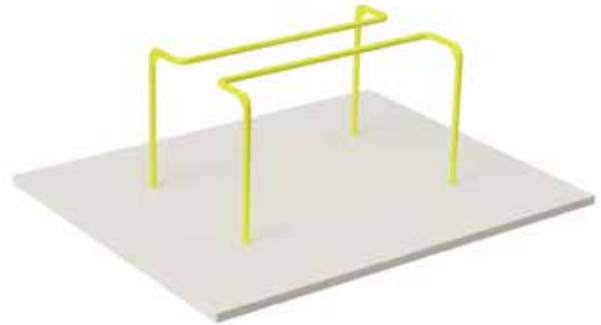
P-BARS

INCLUSION



Unlike your regular bar variants, these bars are set further apart to allow access for wheelchairs. At the top, the bar narrows down to a normal size.

Standard dimensions (m)	1.7 x 1.3 x 1.6
Area required (m)	5 x 4.3
Variants	-
Fall protection	Yes



P-BARS PLUS

INCLUSION

Standard dimensions (m)	1.7 x 1.3 x 1.75
Area required (m)	4.7 x 4.5

PLUS



P-BARS STEP PLUS

INCLUSION

Standard dimensions (m)	1.7 x 1.3 x 1.75
Area required (m)	4.5 x 4.7

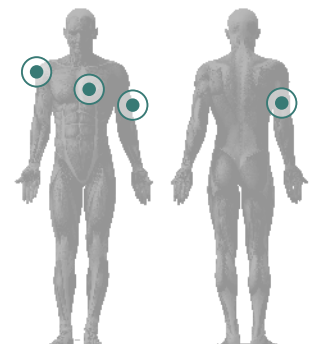
PLUS

EXERCISE EXAMPLE: Bar dips

Grasp the bars with your palms facing each other, keeping your arms slightly bent. Lower your body by bending your elbow joints and briefly holding this position. Return to your starting position by pushing yourself up with force.

The main muscle groups exercised here

FITNESS LEVEL

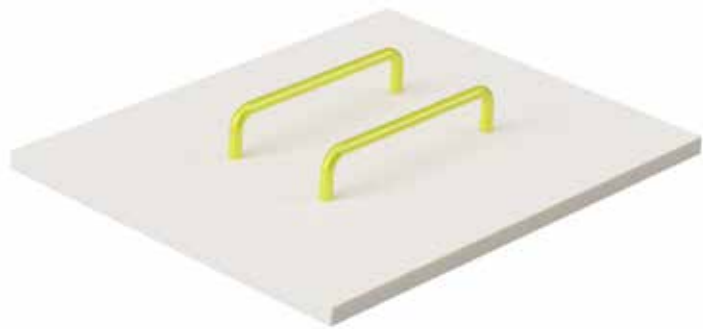


Maintain upper-body tension; use the full range of movement; do not overstretch your elbows!



PARALLETES

LOW



You can work really intensively on press-ups with our double press-ups equipment. Due to its length, it can be used by 2 people at the same time.

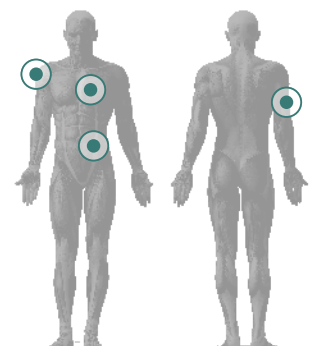
Standard dimensions (m)	1 x 0.2 x 0.55
Area required (m)	1.5 x 1.5
Variants	-
Fall protection	No

EXERCISE EXAMPLE: *Press-ups*

Hold the bars and extend your legs backwards so that your toes are on the floor, and you have a straight line from shoulders to heels. Move your body towards the equipment by bending your elbows. Hold this position briefly and then push upwards in a controlled manner to your starting position..

The main muscle groups exercised here

FITNESS LEVEL



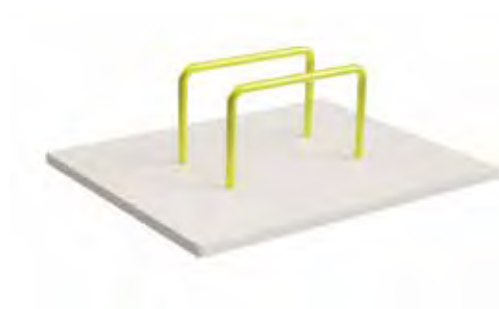
Maintain body tension; do not extend your elbows completely; do not allow your shoulders and hips to sag!



PARALLETTES

HIGH

Standard dimensions (m)	1 x 0.6 x 0.55
Area required (m)	1.5 x 1.5



PARALLETTES CONICAL

LOW

Standard dimensions (m)	1 x 0.2 x 0.55
Area required (m)	1.5 x 1.5



PARALLETTES CONICAL

HIGH

Standard dimensions (m)	1 x 0.6 x 0.55
Area required (m)	1.5 x 1.5





FLOOR-BAR DOUBLE

400-200



The floor bar is especially suitable for safe handstand training, but also for perfecting press-up exercises.

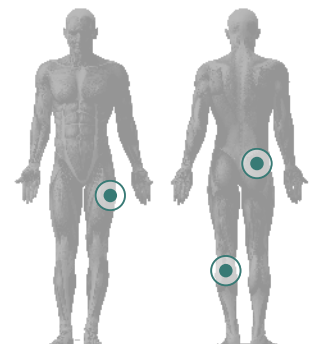
Standard dimensions (m)	3 x 0.6/0.4 x 0.55
Area required (m)	5.9 x 3
Variants	Individual height combinations
Fall protection	No

EXERCISE EXAMPLE: *Lunge*

Place the instep of one foot on the bar. Bend your front leg slowly until the knee of the lowered leg is almost touching the floor. Hold this position briefly and return to your starting position by pushing yourself up forcefully.

The main muscle groups exercised here

FITNESS LEVEL



Maintain tension throughout the body; make sure that your back is straight; adjust the intensity and depth of the bend to your particular performance level!



FLOOR-BAR SINGLE

HIGH 1000

Standard dimensions (m)	1.5 x 1 x 0.55
Area required (m)	4.5 x 3



FLOOR-BAR DOUBLE

1000-800

Standard dimensions (m)	3 x 1/0.8 x 0.55
Area required (m)	5.9 x 3



FLOOR-BAR DOUBLE

800-400

Standard dimensions (m)	3 x 0.8/0.4 x 0.55
Area required (m)	5.9 x 3



FLOOR-BAR TRIPLE

400-200-100

Standard dimensions (m)	4.5 x 0.4/0.2/0.1 x 0.55
Area required (m)	7.4 x 3





WORKOUT-BENCH ABS

The inclined bench can be used especially for abdominal exercises. The handle on the upper half of the bench is used for stabilisation.

Standard dimensions (m)	1.5 x 0.76 x 0.4, 15° angle
Area required (m)	4.5 x 3.4
Variants	-
Fall protection	No



WORKOUT-BENCH ABS PLUS

Standard dimensions (m)	1.5 x 0.9 x 0.58, 15° angle
Area required (m)	4.5 x 3.4



WORKOUT-BENCH STRAIGHT

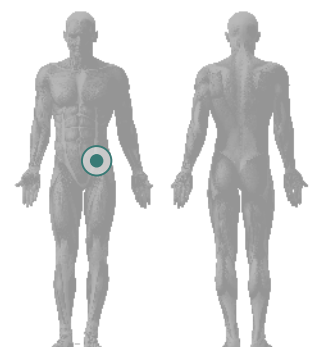
Standard dimensions (m)	1.5 x 0.4-0.7 x 0.4
Area required (m)	4.5 x 3.4

EXERCISE EXAMPLE: *Knee lift*

Grasp the handle of the workout bench with both hands and hold your position with extended arms. Raise your legs with the knees bent, so that your hip joints are at an angle of about 90°. Lower your legs back slowly to your starting position.

The main muscle groups exercised here

FITNESS LEVEL



Auf Körperspannung achten, kontrolliertes Auf- und Abbewegen der Beine, schwungvolles Hochheben vermeiden!



HYPER-EXTENSION-STATION



Our back stretcher is the optimal solution for easy training of the lower back. The special surface finish of the support area offers additional safety during training.

