

Innovative Outdoor Fitness



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Welcome to a world of outdoor fitness

Norwell Outdoor Fitness was founded in 2007 by the Barkholt family from Denmark.

During travels in Asia, the family experienced how the public outdoor fitness parks everywhere offered easy access to exercise, and the perfect supplement to the family's walking and running routines.

This experience inspired the Barkholt family to develop their own unique line of outdoor fitness equipment, expressing the very best of Danish Design: quality, functionality and aesthetics.

As a front-runner within the outdoor fitness concept, Norwell quickly became specialists in designing, developing, and marketing outdoor fitness equipment.

Today, Norwell is represented by outdoor fitness parks in Europe, Asia and North America.



The benefits of outdoor fitness

Health benefits

Each Norwell Outdoor Fitness station is designed and developed for all – from out of shape beginners to the very fit.

By placing outdoor fitness parks in the user's own environment, maintaining and training your body is as easy as it gets. The natural consequence is an increased quality of life, and a healthier community.

Danish design

The main element of our design – the curve – creates a lightness and transparency of construction, which combined with our choice of colour scheme, makes a Norwell Outdoor Fitness park suitable for any environment.

Representing the quality of Danish Design, every fitness station contributes to an aesthetic experience as well as having the functions required for training and maintaining your body.

Optimum functionality

The strength training stations allow a full range of motion, making them accessible and effective to all users. By using your own body weight as resistance, the equipment is tailored to individual progress.

Movement patterns are smooth and natural, making the equipment functional and intuitive. The low impact cardiovascular equipment is safe, effective and fun to use.

The balance and stretching stations complete the package, creating a complete, effective and functional work-out. The result is increased strength, increased cardiovascular capacity and overall improved health.

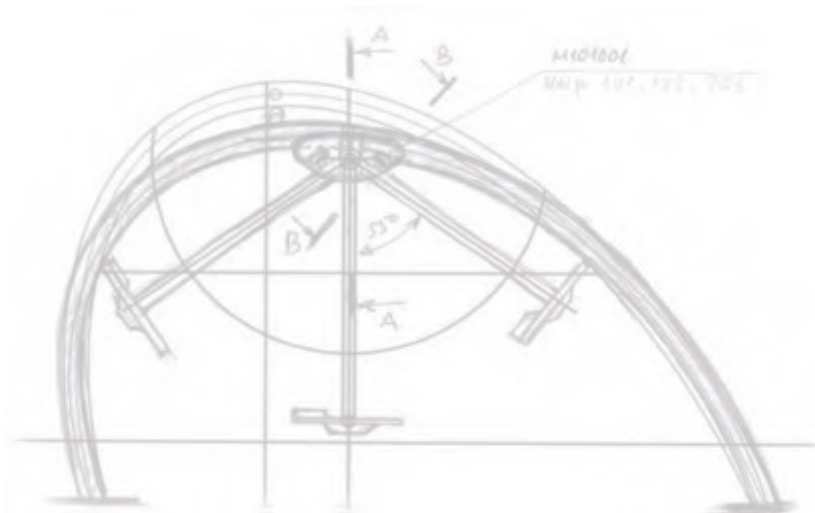
Quality and durability

Norwell Outdoor Fitness stations are designed and developed in Denmark with the highest quality standards.

Quality is very much defined by the durability and longevity of the equipment. To ensure a long life service, Norwell fitness stations are built according to the tradition of solid Danish craftsmanship, and with the best quality materials.

Every detail is well thought out, from the high level of functionality and usability, to the appealing and aesthetic Danish Design.

With Norwell, both users and customers are guaranteed the best outdoor fitness equipment for training, and for investment as well as having the functions required for training and maintaining your body.





