

# Fitness stations



Leg Raise



Low Parallel Dip



Parallel Dip

**PLAYWOOD**  
EXPLORE, PLAY, LEARN

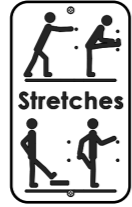
[www.playwood.co.uk](http://www.playwood.co.uk)





**Warm Up Bench**

L 2000mm W 835mm H 1250mm  
FFH: 200mm  
Minimum Area: 17.4m<sup>2</sup>  
L 4940mm W 3835mm



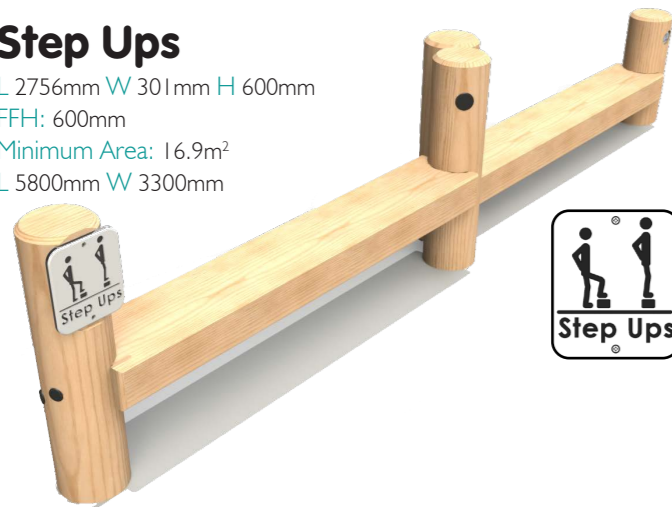
**Incline Leg Raise**

L 1975mm W 1080mm H 1500mm  
FFH: 1500mm  
Minimum Area: 18.1m<sup>2</sup>  
L 4858mm W 4080mm



**Step Ups**

L 2756mm W 301mm H 600mm  
FFH: 600mm  
Minimum Area: 16.9m<sup>2</sup>  
L 5800mm W 3300mm



**Sit Up Bench**

L 2100mm W 1080mm H 700mm  
FFH: 700mm  
Minimum Area: 18.7m<sup>2</sup>  
L 5000mm W 4080mm



**Vertical Leg Raise**

L 745mm W 750mm H 1600mm  
FFH: 1200mm  
Minimum Area: 11.7m<sup>2</sup>  
L 3750mm W 3575mm



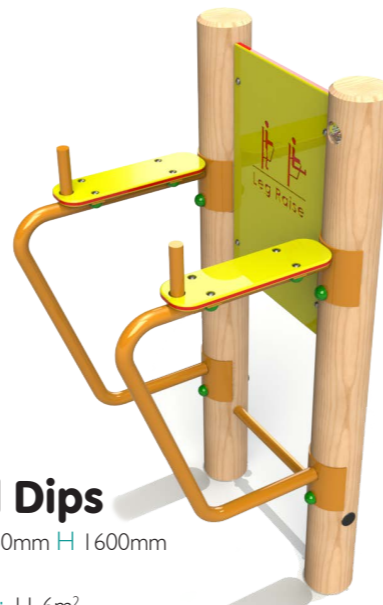
**Low Parallette Bars**

L 1076mm W 750mm H 1000mm  
FFH: 1000mm  
Minimum Area: 12.7m<sup>2</sup>  
L 3980mm W 3600mm



**Parallel Dips**

L 745mm W 750mm H 1600mm  
FFH: 1175mm  
Minimum Area: 11.6m<sup>2</sup>  
L 3645mm W 3600mm



**Steel feet**

Galvanised steel feet can be fitted on all Fitness Equipment items for a small additional charge. Steel feet offer an alternative to in ground timbers and can be used in both wet pour surfacing and extended for loose fill bark.

