



element<sup>®</sup>  
FITNESS

we bring the solution to your challenge

CATALOG



# ELEMENT FITNESS INVITES YOU TO THE FASCINATING WORLD OF FUNCTIONAL TRAINING

## Some time ago

we created a fitness center where we trained with our friends. After experimenting with a wide variety of gym equipment, we came to the conclusion that functional fitness best embodies our vision of engaging and extremely beneficial training. Some things went well, and some things weren't quite how we expected them to be, but we continued moving forward! We made the decision to expand this field after receiving multiple orders.

## Nowadays

Element Fitness is one of Europe's leading equipment manufacturers for indoor and outdoor functional training zones. The secret of our success is simple - our partners may fully rely on us in even the most challenging projects since we consistently honor our commitments.

# WE BRING A SOLUTION TO YOUR CHALLENGE

## Production

Our own manufacturing is the cornerstone of our enterprise. 3D laser cutting, welding, bending, and powder coating are only a small part of all our processes.

## Customization

Our experts are always happy to come to the rescue. Thus your most incredible ideas can be implemented. It makes our products fully customizable (color, size, personalized items, and attachments).

## Turnkey solution

The concept of our outdoor and indoor training zones always takes into account safety aspects, accessibility, functionality and practicality. You only need to place the right equipment on a plan, and the goal is achieved.

## Fast dispatch

We keep most of the components in stock, so we can provide fast delivery even for the most non-standard solutions.

## Supply chain

The presence of a distribution network that covers more than 15 countries in Europe allows us to ensure uninterrupted supply.

## Long-term partnership

We appreciate the cooperation with our partners and take care that it would be a win-win for everyone. Therefore, we are doing everything possible to save your costs both before and after the delivery of equipment. You can always contact us, and we will be happy to help.

**OVER 500 GYMS  
USE ELEMENT FITNESS EQUIPMENT  
TO GROW THEIR BUSINESS**

# FUNCTIONAL LED TRAINING RIGS

# CHANGE THE LIGHTING JUST FLICKING THE BUTTON

## FIRST ON THE MARKET RIGS WITH LED LIGHTS

ECLIPSE GYM

At Element Fitness we have tremendous experience in working with rigs, which are made as versatile as possible and equipped with a wide range of different attachments. However, we went further and created the very 1st on market functional training rig with in-built changeable LED lights. All electrical nettings and connections are made as plug-and-play and easy-to-go solution.

Once the lights go out, magic happens! Functional training area where the lighting can be changed with the simple push of remote control and where you can face the new challenge!

# HAWAIIAN POKE BOWL

We have collaborated with STRIDE at every stage to ensure his clients benefit fully from their new training space for the employees. By offering a distinctive, customized area setup that is appropriate for any task at hand while upholding excellence throughout, we are glad that we have contributed to making it the best hour of their day while training.

## Hawaiian Poké Bowl, Antwerp

Client obsession and quality have been the central focuses of the partnership between Hawaiian Poke Bowl and our partners at STRIDE. A great environment and products that make you happy are just the right tools for people who work daily to improve themselves physically and psychologically - Hawaiian Poke Bowl was not just a place to grab a lovely dish. It is a superfast superfood that aims to change the outlook on life in general as well as their daily routines.

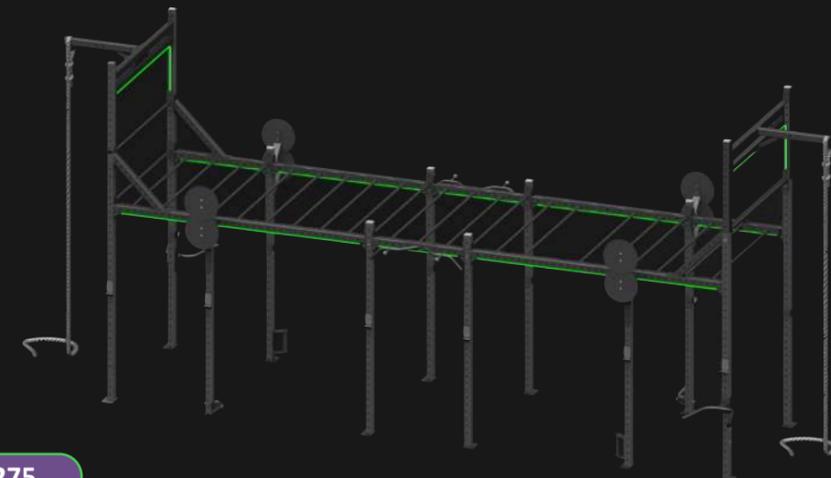
# MAKE A STATE-OF-THE-ART TRAINING SPACE



Functional training in the CrossFit style was the main focus, it also includes other training methods like traditional strength training, OCR and gymnastics training, and endurance training. This will maximize their training opportunities and ensure that all of their employee's and members' fitness needs are addressed.

To make the area truly unique - we have made in-built LED lights in the training rig, so it compliments the lighting of the second floor and the whole area.

It is always a challenge for our engineering and production teams to make the state of an art unique functional training rig, which no one has, and make it super-simple to install for our partners. When a regular CrossFit frame is not enough and there is a need to spice things up with different means - this is a challenge we have a solution for!



SKU: 30-10275



SKU: 30-04716A00



SKU: 30-09606

# 4X GYM CASE: MOBILE TRAINING CAMP

## Practice brings perfection

People who are responsible for the safety of others must maintain their skills at the highest level, and the Mobile Tactical Camp can assist! It enables us to simulate a range of unique scenarios that tactical and military forces must deal with and that cannot be practiced on ordinary workout equipment. Tactical athletes benefit from this complex by staying in condition and feeling secure in any circumstance.

## A Swiss knife of an exercise machine

The universal engineering solutions that give our equipment its uniqueness are the first thing you'll notice when you open the Mobile Tactical Camp kit. Six people can use the entire training facility that fits in one box at once! Every square centimeter of the available space is utilized; all the components are placed in an understandable manner that makes assembly quick and simple. The box also contains all the assembling-related tools.

## An irreplaceable team member

The Mobile Tactical Camp will evolve into the all-purpose helper for every tactical team; it will make it possible to set up a small-but-powerful training area even in cramped quarters and will arm the squad with everything they could need for the training regimen. The Mobile Tactical Camp may also be easily dismantled, packed, and used for effective outdoor training at the same time!



The mobile tactical training camp converts into a portable pull-up rack and Olympic Lifting Stand with monkey bars and dip bars - it has room to carry battle ropes, body weight straps, rings, and a variety of other fitness accessories.

The training camp fits easily in the back of a van or SUV and can be carried by two people. It is assembled with ease in less than 30 minutes. Multiple boxes can be connected in back-to-back or side-by-side configurations to accommodate larger groups and more complex structures for group training.

SKU: 20-05800

EUIPO reg.No 007786686-0001

[WWW.ELEMENTFITNESS.EU](http://WWW.ELEMENTFITNESS.EU)

# OBSTACLE AND NINJA TRAINING RIGS

## Element Fitness obstacle rigs

are universal and functional equipment for preparing athletes for obstacle courses. Multi-rigs are fully customizable and can be installed both indoors and outdoors all year round. It allows the professionals and the amateurs to sharpen the tactical fitness skills that can prove themselves useful in competitions and in life.