ADULTS



NW101 Chest



NW102 Back



NW103 Sit Up



NW104 Pull Up



NW105 Bar



NW106 Leg



NW107 Dual Pull Up



NW108 Armwalker

NEW



NW109 Wave Bar

NEW



NW201 Air Walker



NW201B Air Walker Half



NW202 Cross



NW203 Stepper



NW204 Hip



NW205 Cycle



NW206 Rider

NEW



NW301 Twister



NW302 Springer



NW303 Balancer

NEW



NW401 Stretch



NW501 Bench



NW501B Bench

NEW



NW502 Ping Pong

NEW



NW503 Sign



NW504 Mini Sign





JUNIORS



NWJR101 Junior Chest



NWJR102 Junior Back



NWJR103 Junior Sit Up



NWJR104 Junior Pull Up



NWJR105 Junior Bar



NWSW109 Horizontal Ladder

NEW



NWSW110 Dual Bar

NEW



NWJR110 Junior Parkour

NEW



NWJR201 Junior Double Air Walker



NWJR202 Junior Cross



NWJR204 Junior Hip



NW303 Junior Balancer

NEW



SPECIAL NEEDS



NWS110 Chest Builder



NWS111 Back Builder



NWS112 Ultra Bar



NWS113 Hand Cycle



NWS114 Tai Chi



COMBINATIONS



NWC603 Combi 1

NEW



NWC604 Combi 2



NWC605 Combi 3

NEW



NWC606 Combi 4

NEW



STREET WORKOUT



NWSW103 Sit Up



NWSW107 Dual Pull Up



NWSW108 Tire Flip

NEW



NWSW109 Horizontal Ladder

NEW



NWSW110 Dual Bar

NEW



NWSW111 Rings

NEW



NWSW112 Step Blocks

NEW



NWSW114 Triple Pull Up

NEW



Calisthenics frame

NEW

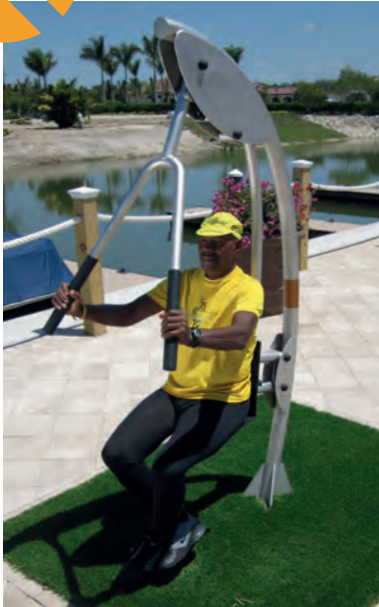


Functional training frame

NEW



STRENGTH



CHEST NW101



The Chest is a seated chest press, that uses your own body weight as resistance in training.

This station improves the strength of your chest, front of shoulders and triceps.

We also recommend the Chest for senior citizens.



BACK NW102



The Back gives you an easy and efficient way to strengthen your back and back of shoulders by using your own body weight as resistance in training.

We also recommend the Back for senior citizens.



SIT UP NW103



The Sit Up strengthens your abdomen, thighs and hips in an intuitive way.

The level of difficulty is determined by you and your level of experience.



PULL UP NW104



The Pull Up combines strength training of a wide range of muscle groups in your arms, shoulders, back and core.





BAR NW105



The Bar strengthens your chest, triceps, core and the front of your shoulders in the most simple and efficient way.



LEG NW106



The Leg fits all when it comes to building up strength in your thighs, legs and calves.

We also recommend the Leg for senior citizens.



DUAL PULL UP NW107



Dual Pull Up has two pull-up bars of different heights – 205 cm and 232 cm.

This gives the opportunity for combined strength training for arms, shoulders, back and core.



NEW

ARMWALKER NW108

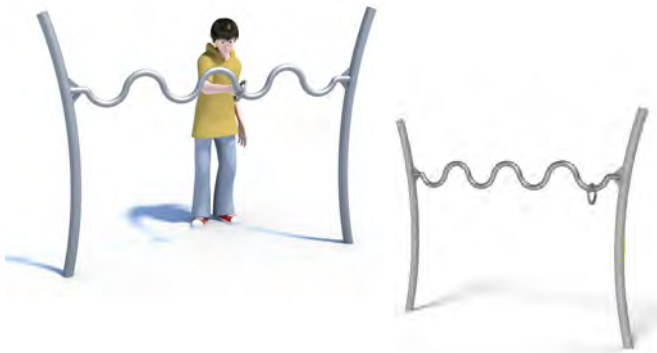


With the Arm Walker, you combine endurance and strength training. This will strengthen your upper body, arms and coordination.

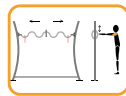


STRENGTH

NEW



WAVE BAR NW109



The Wave Bar strengthens wrist, elbow and shoulder joints and is therefore very suitable for healthy aging. The movements help to improve coordination and concentration.

We also recommend the Wave Bar for senior citizens.



MULTI LADDER NW110



CARDIOVASCULAR



AIR WALKER NW201



To walk on air is probably the greatest feeling of freedom you can have. Norwell's Air Walker gives you the full experience of a brisk walk without the strain. Also available as double or half version.

We also recommend the Air Walker for senior citizens.



