



Outdoor Exercise Equipment

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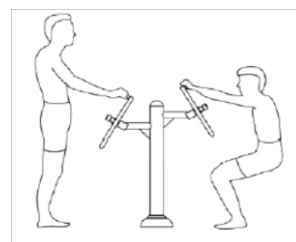
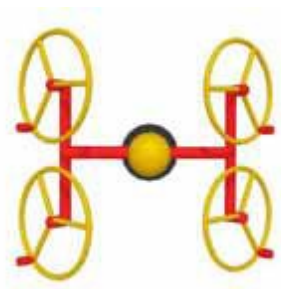
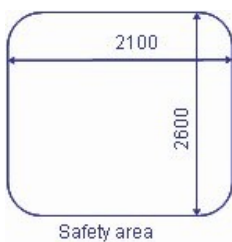
1) TAI CHI PUSHING APPARATUS

DIMENSIONS: 660x950x1790 mm



Function: Primarily to increase mobility of the shoulders, wrist and elbows, use with bent knees in a sitting stance to exercise leg muscles.

Approach: Position legs in a sitting stance, hold the handgrips of the rotating wheels with both hands and turn the wheels in the same or opposite direction for three to six minutes.



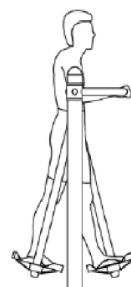
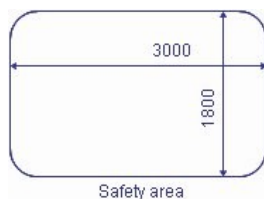
2) AIR WALKER

DIMENSIONS: 1075x535x1390 mm



Function: To increase the mobility of lower limbs, tone waist muscles and improve the body co-ordination, balance and aerobic capacity.

Approach: Take hold of the handles, stand on the foot plates, and swing legs.



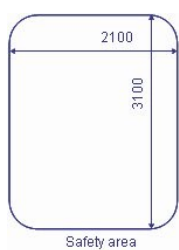
3) SURFBOARD

DIMENSIONS: 960x1110x1285 mm



Function: To exercise waist muscles, strengthen abdominal muscles, enhance body co-ordination and flexibility. Suitable for people of all age groups.

Approach: Hold both Handles. Place your feet on the platform and swing from side to side.



4) MASSAGER

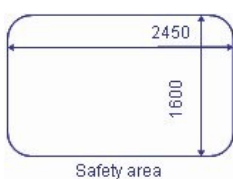
DIMENSIONS: 1290x680x1700 mm



Function: To increase mobility in the arms, to encourage flexibility and toning of waist muscles, also promote blood circulation around the waist and back.

Approach: 1 Sit on the stool. Rest your back against the massager. Grip both handles. Slowly raise and lower the handles in order to massage lower back.

Approach: 2 You may also massage your back by standing at the raised handles. With your back to the massager, grip both handles and move your back from left to right.



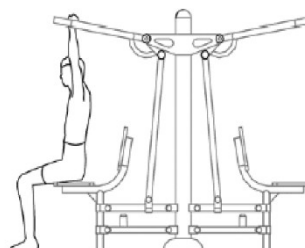
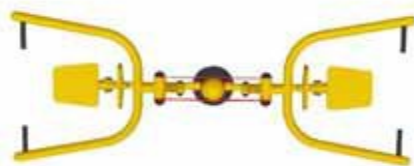
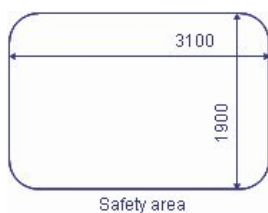
5) PULL DOWN TRAINER

DIMENSIONS: 2100x750x1690 mm



Function: To exercise upper limbs, muscles in the chest and back and to promote cardio pulmonary function.

Approach: Sit down, facing outwards, take hold of both handgrips and pull down raise slowly and repeat. Two people may use the equipment simultaneously.



