



INNOVATIVE OUTDOOR FITNESS

Breaking down barriers to provide inter-generational, social and inclusive fitness options for every body, every community.



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OUTDOOR FITNESS REVOLUTION

In our fast-paced world, we typically experience more stress and have less time available for physical activity, spending less time outdoors interacting with the natural world even though our brains are hardwired for it. Outdoor workouts allow us to reconnect with nature while providing numerous health benefits.



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In the world of health research, exercise is one of the few things that all of the experts agree on. Regular physical activity improves heart health, reduces your risk of cancer, provides better osteo health and improves your mental health.

But what about **where** you exercise?

Bottom line... any exercise is good exercise. However, there is growing research to suggest that exercising outdoors and in nature delivers even more positive mental and physical health benefits.

By combining two health-enhancing activities - moving your body and getting outdoors – outdoor exercise delivers exceptional results: enhancing your mood, saving you money and time and giving your workouts new social interaction.

Studies show that exercising in natural environments can have positive effects on self-esteem and improve your mood, with the effect particularly noticeable in people with mental illnesses like depression and anxiety.

“

There is some interesting evidence that running on a treadmill does not give the same mental health benefits as running outside, and it may not give you the same happy hormone boost as running outside

- Dr Sandro Demaio

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WHAT IS NORWELL?

Designed and developed in collaboration with fitness and physiology specialists and award-winning Danish Design House Dok54, Norwell Outdoor Fitness stations are suitable for people of all ages and levels of physical fitness.

Norwell's main design element – the curve – embodies sophisticated design to deliver an architectural aesthetic that enhances all environments.

Using body weight resistance and full range of motion, stations are designed to promote strength, cardiovascular fitness, balance and flexibility. Every station is equipped with a QR code linking through to a smartphone app with usage guides, videos and training programmes to get the most out of your workout.

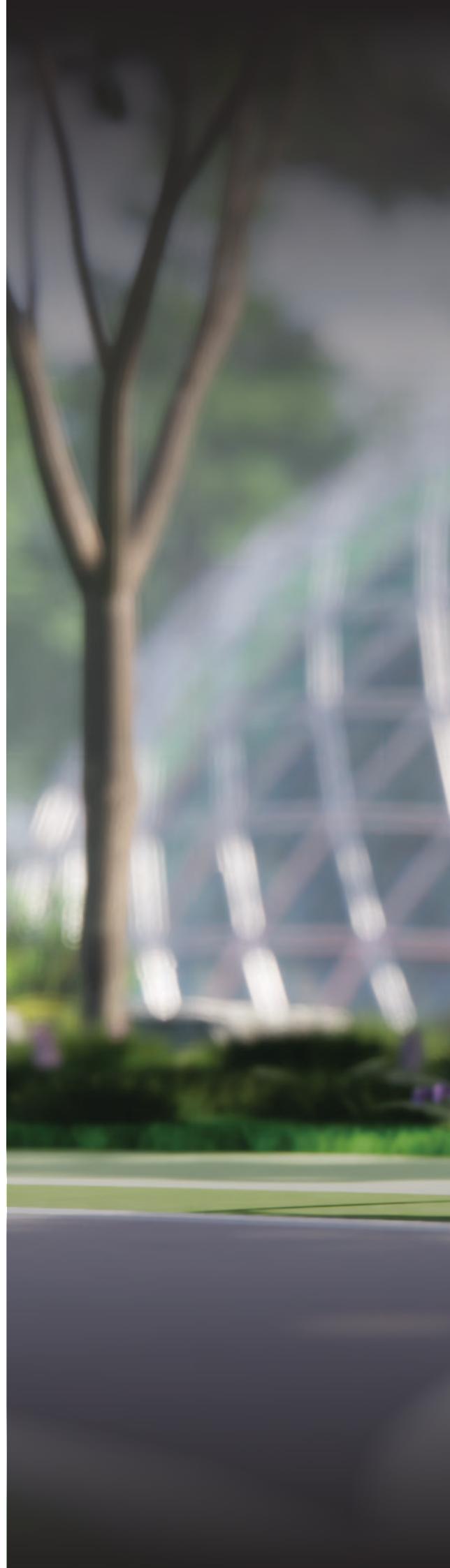
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Placing fitness trails within community spaces overcomes any socio-economic barriers people have to exercise; no membership is required and people can train at a time that suits their schedule, bringing along children, friends and family members as needed.