AIR WALKER HALF NW201B



To walk on air is probably the greatest feeling of freedom you can have. Norwell's Air Walker gives you the full experience of a brisk walk without the strain. Also available as double or single version.

We also recommend the Air Walker Half for senior citizens.



CROSS NW202



The Cross station is a comfortable way of developing leg and hip muscles, while simultaneously improving your cardiovascular endurance.

The scale of the Cross station provides for a natural running motion.

We also recommend the Cross for senior citizens.



STEPPER NW203



The Stepper develops leg muscles and improves your cardiovascular endurance.

The rubber strip on the lower curve provides a slip resistant surface.



HIP NW204



The hip builds the strength of your hip and core while improving cardiovascular endurance.

Train alone or with a friend.



CYCLE NW205



This rather elegant Cycle provides a simple and quite effective way to strengthen your stamina and fitness.

We also recommend the Cycle for senior citizens.



CARDIOVASCULAR



BALANCE

NEW



RIDER NW206



The Rider is an extremely effective rowing machine to train the whole body. It simulates rowing and therefore offers a very intense circuit training, with varied use of muscles in both the upper and lower body and the body load.

At the same time, the device is designed so that you do not burden joints, tendons and back too much.

We also recommend the Rider for senior citizens.



TWISTER NW301

The Twister has two individual platforms, one you stand on and one you sit on, using the curve as support. This station improves your balance and coordination skills, combined with developing the muscles in the back.

We also recommend the Twister for senior citizens.



SPRINGER NW302

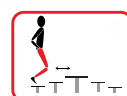


The Springer has two platforms to stand on. It provides varied training of your balance by improving the strength of the ankle and knee joints.

NEW



BALANCER NW303



With Balancer you can train balance and coordination and strengthen your body.

We also recommend the Balancer for senior citizens.



STRETCH NW401



The Stretch is very efficient for keeping the mobility and flexibility in your hamstrings, calves and gluteus when you cool down and stretch out after exercising.



BENCH NW501



SENIOR CITIZEN

The Bench is full of possibilities for training your abdomen, back, arms and legs - and for resting comfortably.

We also recommend the Bench for senior citizens.



NEW



BENCH NW501B



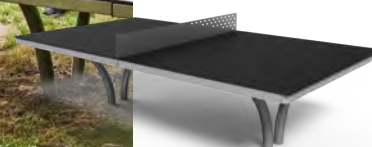
SENIOR CITIZEN

The Bench is full of possibilities for training your abdomen, back, arms and legs - and for resting comfortably.

We also recommend the Bench for senior citizens.



NEW



PING PONG NW502



SENIOR CITIZEN

The Ping pong table offers a fun and very beneficial way to get fit, in a playful yet competitive way. With Ping pong you will train your coordination, movement and speed at the same time.

We also recommend the Ping Pong for senior citizens.



FOR JUNIORS



JUNIOR CHEST NWRJ101



The Junior Chest station is a shoulder press using the junior's own weight as resistance.

Just the right amount of resistance is provided for safe and effective training of the shoulders, triceps and chest.



JUNIOR BACK NWJR102



The Junior Back is a pull-down station to build up strength in the back, the shoulders and the biceps, again using the junior's own weight as resistance.



JUNIOR SIT UP NWJR103



The Junior Sit Up is ideal for improving abdominal, thigh, hip and back muscles.

They will use it facing up or down, enjoying the work out.



JUNIOR PULL UP NWJR104



The Junior Pull Up primarily strengthens the muscles in the arms and shoulder by – as the name suggests – pulling up the body.



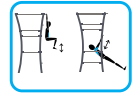
JUNIOR BAR NWJR105



The Junior Bar improves the strength of the upper body in a variety of ways, e.g. by doing dips or ground level pull ups.



JUNIOR PARKOUR NWJR110



With Junior Parkour, you can strengthen your body awareness, muscle mass and balance while moving over, under, and through obstacles. There is nothing right or wrong.



JUNIOR DOUBLE AIR WALKER NWJR201



On the Junior Double Air Walker you can enjoy a brisk and fun "walk on air". Working out on the Double Air Walker improves cardiovascular function and increases the flexibility of the hip and thigh muscles.

Also available in a single version.



JUNIOR CROSS NWJR202



The Junior Cross offers a great way to develop hip, leg and arm muscles, and improve the cardiovascular functions.



FOR JUNIORS

NEW



JUNIOR HIP NWJR204

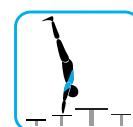


The Junior Hip builds the strength of your hip and core while improving cardiovascular endurance.