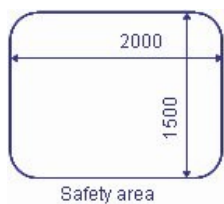
6) WAIST MOVEMENT MACHINE

DIMENSIONS: $\phi 1600 \times 1270$ mm



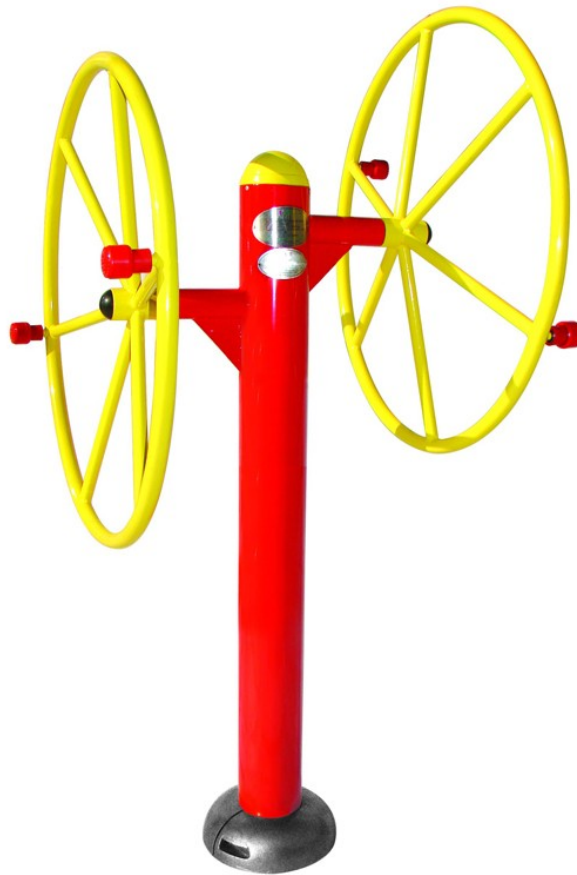
Function: To exercise waist and hip joints. It helps to gently exercise muscles in the waist and back. Aids body co-ordination and balance.

Approach: Take hold of the handles with both hands. Stand on the platform and move your body from side to side.



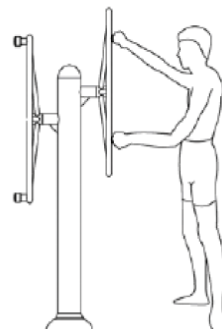
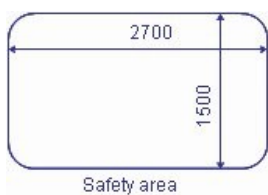
7) SHOULDER EXERCISER

DIMENSIONS: 660×950×1790 mm



Function: To build up the muscles of the upper limbs and to enhance the flexibility and agility of the shoulder joints.

Approach: Take hold of the handgrips on the rotating wheel with both hands. Roll the wheel repeatedly clockwise and anti clockwise. Suitable for people of all age groups.



2

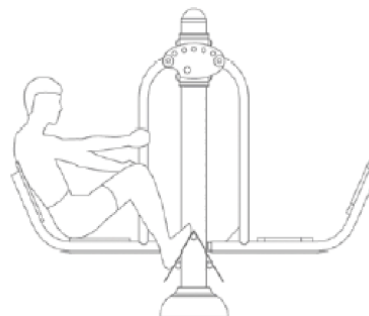
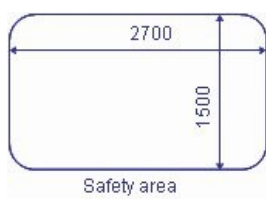
8) SEATED PEDAL MACHINE

DIMENSIONS: 960x1110x1285 mm



Function: To exercise thigh and waist muscles.

Approach: Sit on the chair, place feet on footrests. Place hands on knees and push legs out and repeat this exercise. Or push using each foot alternately



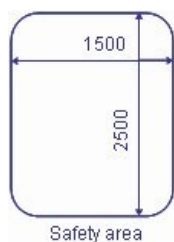
9) RIDER

DIMENSIONS: 1060x600x1160 mm



Function: To exercise muscles in the legs, chest, abdomen and arms also promotes cardio pulmonary function. Suitable for people of all age groups.

Approach: Sit on rider holding the handles with both hands and treadle forwards and backwards.