These spaces then become an **inter-generational** meeting point - connecting and motivating people and supporting a healthier, more active community.

Select stations have been specially designed for Seniors or wheelchair access, making them a welcome addition to outdoor spaces for people of all ages and abilities and within retirement living and aged care facilities.

Suitable for all environments, including extreme foreshore locations, this quality stainless steel equipment is certified to European Fitness Standard EN16630:2015.



ARCHITECTURAL DESIGN QUALITY MATERIALS

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- Timeless, minimalist Danish design
- Double-welded joins
- Full range of motion
- Low impact, body weight resistance movement
- Glass blasted stainless steel
- Robust pedals and fittings

OUTDOOR FITNESS RANGE

AIR WALKER *

Improves cardiovascular fitness and flexibility through the hips and thighs with full range of movement

A low impact way to improve your cardiovascular fitness regardless of your fitness level. The full range of motion through the legs and hips helps to lengthen and strengthen muscle tone. Recommended for Seniors



SITE REQUIRED	5.6 x 3.9m	EQUIPMENT SIZE	3.1 x 1.4m
MAX USERS	1	FHOF	N/A

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ARM WALKER

Combining endurance and strength training for your upper body, arms and overall coordination

A fun and engaging way to combine upper body and core strength training.



SITE REQUIRED	6.3 x 3.8m	EQUIPMENT SIZE	3.6 x 0.7m
MAX USERS	1	FHOF	0.98m

BACK *

A seated pull-down system designed to build strength through the shoulders, biceps and back.

Improves the build strength of your shoulders, biceps and back. Recommended for Seniors



SITE REQUIRED	4.2 x 3.8m	EQUIPMENT SIZE	0.7 x 0.7m
MAX USERS	1	FHOF	N/A



Norwell's standard outdoor fitness range incorporates 18 individual fitness stations; from static pieces to equipment that moves with you. Each station has been specifically designed to work on a specific muscle group or improve cardiovascular fitness, overall strength, and flexibility.

BALANCER

A series of stepping platforms designed to test your skill and balance



A set of 5 static balancing steps set at different heights to test your balance and coordination

SITE REQUIRED	6 x 3.6m	EQUIPMENT SIZE	2.9 x 0.5m
MAX USERS	1	FHOF	N/A

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BAR

Parallel bars that offer a variety of strength building exercise options



With options for dips, leg lifts and ground level pull ups, the Bar offers a complete upper body workout.

SITE REQUIRED	4.4 x 3.9m	EQUIPMENT SIZE	1.2 x 1m
MAX USERS	1	FHOF	N/A

CHEST *

A seated chest press that uses your own body weight for resistance training



Improves the strength of your chest, shoulders and triceps.
Recommended for Seniors

SITE REQUIRED	6.3 x 3.8m	EQUIPMENT SIZE	3.6 x 0.7m
MAX USERS	1	FHOF	N/A

* This station is recommended for Seniors.



OUTDOOR FITNESS RANGE



CROSS *

A complete body workout, this cross-trainer increases muscular strength and improves overall cardio fitness

Through its smooth, fluid action, you can build cardiovascular fitness and strength through your arms, hips and legs while keeping your back fully supported. Recommended for Seniors.

SITE REQUIRED	5.3 x 3.8m	EQUIPMENT SIZE	1.9 x 0.7m
MAX USERS	1	FHOF	N/A

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DUAL PULL UP

Dual pull up bars set at different heights for maximum user accessibility

The Dual Pull Up has two opposing pull up bars set at 205cm and 232cm, allowing users to complete an upper body workout at a comfortable height.

SITE REQUIRED	4.5 x 4.3m	EQUIPMENT SIZE	1.3 x 1.6m
MAX USERS	2	FHOF	1.25m

HIP *



A gentle swinging workout that builds strength and tone through the core, hips and glutes

Improving your balance and cardiovascular fitness as you swing, the Hip builds muscle strength through the hips, back, abdomen and glutes. Delivers full range of movement for improved flexibility. Recommended for Seniors.

