GETTING SOCIETIES ACTIVE

WITH TRAINING FOR EVERYONE





SPORT & FITNESS

THE WORLD HAS CHANGED. PHYSICAL ACTIVITY LEVELS HAVE DROPPED AND HEALTH CARE COSTS ARE INCREASING

The increasingly sedentary nature of everyday life is resulting in communities with alarmingly low levels of physical activity.

Globally, over 25% of all adults and over 80% of adolescents fail to meet even the *minimum* amount of recommended physical activity. The price is high, and everyone is paying - individually and as a society.

The costs of diseases related to inactivity, dependency and lost productivity are weighing us all down.

We should no longer ask ourselves IF we need to act - but rather HOW.















KOMPAN SPORT & FITNESS INSTITUTE

BACKGROUND RESEARCH

Physical inactivity: Among the 4 leading risk factors for global mortality.



Obesity and overweight:

39% of the global population is either overweight or obese; by 2050 this will be 50%.



Cost of obesity: Is equivalent to armed war



Aging: 12% of the global population is over 60 years old; by 2050 this will be 22%.

or smoking.



Urbanization: 60% of the developed world lives in cities; by 2050 this will be 80%.



SOURCES: McKinsey Global Institute; UN (United Nations); WHO (World Health Organization)

KOMPAN SPORT & FITNESS INSTITUTE

This is a newly established institution that develops products and training concepts for everyone using insights from a combination of training experts, user needs and customer demands.

BACKGROUND RESEARCH

MAIN BARRIERS TO PHYSICAL ACTIVITY



Lack of time: 56%.

KEY OPPORTUNITIES



59% of the population wants to exercise more.



Cost of health clubs: 33%.



40% of all physical activity takes place outdoors and 25% on the way between home and work, school or shops.



Need of a **trainer** to motivate: 17%



31% of smartphone users use apps to improve fitness.



Lack of offering in the **community**: 39%



Activity Tracking is the most wanted smartwatch feature.





TO OVERCOME BARRIERS: MOTIVATE, STIMULATE, ACTIVATE

KOMPAN's own research shows that the desire to get active is there but unnecessary obstacles are getting in the way, resulting in a downward spiral. Time, money and motivation are the main reasons given for not being more active and socially disadvantaged groups are especially affected.

A low income can be linked to less free time, limited access to leisure facilities and living environments that are unsupportive of physical activity. This is a valuable insight, as **KOMPAN research** shows that a significant 60% of people don't feel that today's public spaces actually inspire them to be physically active.

To get inactive people active, communities require accessible and effective training locations suitable for all ages and physical abilities, along with appropriate instruction, stimulation and motivation.

KOMPAN solutions focus on the inactive.

Research indicates that having digital or physical guidance increases exercise effectivity and perseverance. This support can make all the difference, opening up the road to a better life.



HEALTHIER PEOPLE STRONGER COMMUNITIES BETTER ECONOMIES

Getting fit is so much more than an end in itself - it is a means to a better life. Regular physical activity strongly improves health, social connectedness, employability and productivity.

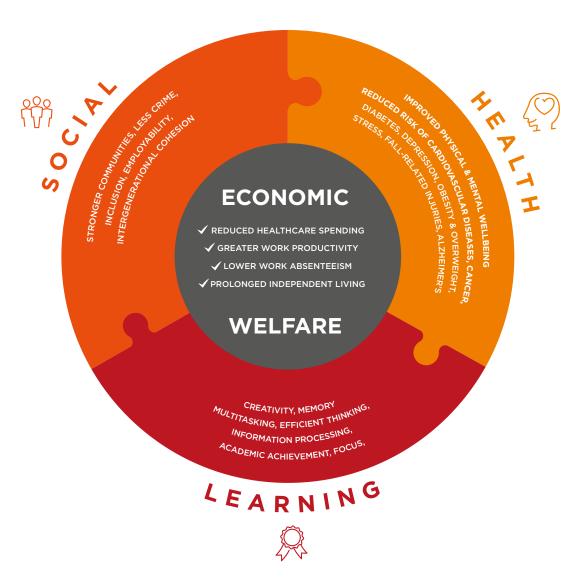
Together we can activate people and communities by offering fun and dynamic training solutions that *transform short term changes into long-lasting results.*

The joy of movement shines through in all stages of life and in all layers of society. Communities become stronger and people are able to enjoy a considerably higher quality of life and remain self-reliant up to a very old age. The list of benefits is endless...





BENEFITS OF AN ACTIVE SOCIETY



SOURCES: John J. Ratey, 2013. Spark: The Revolutionary New Science of Exercise and the Brain. Reprint Edition. Little, Brown and Company; McKinsey Global Institute; WHO (World Health Organization)



MOTIVATE AND SUPPORT USERS THROUGH ALL STAGES OF EXERCISE WITH THE KOMPAN APP

USER FUNCTIONS

• Location-specific training programs

•••• T-Mobile NL 4G 17:50

Yesterday

Front squat - Mab

One leg deadlift, ri...