Steel Feet option available, more details and prices are available upon request

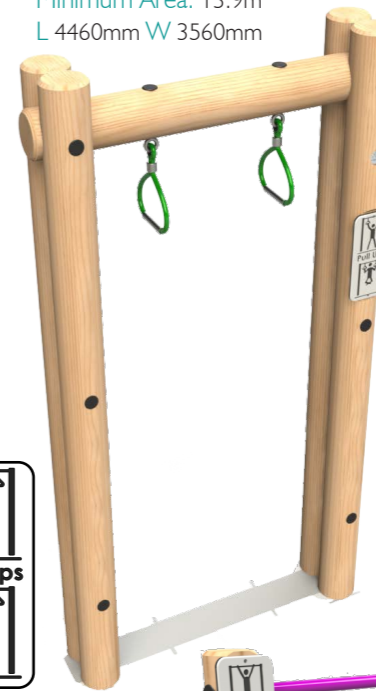
**Parallel Ring Beam**

L 1200mm W 375mm H 2250mm  
FFH: 1950mm  
Minimum Area: 16.9m<sup>2</sup>  
L 4860mm W 4000mm



**Parallel Trapeze Grips**

L 1250mm W 300mm H 2250mm  
FFH: 1730mm  
Minimum Area: 13.9m<sup>2</sup>  
L 4460mm W 3560mm



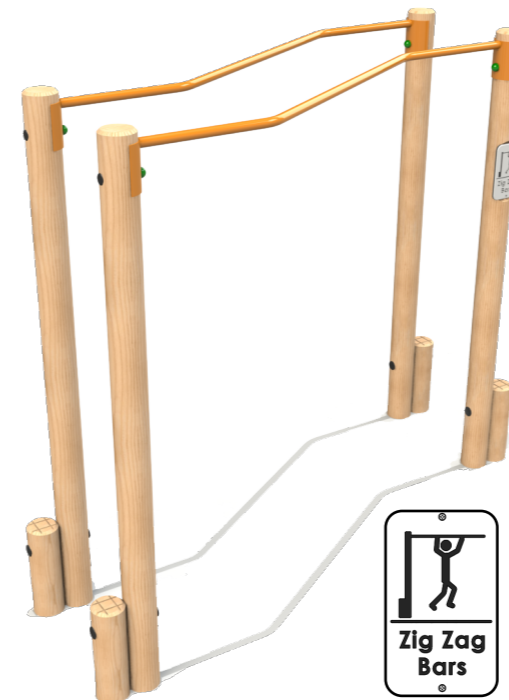
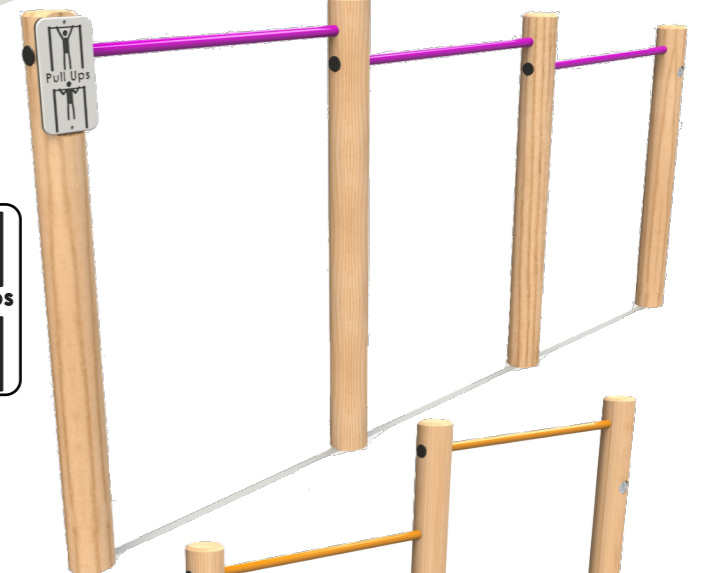
**Single Bar Chin Up**

L 1200mm W 150mm H 1800mm  
FFH: 1720mm  
Minimum Area: 13.2m<sup>2</sup>  
L 4460mm W 3410mm



**1.5m Chin Ups**

L 3200mm W 125mm H 1500mm  
FFH: 1420mm  
Minimum Area: 17.7m<sup>2</sup>  
L 6200mm W 3125mm



**Zig Zag Traverse Bars**

L 2500mm W 1325mm H 2100mm  
FFH: 2100mm  
Minimum Area: 24m<sup>2</sup>  
L 5925mm W 5374mm

**2.4m Chin Ups**

L 3200mm W 125mm H 2400mm  
FFH: 2300mm  
Minimum Area: 26.1m<sup>2</sup>  
L 7135mm W 4060mm