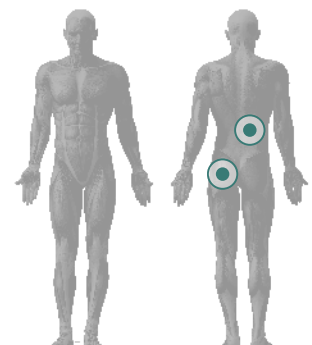
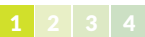
Standard dimensions (m)	0.9 x 0.76 x 0.4, 15° angle
Area required (m)	3.4 x 3
Variants	-
Fall protection	Yes

EXERCISE EXAMPLE: *Back-stretching exercise*

Position yourself face-down on the bench. Arrange both legs under the rollers. Now lower your upper body and return to your starting position with the help of your lower back muscles.

The main muscle groups exercised here

FITNESS LEVEL



Perform with care and control: avoid overstretching your spine with jerky movements!



JUMP-BOX SET

HIGH

With our low jump box set, we offer leg training for all ages. Through „step-climbing with different intervals“, you can train the lower half of your body. For the 80 cm, 100 cm and 120 cm height intervals, you can strengthen your legs for jumping.



Standard dimensions (m)	0.5 x 0.8-1.2 x 0.5
Area required (m)	4.7 x 3
Variants	Individual height combinations
Fall protection	No

JUMP-BOX SET **LOW**



Standard dimensions (m)	0.5 x 0.2-0.6 x 0.5
Area required (m)	1.5 x 1.5



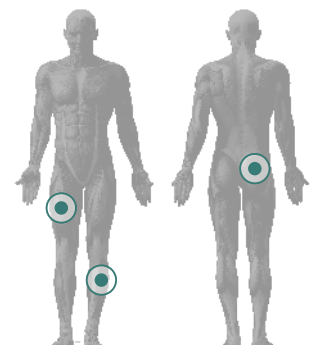
EXERCISE EXAMPLE: *Step up*

Place one foot on the surface of the box. Then, with a controlled upwards movement, use your leg muscles to lift your other leg up as well. Then bring one leg back down to the ground.

FITNESS LEVEL



The main muscle groups exercised here



Maintain your body tension, and ensure safe and controlled footing!



JUMP-PLATE SET **HIGH**

Standard dimensions (m)	0.5 x 0.8-1.2 x 0.5
Area required (m)	4.7 x 3



JUMP-PLATE SET **LOW**

Standard dimensions (m)	0.5 x 0.2-0.6 x 0.5
Area required (m)	2 x 1.5



JUMP-PLATE PLUS



Existing workout parks can thus be easily and cost-effectively expanded. The TOP leg exercise can still be carried out, even in the case of new developments where training areas are in short supply. Jumping and climbing are ideal exercises for both beginners and professionals to train their leg muscles effectively.

Standard dimensions (m)	0.5 x 0.2-1.2 x 0.5
Area required (m)	1.5 x 1.5



JUMP-PLATE NINJA

Standard dimensions (m)	0.5 x 0.2-1.2 x 0.5
Area required (m)	1.5 x 1.5





PULL-UP BAR



One of the most important exercises for the body can be done on our pull-up bar (can also be combined with a pull-up tower) – pull-ups. In order to provide all athletes with optimal training conditions, we can assemble the pull-up bar at any height you wish – there are no restrictions here.

Standard dimensions (m)	1.7 x 1.1-2.3 x 0.16
Area required (m)	5.7 x 4.1
Variants	-
Fall protection	Yes

Pull-up bars also available as a SLIM version!

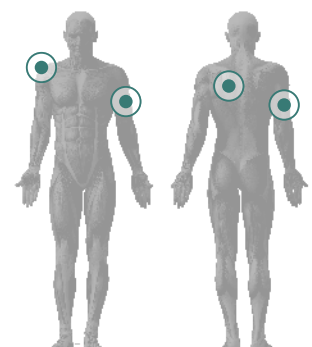
EXERCISE EXAMPLE: *Pull-up*

Grasp the bar over your head with your hands a little more than shoulder-width apart. Focus on your upper back and abdominal muscles and pull yourself up using your back and arm muscles until your chin is above the bar. Drop down carefully and in a controlled manner until your elbows are extended (but maintain tension).

FITNESS LEVEL



The main muscle groups exercised here



No seesawing movement; maintain full-body tension; if possible, avoid arching your back; use the full range of movement; do not overstretch your elbows!



PULL-UP BAR PLUS

Standard dimensions (m)	1.7 x 1.1- 2.3 x 0.16
Area required (m)	5.9 x 4.8



PULL-UP BAR SIDE-HANDLE PLUS

Standard dimensions (m)	1.9 x 1.1-2.3 x 0.16
Area required (m)	6.1 x 4.8



PULL-UP BAR OCTAGON

Standard dimensions (m)	1.7 x 1.1-2.3 x 0.16
Area required (m)	8 x 8



PULL-UP WHEEL

Standard dimensions (m)	1.7 x 2.45 x 0.5
Area required (m)	5.7 x 4.5





SNAKE BAR



The snake bar is perfect for all kinds of pull-up variations. The different ways of gripping allow your muscles to be optimally strengthened. Also perfect for training with a partner!

Standard dimensions (m)	1.7 x 2.3 x 0.6
Area required (m)	5.7 x 4.1
Variants	-
Fall protection	Yes

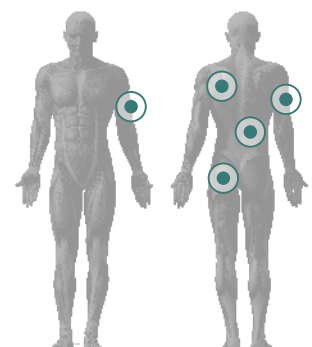
EXERCISE EXAMPLE: *Girona pull-up*

Grasp the round crosspieces of the snake bar in a hammer grip with your hands a little more than shoulder-width apart. Using your back and arm muscles, pull yourself up until your chest touches the snake bar. Drop down carefully and in a controlled manner until your elbows are extended (but maintain tension).

FITNESS LEVEL



The main muscle groups exercised here



Ensure full body tension!



PULL-UP LADDER



The pull-up ladder is a highlight for experienced athletes. Here you can move further and further forward by doing jerky pull-ups.

Standard dimensions (m)	1.7 x 3.1 x 0.6
Area required (m)	5.7 x 4.1
Variants	-
Fall protection	Yes

Pull-up ladder also available as a SLIM version!

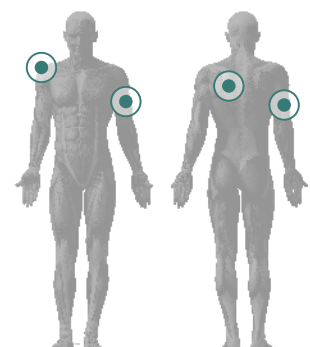
EXERCISE EXAMPLE: *Moving hand over hand*

Grasp the bar over your head with your hands a little more than shoulder-width apart. Using your back and arm muscles, grasp the next bar up with one hand. Bring the other hand to join it. Then use your muscle strength again to grasp the highest bar and bring your other hand to join it. Then do the whole thing in reverse until you have returned to your starting position.

FITNESSLEVEL



The main muscle groups exercised here



Do this carefully and in a controlled way; if you lose your strength prematurely, let go in time to land safely on your feet!



MONKEY BAR

Hier ist der Name Programm. Man bewegt den Körper, ohne den Boden zu berühren, durch Weitergreifen entlang des Rosts.

Standard dimensions (m)	1.7 x 2.4 x 1.7
Area required (m)	5.7 x 5.7
Variants	-
Fall protection	Yes



MONKEY BAR **FREESTYLE**

Standard dimensions (m)	2.2 x 2.4 x 1.7
Area required (m)	6.2 x 5.7



MONKEY BAR DIAGONAL

Standard dimensions (m)	1.7 x 2.4 x 1.7, 10° incline
Area required (m)	5.7 x 5.7



MONKEY BAR DIAGONAL **FREESTYLE**

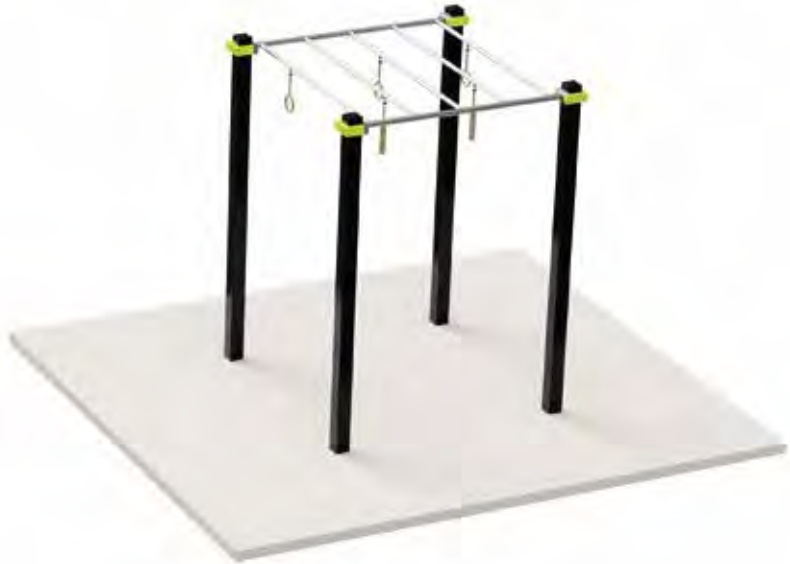
Standard dimensions (m)	2.2 x 2.4 x 1.7, 10° incline
Area required (m)	6.2 x 5.7



All monkey bars also available as a SLIM version!