Push press, left -...

12x 10x 8x

12x 10x 8x

12x 10x 8x

- 3D animated exercises
- Find a local trainer
- Progress tracking
- Nutrition
- Club community
- Challenges & rewards







EFFECTIVE AND SUSTAINABLE THREE-LAYER TRAINING SOLUTIONS

With a vision to get an inactive world moving, KOMPAN has incorporated what is needed to overcome barriers to physical activity into product and concept development, resulting in an intelligent three-layer training solution.



1. TRAINING LOCATIONS

Carefully chosen combinations of training equipment and surfacing that allow for hundreds of different exercises and programs for everyone.



2. TRAINING APP

To allow users of all ages, fitness levels and abilities to make optimal use of the training locations, KOMPAN offers the support of a fitness app. The app functions as an online personal trainer, guiding users on exercise and nutrition while motivating them to stay active.



3. TRAINER

KOMPAN believes the presence of on-site trainers will make all the difference to fully benefiting from the training potential and achieving optimal perseverance.





INDIVIDUAL AND GROUP TRAINING: EMBRACING POPULAR ACTIVITY TYPES

Based on market insights, KOMPAN has identified the four most popular training types and transformed them into accessible training solutions.



CIRCUIT TRAINING

A classic form of training that combines resistance training with aerobics, targeting all elements of fitness. Exercises are completed consecutively, after a specific number of repetitions or amount of time.



CROSS TRAINING

A very effective form of training that mixes and matches the best of various sports, resulting in diverse and complete training sessions



STREET WORKOUT

A physical activity that symbolizes freedom of movement and encourages socializing. It is a combination of athletics, calisthenics and other sports, and is mostly performed in a public space.



BOOTCAMP

A group-training program that is inspired by military-style training, and designed to build strength and general fitness through a variety of high-intensity interval exercises.

KOMPAN SOLUTIONS FOR ALL AGES AND ABILITIES

Training packages that accommodate individual and group training needs and demands for all ages, corresponding to the most popular activity types.





PLAY SPORTS

A playful way to train and socialize with a focus on fun, challenge and creativity. A physical activity where people forget that they are actually exercising.





SPORT & FITNESS

This is training for everyone. Aimed at achieving personal goals and social engagement.





ACTIVE AGING

Training balanced to support a healthy, self-reliant lifestyle while offering a place for seniors to meet and be together.

most popular activity type		0 0	
)	17-18	
STREET WORKOUT			
FSP101			
FSP102			
FSP103			
ВООТСАМР			
FSP201			
CROSS TRAINING			
FSP301			
FSP302			
FSP303			
FSP304			
CIRCUIT TRAINING			
FSP401			
FSP402			
)		_

LIFE-COURSE SOLUTION

All solutions are designed with a supportive KOMPAN app and optional trainer support - to make sure that motivation and perseverance are an integrated component to ensure success. These are just a few of the solutions available. Together with the customer, and ideally with community users, KOMPAN customizes location-specific solutions.



SOLUTION WITH HIGH TRAINING VALUE - INSPIRING CREATIVITY AND FREEDOM OF MOVEMENT

On a mere 1,189ft², up to 20 people can perform all the Street Workout exercises they want! Street Workout provides the opportunity to be creative and learn how to control your body in a playful way. Almost any movement pattern can be made, resulting in a different workout session every time!

This solution attracts a younger audience thanks to the inviting structures that inspire fun and challenging training.

ACTIVITY TYPE
Street Workout, Parkour

PRODUCTS
Workout Systems (Page 31)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
PLAY SPORTS	20	1,189FT ²	70