The station can be expanded and rebuilt accordingly to your needs, and it can also be combined with the other units of our equipment. This makes it possible to design distinctive training and competition complexes.

There are no restrictions on the complex. It can be used both inside and outside, in urban areas and rural areas, and in both the winter and the summer. Every factor is taken into account!

For really tough weather conditions, you can choose hot galvanized pillars and beams, which ensures an additional 25-year lifetime. Besides that, all our structural elements made of the square profile are equipped with drainage holes protecting against stagnant water and icing.



Together with our partners at Mass:stab we have created 3 lanes functional training rig with hot dip galvanization, for the harshest weather conditions. The rig has plenty of obstacles to climb around, a 6m long climbing wall with adjustable fall angle, salmon ladders, and plenty of workplaces for exercising with the bar.

The whole outdoor setup was spiced with the additional ninja steps, climbing nets, and jumping spheres, aligned around the area and forming a great obstacle lane to enjoy while exercising.

**BFit24<sup>®</sup>**

**FITNESS  
REDUCED  
TO THE MAX**



Mario Burmeister the owner of the BFit24 group had new plans to expand his existing gym in Ulzburg, Germany and introduce new workout classes to existing and potential customers of the gym - add OCR and ninja warrior obstacle rig and running ramp.

We made several 3D visualizations, including laser cut labels with embroidered BFit24 logo in company colors. The rig was split into 3 main lanes and 2 additional side-lanes: 2-level monkey-bars with different grips, vertical and 2 horizontal nets, climbing ropes, safety islands, unstable bridges, ladders, and much more. It was planned, that the "Monster" Rig will take around 160 m<sup>2</sup> of space and will be hosting a lot of athletes and will bring the "Wow effect" for everybody.

We were not tight on time and did plenty of stress-testing for the new equipment. We devoted special attention to safety and details as part of this project, that is why we came up that the most efficient way to mount everything would be to come to Germany ourselves.



# OLYMPIC GYM INNSBRUCK



The rig we have created and delivered is a unique piece of art, which combines one-of-a-kind obstacles, and we are proud to be the only producer who can deliver such. The rig consists of 17 meters long obstacle course lane, equipped with unstable bridges, rotating monkey bars, nets, different grips, inclines and declines, and much more. The sides of the rig were equipped with salmon ladders, climbing ropes, ladders for climbing, handstand push-up shields.

The mix of equipment in the facility ties in extremely well with the Olympic Gym business model. The equipment allows for body weight movements, functional and strength training, and cardio with equipment.

People's interest eventually has exploded and the gym has certainly hit the market at the right time with the great offer for fun and functional training. A majority trend has also been the emergence of a style of training referred to as functional training.

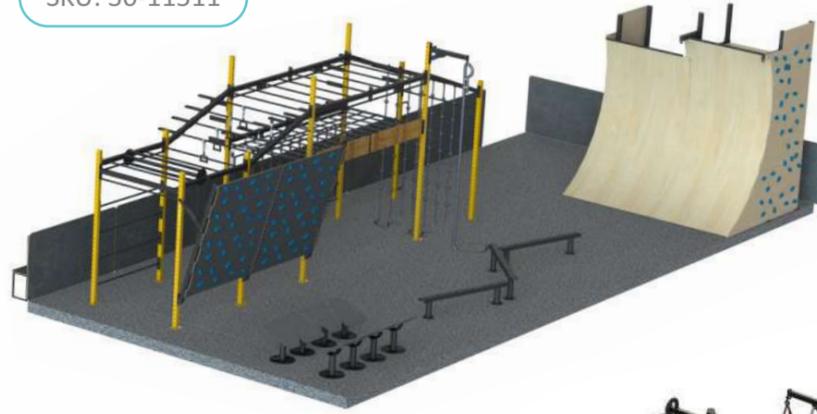
[WWW.ELEMENTFITNESS.EU](http://WWW.ELEMENTFITNESS.EU)

The main highlight of the rig undoubtedly was the declined climbing wall. This is a new obstacle we have brought to the public in 2019, which went through harsh tests with rock climbers. It is possible to change the decline angle to make the obstacle more challenging, but the best holds from HRT and Fiction. This facility is a great example of how the return on investment drastically outweighs the initial outlay of costs. At Element Fitness, we aim to reassure our clients and partners that if they invest in the correct equipment, the return on investment will be much greater than once thought.