MONKEY BAR NINJA



This special monkey bar promotes, above all, the gripping force of the individual users. With this piece of equipment, you can decide for yourself how hard you want to train.

Standard dimensions (m)	1.7 x 2.4 x 1.7
Area required (m)	5.7 x 5.7
Variants	-
Fall protection	Yes

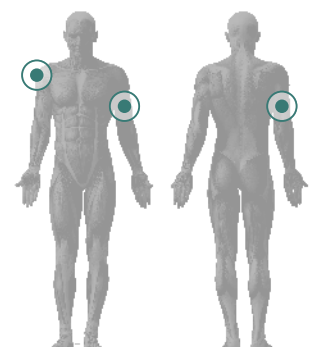
EXERCISE EXAMPLE: *Moving hand over hand*

Grasp the grip force element over your head with your hands a little more than shoulder-width apart. Release one hand and reach for the next element with your arms tensed. Then, with a controlled movement, grasp the next grip force element and let go of the old one. Repeat this rhythmically to the end of the monkey bar.

FITNESS LEVEL



The main muscle groups exercised here



Mit Bedacht und Kontrolle ausführen; bei frühzeitigem Kraftverlust rechtzeitig loslassen, um sicher auf den Füßen zu landen!



MONKEY BAR DIAGONAL

INCLUSION



This low, inclined monkey bar provides wheelchair users with the perfect way of doing pull-ups and moving hand over hand.

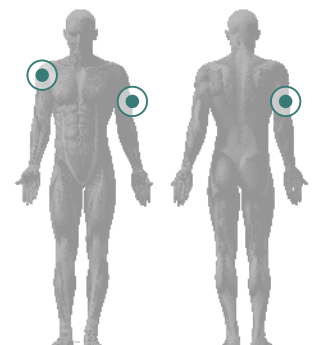
Standard dimensions (m)	1.7 x 1.4-1.7 x 1.7, 10° incline
Area required (m)	4.7 x 4.7
Variants	-
Fall protection	Yes

EXERCISE EXAMPLE: *Moving hand over hand*

Position the wheelchair under the lowest bar. Grasp the bar over your head with your hands a little more than shoulder-width apart. Let go with one hand and with your arms extended grasp the next bar. Then release the other bar with a dynamic and controlled movement and reach for the next bar with your hand. Repeat this rhythmically to the end of the monkey bar.

The main muscle groups exercised here

FITNESS LEVEL



Do this carefully and with control; if you lose strength prematurely, let go in time to position the wheelchair safely; always pay attention to the height!



SWEDISH BAR

Our wall bars invite you to climb. And they are also ideally suited for stretching or abdominal muscle training.

Standard dimensions (m)	1.7 x 2.4 x 0.16
Area required (m)	5.7 x 4.1
Variants	-
Fall protection	Yes

Swedish bars also available as a SLIM version!



SWEDISH BAR WOB



Standard dimensions (m)	1.7 x 2.4 x 0.16
Area required (m)	5.7 x 4.1



SWEDISH BAR PLUS



Standard dimensions (m)	0.74 x 2.4 x 0.16
Area required (m)	4.6 x 4.1



SWEDISH BAR MULTIFUNCTION

Standard dimensions (m)	1.7 x 2.4 x 0.16
Area required (m)	5.7 x 4.1



HANDSTAND WALL

The handstand wall with its large surface is an optimal help for beginners but also for advanced athletes. The additional rungs help with training.

Standard dimensions (m)	1.7 x 2.4 x 0.16
Area required (m)	5.7 x 4.1
Variants	-
Fall protection	Yes



HANDSTAND WALL PLUS

Standard dimensions (m)	1.59 x 0.73 x 0.16
Area required (m)	1.5 x 1.5



HANDSTAND FLOOR

Standard dimensions (m)	1 x 0.025 x 0.5
Area required (m)	1.5 x 1.5



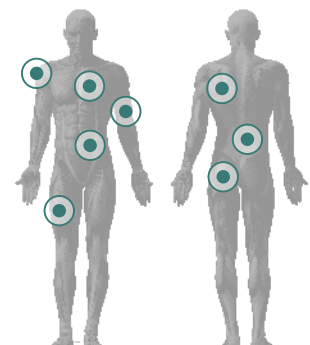
EXERCISE EXAMPLE: *Headstand*

Position the palms of your hands shoulder-width apart on the floor. Position your head on the floor in front of your hands, so you have a triangle between your two hands and your head. Swing your feet upwards in a controlled manner and lean against the wall. Balance your body weight on the palms of your hands and keep your body tensed. Return to your starting position after holding your headstand.

FITNESS LEVEL



The main muscle groups exercised here



Maintain tension in your legs, arms and torso, keeping your view horizontal to the ground!



FLAG BAR PLUS

The perfect training element for practising the "human flag". This is a pulling & pushing movement in which both hands are positioned on the bar. An ideal full-body tensioning exercise.

Standard dimensions (m)	0.26 x 2.3 x 0.16
Area required (m)	2.2 x 2.2
Variants	-
Fall protection	Yes



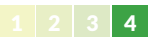
FLAG HANDLE PLUS

Standard dimensions (m)	0.24 x 0.16 x 0.26
Area required (m)	1.5 x 1.5

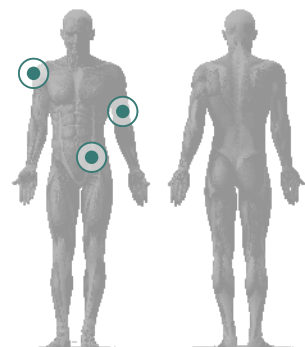
EXERCISE EXAMPLE: *The flag*


Grasp the bar with your hands more than shoulder-width apart. Both arms are tensioned using your shoulder, arm, and back muscles. Your lower hand presses against the bar away from your body, and your upper hand pulls the bar towards your body. Open your shoulders by slightly turning your chest and abdomen upwards. Then swing both legs into the holding position with a dynamic movement and hold this position briefly before placing your feet back onto the floor in a controlled manner.

FITNESS LEVEL



The main muscle groups exercised here



 *Make sure that both arms are extended; maintain complete body tension; avoid twisting outwards and jerky movements!*



POLE BAR



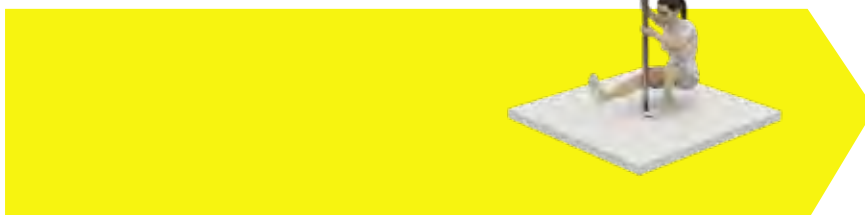
The pole bar was developed in collaboration with various pole-dancing clubs and guarantees a great training opportunity.

Standard dimensions (m)	0.05 x 2.45 x 0.05
Area required (m)	2.2 x 2.2
Variants	-
Fall protection	Yes

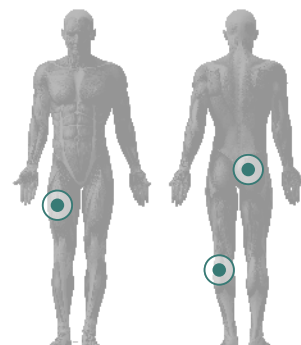
EXERCISE EXAMPLE: *Supporting one-legged squats*

Grasp the bar with both hands, stretch one leg forwards and balance yourself on the other leg. Using the strength of your arms, slowly bend your load-bearing leg to just less than a right angle. Then return to your starting position using your arm and leg muscles.