Bespoke unit sizes available on request

Other Steel colours are available upon request

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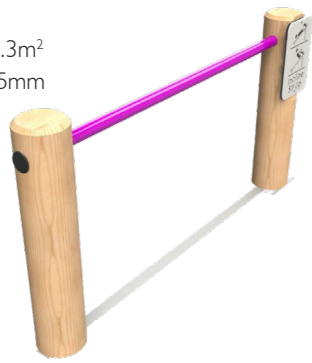


# Fitness stations

FFH - Free Fall Height

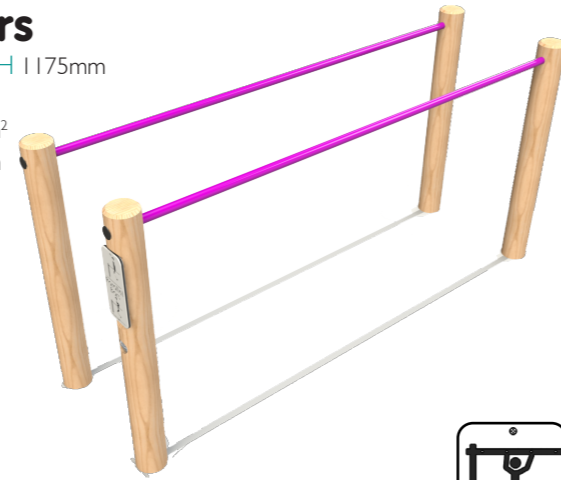
## Incline Pull Up

L 1150mm W 125mm H 600mm  
 FFH: 600mm  
 Minimum Area: 11.3m<sup>2</sup>  
 L 4150mm W 3125mm



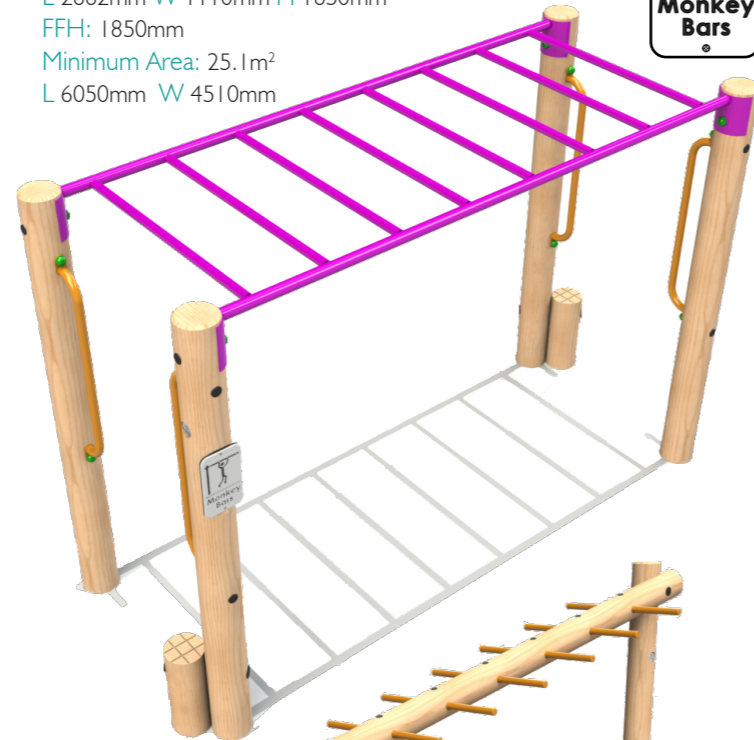
## Parallel Bars

L 2400mm W 725mm H 1175mm  
 FFH: 1175mm  
 Minimum Area: 18.4m<sup>2</sup>  
 L 5400mm W 3725mm