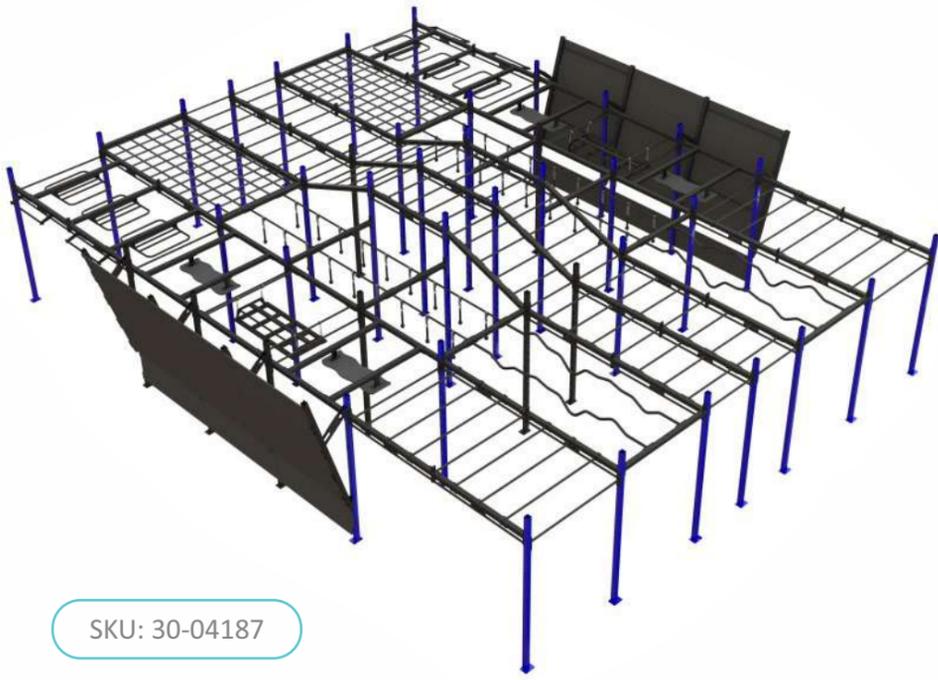


# OBSTACLE RIGS

SKU: 30-11511



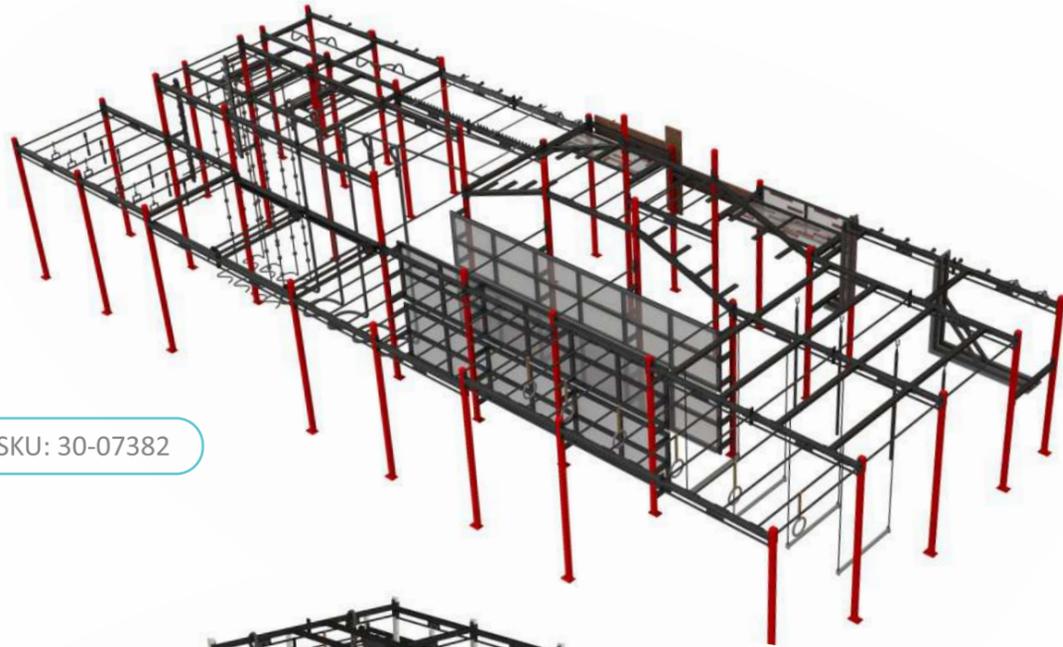
SKU: 30-04187



SKU: 30-06438



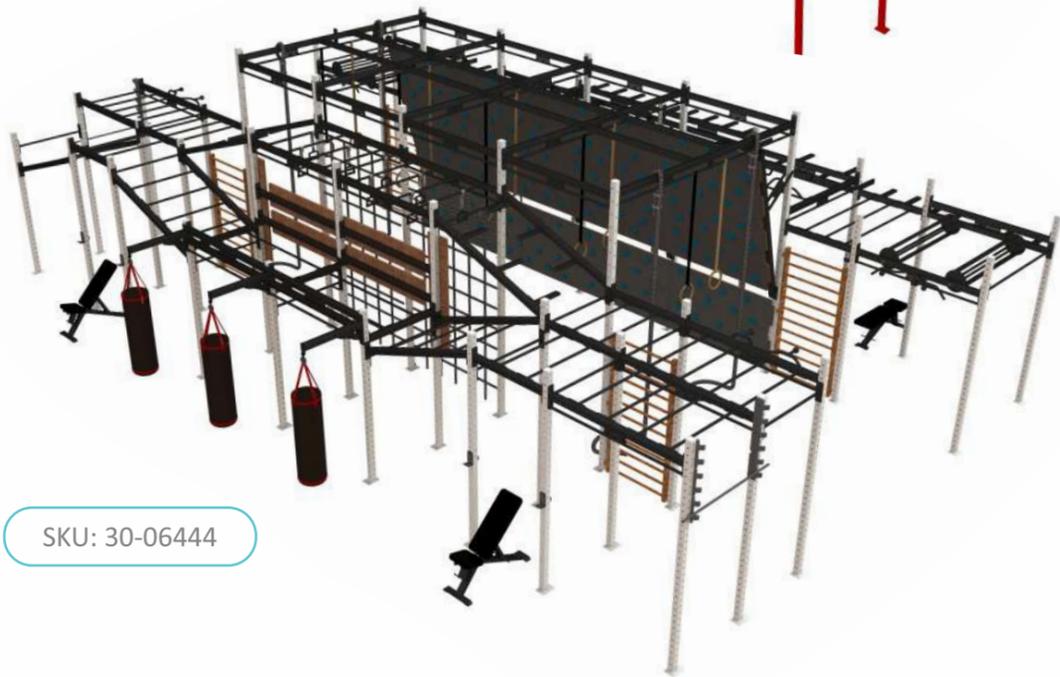
SKU: 30-07382



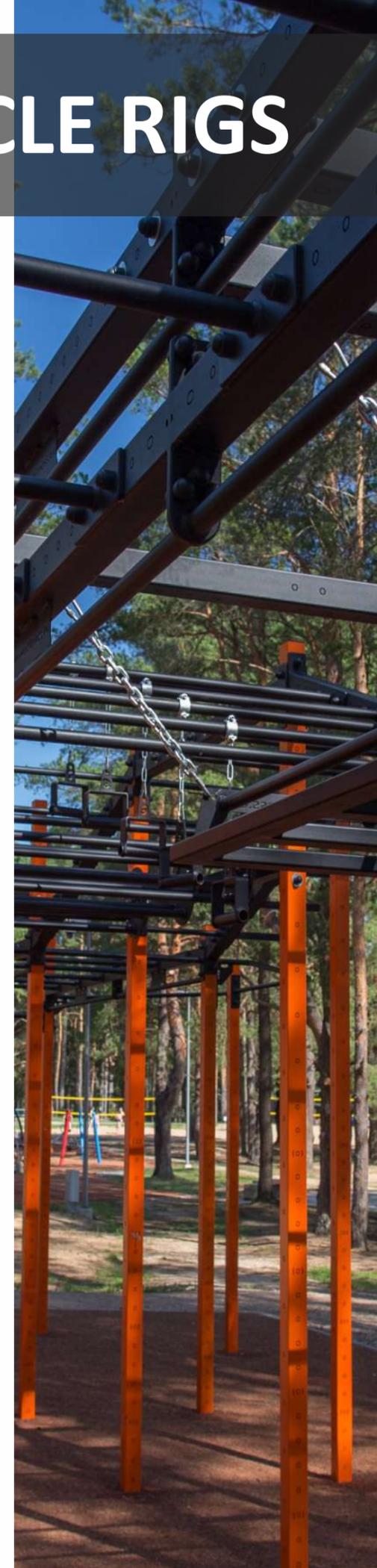
SKU: 30-06520



SKU: 30-06444



SKU: 30-06961



# INFINITY TRAINING OBSTACLE RIGS

WWW.ELEMENTFITNESS.EU

LIMITED DIMENSIONS UNBOUNDED FREEDOM

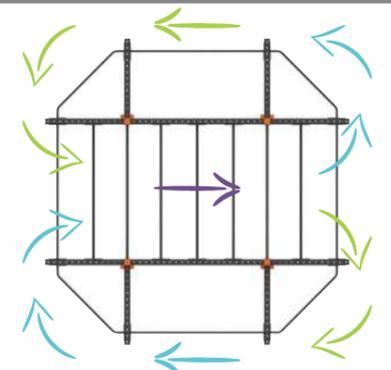
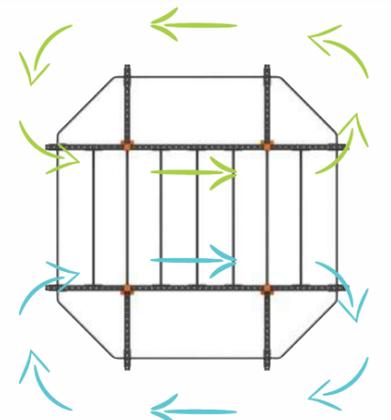
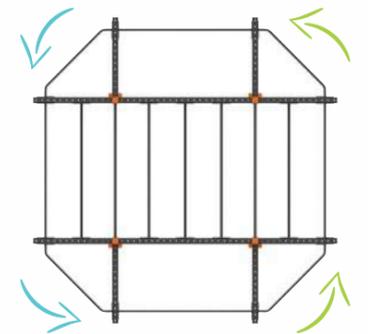
## INFINITY RIG S