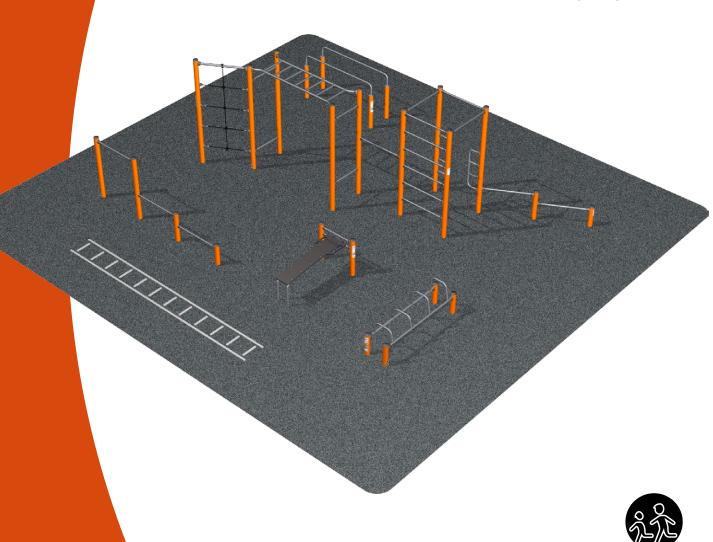
SKILLS 1 2 3 4 5

Strength
Coordination
Endurance
Flexibility
Agility

STREET WORKOUT

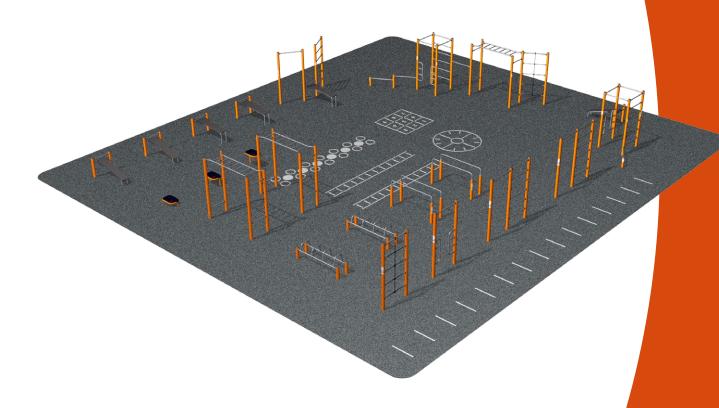
FSP101

SPORTS



STREET WORKOUT

FSP102







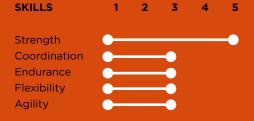
THE ULTIMATE SOCIAL HANGOUT - FOR BEGINNERS AND PROS

Combining training facilities for Street Workout and Parkour with dedicated hangout areas, this is the perfect meeting point for young people. Having two of the same products next to each other creates the opportunity for beginners to copy the movements from experienced users or challenge each other. This solution can easily be expanded with more playful KOMPAN products to enhance and build an even more dynamic and attractive solution for teens.

ACTIVITY TYPE
Street Workout, Parkour

PRODUCTS
Workout Systems (Page 31)
Hangouts (Page 39)

PLAY SPORTS	60	4,183FT ²	125
GROUP	USERS	ZONE	IN APP
USER	NO. OF	SURFACING	MIN. NO. (EXERCISE



COMPACT AND CHALLENGING SOLUTION - FOR MANY USERS

A complete and functional training location. Ideal for individual training or small-group training. Highly suitable for younger people as it is mainly based on training with their own body weight and challenges them to develop in a creative and fun way.

ACTIVITY TYPE Cross Training, Street Workout

PRODUCTS

Cross Systems (Page 28) Workout Systems (Page 31)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES
PLAY			IN APP
SPORTS, SPORT &	20	1,696FT ²	100
FITNESS			

SKILLS 1 2 3 4 !

Strength Coordination Endurance Flexibility Agility



STREET WORKOUT +

SPORTS

FITNESS





HIGH TRAINING POTENTIAL

Simple and effective – designed to offer group training for a minimal investment. This location will truly come to life with the support of a professional supervising the area.

The solution is complete with a storage box containing loose training gear such as suspension trainers, kettlebells, medicine balls, and a variety of ropes, elastic bands, barbells and a boxing bag.

ACTIVITY TYPE Bootcamp & Circuit Training

PRODUCTS

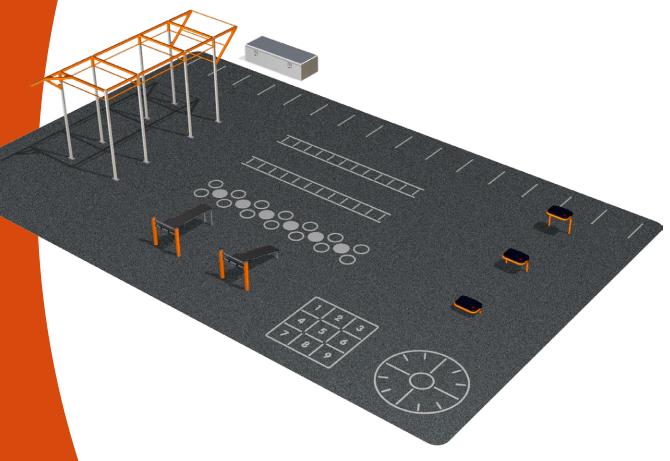
Workout Systems (Page 31)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
SPORT &	33	1,721FT ²	150

SKILLS 1 2 3 4 5 Strength Coordination Endurance Flexibility Agility

BOOTCAMP

FSP201





SPORTS



FITNESS

CROSS TRAINING

FSP301 SPORT & FITNESS

INTELLIGENT DESIGN - PROVIDING AN EFFICIENT AND EFFECTIVE TRAINING LOCATION

This solution is ideal for group training and social interaction because many people can easily train side by side in this compact area. This gives trainers a quick overview, enabling them to offer support and guidance where needed. This location offers familiar training types from indoor gyms, where users can train with products like suspension trainers and kettlebells in a safe and vandalism-proof environment.