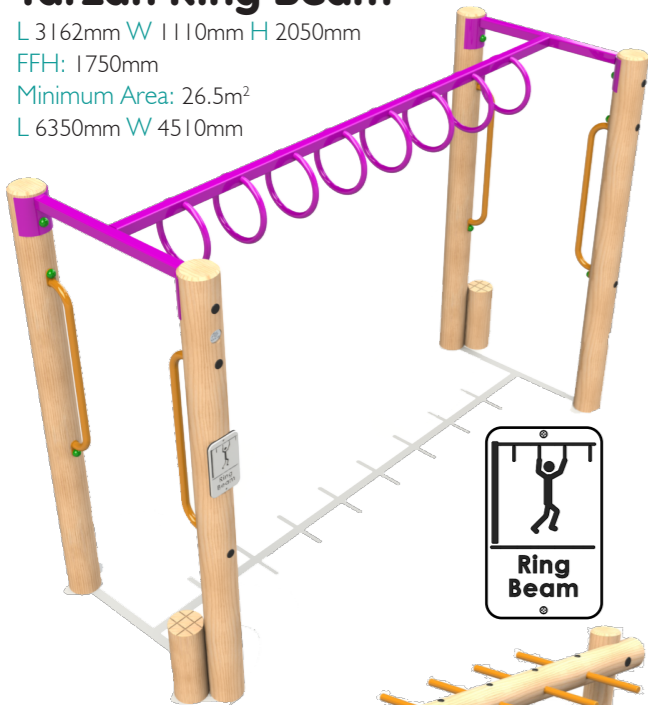
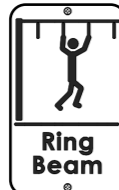
## Monkey Bars

L 2862mm W 1110mm H 1850mm  
 FFH: 1850mm  
 Minimum Area: 25.1m<sup>2</sup>  
 L 6050mm W 4510mm



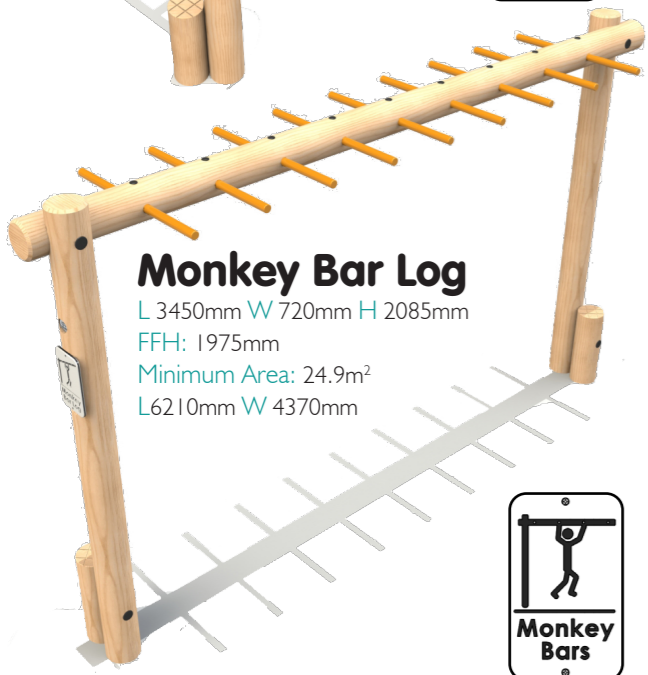
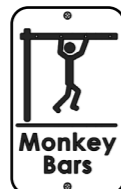
## Tarzan Ring Beam

L 3162mm W 1110mm H 2050mm  
 FFH: 1750mm  
 Minimum Area: 26.5m<sup>2</sup>  
 L 6350mm W 4510mm



## Monkey Bar Log

L 3450mm W 720mm H 2085mm  
 FFH: 1975mm  
 Minimum Area: 24.9m<sup>2</sup>  
 L 6210mm W 4370mm



## Sloping Monkey Bar Log

L 4050mm W 720mm H 2850mm  
 FFH: 2850mm  
 Minimum Area: 32m<sup>2</sup>  
 L 7317mm W 5590mm