Length: 4048 mm  
Width: 4048 mm  
Height: 2813 mm

SKU: 30-12227-1

### VIEW FROM ABOVE - MOVEMENT OPTIONS



# INFINITE TRAINING OBSTACLE RIGS

WWW.ELEMENTFITNESS.EU



At element fitness, we always test new prototypes for much more functional training equipment and the obstacle course training field is no exception. One of the latest missions was to bring the solution to raising obstacle course race worldwide movement. All have been taken into account: limited budgets, bounded spaces, freedom in training, and transportation options of the stations.

We walk onto the stage with the designed solution that meets all of the abovementioned factors. Infinite training obstacle rigs - compact OCR stations with unlimited movement possibilities. The perfect way to prepare for competitions and stay fit all year round. Just select the dimensions and color of your station, choose the right attachments, and hit the stage!

LIMITED  
DIMENSIONS

UNBOUNDED  
FREEDOM

## INFINITY RIG M



Length: 5904 mm  
Width: 4048 mm  
Height: 2813 mm

SKU: 30-12213-1

## INFINITY RIG M



Length: 5904 mm  
Width: 4048 mm  
Height: 3853 mm

SKU: 30-12243-1

## INFINITY RIG L



Length: 7759 mm  
Width: 4048 mm  
Height: 3853 mm

SKU: 30-12020-1

# OBSTACLE COURSE/NINJA TRAINING ACCESORIES

The secret to your success and personal records as an obstacle course runner, whether you're an American Ninja star, Tough Run competitor, or fitness enthusiast, is grip strength and endurance. Our grip training accessories are ideal for those starting their OCR training or just looking to mix up their workouts.

WWW.ELEMENTFITNESS.EU



SKU: 00-05002  
CLIMBING-ROPE-50MM  
4,5M



SKU: 20-05531  
WOODEN GYMNASTIC  
RINGS WITH BELTS



SKU: 10-03240  
GRIP TRAINER  
HALF PINCH



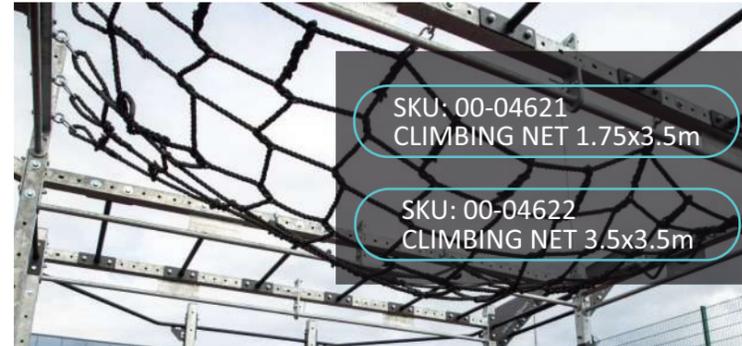
SKU: 20-09079  
PEG BOARD



SKU: 20-07957  
GRIP TRAINER



SKU: 20-03265  
ON BEAM STAIRWAY-R



SKU: 00-04621  
CLIMBING NET 1.75x3.5m

SKU: 00-04622  
CLIMBING NET 3.5x3.5m



SKU: 00-03949  
CLIMBING ROPE 50MM  
4.5M HEMP



SKU: 20-05531  
PLASTICS GYMNASTIC  
RINGS WITH BELT



SKU: 20-03239  
GRIP TRAINER  
HANDLE



SKU: 20-07634  
GRIP TRAINER  
BALL M



SKU: 10-04183  
PEG BOARD



SKU: 20-03267  
ON BEAM STAIRWAY L



SKU: 20-03275  
UNSTABLE BRIDGE



SKU: 20-05151  
SALMON LADDER SET



SKU: 00-03952  
CLIMBING WALL ROPE 20MM, 4M



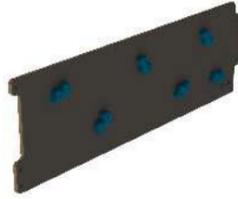
SKU: 00-03948  
JUMP ROPE 38MM  
3M



SKU: 20-03246  
OBSTACLE TRAINER  
PINCH



SKU: 20-07633  
GRIP TRAINER BALL S



SKU: 20-07231  
CLIMBING BOARD



SKU: 20-03271  
ON BEAM STAIRWAY



SKU: 20-04333  
TWISTER PULL-UP BAR



SKU: 20-07392  
THE RAMP



SKU: 00-03950  
GRIP TRAINER ROPE 38MM 45CM



SKU: 00-03951  
GRIP TRAINER ROPE 38MM  
45CM HEMP



SKU: 10-03243  
GRIP TRAINER NUNCHUCKS



SKU: 20-07950  
GRIP TRAINER



SKU: 20-02494  
ON BEAM SPHERE



SKU: 20-03484  
REVOLVER PULL-UP BAR

# ELEMENT FITNESS TRAINING CONTAINERS



Standard shipping containers were modified to accommodate Element Fitness functional training rigs and store the essential tools to set up a multi-modality training center anywhere. The standard container sizes are 10 and 20 feet, but since each project is different, we customize our products to fit your demands both internally and outside, depending on the functional inventory you may require.