1

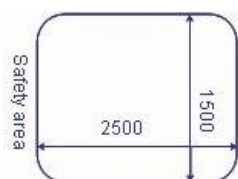
10) ELLIPTICAL CROSS TRAINER

DIMENSIONS: 1270x530x1480 mm



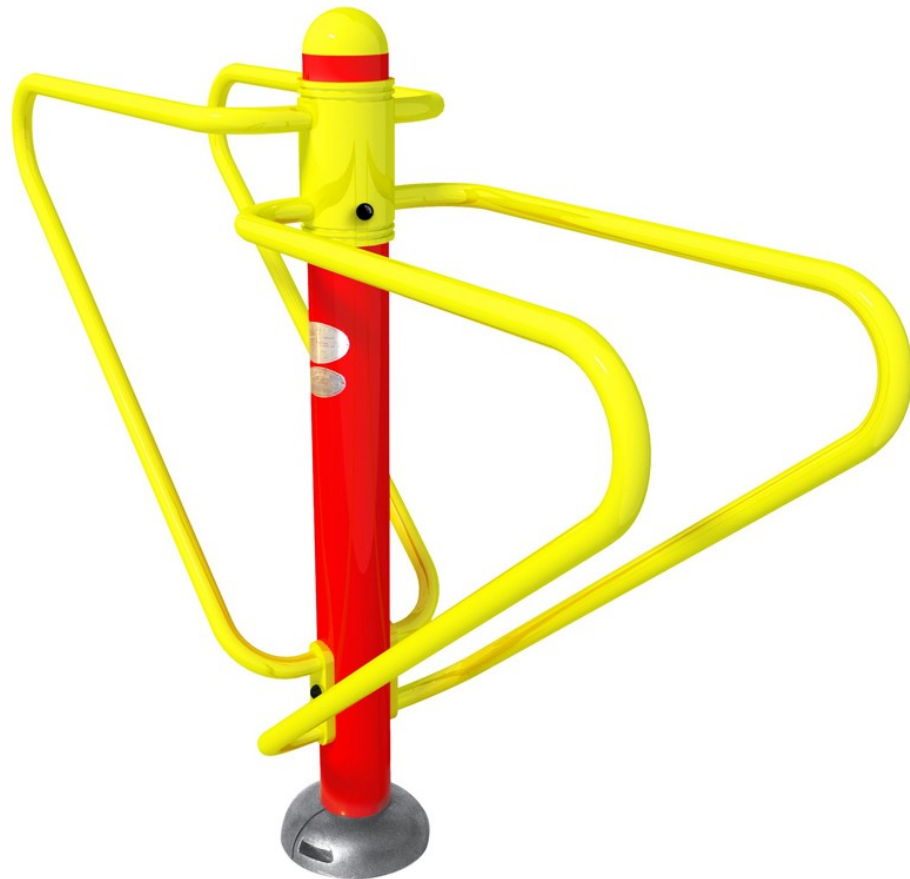
Function: To exercise upper and lower limbs and to improve the flexibility of all joints. Provides a low impact cardiovascular workout.

Approach: Place one foot on footplate. Take a firm hold of both handgrips and then step on to the second foot plate. Pull handles and pedal.



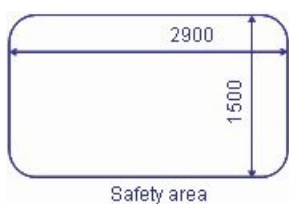
11) PARALLEL BARS

DIMENSIONS: 1875x530x1600 mm



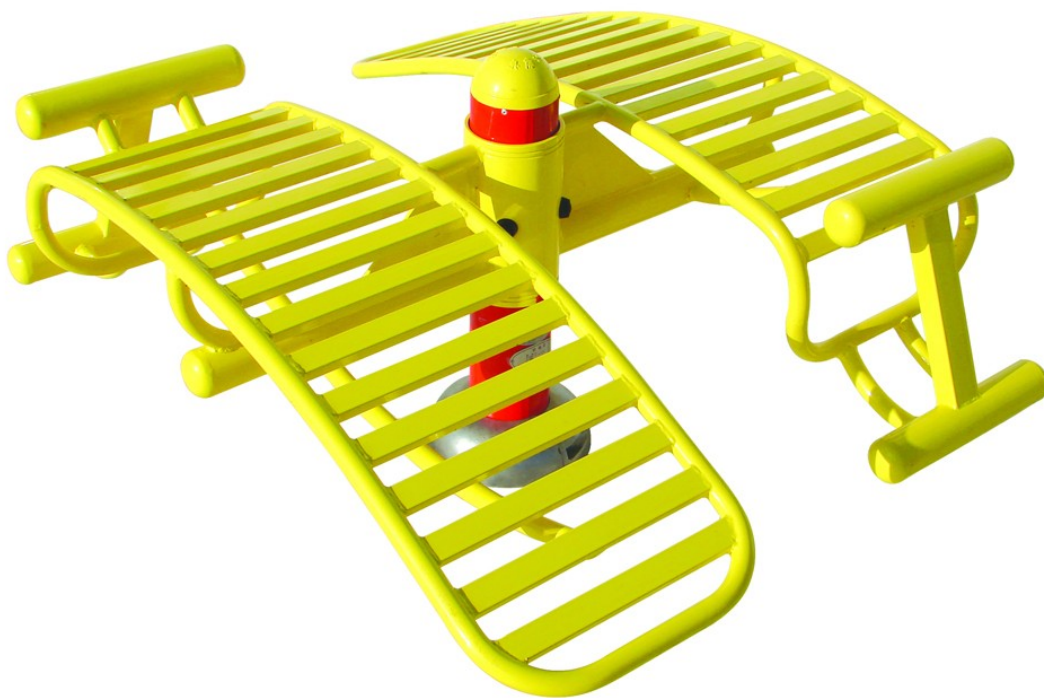
Function: Exercise muscles in shoulders and abdomen, the bars can also be used for various stretching exercises.