SITE REQUIRED	5.9 x 4.4m	EQUIPMENT SIZE	3.1 x 1.1m
MAX USERS	2	FHOF	N/A



As a modular system, you can mix and match any of these stations to create the ideal fitness circuit for your community. You can use the site required measurements detailed with each station to estimate the total amount of space you will require. This allows for forced movement zones and training zones in and around each station.

LEG *

The body weight resistance leg press that allows for maximum muscle extension

Using your own body weight as resistance, build up the strength through your thighs, glutes and calves while protecting your core. Recommended for Seniors.



SITE REQUIRED	4.3 x 3.7m	EQUIPMENT SIZE	1.1 x 0.7m
MAX USERS	1	FHOF	N/A

PULL UP

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A multi-level pull up bar, used to build upper body strength

Multiple rungs gives access to people of all heights, allowing you to reach the highest levels and test your ability



SITE REQUIRED	5.6 x 5.5m	EQUIPMENT SIZE	1.7 x 1.3m
MAX USERS	1	FHOF	2.22m

RIDER *

A seated rowing machine that delivers a low-impact, full body workout

The simulated rowing motion delivers effective circuit training and a full body workout, with the intensity determined by the user. Recommended for Seniors.



SITE REQUIRED	4.2 x 3.7m	EQUIPMENT SIZE	0.7 x 0.7m
MAX USERS	1	FHOF	0.85m

* This station is recommended for Seniors.



OUTDOOR FITNESS RANGE

SIT UP

Supports your body while building abdominal, hip, thigh and back muscle strength

Build your core strength without putting any strain on your back or joints. The level of difficulty is determined by you and your ability

SITE REQUIRED	6 x 3.7m	EQUIPMENT SIZE	2.9 x 0.5m
MAX USERS	1	FHOF	N/A

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STRETCH *

Designed to improve mobility and flexibility through the lower body

Used to stretch the glutes, hamstrings and calves post-workout, the Stretch has multiple access points to target flexibility through the hips and lower body. Recommended for Seniors.

SITE REQUIRED	5.9 x 3.7m	EQUIPMENT SIZE	3.1 x 0.5m
MAX USERS	2	FHOF	N/A

TWISTER *

With 2 individual platforms, the twisting action builds core strength, balance and coordination

The Twister has 2 individual platforms - one you sit on and one you stand on. Depending on your fitness and confidence level, you can choose to Twist standing or seated, using the curved bar as support. Recommended for Seniors.

SITE REQUIRED	6.2 x 4.5m	EQUIPMENT SIZE	3.1 x 1.4m
MAX USERS	2	FHOF	N/A

* This station is recommended for Seniors.



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DESIGN YOUR CIRCUIT

A

Rider

A seated rowing machine that delivers a low-impact, full body workout

B

Cross

This cross-trainer increases muscular strength while improving overall cardiovascular fitness

C

Horizontal Ladder

Brachiation training and upper body muscle development

D

Combination Unit 2

Complete upper body workout with the Chest and Back systems integrated into one unit

E

Dual Bar

Parallel bars that offer a variety of core building exercise options

A fitness trail with integrated pathways

Rather than being a stand-alone fitness experience, this recreational space has been designed to become part of a larger fitness journey, with the equipment integrated along an existing pathway. Large chevron designs through the softfall encourage users to journey from one fitness station to another, partaking in a range of cardiovascular and whole-of-body functional training activities. The Rider, Cross and Combination unit are also suitable for Seniors, making this an inter-generational workout space.

Equipment Budget

Powdercoated 304 Stainless Steel - \$43- \$45k



FUNCTIONAL FITNESS

Functional training is based on thousands of years of human evolution; building strength, agility and fitness by moving and training our bodies in the way nature intended. Using body weight resistance and “whole of body” movement, the Norwell’s functional outdoor fitness equipment provides functional fitness activity and extreme fitness challenge to improve user’s overall physical health and flexibility.



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Through speed and agility challenges, coupled with the accessibility of an outdoor environment, Norwell encourages communities to train and socialise regularly in a fun and engaging way.