FITNESS LEVEL



The main muscle groups exercised here



Maintain full-body tension and adjust the intensity and depth of the squat to your individual performance level!



CLIMBING NET



Our net element promotes users' motor skills. This module is also an all-rounder in terms of training intensity.

Standard dimensions (m)	1.7 x 3.8 x 0.16
Area required (m)	5.8 x 4.2
Variants	-
Fall protection	Yes

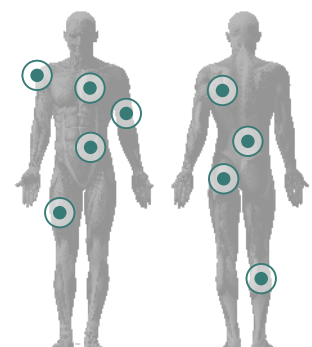
EXERCISE EXAMPLE: *Net climbing*

Hold the net with both hands. Move your body upwards by reaching further with your hands and lifting your feet. When climbing down, repeat these movements in reverse.

FITNESS LEVEL



The main muscle groups exercised here



Ensure safe and controlled footing!



CLIMBING ROPE

Our 3.5 m high rope element is ideal for climbing and is the perfect support for a functional workout.

Standard dimensions (m)	1.7 x 3.8 x 0.16
Area required (m)	5.8 x 4.2
Variants	-
Fall protection	Yes



CLIMBING ROPE PLUS



Standard dimensions (m)	1.7 x 3.8 x 0.16
Area required (m)	4.4 x 4.4

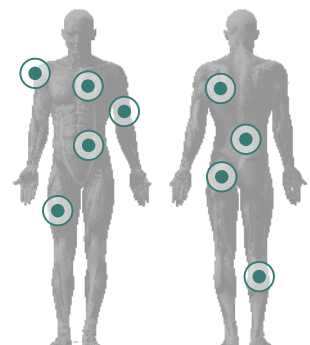
EXERCISE EXAMPLE: *Rope climbing*

Grasp the rope with both hands and clamp it between your feet. Move your body up by reaching further with your hands. Always pull your feet up for stabilisation. When climbing down, repeat these movements in reverse.

FITNESS LEVEL



The main muscle groups exercised here



Never lose contact with the rope, and avoid slipping when coming down!



BATTLE ROPE PLUS



Designed for outdoor use, our battle rope is an absolutely all-round piece of exercise equipment. Whether you are using the battle rope for individual exercises or for circuit training, the intensity can be individually adjusted, and it can be used to effectively train every muscle.

Standard dimensions (m)	5-7 x 1.2 x 0.16
Area required (m)	7-9 x 1.5
Variants	-
Fall protection	No

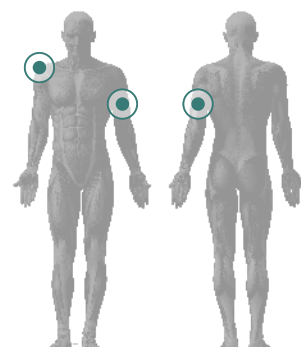
EXERCISE EXAMPLE: *Battle Rope*

Each hand takes one end of the rope. Your arms alternately move the rope up and down.

FITNESS LEVEL



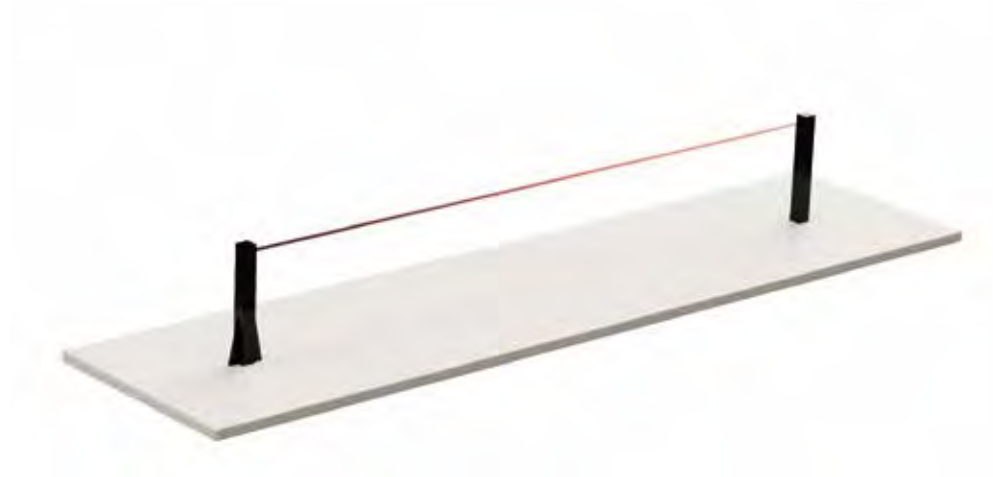
The main muscle groups exercised here



Wide and stable position in a slight squat: make sure that your back is straight and tensed!



SLACK LINE



On our slack line, you'll always keep your balance. A great way to train your concentration and coordination.

Standard dimensions (m)	8-10 x 1 x 0.16
Area required (m)	13 x 3
Variants	-
Fall protection	No

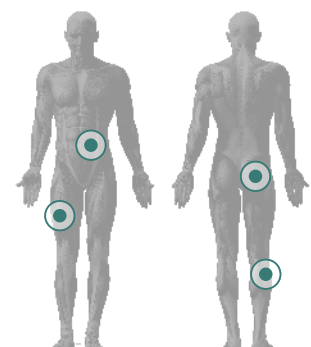
EXERCISE EXAMPLE: *Slacklining*

First step onto the slackline with one foot and balance your body. Then add your other foot and balance along the slackline in a controlled manner.

FITNESS LEVEL



The main muscle groups exercised here



Take controlled steps; be prepared for a sudden descent, practise initially with the help of a second person!



WALL BALL TARGET PLUS



Our height-standardised wallball shot attachment (height for men & women) is ideally suited for the "Crossfit workout of the day". Even beginners can train all muscles effectively using a medicine ball.

Standard dimensions (m)	0.305 x 3.3 x 0.165
Area required (m)	1.5 x 1.5
Variants	-
Fall protection	No

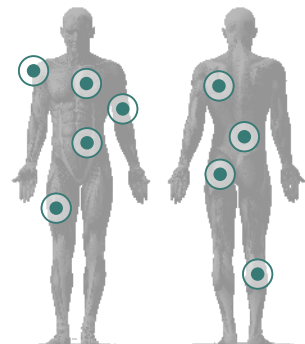
EXERCISE EXAMPLE: *Wall ball shots*

You take a medicine ball in both hands. You stand with your legs at shoulder-width, about two metres away from the standing element and focus on the wall-ball target. Now, with the help of a dynamic squat and an explosive pushing movement of your arm and shoulder muscles, you throw the ball at the target and then carefully catch it again.

FITNESS LEVEL



The main muscle groups exercised here



Perform a dynamic and smooth throwing/pushing movement; when catching the ball, make sure that you cushion its weight with a controlled squat!



INFOBOARD



The information sign is primarily for displaying move sequences and explaining how to use the equipment. But the board can also be put to good use for advertising or sponsorship.

Standard dimensions (m)	2 x 1.6 x 0.055
Area required (m)	1.6 x 0.1



User information

- ✓ The equipment should only be used by young people and adults or persons taller than 140 cm.
- ✓ Use at your own risk.
- ✓ Maximum permissible user weight: 100 kg
- ✓ Read and follow the training instructions for the equipment.
- ✓ Make sure that there are no medical reasons why you should not use the equipment.
- ✓ Avoid over-exertion when using the equipment.