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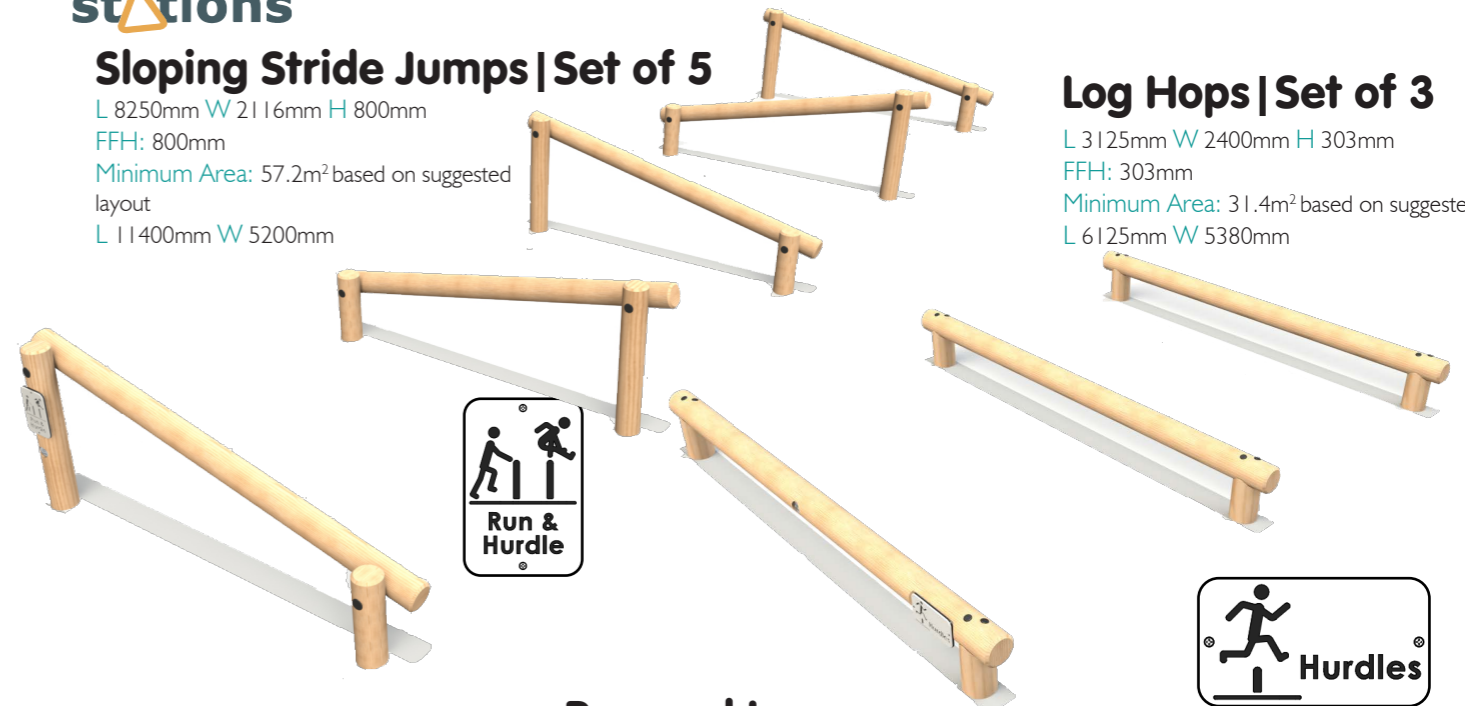
Steel Feet option available, more details and prices are available upon request

# Fitness stations

FFH - Free Fall Height

## Sloping Stride Jumps | Set of 5

L 8250mm W 2116mm H 800mm  
 FFH: 800mm  
 Minimum Area: 57.2m<sup>2</sup> based on suggested layout  
 L 11400mm W 5200mm



## Log Hops | Set of 3

L 3125mm W 2400mm H 303mm  
 FFH: 303mm  
 Minimum Area: 31.4m<sup>2</sup> based on suggested layout  
 L 6125mm W 5380mm



## Run and Leap

L 2125mm W 2400mm H 888mm  
 FFH: 888mm  
 Minimum Area: 26m<sup>2</sup>  
 L 5125mm W 5380mm



## Over and Under

L 2925mm W 2400mm H 1100mm  
 FFH: 1100mm  
 Minimum Area: 30.3m<sup>2</sup> based on suggested layout  
 L 5925mm W 5380mm



## Vault and Leap | Set of 5

L 8250mm W 4473mm H 1200mm  
 FFH: 1200mm  
 Minimum Area: 78.4m<sup>2</sup> based on suggested layout  
 L 11000mm W 7301mm