FUNCTIONAL TRAINING

Delivers endless training possibilities to train the whole body while being socially inclusive within the one system

Overhead bars, rings, the endless rope pull and tyre boxing training give a full body work out for multiple simultaneous users



SITE REQUIRED	7.6 x 6.6m	EQUIPMENT SIZE	4.2 x 3.5m
MAX USERS	6	FHOF	1.39m



Aesthetically designed to attract people of all ages and fitness abilities, there are 7 individual functional fitness stations to choose from, allowing you to tailor an innovative fitness obstacle course unique to your communities' needs.

DUAL BAR



Parallel bars that offer a variety of core building exercise options

With options for dips, leg lifts and press ups, the Dual Bar also has provision for multiple users

SITE REQUIRED	5.3 x 3.8m	EQUIPMENT SIZE	2.3 x 1m
MAX USERS	2	FHOF	N/A

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HORIZONTAL LADDER



Brachiation training and upper body muscle development are central to the horizontal ladder workout

Training for endurance and building upper bod strength and tone, the horizontal ladder allows you to safely proceed at your own pace

SITE REQUIRED	8.1 x 5.5m	EQUIPMENT SIZE	4 x 1.5m
MAX USERS	1	FHOF	2.05m

PARKOUR



A compact Parkour style climbing frame that can be used to build strength, balance and coordination

A versatile training frame that can accommodate multiple users simultaneously, climbing and building their strength in a fun and engaging way

SITE REQUIRED	5.4 x 5.4m	EQUIPMENT SIZE	1.6 x 1.9m
MAX USERS	3	FHOF	2.35m



FUNCTIONAL FITNESS



STEP BLOCKS

Designed to develop and strengthen agility, coordination, balance and breath control

Set at 2 levels, the steps can be used as a complete cardio and strength building training tool with the intensity determined by the user

SITE REQUIRED	4.8 x 3.4m	EQUIPMENT SIZE	0.6 x 0.3m
MAX USERS	1	FHOF	N/A

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TYRE FLIP

Engage in functional strength exercises in a supervised environment.

Training for your back and core, with the satisfaction of shifting a seemingly immovable object

SITE REQUIRED	6.3 x 4.5m	EQUIPMENT SIZE	2.6 x 1.2m
MAX USERS	1	FHOF	N/A



TRIPLE PULL UP

A triple rung, multi-level pull up bar, used to build upper body strength

Multiple rungs gives access to people of all heights and allow for multiple users, challenging you to reach the highest levels and test your ability

SITE REQUIRED	6.2 x 4.2m	EQUIPMENT SIZE	3.5 x 1.2m
MAX USERS	3	FHOF	2.25m



ALL-ABILITIES FITNESS

Overall community well-being increases when people of all-abilities have the option to train in a socially inclusive environment. There are a range of Norwell fitness stations that are wheelchair accessible or focus on specific body regions, so they are suitable for people with a range of physical abilities.



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HAND CYCLE*

An accessible fitness station focusing on building upper body strength and cardiovascular fitness



Working your arms in the same way pedalling on a bicycle would work your legs, the hand cycle builds your cardiovascular strength and works your upper body muscles. Recommended for Seniors.

SITE REQUIRED	4.2 x 4.2m	EQUIPMENT SIZE	1.4 x 1.1m
MAX USERS	1	FHOF	N/A

TAI CHI*

An accessible training system inspired by the movements of Tai Chi to gently train the upper body