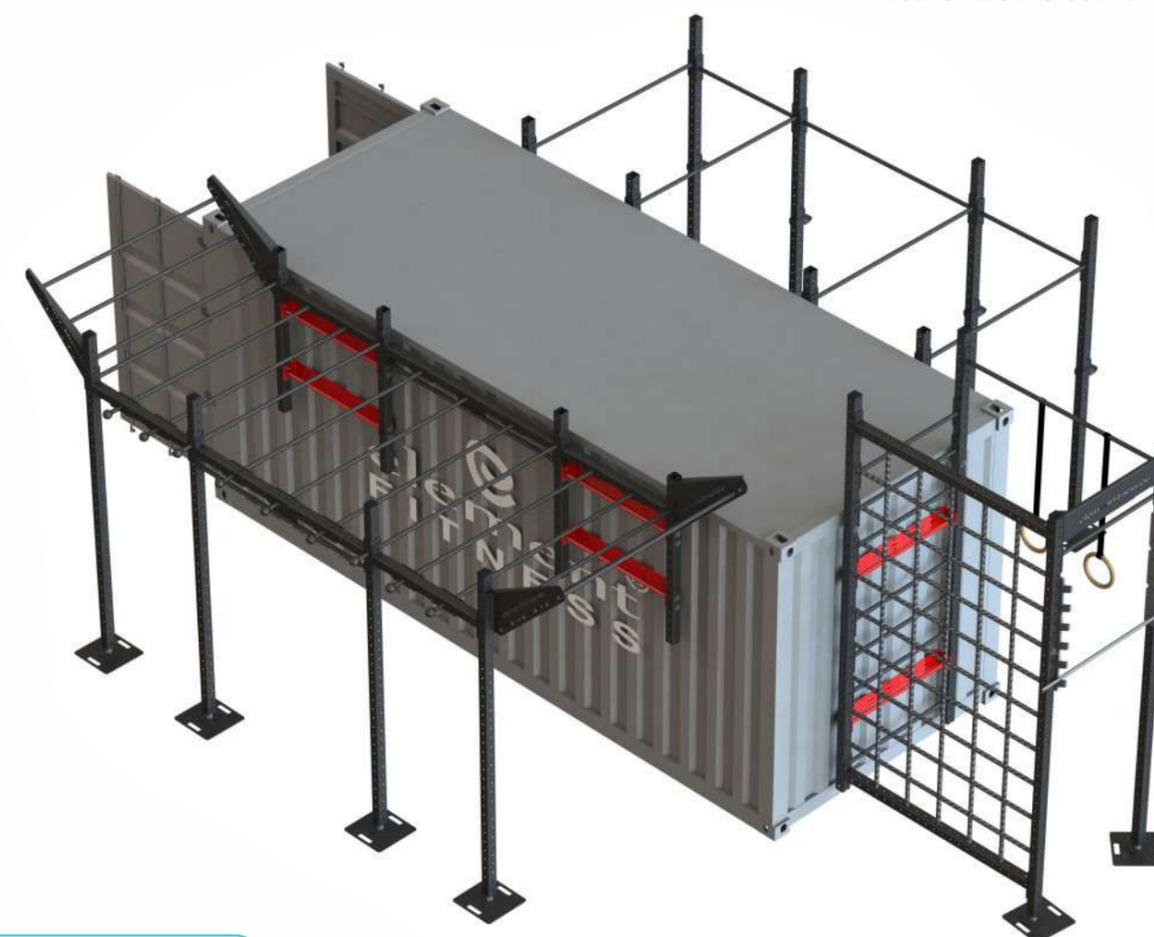
The containers increase the size of training facilities, provide more professional outdoor training possibilities, and offer fully deployable solutions to make training possible everywhere. Our containers are being used in EU and NATO military formations. The Element Fitness rig system with the whole set of attachments is fully integrated with our containers, so we would be glad to bring a solution to any of your training challenges!

Photo: Ministry of Defence of Latvia



SKU: 30-05628A04

10" ELEMENT FITNESS TRAINING CONTAINER  
EUIPO REG.NO 001477566-0001



SKU: 30-05627A00

20" ELEMENT FITNESS TRAINING CONTAINER  
EUIPO REG.NO 007973292-0001

# FUNCTIONAL CROSS TRAINING RIGS

## Element Fitness rigs

are designed for professional use in strength, high-intensity training, as well as for functional training with the use of own weight.

The complex is a set of elements for the formation of training zones of various sizes, depending on the training purposes and the number of users.

Depending on your gym layout and preferences stand-alone (floor-mounted) and wall-mounted rigs are available.

All frame elements are universal which allows them to transform easily and expand. Frames are designed for CrossFit and mass competitions, power sections of fitness clubs, gyms, and educational institutions.

Gym!



**Origo center, Riga**

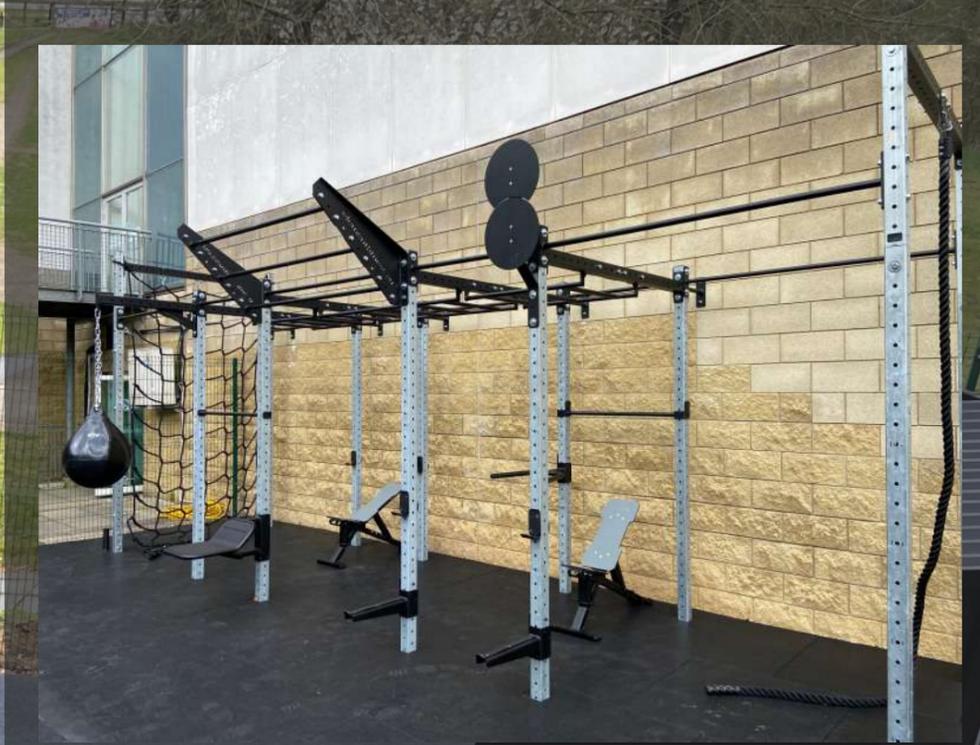
We have designed the combined functional training and OCR training station, which has a lot of calisthenics and gymnastics attachments.

High-end fitness training equipment from Technogym was laid throughout the facility, accommodating the needs of each area.

Gym! was also equipped with a variety of accessories to meet the expectations of excited new members.



Photo: GYM! Origo



The whole project was completed in 2.5 weeks, and the addition of an outdoor Training Space has allowed Guildford Spectrum to add over 20 group exercise classes. More than that, this outdoor fitness space has zero operational costs and is super easy to maintain.

**GUILDFORD LEISURE COMPLEX**

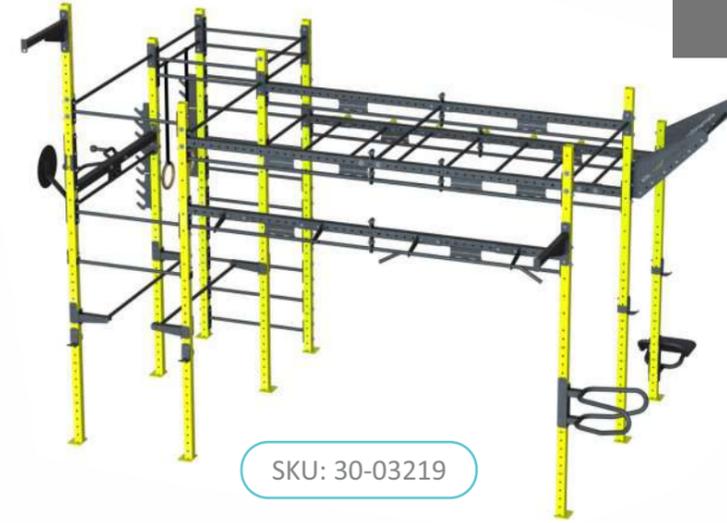
For this project, we have designed a functional training rig in hot dip galvanization and equipped it with all the necessary attachments for small group PT and PT sessions: climbing ropes and nets, monkey bars, aqua bag attachment, wall ball targets, places for the power training and outdoor benches, plyo platforms and much else - we have taken care of everything.