You can train alone or with a friend.



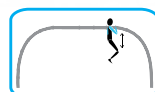
JUNIOR BALANCER NW303



With Junior Balancer you can train balance and coordination and strengthen your body.



JUNIOR HORIZONTAL LADDER NWJR204



The Junior Horizontal Ladder trains endurance and strength.

It also strengthens the upper body, arms and improves coordination.



JUNIOR DUAL BAR NWSW110



Junior Dual Bar is ideal for abdominal muscles, strength and balance.

Extremely effective for the chest, arms and shoulders.



CHEST BUILDER NWS110



The Chest Builder is a chest press, improving the strength of chest, front of shoulders and triceps.



BACK BUILDER NWS111



The Back Builder gives you an easy and efficient way to strengthen back, and back of shoulders by using your own body weight as resistance in the training.



ULTRA BAR NWS112



The Ultra Bar strengthens your chest, triceps, core and the front of your shoulders in the most simple and efficient way.

HAND CYCLE NWS113



The Hand Cycle trains upper body strength and improves cardiovascular function.

Exercising on the Hand Cycle works your upper body the same way a stationary bike works your legs.

TAI CHI NWS114



The Tai Chi trains the muscles in your arms and shoulders.

Working out on the Tai Chi improves the cardiovascular functions and increases the flexibility of upper body joints.



COMBINATIONS



COMBI UNIT 1 NWC603



With the Norwell Combi Unit 1 you have, as the name suggests, several different ways of working out, all in one.

The combi Unit 1 takes up little space and you can train together with others at the same time.



COMBI UNIT 2 NWC604



Combi Unit 2 is an outdoor training station for training both back and chest.

The combi Unit 2 can be used together with others.



COMBI UNIT 3 NWC605



Combi Unit 3 is an outdoor training station for training multiple muscle groups. Go on air with the Air Walker, boost your balance on Twister and improve your circuit function and leg muscles on Stepper.

The combi Unit 3 offers several training options simultaneously and takes up little space.



COMBI UNIT 4 NWC606



With Norwell Combi Unit 4 you get several different training options at once.

The combi Unit 4 can be used together with others.



STREET WORKOUT



SIT UP SW NWSW103



The Sit Up strengthens your abdomen, thighs and hips in an intuitive way.

The level of difficulty is determined by you and your level of experience.



DUAL PULL UP SW NWSW107



The Dual Pull Up Station has two pull up bars of different heights.

This gives the opportunity for combined strength training for arms, shoulders, back and core.



NEW

TIRE FLIP SW NWSW108



With Tire Flip you can do a variety of functional strength exercises.

For example, the stabilization of muscles is trained both in the abdomen and in the back.



NEW

HORIZONTAL LADDER SW NWSW109



The Horizontal Ladder trains endurance and strength. It also strengthens the upper body, arms and improves coordination.



NEW



DUAL BAR SW NWSW110



Dual Bar is ideal for abdominal muscles, strength and balance.

Extremely effective for the chest, arms and shoulders.

NEW



RINGS NWSW111



The rings build strength and balance and promote the development of a smooth and moving body.

NEW



STEP BLOCKS SW NWSW112



Step Blocks is a versatile exercise station that can be used for full-body workout.

NEW



TRIPLE PULL UP SW NWSW114



Triple Pull Up has three pull up bars of different heights. It can be used by up to three people at the same time.

Popular with people who want to work their upper body, including shoulders, back, arms and body.

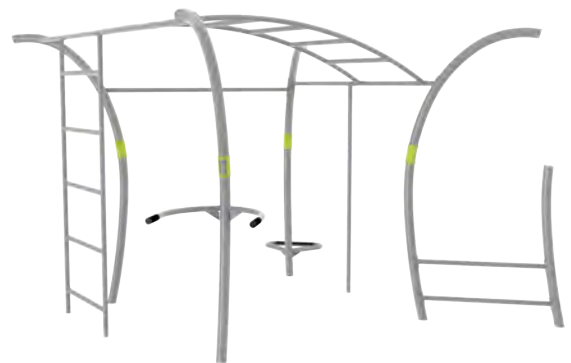


CALISTHENICS FRAME

With our new Calisthenics frame, both trained and novice can achieve a well-trained body without the use of heavy weights.

Body weight training has become a very popular form of exercise where only your imagination sets limits. Therefore, this frame challenges the more demanding athletes who put the bar higher, and for the beginner is a new way to become strong.

Our efficient and sculptural frame has more than 15 different training exercises, and can be used by many users at a time.