Bespoke unit sizes available on request

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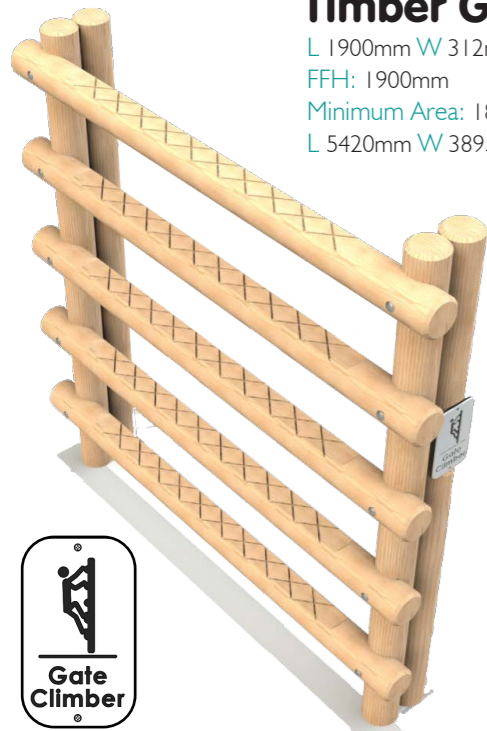


# Fitness stations

FFH - Free Fall Height

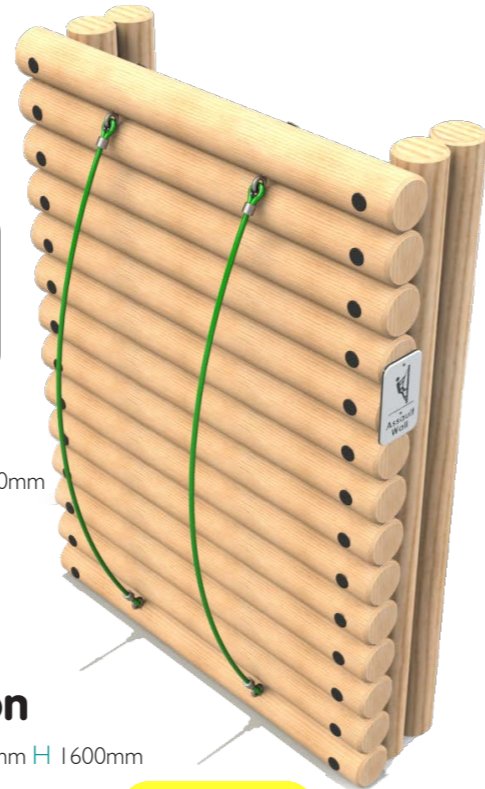
## Timber Gate Climber

L 1900mm W 312mm H 1900mm  
 FFH: 1900mm  
 Minimum Area: 18.7m<sup>2</sup>  
 L 5420mm W 3895mm



## Assault Wall

L 1500mm W 450mm H 2100mm  
 FFH: 2100mm  
 Minimum Area: 17.7m<sup>2</sup>  
 L 5020mm W 3970mm



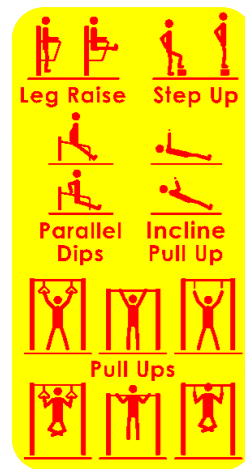
## Dip Station

L 2034mm W 1675mm H 1600mm  
 FFH: 1200mm  
 Minimum Area: 18.5m<sup>2</sup>  
 L 4750mm W 4580mm



## Tone Up Zone

L 4203mm W 2542mm H 2250mm  
 FFH: 1950mm  
 Minimum Area: 33.2m<sup>2</sup>  
 L 7015mm W 6045mm



