

Burke Street Fitness Park

Concept 1



KOMPAN®



Customer
Alpine Health

Location
Bright, Victoria

Style
Fitness Design

Presented By
Shane Westaway, Kompan VIC

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Solution Overview

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Sit Up Bench Pro

- + The bench facilitates abdominal crunches (sit-ups) strengthening all abdominal muscles without placing harmful stress on the lower back.

Step, 40cm/60cm

- + From simple step ups to plyometric jumps, with regular sessions it will provide both cardiovascular and muscular endurance.

Pull Down Pro

- + The machine facilitates individually adapted exercises that strengthen shoulder adductor, shoulder extensor and elbow flexor muscles in a vertical downward movement
- + The 80kg weight stack is fully covered and can be adjusted in 16 steps of 5 kg by a smart and patented handle.

Horizontal Row Pro

- + The machine facilitates individually adapted exercises that strengthen shoulder adductor, shoulder extensor and elbow flexor muscles in a vertical downward movement
- + This increases daily functional capacity, especially for the elderly, sports performance, aesthetic appearance, and metabolic fitness.

Stretch Station

- + Excellent for strength and stretch exercises for all difficulty levels. Lower limbs, shoulder and torso can be stretched in all relevant angles.
- + With physiotherapists involved, the stretch station is a perfect mount for elastic bands.

Recumbent Bike

- + Ideal for seniors with wide seat & adjustable backrest
- + 10 adjustable resistance powered by a magnetic brake & flywheel

Balance Station

- + Trains ankle strength and stability with the four items in the station having different difficulty levels
- + Promotes moderate social interaction

Arm Bike

- + Inclusive for all fitness levels and abilities.
- + Adjustable to 10 resistance levels for arm workouts

Cross Trainer

- + Low-impact design that incorporates both upper and lower body movement
- + Workload is adjustable with 10 resistance levels
- + With phone holder for multimedia entertainment

Bike

- + Equipped with a magnetic brake and flywheel system that ensures a smooth cycling experience and adjustable resistance levels
- + Workload adjustment from 50 to 500 watts
- + Handlebar multiple positions with smartphone holder
- + Seat is adjustable from 145 to 195cm

Fitness Solution Highlights



13+ Years



17 Users

Renders are for illustrative and conceptual purposes only. All colours and design to be confirmed with Client

Pull Down Pro

Key Workout Activities

- + Pull Down
- + Pull Down Narrow
- + Pull Down Wide
- + One-arm Pull Down

Industry Leading Warranties

 Click to Learn more



Pull Down Pro

 13+ Years

 1 User

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Feature Workout Piece

Concept 1

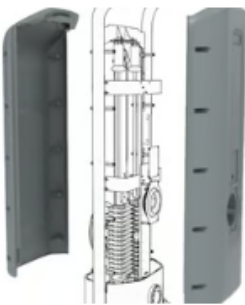
Burke Street Fitness Park

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Horizontal Row Pro Key Workout Activities

- + Horizontal Row
- + Horizontal Row Narrow

Key Features



The cover protects all the moving parts from vandalism and entrapments. The cover is made of 5mm rotomolded LLDPE, Linear low-density polyethylene, with excellent impact strength and usable within a large temperature span.



The 80kg weight stack is fully covered and can be adjusted with a rotatable handle in 16 steps of 5 kg. The smart selector system is intuitive in use and patent-pending. No pins that get lost or get stuck, you simply pull and rotate the handle to change to select a different weight.

Industry Leading Warranties

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Horizontal Row Pro

 13+ Years  1 User

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Balance Station

Key Workout Activities

- + Calf Stretch
- + One Foot Wobble With Support
- + Two Feet Twist Without Support
- + Two Feet Twist With Support
- + Two Feet Wobble With Support
- + One Foot Calf Raises

Industry Leading Warranties

 [Click to Learn more](#)