ACTIVITY TYPE
Cross & Circuit Training

PRODUCTS
Cross Systems (Page 28)

USER GROUP	NO. OF USERS	SURFACIN ZONE	MIN. NO. OF G EXERCISES IN APP
SPORT 8		1,277FT²	140
SKILLS	1	2 3	4 5
Strength Coordina Enduran Flexibilit	ation —	:	→

ACCESSIBLE AND HIGHLY FUNCTIONAL TRAINING

A training location suitable for all ages, developed with a specific focus on active seniors. It offers effective training for the elderly complete with social facilities for breaks and group interaction.

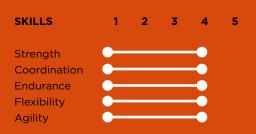
This site also provides therapists and other health specialists access to equipment that is comparable to what they normally work with in their professional settings, such as suspension trainers, parallel bars and free weights.

ACTIVITY TYPE Cross & Circuit Training

PRODUCTS

Workout Systems (Page 31) Cross Systems (Page 28) Adjustable Equipment (Page 33)

SPORT 8 FITNESS ACTIVE AGING		2,242FT ²	170
USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP



CROSS TRAINING

FSP302

SPORT &

FITNESS

ACTIVE

AGING





PREMIUM TRAINING LOCATION - FOR EVERYONE

This high-end circular training solution is inviting to all and comes with a full range of innovative and cleverly designed cutting-edge equipment, motivating users of all fitness levels to complete a full workout.

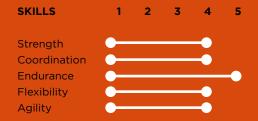
With a capacity of over 50 users, everyone can comfortably work out together, either in groups or individually. Beginners can easily get started by using familiar training equipment such as cross trainers and bikes while watching experienced users enjoying cross training so they can learn and get motivated by others.

ACTIVITY TYPE Cross & Circuit Training

PRODUCTS

Cross Systems (Page 28) Adjustable Equipment (Page 33)

SPORT	50	3,603FT ²	200
USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP



CROSS TRAINING

FSP303

SPORT &

FITNESS





HIGH-CAPACITY GROUP TRAINING LOCATION

This site is ideal for group training classes. The area is divided into three zones that accommodate the three most popular training activities:

Bootcamp, Street Workout and Cross Training. The zones enable multiple trainers to offer different types of group classes at the same time.

ACTIVITY TYPE

Cross Training, Circuit Training Bootcamp, Street Workout

PRODUCTS

Workout Systems (Page 31) Cross Systems (Page 28)

SPORT & FITNESS	45	2,757FT ²	225
GROUP	USERS	ZONE	IN APP
USER	NO. OF	SURFACING	MIN. NO. OF EXERCISES

SKILLS 1 2 3 4 5

Strength Coordination Endurance Flexibility Agility



CROSS TRAINING +

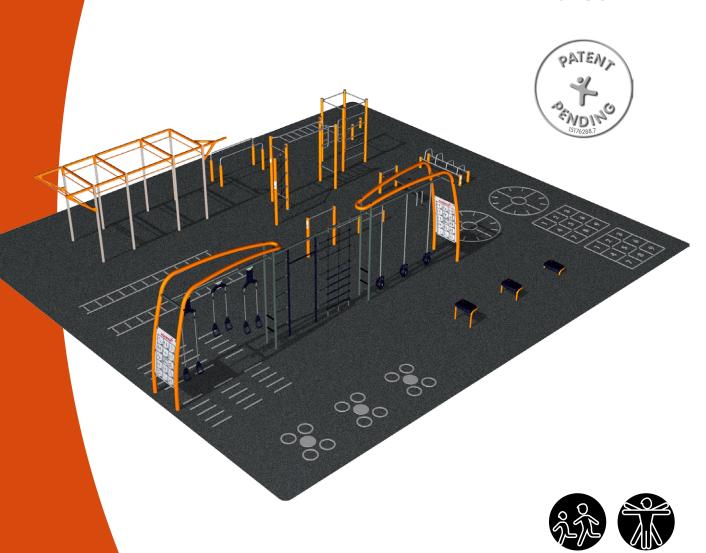
FSP304

PLAY

SPORTS

SPORT &

FITNESS



CIRCUIT TRAINING

FSP402







INTUITIVE & SOCIAL TRAINING LOCATION

A highly accessible training location for active seniors. Intuitive equipment placed in an appealing circular layout – designed to promote social engagement and ensure safe training. All devices are carefully selected to increase the functional capacity needed to perform the daily activities necessary for independent living. Most equipment is wheelchair accessible and can be used for physical therapy.