  
GUILDFORD  
SPECTRUM  
LEISURE COMPLEX

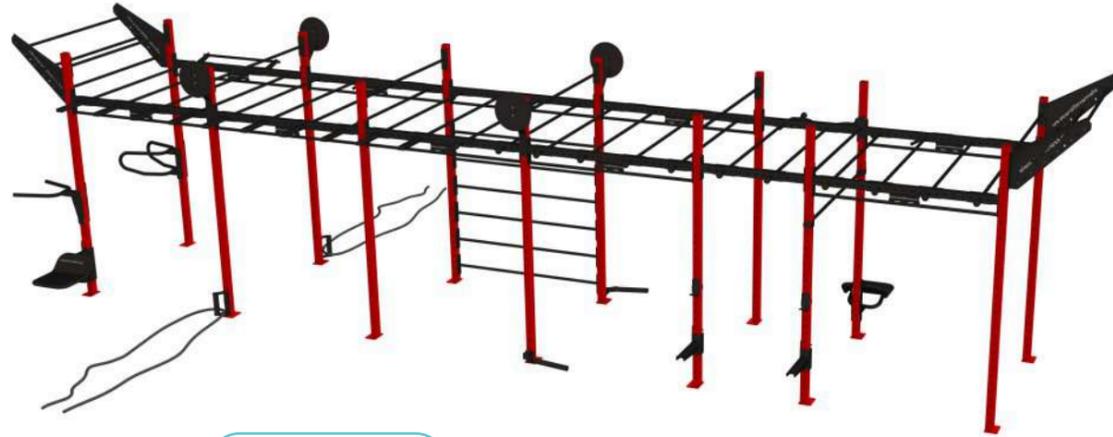
# MULTI RIGS



SKU: 30-02017



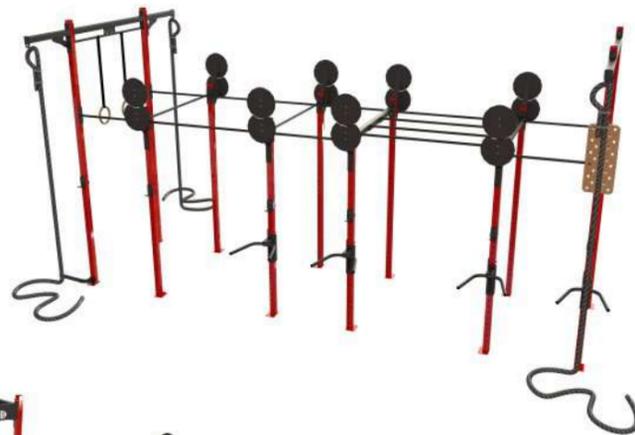
SKU: 30-03219



SKU: 30-03892



SKU: 30-05945



SKU: 30-04133



SKU: 30-03835



SKU: 30-05850



# MULTI RIGS



SKU: 30-05839



SKU: 30-04209



SKU: 30-03836



SKU: 30-05903



SKU: 30-03849



SKU: 30-03839



SKU: 30-04406



SKU: 30-05138



# FUNCTIONAL TRAINING ATTACHMENTS



SKU: 20-05806  
HALF SAFETY BARS



SKU: 20-03025  
PREMIUM J CUPS



SKU: 20-08812  
THIGH PAD



SKU: 20-03005  
REMOVABLE DIP BARS



SKU: 20-01692  
PREMIUM V DIP BARS



SKU: 20-04119  
DIP BARS



SKU: 20-03522  
PLYO PLATFORM



SKU: 20-06627  
ADJUSTABLE HIP RAISE BENCH



SKU: 20-01097  
BATTLE ROPE CONNECTION



SKU: 20-00475  
WALL BALL TARGET



SKU: 20-00507  
WALL BALL TARGET ADDITIONAL



SKU: 20-02986  
REMOVABLE PULL-UP BAR



SKU: 20-00959  
CORE TRAINER



SKU: 20-08911  
CORE TRAINER



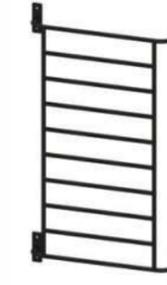
SKU: 10-01730  
ON BEAM ANCHORING POINT



SKU: 10-09053  
CUSTOM LOGO PLATE



SKU: 10-05144  
WOODEN LADDER



SKU: 20-00993  
METAL LADDER



SKU: 20-02881  
HANDSTAND PUSH UP SHIELD



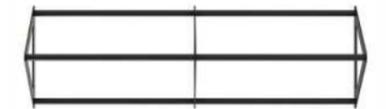
SKU: 20-04211  
SINGLE LEG SUPPORT



SKU: 20-00130  
MULTI GRIP BAR



SKU: 20-02789  
WIDE ON BEAM PULL UP BAR WITH SPHERES



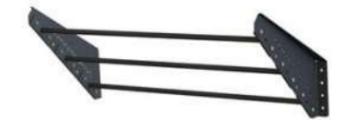
SKU: 20-00512  
MULTI LEVEL PULL UP BAR



SKU: 20-00293  
ON BEAM PULL UP BAR



SKU: 20-01728  
WIDE ON BEAM PULL UP BAR



SKU: 20-01524  
FLYING PULL UP BAR 1.77M



SKU: 20-03156  
MONKEY-BAR 1.77M



SKU: 20-03418  
MONKEY-BAR 1.05M



SKU: 20-03016  
OUTBOARD ATTACHMENT



SKU: 20-01062  
FLYING PULL UP BAR 1.05M



SKU: 10-00503  
FOOT PLATE 0.4X.0.4M



SKU: 10-02723  
FOOT PLATE 0.65M



SKU: 10-01194  
FOOT PLATE 1.05M



SKU: 10-03037  
FOOT PLATE 1.77M

# SQUAT RACKS AND STANDS



## Power Racks And Squat Racks

are designed for professional use during power training. The vertical pillars are made of a high-quality 80x80mm steel profile. The equipment's standard height of 2,4 m or 2,8 m allows installing it both in houses and apartments and on-premises equipped for training.

The rack may be fully disassembled. This makes transportation easy and expands its application scope. The holders are made of 8 mm steel and are equipped with special protection sheets made of ultra-high molecular weight polythene. They protect the friction surfaces against wear and ensure additional shock absorption when the weight is let down.

[WWW.ELEMENTFITNESS.EU](http://WWW.ELEMENTFITNESS.EU)



The set may be equipped with additional sections, fastening for inventory storing, and special horizontal bars.