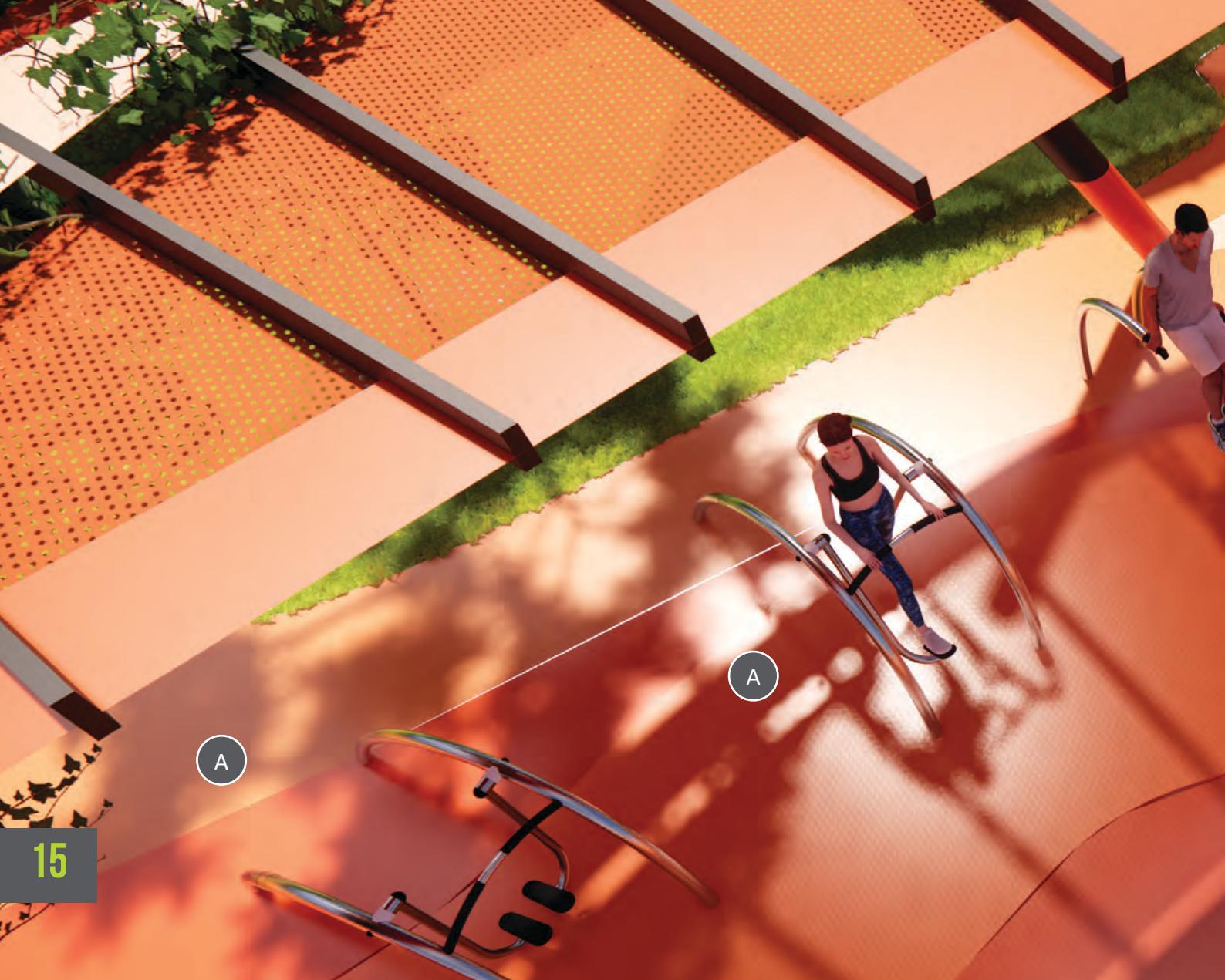


Gently improves the flexibility and movement of the joints through the shoulders and wrists with Tai Chi simulated circular movements. Recommended for Seniors.

SITE REQUIRED	4.3 x 3.8m	EQUIPMENT SIZE	1.1 x 0.5m
MAX USERS	1	FHOF	N/A

* This station is recommended for Seniors.





DESIGN YOUR CIRCUIT

A

Air Walker

Improves cardiovascular fitness and flexibility through the hips and thighs with full range of movement

B

Bar

Parallel bars that offer a variety of strength building exercise options

C

Rider

A seated rowing machine that delivers a low-impact, full body workout

D

Combination Unit 1

Combines 5 different exercises into one compact unit

The right workout for every community

Within this community space, set amongst stunning surrounds, the focus is on providing maximum cardiovascular fitness options in a social atmosphere. Twin Air Walkers have been set up side-by-side to encourage people to train together; low impact and offering a full range of comfortable motion, the exercise station is incredibly popular.

The Rider station helps to round out cardio activity, while the Dual Bars build strength and flexibility through the core and upper body. Finally, the Combination Unit combines upper body, core and leg strength building exercises within the one piece of equipment, allowing you to train your whole body with up to 3 users training simultaneously.



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COMBINATION UNITS

A fitness circuit doesn't have to take up a huge footprint to be effective. Specifically designed to accommodate multiple users on the same fitness station, Norwell's Combination Units take social training to the next level. Using body weight resistance and no-impact movement, there is a Combination Unit (or two!) to suit every site and every community.