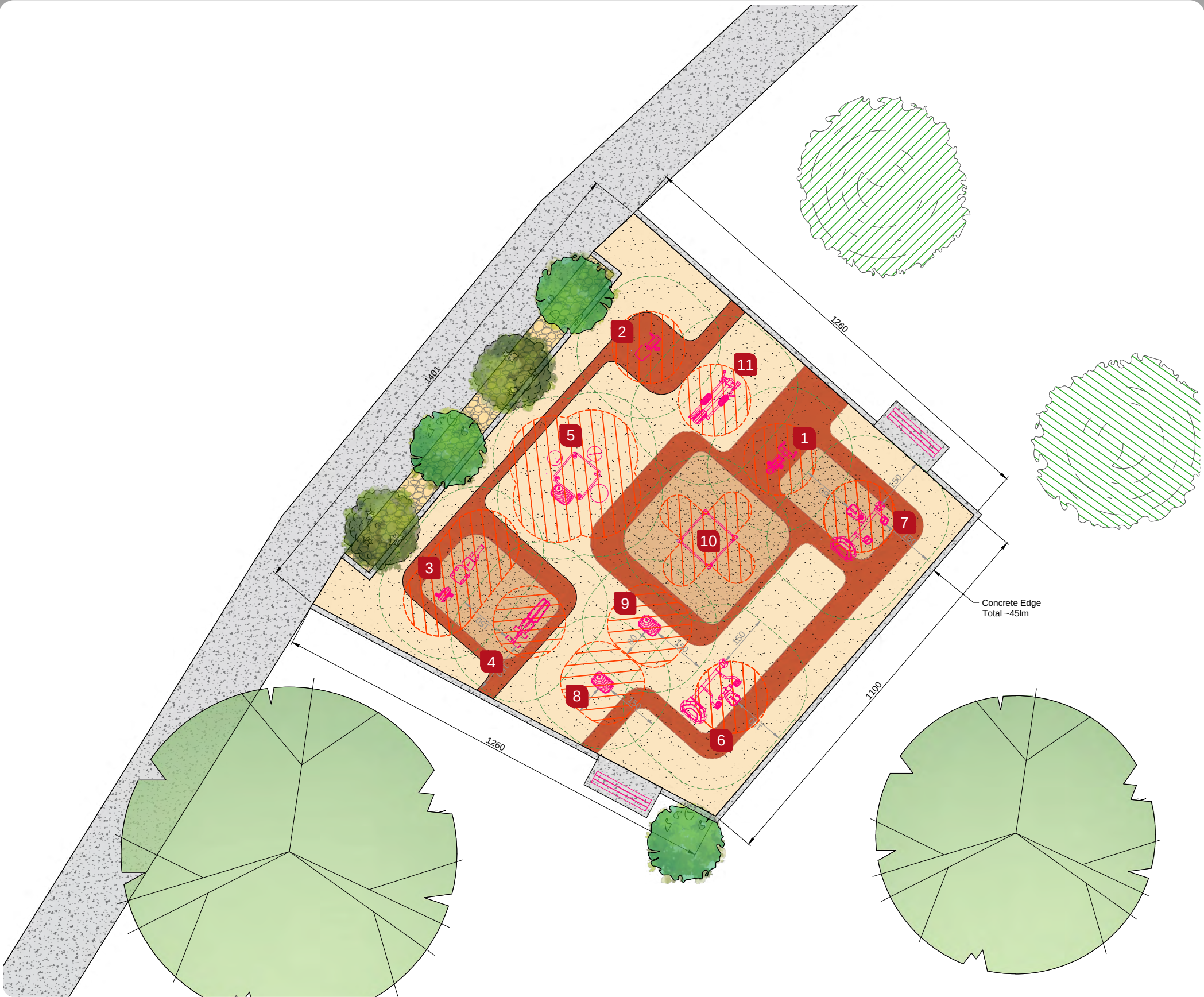
Balance Station

 13+ Years  4 Users

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Equipment List

- 1. Bike
- 2. Arm Bike
- 3. Recumbent Bike
- 4. Abdominal Bench
- 5. Balance Station
- 6. Pull Down Pro
- 7. Horizontal Row Pro
- 8. Step, 40cm
- 9. Step, 60cm
- 10. Stretc Station
- 11. Cross Trainer



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