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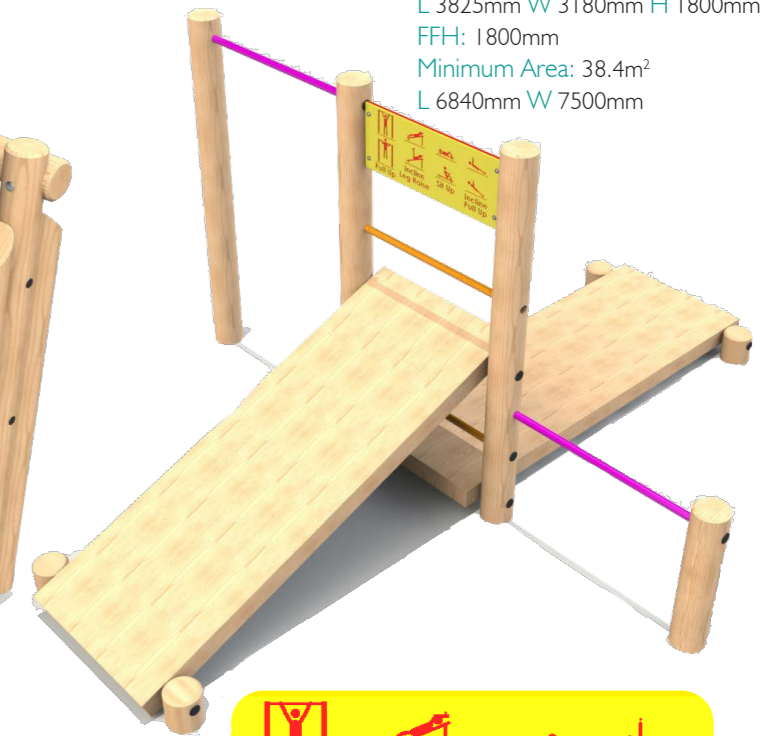
Steel Feet option available, more details and prices are available upon request

# Fitness stations

FFH - Free Fall Height

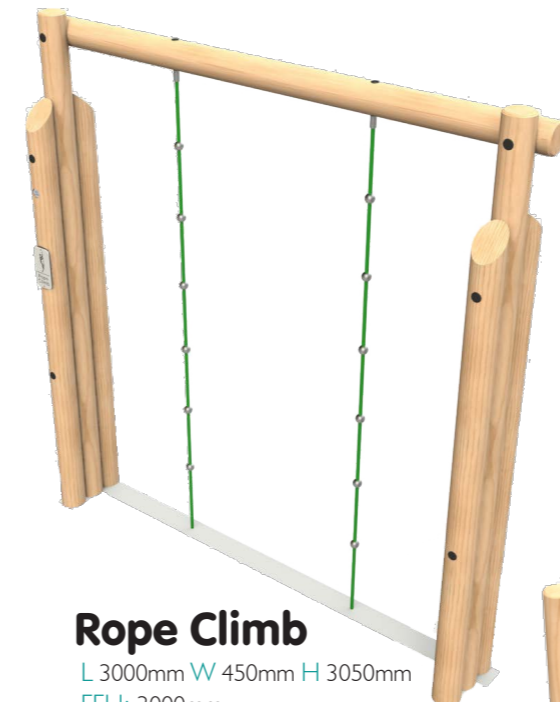
## Pull Up Station

L 3825mm W 3180mm H 1800mm  
 FFH: 1800mm  
 Minimum Area: 38.4m<sup>2</sup>  
 L 6840mm W 7500mm



