

# TAKING THE ROOF AND WALLS OFF GYMS



Imagine people interacting in the city in a brand new way – getting a healthy buzz from a gym workout, while they enjoy their favourite local spaces...

## GYMGURU MAKES NEW ZEALAND'S MOST ROBUST AND INNOVATIVE OUTDOOR GYM EQUIPMENT.

Our equipment offers everyone a dynamic, fun way to work out among the diverse sights and scenery of their local environment, instead of being confined to a gym. It means councils and community organisations can improve health through:

- » Creating a fun fitness destination
- » Invigorating areas of underutilised space
- » Providing an alternative form of exercise usually reserved for the exclusive indoor gym environment
- » Enabling people to interact in a unique, new way with local places
- » Enticing passers-by to 'give it a go'
- » Offering walkers, runners and boot camp participants tailored facilities
- » Ultimately contributing to people's wellbeing, through the freedom of being outdoors

## BUILT TO LAST

Designed by specialist engineers, GymGuru equipment is made of the highest-quality materials to maximise both longevity and safety, and reduce maintenance. Our patented mechanism allows anyone to adjust the equipment easily – a first of its kind. So you can be sure it won't just be well used, it will last well too.

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## WE THRIVE ON THE ENHANCED WELLBEING OF PUBLIC ENVIRONMENTS AND THE PEOPLE WHO USE THEM - THEY ARE INTERTWINED

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## PLACES FOR PEOPLE

GymGuru is passionate about both the importance of 'placemaking' in urban design, and the numerous physical, social and mental benefits derived from exercise. Put these together and you have 'place-exercising', which:

- » Connects a community with its environment
- » Creates public spaces which are genuinely valued by the community
- » Reinforces the uniqueness that people love about 'their place'

# THE OUTDOOR RANGE

<b>ELLIPTICAL CROSS TRAINER</b>		✓ STRENGTH	✓ CARDIOVASCULAR	✓ AGILITY	✓ FLEXIBILITY	<ul style="list-style-type: none"> <li>Non-impact cardiovascular workout</li> <li>Light or high intensity based on the speed of the exercise</li> <li>An elliptical cross trainer is comparable to a treadmill in its exertion of leg muscles and the heart</li> </ul>		
<b>STATIONARY BIKE</b>		✓ STRENGTH	✓ CARDIOVASCULAR	X AGILITY	X FLEXIBILITY	<ul style="list-style-type: none"> <li>Non-impact cardiovascular workout</li> <li>Resistance adjustment changes the intensity of the exercise</li> <li>Ideal for exercise beginners and rehabilitation</li> </ul>		
<b>HIP FLEXIBILITY SWING</b>		✓ STRENGTH	X CARDIOVASCULAR	✓ AGILITY	✓ FLEXIBILITY	<ul style="list-style-type: none"> <li>A side to side exercise which loosens hip adductors, groin, and outer hips</li> <li>A dynamic non-impact flexibility exercise</li> <li>Ideal for rehabilitation and improvement in hip mobility</li> </ul>		
<b>SEATED LEG PRESS</b>		✓ STRENGTH	X CARDIOVASCULAR	X AGILITY	X FLEXIBILITY	<ul style="list-style-type: none"> <li>A strength movement which works the quadriceps, hamstring, gluteus maximus and calf muscles</li> <li>Resistance adjustment changes the intensity of the exercise</li> <li>Commonly accepted as a core strengthening lower body exercise movement</li> </ul>		
<b>SEATED OVERHEAD PRESS</b>		✓ STRENGTH	X CARDIOVASCULAR	X AGILITY	X FLEXIBILITY	<ul style="list-style-type: none"> <li>A highly effective compound upper-body exercise</li> <li>Supports strength in the upper body and core</li> </ul>		
<b>RECLUMBENT BIKE</b>		✓ STRENGTH	✓ CARDIOVASCULAR	X AGILITY	X FLEXIBILITY	<ul style="list-style-type: none"> <li>Low-impact cardiovascular and strengthening exercise</li> <li>Resistance adjustment changes the intensity of the exercise</li> <li>Works the quadriceps, hamstring, gluteus maximus and calf muscles</li> </ul>		

<b>LATERAL PULL DOWN</b>		✓ STRENGTH	X CARDIOVASCULAR	X AGILITY	X FLEXIBILITY	<ul style="list-style-type: none"> <li>The pulldown motion can be performed to the front of the chest or above the shoulders to isolate the supporting muscle groups</li> <li>Works the lats, biceps, middle back and shoulders</li> </ul>		
<b>COMBINATION OVERHEAD PRESS &amp; LATERAL PULL DOWN</b>		✓ STRENGTH	X CARDIOVASCULAR	X AGILITY	X FLEXIBILITY	<ul style="list-style-type: none"> <li>The upward motion develops targets the large shoulder and chest muscles</li> <li>The downward motion targets the large upper back muscles.</li> <li>The dual resistance movement creates a fantastic compound exercise that enables the exercise enthusiast or beginner to 'super set'</li> </ul>		
<b>COMBINATION CORE STRENGTH &amp; STRETCH BENCH</b>		X STRENGTH	X CARDIOVASCULAR	✓ AGILITY	✓ FLEXIBILITY	<ul style="list-style-type: none"> <li>Ergonomic back rest for support when performing abdominal crunches and twists</li> <li>Lower support bar for the heels is used for hyperextension to work the upper and lower back</li> <li>Horizontal side bars for stretching hamstrings, quads, calf muscles</li> </ul>		
<b>SHOULDER GRINDER</b>		✓ STRENGTH	✓ CARDIOVASCULAR	X AGILITY	X FLEXIBILITY	<ul style="list-style-type: none"> <li>Predominantly works the upper body and cardiovascular system, however has full body benefits</li> <li>Designed to be used by wheelchair users</li> </ul>		
<b>COMBINATION WHEELCHAIR PRESS, BICEP CURL &amp; SQUAT</b>		✓ STRENGTH	✓ CARDIOVASCULAR *	X AGILITY	X FLEXIBILITY	<ul style="list-style-type: none"> <li>The overhead press for wheelchair users develops strength in the upper body and core, targeting the large shoulder and chest muscles</li> <li>Bicep curls and leg squat option for able bodied users</li> </ul>		

\* Able bodied use only

TALK WITH US

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