All other Element Fitness equipment is completely compatible with the Power Rack and Squat Rack. It enables combination and transformation into other kinds of racks. Squat racks and power racks are perfect for use at home as well as in the power areas of health clubs and gyms.

# SQUAT RACKS AND STANDS



SKU: 30-03027



SKU: 30-03102



SKU: 30-04554



SKU: 30-03856



SKU: 30-04120



SKU: 30-04181



SKU: 30-04408



SKU: 30-05557



SKU: 30-05040



SKU: 30-05517



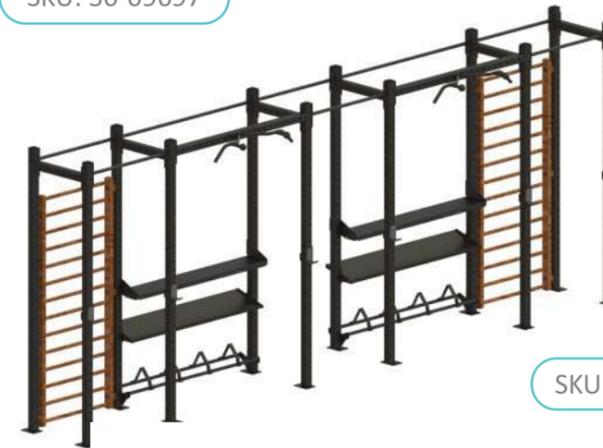
SKU: 30-09697



SKU: 30-06978



SKU: 30-06915



SKU: 30-06812



SKU: 30-06791



SKU: 30-05518



SKU: 30-06810



# BOXING RIGS

SKU: 30-11732



SKU: 30-07671

SKU: 30-06974



SKU: 30-05444



SKU: 30-06572



SKU: 30-05643



SKU: 30-05636



SKU: 30-05974



SKU: 30-05637



# CONDITIONING EQUIPMENT

Conditioning equipment for high-intensity functional training employing all muscles, developing physical power, explosive power, and endurance. We tried to make it available for people with any fitness level, thus it can be easily adjusted both for a professional athlete and for a beginner. All structures are made of high-quality materials; they are reliable, durable, and safe.

We regularly support sporting events in Baltic states that bring together several sports in one: functional training, CrossFit, heavy lifting, and running. For the events such as the Lithuanian Fitness Challenge and Battle of Riga we prepare functional training equipment to ensure all the athletes have a safe and dedicated workplace to show their best performance and expose their greatness!

WWW.ELEMENTFITNESS.EU



SKU: 20-03128  
ADJUSTABLE BENCH



SKU: 20-05389\_R



SKU: 20-05997A01  
UTILITY BENCH



SKU: 20-05389\_W



SKU: 20-08991  
S.LEG SQUAT STAND



SKU: 00-03948  
JUMP ROPE 38MM, 3M



SKU: 00-03947  
BRAIDED BATTLE ROPE 12M



SKU: 20-00206  
PARALLETTES



SKU: 20-09693  
MOBILE SLED WITH LOGO



SKU: 20-07428  
FARMERS WALK HANDLES



SKU: 20-01650  
AXLE BAR



SKU: 20-06941  
WOODEN JERK BOXES SET



SKU: 20-04198  
MOBILE SQUAT STAND



SKU: 20-01953  
WOODEN PLYO BOX



SKU: 20-03787  
JERK BOXES 30CM (PAIR)



SKU: 20-03782  
JERK BOXES 30CM (PAIR)

# STORAGE SOLUTIONS

You may design dynamic racks for medicine balls, kettlebells, dumbbells, plates, and other equipment using Element Fitness Storage Solutions. Just choose the type of shelf for each tier and the height of the storage rack that you like! All of our storage shelves can be fastened directly to the sides of the rack base or integrated into your rig and are fully compatible with other Element Fitness rigs and conventional pillars.



SKU: 20-09263  
U-SHELF WITH  
LOGO 1M



SKU: 20-03984  
STORAGE SHELF 1.77M



SKU: 20-01098  
STORAGE SHELF  
1.05M



SKU: 20-05664  
DUMBBELL SHELF 1.77M



SKU: 20-05172  
DUMBBELL SHELF  
1.05M



SKU: 20-02813  
U-SHELF 1.77M



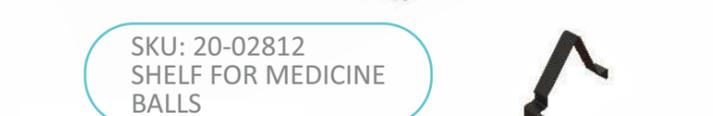
SKU: 20-07606  
U-SHELF 1.05M



SKU: 20-02812  
SHELF FOR MEDICINE  
BALLS



SKU: 10-02801  
DISC SEPARATOR



SKU: 20-02840  
BAR-HOLDER



SKU: 10-03793  
STORAGE HOOKS



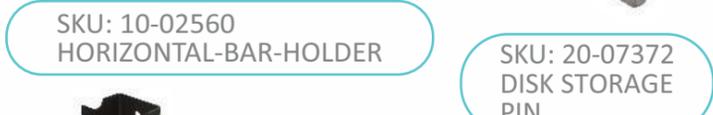
SKU: 10-02560  
HORIZONTAL-BAR-HOLDER



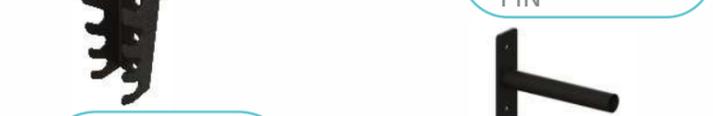
SKU: 20-07372  
DISK STORAGE  
PIN



SKU: 10-04182  
U-HOLDER FOR  
DUMBBELLS



SKU: 20-00276  
DISC STORAGE PIN



SKU: 20-04912-2  
DUMBBELL SHELF  
EXTENDED

SKU: 20-07326  
DUMBBELL  
SHELF

SKU: 20-06895  
KETTLEBELL SHELF

SKU: 20-08790  
KETTLEBELL SHELF  
WITH LOGO



SKU: 20-06927  
DISC TREE

SKU: 20-06900  
8 BAR STORAGE

SKU: 20-06898  
4 BAR STORAGE

SKU: 20-06933  
DISC STORAGE



SKU: 20-06918  
2 DECK DUMBBELL SHELF

SKU: 20-03084

SKU: 30-06440



SKU: 30-03983

SKU: 30-06584  
FUNCTIONAL CORNER

SKU: 30-12118  
STORAGE STATION



SKU: 30-06615  
TRAINING RIG WITH  
STORAGE

SKU: 30-06403  
FUNCTIONAL STORAGE WALL

# SUSPENSION BELT FRAMES

**Make your workouts with suspension belts more intense and interesting!**

We equipped the frame with monkey bars and side horizontal bars so that you can further diversify your workouts. Mount training loops, rubber bands, and hammocks for antigravity yoga, or even make a Ninja Warrior lane, by using our grip trainers.

**Diversify workouts to the maximum!**

With this design, you will not only create a unique functional area but also provide free space for group activities.