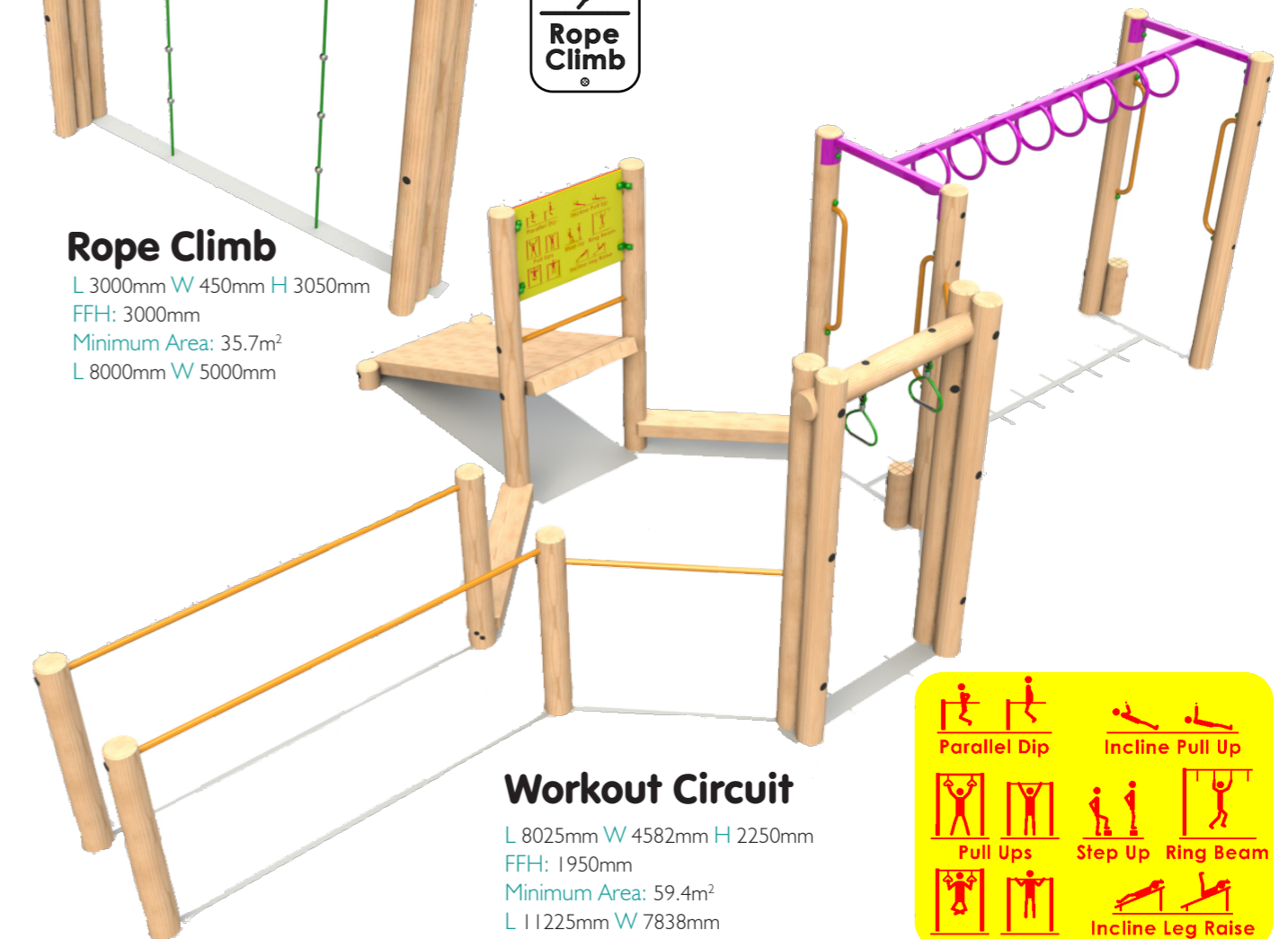
## Assault Net

L 2700mm W 450mm H 2160mm  
 FFH: 2160mm  
 Minimum Area: 21.4m<sup>2</sup>  
 L 6301mm W 3800mm



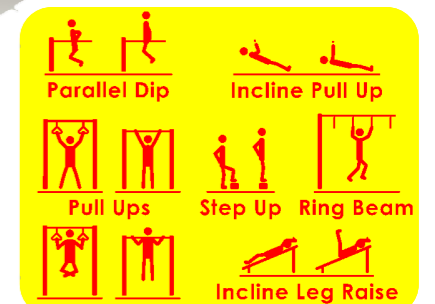
## Rope Climb

L 3000mm W 450mm H 3050mm  
 FFH: 3000mm  
 Minimum Area: 35.7m<sup>2</sup>  
 L 8000mm W 5000mm



## Workout Circuit

L 8025mm W 4582mm H 2250mm  
 FFH: 1950mm  
 Minimum Area: 59.4m<sup>2</sup>  
 L 11225mm W 7838mm



Steel Feet option available, more details and prices are available upon request

Other Steel colours are available upon request

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The ability to offer unrivalled value for money whilst still ensuring exceptional quality and longevity is key. The Fitness range accommodates a range of budgets and play scheme sizes.

Our uncompromising approach to safety during the design and manufacturing process is paramount.

In order to ensure the highest level of accuracy, all units are produced on a custom made, state of the art, 6 Axis CNC machine. This technology allows us to offer unparalleled accuracy in the field of play timber production.

Tel: 01600 614041

Email: [info@playwood.co.uk](mailto:info@playwood.co.uk)

Web: [www.playwood.co.uk](http://www.playwood.co.uk)

Address: Playwood Ltd, 143 Ternata Drive, Monmouth, NP25 5UZ