General emergency number:

☎ 112

Maintenance staff:

Klopeiner See tourism region

☎ +43 (0) 4239 2222











www.teamalphabar.com
 Manufacturer and distributor
 Inspection authority
 Label
 Year of manufacture
 Standard



www.barzflex.com
 Barzflex GmbH, Sparbach Str. 2393 Sparbach
 TUV Austria GmbH, 12345 Brunn am Gebirge
 Facility XXXX
 XXXX
 EN8630 20150515

Stand up for a park in your community! join.barzflex.com

<p>PULL-UP TOWER / Exercise: pull-ups</p> <ul style="list-style-type: none"> Grasp the bar over your head with your hands a little more than shoulder-width apart. Focus on your upper back and abdominal muscles and pull yourself up until your chin is above the bar. Drop down carefully and in a controlled manner until your elbows are extended (but maintain tension) <p>Variations: handle width, handle type (upper handle, lower handle, cross handle), upper body pulling direction</p> <p>⚠ Caution: no seesawing movement, maintain full body tension, if possible, avoid arching your back, use the full range of movement.</p>  <p>Exercised muscles: 1, 2, 3, 6</p>	<p>BARS / Exercise: dips</p> <ul style="list-style-type: none"> Grasp the bar with your palms facing each other, keeping your arms slightly bent and take an upright position. Lower your body by bending your elbow joints and hold this position briefly. Return to your starting position by pushing yourself up. <p>Variations: chin to chest and upper body further forward, elbows out to the side with downwards movement</p> <p>⚠ Caution: no seesawing movement, maintain full body tension, if possible, avoid arching your back, use the full range of movement, do not overstretch your elbows!</p>  <p>Exercised muscles: 1, 2, 3, 6</p>
<p>WALL BARS / Exercise: press-ups</p> <ul style="list-style-type: none"> Grasp the wall bars with your hands at shoulder-width and extend your legs backwards so that your toes are on the floor and there is a straight line from shoulders to heels. Move your body towards the device by bending your elbows and turning them slightly outwards. Hold this position briefly and then push upwards to your starting position. <p>Variations: handle width, handle height (the higher they are, the easier it is)</p> <p>⚠ Vorsicht: maintain body tension!</p>  <p>Exercised muscles: 1, 2, 3, 6</p>	<p>SMALL BARS & POLES / Exercise: press-ups</p> <ul style="list-style-type: none"> Grasp the bar with your hands at shoulder-width and extend your legs backwards so that your toes are on the floor and there is a straight line from shoulders to heels. Move your body towards the device by bending your elbows and turning them slightly outwards. Hold this position briefly and then push upwards to your starting position. <p>Variations: handle width</p> <p>⚠ Caution: maintain body tension, do not extend your elbows completely, do not allow your shoulders and hips to sag!</p>  <p>Exercised muscles: 1, 2, 3, 6</p>
<p>MONKEYBAR / Exercise: leg-lifting</p> <ul style="list-style-type: none"> Grasp the bar with your palms facing outwards in the air with your feet and arms extended Raise your legs straight so that an angle of about 90° is created at the hip joint – your knee joint remains stretched Lower your legs back slowly to the starting position. <p>⚠ Caution: Beginners are not usually able to use the full range of movement. Only lift your legs as high as you can with ease. Avoid lifting your legs too energetically.</p>  <p>Exercised muscles: 1, 2, 3, 6</p>	<p>ROPE ELEMENT / Exercise: climbing</p> <ul style="list-style-type: none"> Grasp the rope with both hands and hold your position clamp By reaching further with your hands, move your body up. Always pull your feet up for stabilisation and never lose contact with the rope When climbing down, repeat these movements in reverse <p>⚠ Caution: Avoid slipping when coming down!</p>  <p>Exercised muscles: 1, 2, 3, 6</p>
<p>BENCH / Exercise: box jump</p> <ul style="list-style-type: none"> Go into a squat position, keeping your back straight. Jump onto the bench from the squat position. Stand on the bench in a stable position and then step off the bench onto the ground. Repeat. <p>⚠ Caution: Make sure you land in a controlled manner so as not to injure your knee joints and ankles!</p>  <p>Exercised muscles: 1, 2, 3, 6</p>	<p>MUSCULATURE</p> <ul style="list-style-type: none"> Large dorsal muscle (Musculus latissimus dorsi) Large pectoral muscle (Musculus pectoralis major) Shoulder muscle (Musculus deltoideus) Biceps & Triceps (Musculus biceps brachii & Musculus triceps brachii) Lower back (Musculus serratus posterior inferior) Straight abdominal muscle (Musculus rectus abdominis) Large gluteal muscle (Musculus gluteus maximus) Thigh muscle (Musculus quadriceps femoris) Calf muscle (Musculus gastrocnemius) 

EXAMPLE PARKS





EXAMPLE PARK mini 01

Floor-space requirement:
7 x 7 m



EXAMPLE PARK small 01

Floor-space requirement:
9 x 8 m



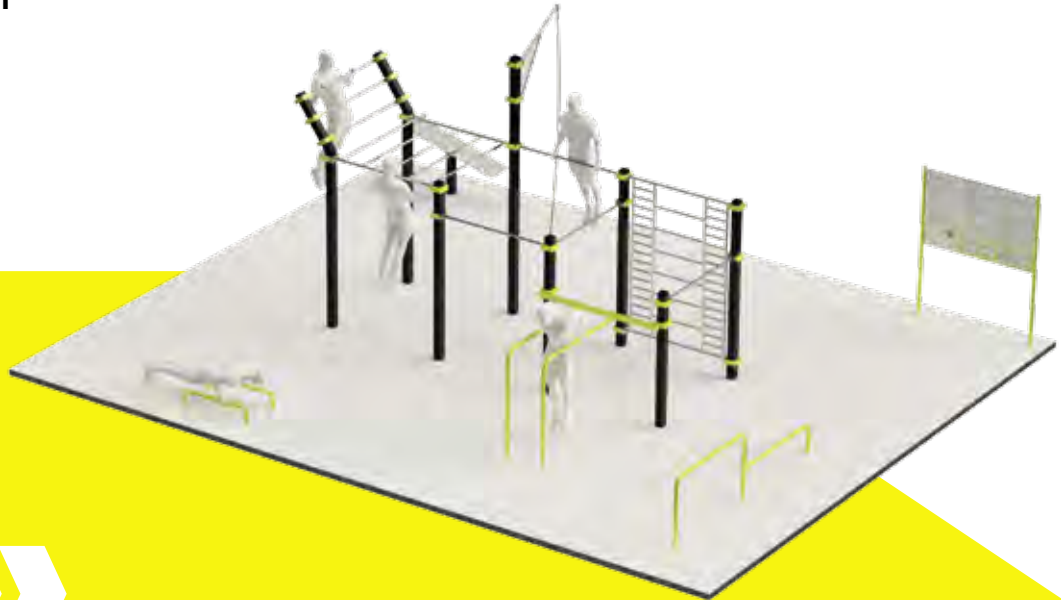


EXAMPLE PARK

small 02

Floor-space requirement:

10 x 8 m

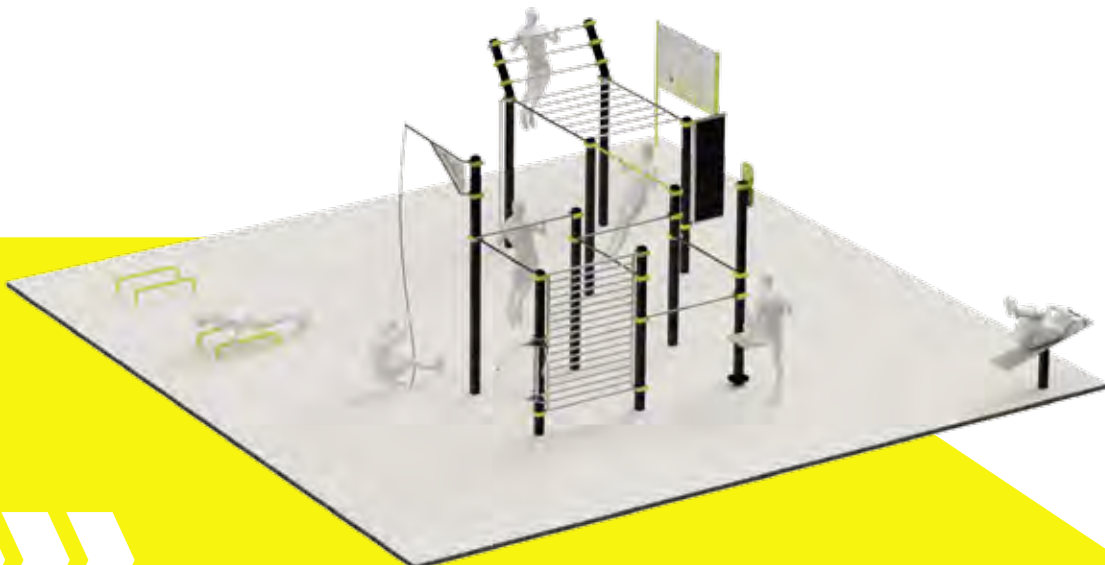


EXAMPLE PARK

small 03

Floor-space requirement:

11 x 11 m





EXAMPLE PARK medium 01

Floor-space requirement:
10 x 10 m



EXAMPLE PARK medium 02

Floor-space requirement:
13 x 10 m





EXAMPLE PARK medium 03

Floor-space requirement:

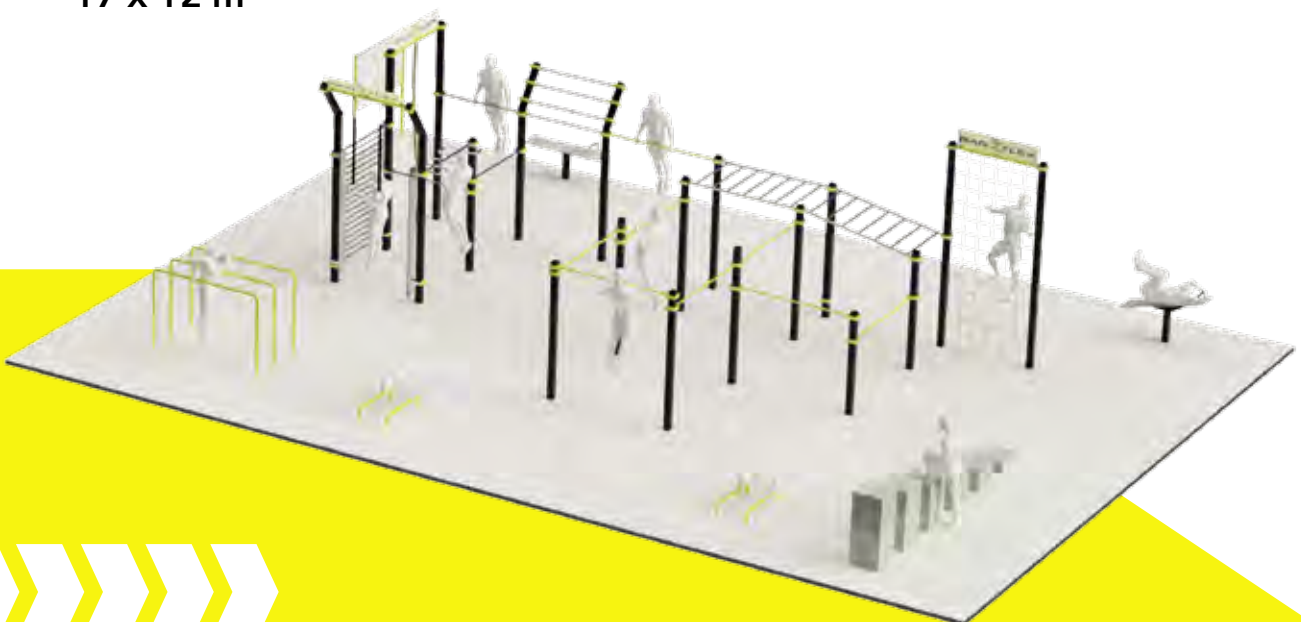
14 x 12 m



EXAMPLE PARK large 01

Floor-space requirement:

17 x 12 m



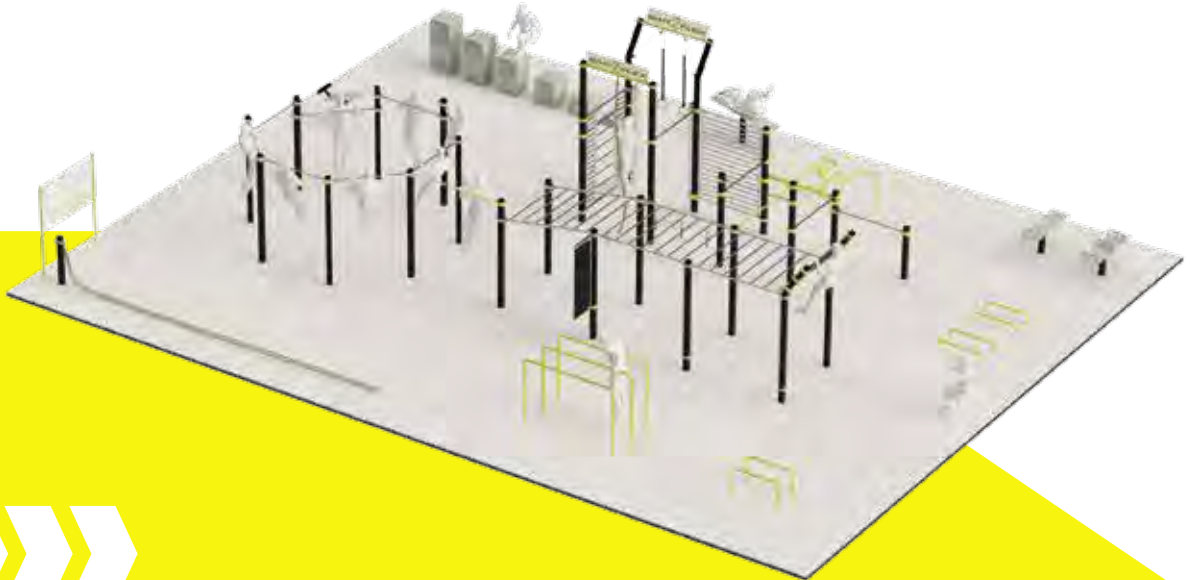


EXAMPLE PARK

large 02

Floor-space requirement:

18 x 14 m

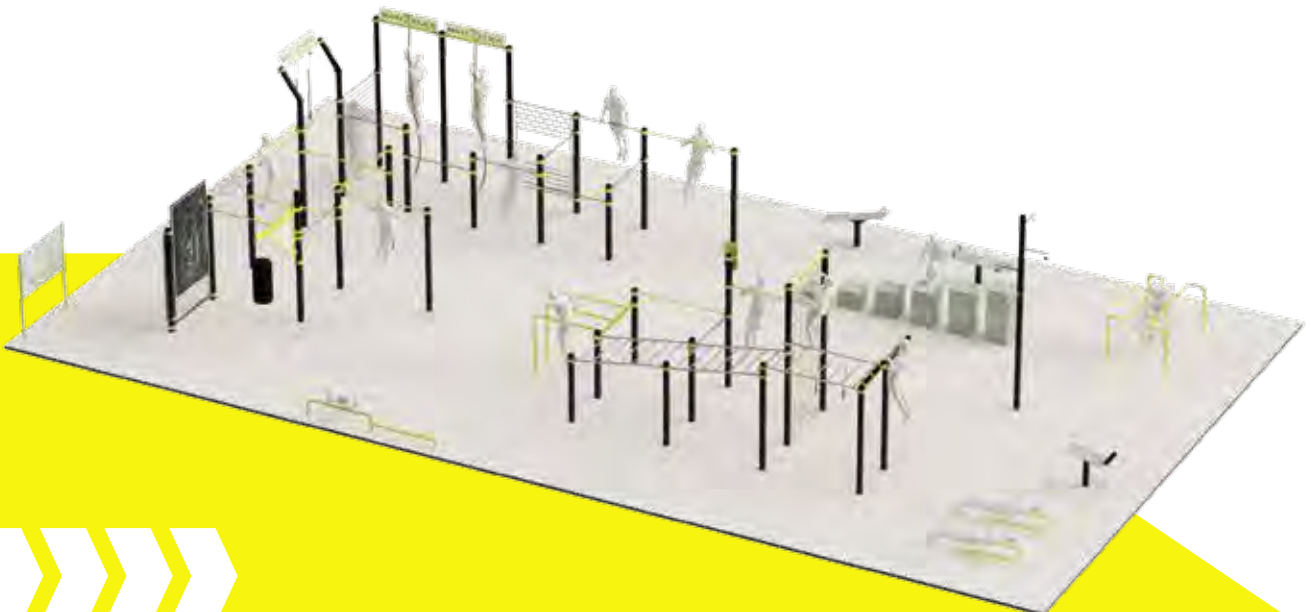


EXAMPLE PARK

large 03

Floor-space requirement:

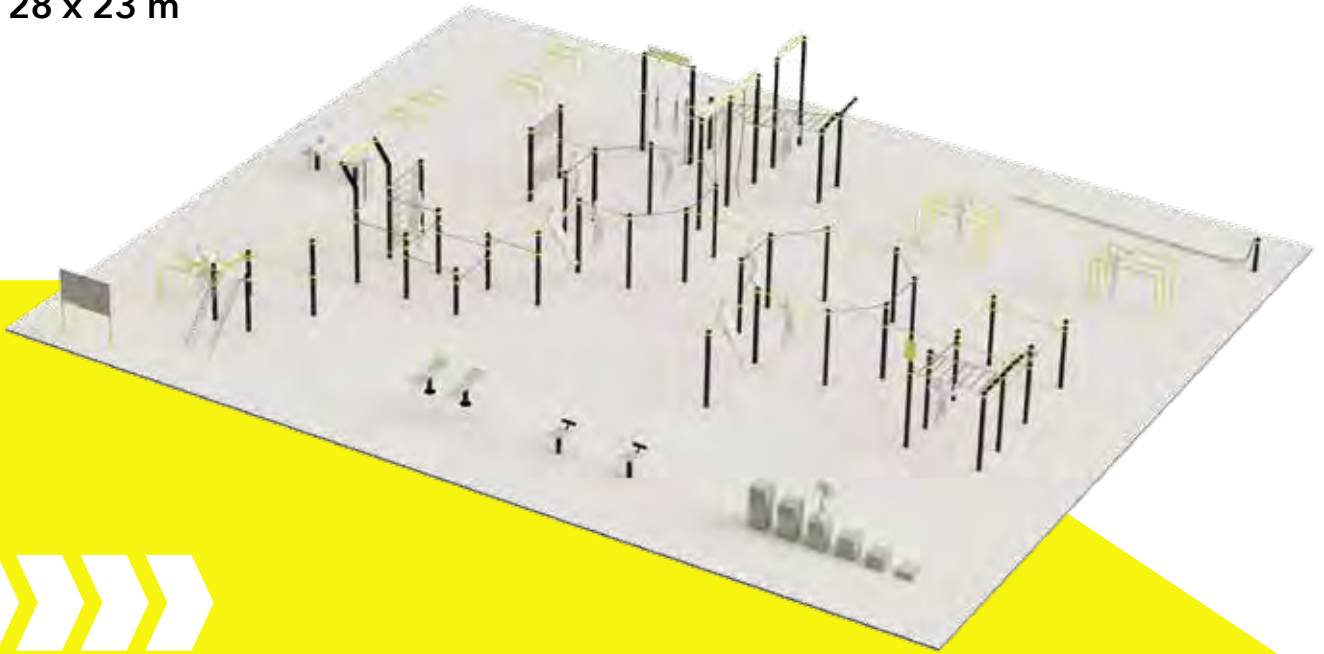
23 x 13 m





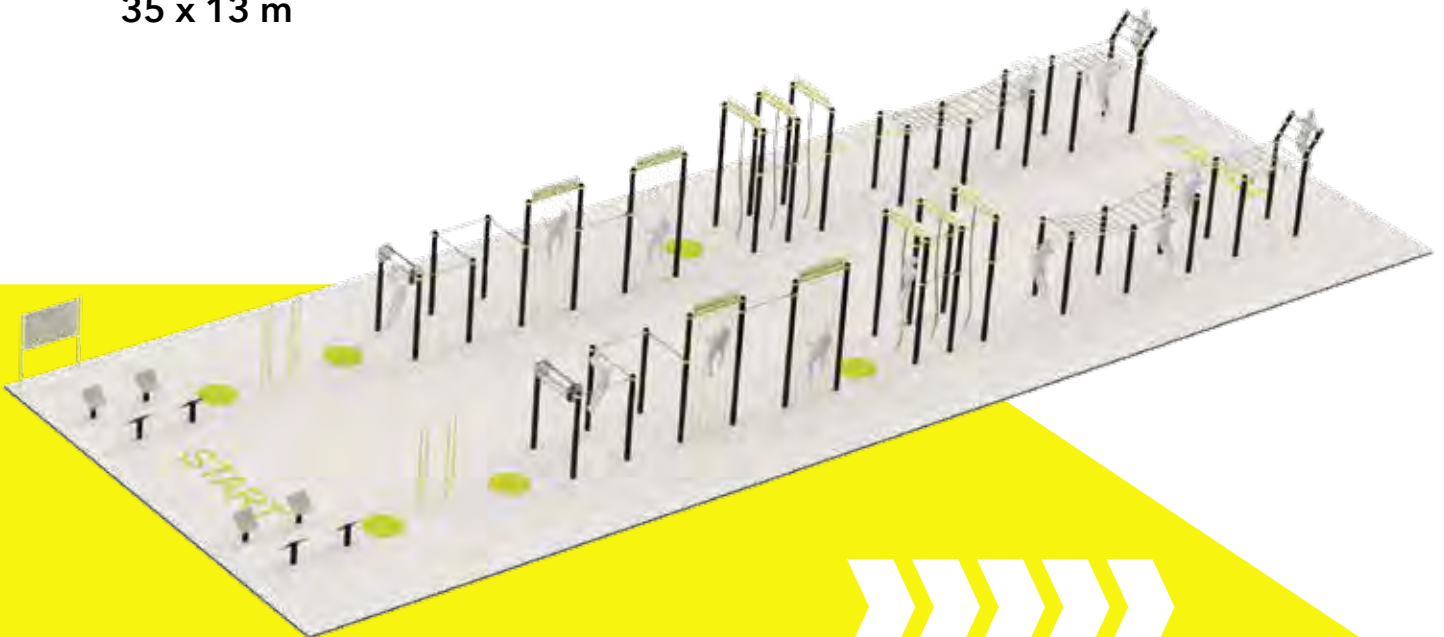
EXAMPLE PARK maxi 01

Floor-space requirement:
28 x 23 m



EXAMPLE PARK ninja 01

Floor-space requirement:
35 x 13 m



REFERENCE PARKS



Hinterbrühl



Kaltenleutgeben



REFERENCE PARKS





Gänserndorf



Salzburg

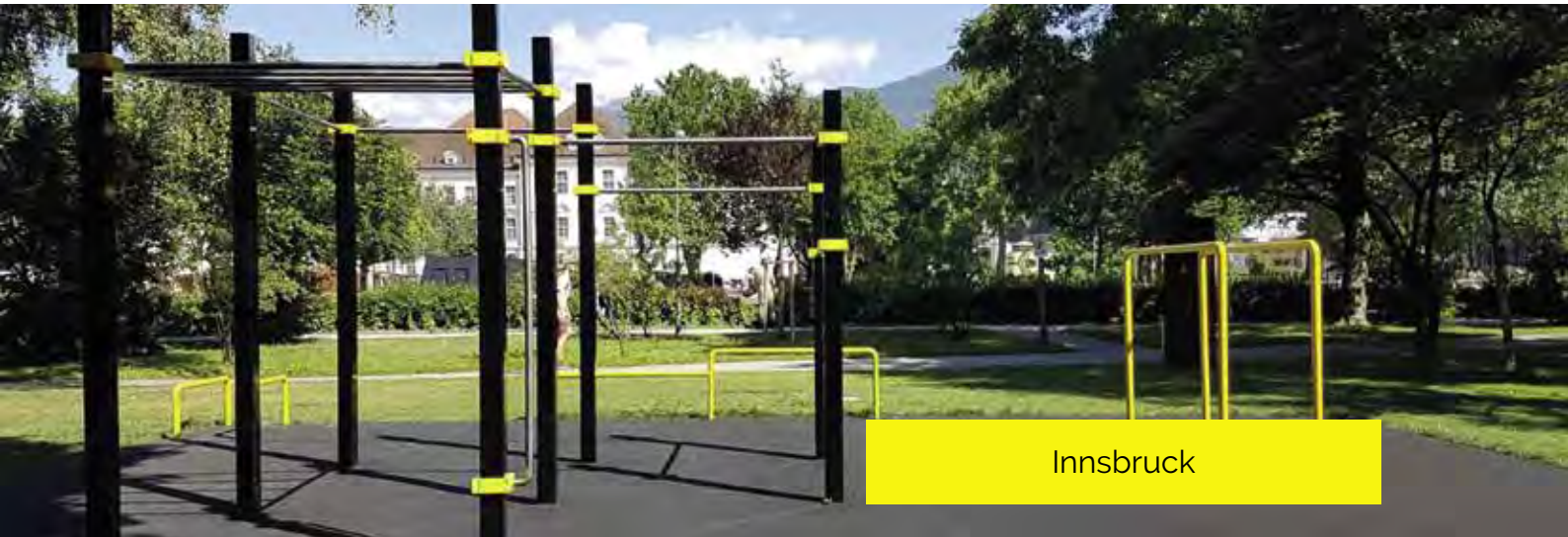


Eisenstadt



REFERENCE PARKS

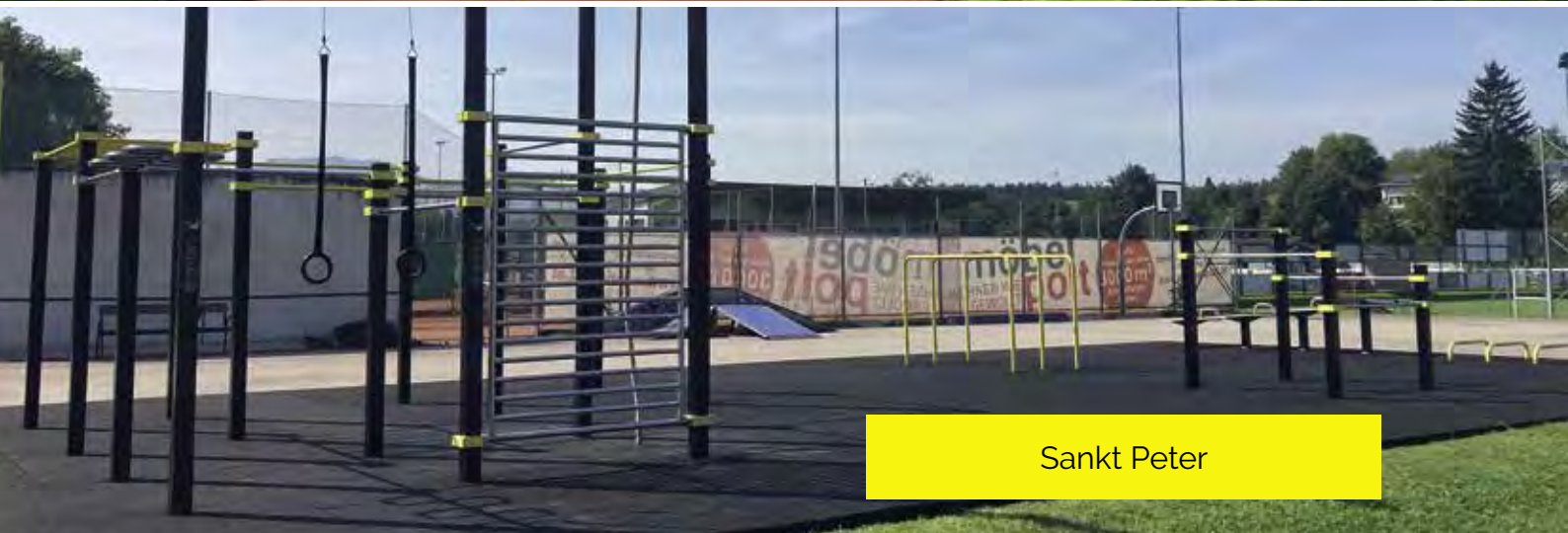




Innsbruck



Hallwang

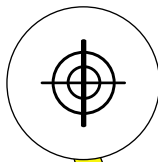


Sankt Peter

GET IN TOUCH

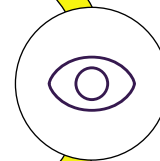


PROJECT SCHEDULE



INDIVIDUAL FACILITY DESIGN

We work with our customers to develop special concepts that are tailor-made both technically and visually, using the most modern 3D CAD programs.



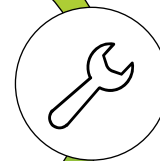
INSPECTION

We do an in-depth inspection of the local conditions in order to guarantee optimal advice regarding space allocation.



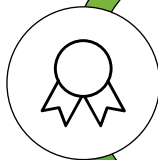
COMMUNICATION