By adding additional 1.5-meter segments, you can easily lengthen the construction up to 9 meters.

Whatever non-standard conditions are in your room, our attachment solutions will allow you to create attachment points for inventory, even on the ceiling or wall.

# TAKE THE MAXIMUM OF YOUR SPACE



## SUSPENSION BELT FRAMES



SKU: 20-00567  
FRAME 1,5M



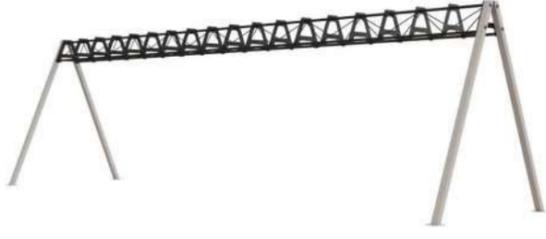
SKU: 20-00104  
FRAME 3M



SKU: 20-00568  
FRAME 4,5M



SKU: 20-00569  
FRAME 6M



SKU: 20-00129  
FRAME 9M

## ANCHORING SOLUTIONS



SKU: 20-00684  
ANCHORING POINT



SKU: 20-02870  
TELESCOPIC ANCHORING POINT

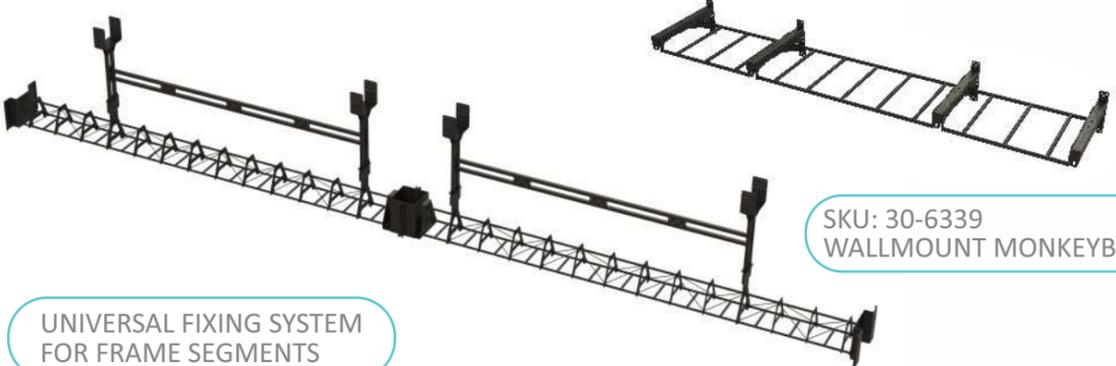


SKU: 20-03016  
OUTBOARD ATTACHMENT



SKU: 20-00515  
RIP TRAINER ANCHORING STATION

## CUSTOM SOLUTIONS



UNIVERSAL FIXING SYSTEM FOR FRAME SEGMENTS

SKU: 30-6339  
WALLMOUNT MONKEYBAR



SKU: 30-03978



SKU: 30-06130



SKU: 30-06129



SKU: 30-06169



SKU: 30-03979



SKU: 30-06615



SKU: 30-05518



SKU: 30-06220



SKU: 30-04721

# HOME AND BACKYARD GYM

The ideal way to train for both you and your children is to set up a station on your lawn or house. Owning a sports field at home is incredibly practical because it allows you to spend more time with your kids and less time traveling and paying for gym memberships.

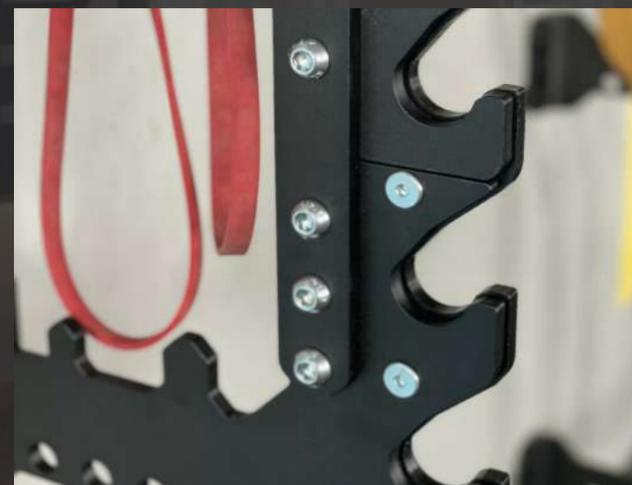
A new sports ground and training station in the yard will surely arouse their genuine interest in an active lifestyle.

We gathered numerous opportunities in each rig to diversify your family's active pleasure. Training facilities are fundamentally multifunctional. The back, legs, arms, and forearms may all be trained and strengthened by doing exercises like pull-ups, push-ups, and abdominal workouts while using a boxing bag. Strength and endurance will increase as you throw a medicine ball. Crawling on a climbing rope and using a climbing wall will strengthen your grip and hand-eye coordination. You can execute a variety of functional exercises at our training stations, such as squats, lunges, leaps, stretching, etc.



# CPR RACK

## COMPACT PITHY RACK

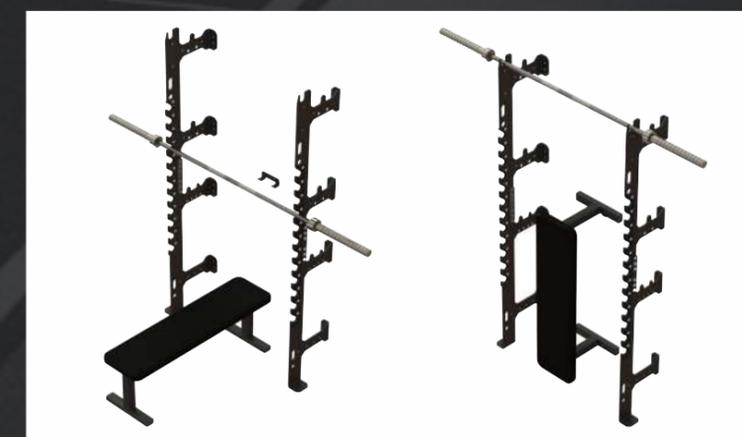


The Compact Pithy Rack or CPR Rack was designed to cover the most vital athletes needs and bring the commercial quality of our functional fitness line to your gym and home in an efficient and affordable way.

The CPR Rack will be the ideal addition to any fitness facility or garage gym if you are trying to conserve space and keeping a track of the budget. Plate storage pins, fixed pull-up bar and anchors can be added separately.

It features a 10 mm thick gauge steel frame with laser cut holes and hooks, 12 fixed hooks with plastic cushioning for placing the barbell at the desired height and fixing holes for plate storage pins and carabiners. More than that, the rack features a special spot to put your Olympic Bar on top, forming a pull-up bar.

MAKE MORE  
WITH LESS



SKU: 20-09467

WWW.ELEMENTFITNESS.EU



**Element Fitness®**

Stiklu street 7B, Daugavpils, LATVIA

+371 22029009

info@elementfitness.eu

[www.elementfitness.eu](http://www.elementfitness.eu)

  
**element**<sup>®</sup>  
**FITNESS**

we bring the solution to your challenge

 @elementfts