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With so many fitness options in one station, a single Combination unit will provide the training system your community needs.

CALISTHENICS

A fitness frame that offers more than 15 different training exercises with multi-user accessibility

With so many exercise options available in the one unit, this frame offers strength and body weight resistance training options for multiple users simultaneously, regardless of their fitness level



SITE REQUIRED	6.9 x 5.9m	EQUIPMENT SIZE	3.8 x 3.8m
MAX USERS	6	FHOF	2.39m



Through controlled movement, a user set pace and body weight resistance, these Combination Units combine upper body, core and leg strength building exercises within a single piece of equipment, allowing whole-of-body training in a socially inclusive environment.

COMBINATION UNIT 1

Combines 5 different exercises into one compact unit



Combines upper body, core and leg strength building exercises within the one piece of equipment, allowing you to train your whole body and while multiple users can train the same time.

SITE REQUIRED	5.8 x 4.5m	EQUIPMENT SIZE	2.5 x 1.2m
MAX USERS	3	FHOF	1.23m

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COMBINATION UNIT 2

Combines 2 different exercises into one compact unit



Complete upper body workout with the Chest and Back systems integrated into one unit

SITE REQUIRED	5 x 4m	EQUIPMENT SIZE	1.7 x 0.7m
MAX USERS	2	FHOF	N/A

COMBINATION UNIT 3

Combines 3 different exercises into one compact unit



Complete lower body workout with the Airwalker, Stepper and Twister systems integrated into one unit

SITE REQUIRED	6.2 x 5m	EQUIPMENT SIZE	3.1 x 2.2m
MAX USERS	3	FHOF	N/A





DESIGN YOUR CIRCUIT

A Hip

A gentle swinging workout that builds strength and tone through the core, hips and glutes

B Arm Walker

Combining endurance and strength training for your upper body, arms and overall coordination

C Leg

The body weight resistance leg press that allows for maximum muscle extension

D Twister

With 2 individual platforms, the twisting action builds core strength, balance and coordination

E Sit Up

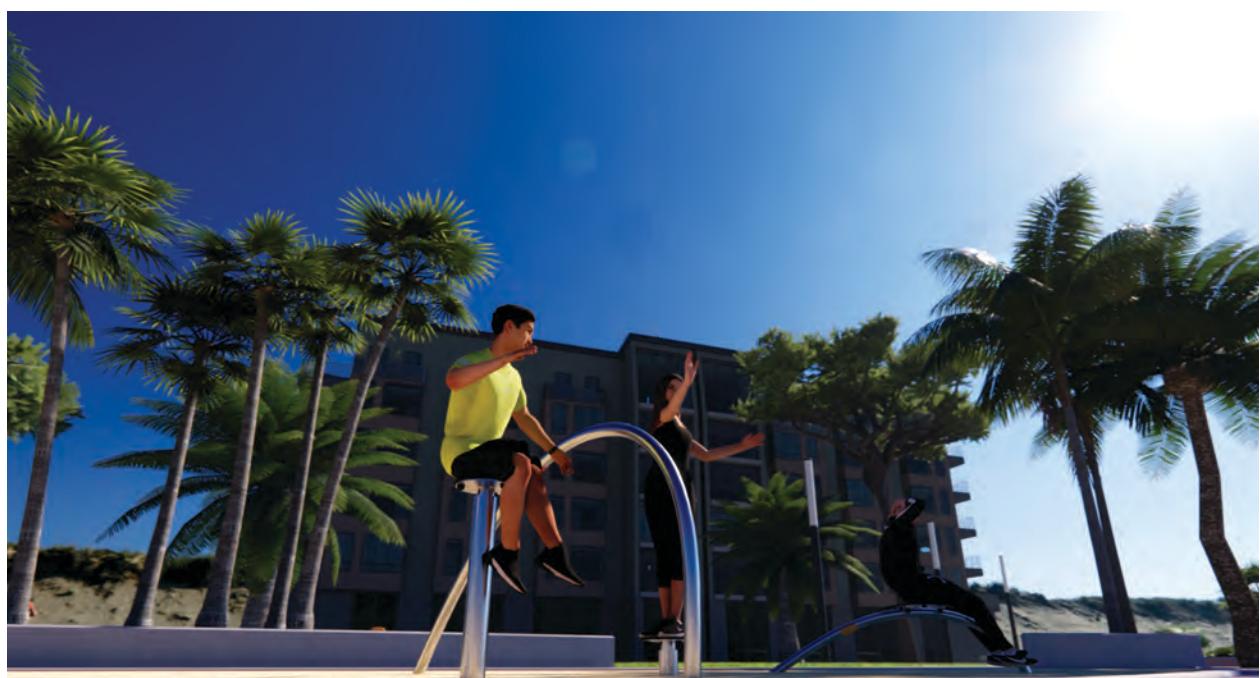
Supports your body while building abdominal, hip, thigh and back muscle strength