We take over all liaison work and coordination with third party manufacturers and planning bodies. It is very important to us that a contact person is available for our customers as a constant companion throughout the project and beyond.



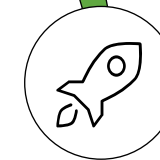
DEVELOPMENT

We offer continuous development of our systems and components in consultation with the client. We are also happy to create special lighting concepts.



CERTIFICATION AND MAINTENANCE

Safety is always our number one priority, which is why we have all our components TÜV certified. In addition, our facilities are approved on site by a civil engineer. We are also happy to do regular maintenance and inspection of the completed facility.



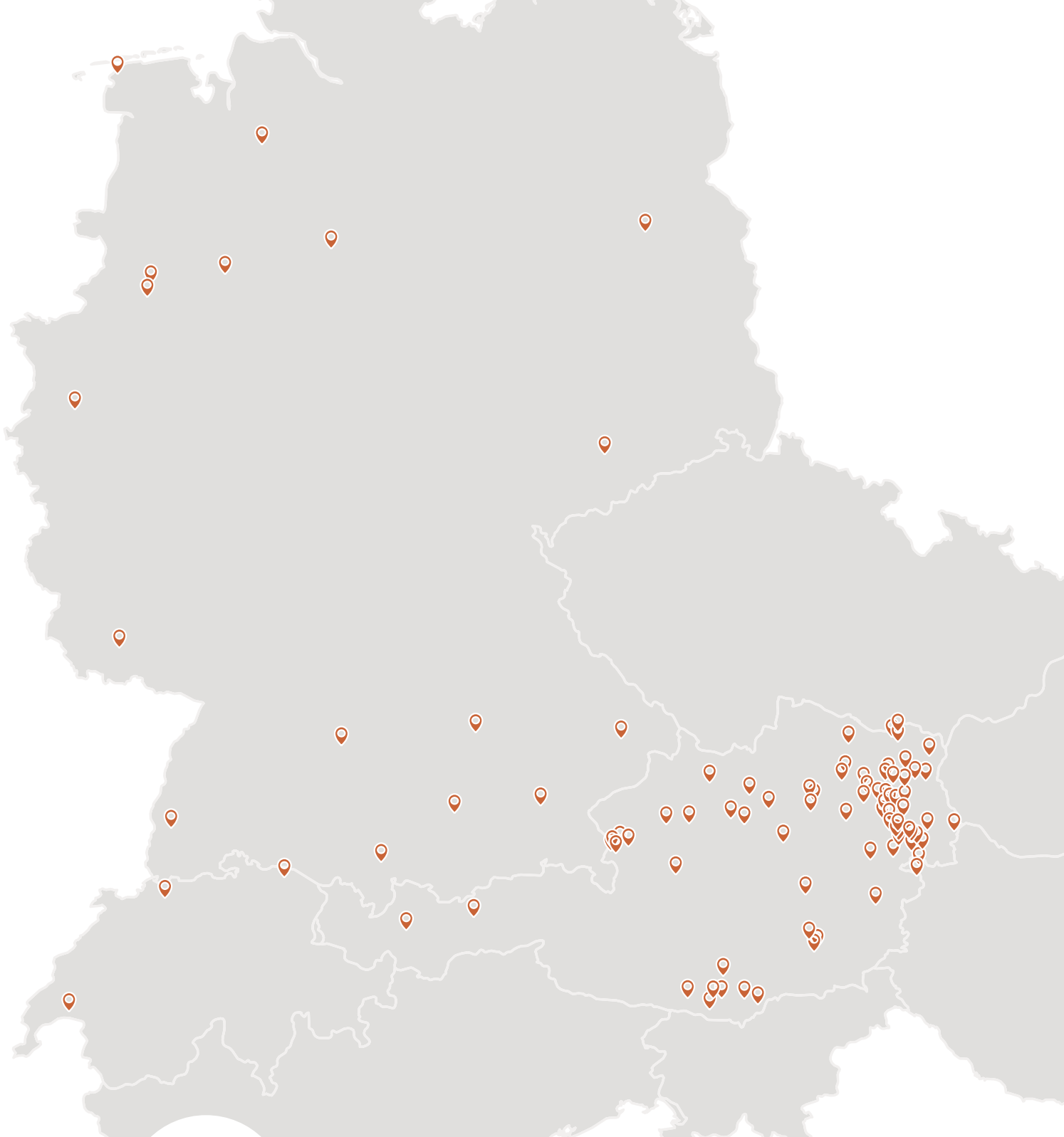
OPENING

After completing the facility and it being approved, nothing can stand in the way of its opening. Due to close cooperation with clubs and partners in the calisthenics scene, we are also happy to take on the planning and organisation of the opening event where local enthusiasts will see the foundation stone being laid!



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