FUNCTIONAL TRAINING FRAME

With this frame, the focus is on movements where you strengthen more muscles at a time, and at the same time get the pulse up.

With exciting elements such as boxing ball, endless rope and core twister.

A training form that challenges all levels, and a completely new approach to exercise and strength training.

ACTIVITY PARK

We now offer a complete activity park,
For all ages and fitness levels
And all in Norwell's sculptural design.





Our app

The Norwell first-of-their-kind Smartphone apps uniquely combine new technology and exercise in a fun, motivating way.

By using our innovative app you can:

- Log in your training invite your friends and create a community
- Get instruction and training for each station
- Find the closest Norwell park via GPS map

Our Norwell Smartphone App works on both Apple and Android devices.

You can download the apps at the App Store and Google Play, and also via our website, where you will find full instructions of use.

QR codes give access to inspiration

The ID band on each fitness station not only indicates type of equipment. It also contains a QR code leading directly to training videos on our website.

The videos show several different suggestions for efficient exercises on each fitness station.

They can inspire you to get the most out of your training efforts on the stations, and even to make your own training program.



SIGN NW503

The Norwell Sign shares information about the training concept and the Norwell Smartphone App, and gives a progressive signage to your Norwell Outdoor Fitness park.

Customized graphic design on the sign is possible.



MINI SIGN NW504

The Norwell Junior Sign shares information about training concepts and the Norwell Junior Smartphone App, and gives a progressive signage to your Norwell Junior Outdoor Fitness park.

Customized graphic design on the sign is possible.



Our fitness guides

Fitness guide for adults

The Norwell outdoor fitness guide for adults is an inspirational guide to fitness for all.

The guide is organized in four sequences: warming up, strength training, strength and flexibility, and cooling down. In each sequence, a number of exercises are suggested with a full description of type, function, physical level, and instruction supported by a pictogram and a QR code.

It will inspire you to get the most from your efforts on the Norwell stations in the fitness parks.



Fitness guide for juniors

The Norwell Junior outdoor fitness guide for juniors is an inspirational guide to fun fitness on the first-of-their-kind fitness stations for this group.

The guide is organized in helpful suggestions for playful competition, followed by respectively basic and advanced exercises on the Junior stations.

For each station, a number of exercises are suggested with a full instruction supported by photos and a QR code.



Technical specs & warranties

STANDARD HIGH QUALITY EQUIPMENT: PC (Powder Coated)

MATERIAL: Steel grade S235

FINISH: Sandblasting, E-coating, Priming and Powder Coating

EXCLUSIVE HIGH QUALITY EQUIPMENT: SS (Stainless Steel)

MATERIAL: Stainless Steel SS304

FINISH: Brush polished

MAIN FRAME DIAMETER: Ø 76 mm

PC STEEL THICKNESS: 3.5 mm

SS STEEL THICKNESS: 3.0 mm

RUBBER MATERIAL: EPDM rubber, complying to PAH test (Polycyclic Aromatic Hydrocarbons) on handles and foot rests.

PLASTIC MATERIAL: PA66 (nylon)

BOLTS AND NUTS: Stainless steel with locking feature

BEARINGS: Sealed stainless ball bearings

ID BAND: Water and U.V. resistant adhesive film

MANUFACTURING STANDARDS: ISO 9002

PRODUCT STANDARDS: The Norwell equipment is tested and approved by TÜV Product Service GmbH according to EN16630:2015.

PC WARRANTY: 10 years against failure due to material or manufacturing defects and corrosion breakthrough on pipes, foundations and welds.

SS WARRANTY: 15 years against failure due to material or manufacturing defects and corrosion breakthrough on pipes, foundations and welds.

RUBBER, PLASTIC AND MOVING PARTS

2 years warranty against failure due to material or manufacturing defects and corrosion breakthrough on all moving parts, and against failure due to material or manufacturing defects on plastic and rubber parts.

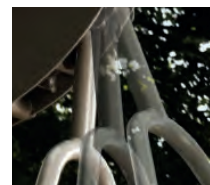
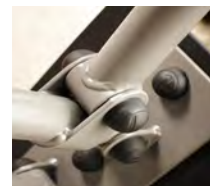
WARRANTY COVERAGE

The warranties do not cover:

- Surface corrosion
- Surface corrosion as a result of wear and tear
- Damages as a result of vandalism
- Damages as a result of insufficient or lack of maintenance

Warranty coverage requires compliance with the descriptions for installation and maintenance as provided by Norwell Outdoor Fitness.