Approach: Take hold of both handgrips, breathe in and lift yourself up. A mixture of other exercises can be facilitated at this station.



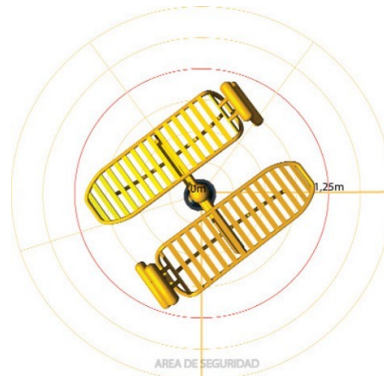
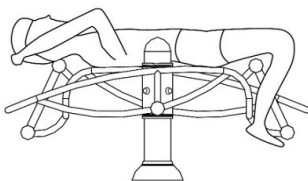
12) ABDOMEN BENCH

DIMENSIONS: 1875x530x1600 mm



Function: Develops and strengthens the muscles of the upper abs, lower waist and back.

Approach: Arms should be folded across your chest. If done with hands on your head, the elbows should be horizontal. Do not force your neck,



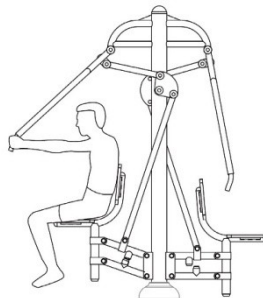
13) SEATED PUSH MACHINE

DIMENSIONS: 1630x690x2170



Function: Develops and strengthens the muscles of the upper abs,.

Approach: Sit on the seat provided and take hold of the handle grips. slowly push the handles out elevating the seat, gently release to the original position. Repeat several times.



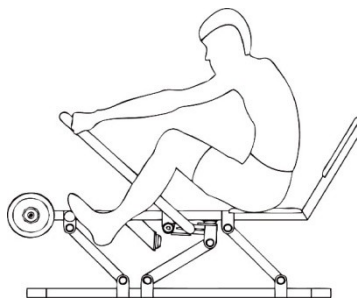
14) ROWER

DIMENSIONS: 1470x840x800



Function: Develops and strengthens the muscles of the upper body.

Approach: Sit on the seat and put your feet on the foot rests provided, take hold of the hand grips and pull towards you and gently release back to the original position.,



Equipment installed by Dublin City Council on the Clontarf Promenade in Dublin



Equipment installed by Dublin City Council @ Stardust Park Coolock, Sponsored by Cadbury's



DynamX Installation at Bandon HSE Community Hospital, Co. Cork



Technical Specification List

Material Specifications

MATERIAL NAME	OPERATION STANDARD	MATERIAL GRADE
Drawn out steel pipe	GB8162-1999 GB8163-1999	20
Welded steel pipe	GB/T3091-2001 GB/T3092-2001	Q215, Q235
Square pipe	GB/T13793-92	Q235
Plate Steel	GB3274-88 GB/T704-1998	Q235
Other Steel elements	GB780-88 GB/T14929-93	20, 45 Q235
Casting	Not applicable	Ductile cast iron, iron moulds in different processes
Plastics	Not applicable	Polypropylene, polyethylene, Polyvinyl chloride (PVC) Rubber

FINISHING – Electrostatic Plastic Coating

FINISHING PROCESSES

POWDER TYPE	OPERATION STANDARD		Process sequence	Name	Description
Polyester layer	GB/T5374-2004		1	Antioxidant cleanup	Compressed air sandblast
	HG/T259-94		2	Hot Dipped Galvanized	Air wash and then Hot Dipped Galvanized
Epoxy polyester layer	GB/T5374-2004 HG/T259-94		3	Electrostatic spraying	Filtered compressed air Plastic Electrostatic spray guns
			4	High temperature solidification	Furnace