ACTIVITY TYPE
Circuit Training

PRODUCTS
Exercise Equipment (Page 35)

USER NO. OF SURFACING EXERCISES GROUP USERS ZONE IN APP

ACTIVE 20 1,428FT² 50
AGING

SKILLS 1 2 3 4 5

Strength
Coordination
Endurance
Flexibility
Agility

EFFECTIVE TRAINING- FOR PEOPLE ON THE GO

This solution offers individual and effective training for everyone. Users can easily adjust the training intensity according to their own fitness levels by using the adjustable hydraulic resistance. This solution is suitable for everyone.

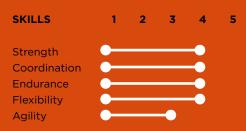
This circuit-training solution offers the most time-efficient way to improve cardiovascular fitness and muscle endurance.

ACTIVITY TYPE Circuit Training

PRODUCTS

Adjustable Equipment (Page 33)

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
SPORT & FITNESS, ACTIVE AGING	15	1,361FT ²	50



CIRCUIT TRAINING

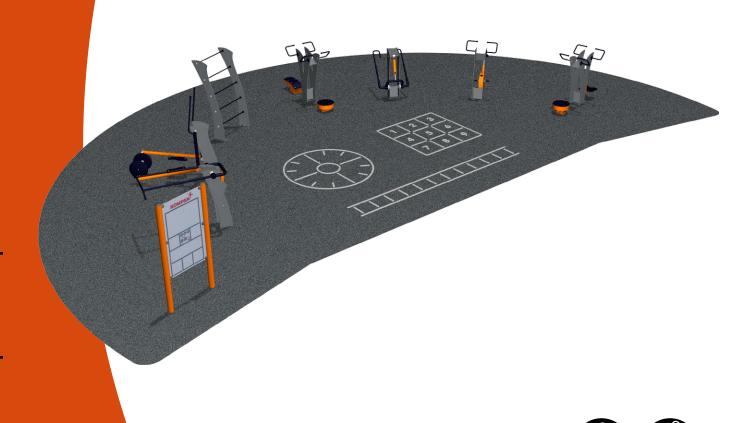
FSP401

SPORT &

FITNESS

ACTIVE

AGING







The ultimate intergenerational meeting place where everyone from toddlers to senior citizens can have fun, socialize and experience the joy of movement together.











ZONE 1: TODDLERS

A fun and safe play space to explore for toddlers and their caregivers.

ZONE 2: PLAY

A fun and challenging play area for preschoolers and their friends.

ZONE 3: PLAY ON

Challenging play to help kids 8 years+ maximize their physical, cognitive and social potential.

ZONE 4: PLAY SPORTS

Playful way of training and socializing, with a focus on fun and creativity, developing emotional competence and learning the rules of games.

ZONE 5: SPORT & FITNESS

Functional and effective training for all ages, abilities and levels of fitness.

ZONE 6: ACTIVE AGING

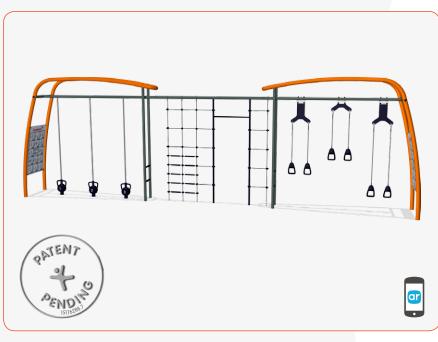
Safe, social and intuitive training for active seniors.

ZONE 7: MEETING PLACE

Ideal for relaxing, sharing a cup of coffee, or wrapping up an active day with a BBQ, together with family and friends.

CROSS SYSTEMS

FAZ20100 **NEW** FAZ20200 NEW FAZ20300 **NEW**



Magnetic Bells, Suspension Trainer & Multi Net Link

FAZ20100-0900

646 ft² 23'-5"x34'-9"

10'-11"