Please contact us for upgrades available for sites within 5 km of saltwater.

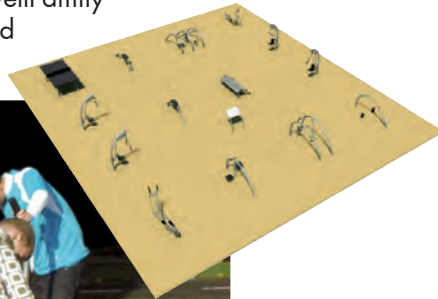


Parks & Recreation

The intuitive Norwell Outdoor Fitness stations – serving as an outdoor gym, free to use and always available – will increase the frequency and length of time spent in your parks and recreational areas.

The fitness stations attract people of all ages and walks of life, and invite you to enjoy exercising in a natural and relaxed environment.

We suggest the NorwellFamily package for parks and recreational areas:

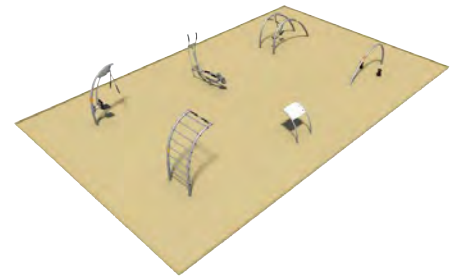


Hotels & Resorts

A Norwell Outdoor Fitness park at your hotel or resort, will add to the quality and range of activities available to your guests and visitors.

The intuitive fitness stations will attract people of all ages who enjoy spending time outside in the fresh air. The opportunity to work out in a relaxed environment under a clear sky will be appreciated and remembered.

We suggest the NorwellRecreation package for hotel and resort areas:



Housings & Apartment blocks

A Norwell Outdoor Fitness park in the grounds of housing developments and apartment buildings adds value to the whole area. It also sends an important message about prioritizing a healthy lifestyle, social integration and good design.

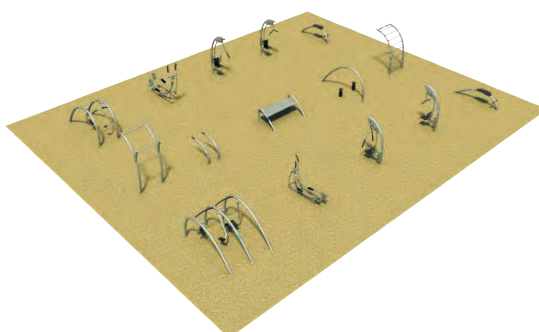
A fitness park is the perfect meeting place, offering easy and free access to maintain and train your body.

We suggest the NorwellUrban package for the grounds of housings and apartment buildings:



Schools & Educational institutions

We suggest the NorwellSchool Premium package for schools and educational institutions with grade levels ranging from 0 to 10th grade:



Companies & Workplaces

It is a well-known fact that fit and thriving employees are a big asset to any company. A Norwell Outdoor Fitness park near or in the grounds of your business, is an easy and very cost benefit investment in the health, wellbeing and efficiency of your employees.

A fitness park also represents a powerful statement about creating work/life balance for your employees.

We suggest the NorwellPower package for the corporate grounds:



Street Workout

Our outdoor fitness equipment for Street Workout is designed for those who want a little extra challenge.

Street Workout is globally a very popular form of physical activity that takes place primarily in parks and public facilities.

The activity is a combination of athletics, calisthenics and sports, and the name is a modern expression of body weight training outside.

Street workout is more challenging for athletes, as it is typically required to lift their own weight.

The hallmark of Street workout is that it is performed where access is freely available in the urban environment.



Senior communities

We all know how physical activity has a positive effect on the quality of life, and as seniors it is even more paramount to maintain and improve our physical and mental wellbeing the best we can.

Healthy aging

To have a healthy aging is on everybody's wish list, and the key is maintaining the body through exercise.

A Norwell Outdoor Fitness park can provide an important benefit to all senior communities: e.g. healthy outdoors activities, socializing, adding movement into everyday life, helping maintain independence, and improving physical and mental wellbeing.

Anyone can join – our intuitive stations are designed for all, from those challenged by physical limitations or illness, to the rather fit and mobile.

This also makes an outdoor fitness park a perfect place for grandparents to spend time with their grandchildren.

An 11 pack set suitable for seniors to maintain health and stay active. The fitness stations in this package have a lower resistance and are especially chosen to meet the physical needs of senior citizens.



Products are available in two materials



Powder coated steel



Premium stainless steel