Suitable for foreshore locations

Norwell's quality 316 Stainless Steel construction, double welds and protected bearing systems make them suitable for even the most extreme environmental conditions.

This fitness trail has been designed to integrate seamlessly into the foreshore environment, bordered by palm trees and encouraging users to return time and time again to take in the stunning location. Placed along an existing pathway, users are inspired to use each station as part of their existing fitness regime; whether they're walking, jogging or riding along the foreshore.

The equipment stations are balanced between providing strength and flexibility workouts and cardio fitness, with options suitable for Seniors.



Equipment Budget

316 Stainless Steel - \$35 - \$37k

OUTDOOR LEISURE RANGE

BENCH

A truly adaptable unit that delivers multiple exercise and recovery options

The Bench is full of training possibilities for the abdomen, back, arms and legs; from strength building to stretching.



SITE REQUIRED	4.7 x 3.8m	EQUIPMENT SIZE	1.8 x 0.8m
MAX USERS	1	FHOF	N/A

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FUNCTIONAL BENCH

A truly adaptable unit that delivers multiple exercise and recovery options

The Functional Bench is full of training possibilities for the abdomen, back, arms and legs; from strength building to stretching. Also a great place to rest between sets!

SITE REQUIRED	5.1 x 3.7m	EQUIPMENT SIZE	2 x 0.7m
MAX USERS	1	FHOF	N/A

PICNIC TABLE

A durable table and seating set that matches the Norwell design aesthetic

A place to rest between training sets or a place to cool down afterwards, this picnic table adds a social element to your fitness space



SITE REQUIRED	4.4 x 4.3m	EQUIPMENT SIZE	1.7 x 1.7m
MAX USERS	6	FHOF	N/A



More than just a fitness circuit, additional leisure items can be added to each park to create an inter-generational recreational space. By adding picnic tables or a Ping Pong table, we encourage people of all-ages and abilities to join in the fun and benefits of outdoor exercise. Aligned with the Norwell design aesthetic, these individual pieces help enhance the overall recreational environment.

PING PONG TABLE

Simultaneously train your coordination, movement and speed while engaging in playful competition



A fun and competitive way to build your cardiovascular fitness and hand eye coordination

SITE REQUIRED	6 x 4.8m	EQUIPMENT SIZE	2.7 x 1.5m
MAX USERS	6	FHOF	N/A



MINI SIGN

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A descriptive sign that displays relevant training information while matching the equipment aesthetic

Clearly displays uses and benefits of each piece of equipment, including links to the Norwell Smartphone App.

SITE REQUIRED	3.6 x 3.6m	EQUIPMENT SIZE	0.5 x 0.5m
MAX USERS	1	FHOF	N/A

SIGN



A descriptive sign that displays relevant training information while matching the equipment aesthetic

Clearly displays uses and benefits of each piece of equipment, including links to the Norwell Smartphone App.

SITE REQUIRED	4.2 x 3.7m	EQUIPMENT SIZE	1.27 x 0.7m
MAX USERS	1	FHOF	N/A





INNOVATIVE OUTDOOR FITNESS

With more than 20 years' experience creating durable, high quality outdoor recreational fitness spaces across Australia, our partnership with Norwell brings you the latest architectural fitness designs, built to withstand Australian conditions.

We offer you our team's expertise to create the ideal fitness environment for your community.

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All prices are for equipment supply only and exclude GST, delivery, installation and construction works. Equipment designs shown throughout this brochure are indicative only and may be subject to change.