Pull Up Bars, Parallel bars

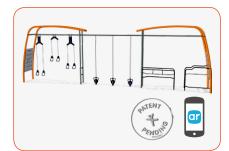
FAZ20200-0900 & Multi Net Link







Suspension Trainer





Suspension Trainer, Parallel Bars

& Magnetic Bells Link FAZ20300-0900

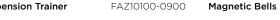
FAZ10200







FAZ10200-0900



NEW











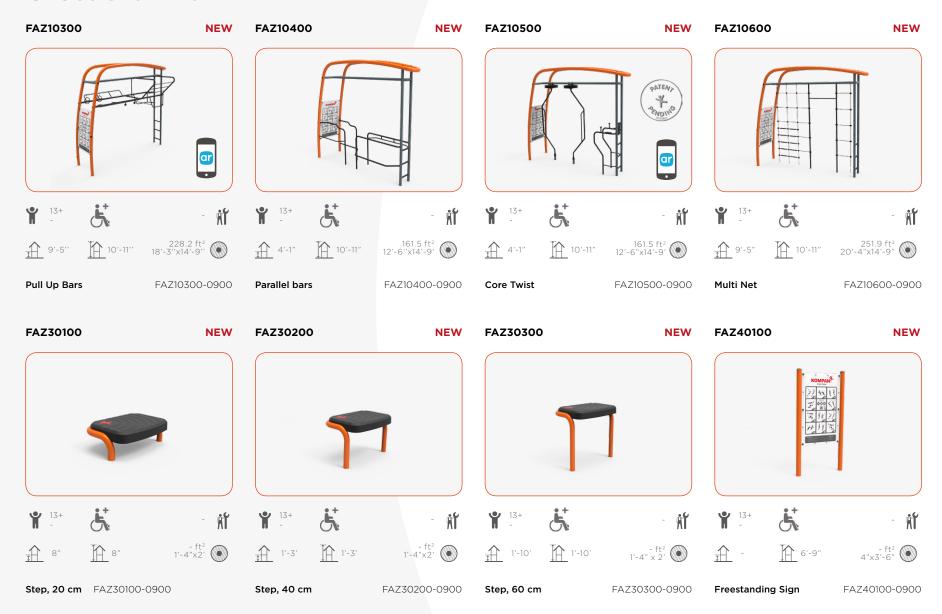




PRODUCT FEATURES

- 1) The unique Magnetic Bells provide safe and functional free weight training in the outdoors. The weights can move freely and are equipped with a magnetic breaking system that prevents the weights from dropping to the surface and slows down the fall to a reduced pace.
- 2) Suspension trainer with new ergonomically shaped handles for optimal grip and comfort. Innovatively designed, it is the first outdoor solution compliant to safety standards.
- **3)** FLEXOTOP creates a seamless hardwearing surface featuring rapid drainage and shock absorption. Applying surface patterns will significantly maximize on training potential by offering even more exercise opportunities.
- **4)** Polyurea coating is highly durable against wear and tear, offers isolation and simultaneously gives users an outstanding grip during their workout.
- **5)** The Core Twist features 2 poles designed to effectively train all the core muscles in a functional way. An innovative breaking system allows users to determine resistance by changing speed of movement.
- **6)** The 2-sided instruction signs are made of 6 mm polycarbonate sheets that feature illustrations of the most relevant exercises and comes with a QR code connected to the KOMPAN training app.

CROSS SYSTEMS



WORKOUT SYSTEMS



NEW

FSW201











FSW202

NEW

FSW10100-0901 **Combi 2** FSW10100-0900 Combi 2

NEW

FSW203

NEW

FSW10200-0901 FSW10200-0900

NEW



FSW103













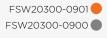
FSW10
FSW103





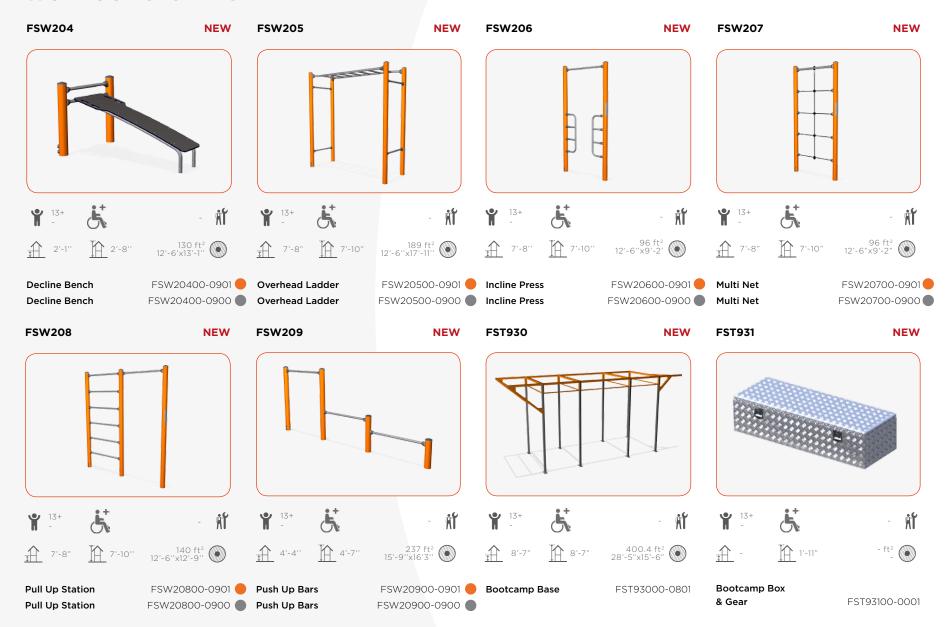


FSW20200-0901 **Bench** FSW20200-0900 **Bench**

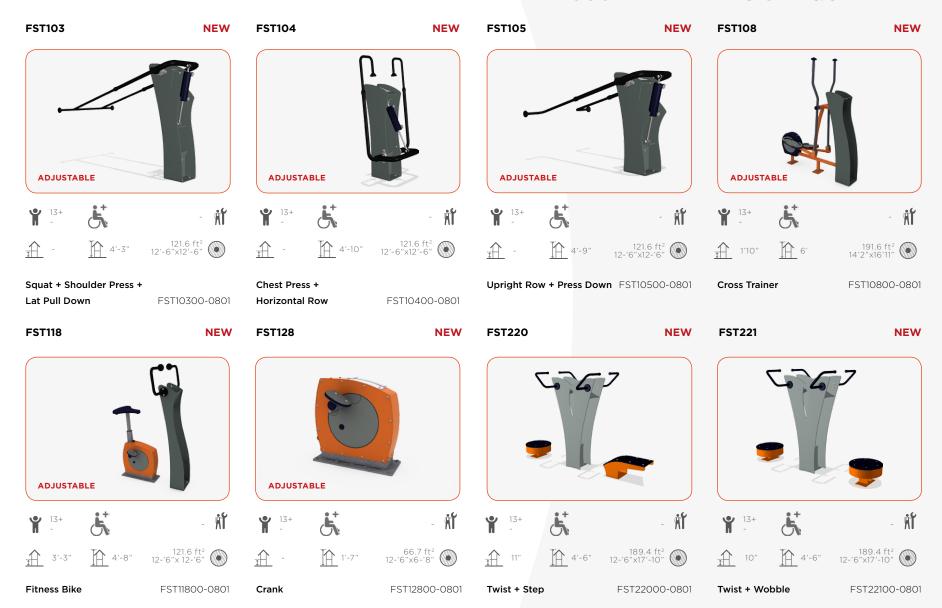




WORKOUT SYSTEMS



ADJUSTABLE EXERCISE EQUIPMENT





ADJUSTABLE EXERCISE EQUIPMENT

FST222 NEW FST224 NEW FST225 NEW FST227 NEW **Step + Swing** FST22500-0801 **Twist + Swing** FST22200-0801 **Wobble + Step** FST22400-0801 Wobble + Swing FST22700-0801 FST228 NEW FST513 NEW FST518 **NEW**



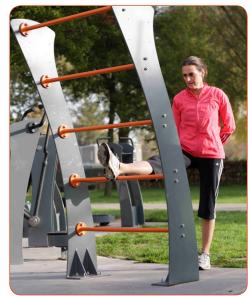
Wobble, Swing,

Step & Twist









FST51300-0801

EXERCISE EQUIPMENT

KPX125



1'10" 6'

Cross Trainer Powder Coated Gray 311 lb

KPX125-3617 KPX125-3617G

KPX126



5'3"

Push Up Bars Powder Coated Gray

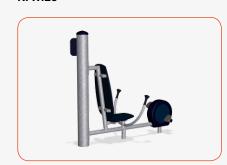
KPX128



Upper Body Trainer Powder Coated Gray 132 lb

KPX128-3617 KPX128-3617G

KPX129



298 lb

5'3"

Power Bike Powder Coated Gray

KPX129-3617 KPX129-3617G

KPX130



3'11"

Hand Bike Powder Coated Gray 219 lb

KPX130-3617 KPX130-3617G

KPX131



5'3"

Double Chest Press Powder Coated Gray

276 lb

169 lb

212 ft² 17'x14'4"

KPX126-3617

KPX126-3617G

KPX131-3617 KPX131-3617G

KPX132



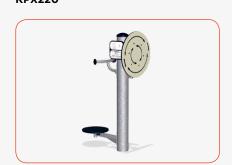
3'10"

Triple Bars Powder Coated Gray 370 lb

KPX132-3617G

KPX132-3617

KPX220



Flex Wheel & Body Flexer **Powder Coated Gray**

KPX220-3617 KPX220-3617G

164 lb





EXERCISE EQUIPMENT

KPX120



3+

2'8"

236.8 ft² 17'11"x16'8"

Free Runner Rowder Coated Gray KF

271 lb 🐩 🥤

K10 8

KPX120-3617 KPX120-3617G

KPX121



13+

175 lb

5'3" 183 ft² 15'10"x14'6"

Sit Up Bench Powder Coated Gray KPX121-3617 KPX121-3617G

KPX122



13+

5'4"

5'4"

Flex Wheel Powder Coated Gray 130 lb

143.2 ft² 13'x14'

KPX122-3617 KPX122-3617G

KPX123



13+

1'5"

183 ft² 16'6"x13'3"

Body Flexer
Powder Coated Gray
Ki

KPX123-3617 KPX123-3617G

165 lb

EXERCISE EQUIPMENT

KPX222



13+ - 360 lb

Sit Up Bench & Power Bike KPX222-3617

Powder Coated Gray KPX222-3617G

KPX323



360 lb

Upper Body Trainer, Free Runner& Body FlexerPowder Coated GrayKPX323-3617G

KPX224



13+ -

6'8" 195.9 ft 15'11"x15'6

Body Flexer & Upperbody Trainer KPX224-3617

Powder Coated Gray KPX224-3617G

PX7701



<u>∓</u> - <u>T</u> - ft² (

 Roof
 PX770100-00

 Powder Coated Gray
 PX770100-00G

KPX225



13+ 469 lb 11 46

Free Runner & Cross Trainer KPX225-3617

Powder Coated Gray KPX225-3617G

KPX320



Free Runner, Cross Trainer
& Power Bike KPX320-3617
Powder Coated Gray KPX320-3617G



203 lb

PLAY SPORTS

FRE2110





39'0" X 67'8" Court (12X20m) 39'0" X 80'9" Court (12X24m) 48'3" X 100'6" Court (15X30m) 52'2" X 93'11" Court (16X28m) 52'2" X 107'0" Court (16X32m)

61'4" X 120'2" Court (19X36m)







FRE2110-3317 FRE2111-3317 FRE2113-3317 FRE2114-3317 FRE2115-3317

ft²

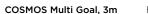
FRE2210













FRE2210-3317

FRE2211



3+









COSMOS Multi Goal, 5m

FRE2211-3317

FRE2213









COSMOS Multi Goal, 12m





2310 lb

, **12m** FRE2213-3317

FRE2214



3+

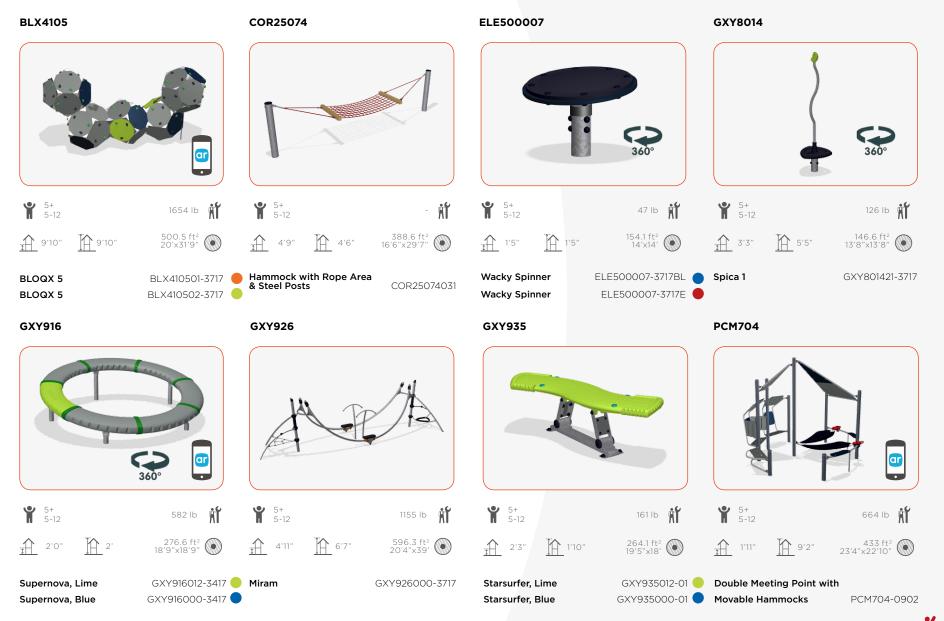




317 lb

COSMOS Freestanding

Mini Goal FRE2214-3317



KOMPAN® SPORT & FITNESS

TRAINING FOR EVERYONE ENJOY THE BENEFITS OF PLAY AND MOVEMENT

Play, movement and health and wellbeing are at the core of KOMPAN's DNA. For over 45 years KOMPAN has been designing unique play solutions for children of all ages.

It has always been KOMPAN's ambition that, as children and adolescents evolve into adulthood, they preserve the joy and health benefits of movement. With healthy and happy adults as role models, children of the future will be all the more likely to follow their lead – creating an ongoing legacy of movement.

KOMPAN's mission is for all people and communities to enjoy the benefits of play and movement, a mission shared with governments, local authorities and organizations all over the world. It is commonly understood that the world needs a collective approach - and KOMPAN is excited to join forces. Expert knowledge of play, movement and training, combined with comprehensive market insights, makes KOMPAN the ideal partner for co-creating training solutions that will enable people and communities to get active and stay that way - throughout all stages of life.





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