

### ITEMS LIST

- Sport Equipment**
- |                             |                   |
|-----------------------------|-------------------|
| 1. Elliptical Trainer       | Ref: R37-UBX-203B |
| 2. Spinning Bike            | Ref: R37-UBX-289B |
| 3. Hydraulic Squat          | Ref: R37-UBX-217B |
| 4. Pendulum and Twister     | Ref: R37-UBX-232B |
| 5. Hydraulic Shoulder Press | Ref: R37-UBX-247B |
| 6. Recharging Hand Cycle    | Ref: R37-UBX-287C |
| 7. Metal Street Workout     | Ref: J5210A       |

**Safety Surfacing**  
Item 7 to be surfaced with 54m<sup>2</sup> EcoSmart Grassmat.

- Thermoplastic Graphics**  
Area to be surfaced with thermoplastic graphics, details as follow:
- 4No. White Circles with Red Text
  - 2No. Blue Rings, 2No. Orange Rings and 2No. Red Rings around Urbanix products
  - Blue Ladder with Orange Rungs
  - 7No. Blue Circles, 7No. Orange Circles, 7No. Red Circles with White Text
  - 12No. White Dash Markings

**Miscellaneous**  
Preliminaries  
Post Installation Inspection

*Due to the demand on the supply of our Urbanix products stock levels are subject to availability at the time of placing an order*

*Proposed Grassmat Safer surfacing is based on a fully established grass site (including a minimum of 150mm of good quality soil and turf).*

*Proposed Grassmat will follow the natural contours of the land.*

*Preliminaries have been included within your quotation, these equate to site setup, site storage, unloading of equipment, site welfare, heras fencing & signage and skips (this can also include supervision where necessary).*

**PRODUCT KEY**

Grass	Grassmat
Thermoplastic Graphics	Existing Hardstanding
Existing Skate Park	Existing Fencing
Free Fall	Free Space

# Memorial Play Area - Cemetery Road

Wickhambrook Parish Council

DATE: 12/11/2021 REF: 2111.31727(MemorialPlayArea\_WickhambrookParishCouncil)

REV: - DB: DW CB: PP

SCALE: 1:100 @ A3



# Memorial Play Area

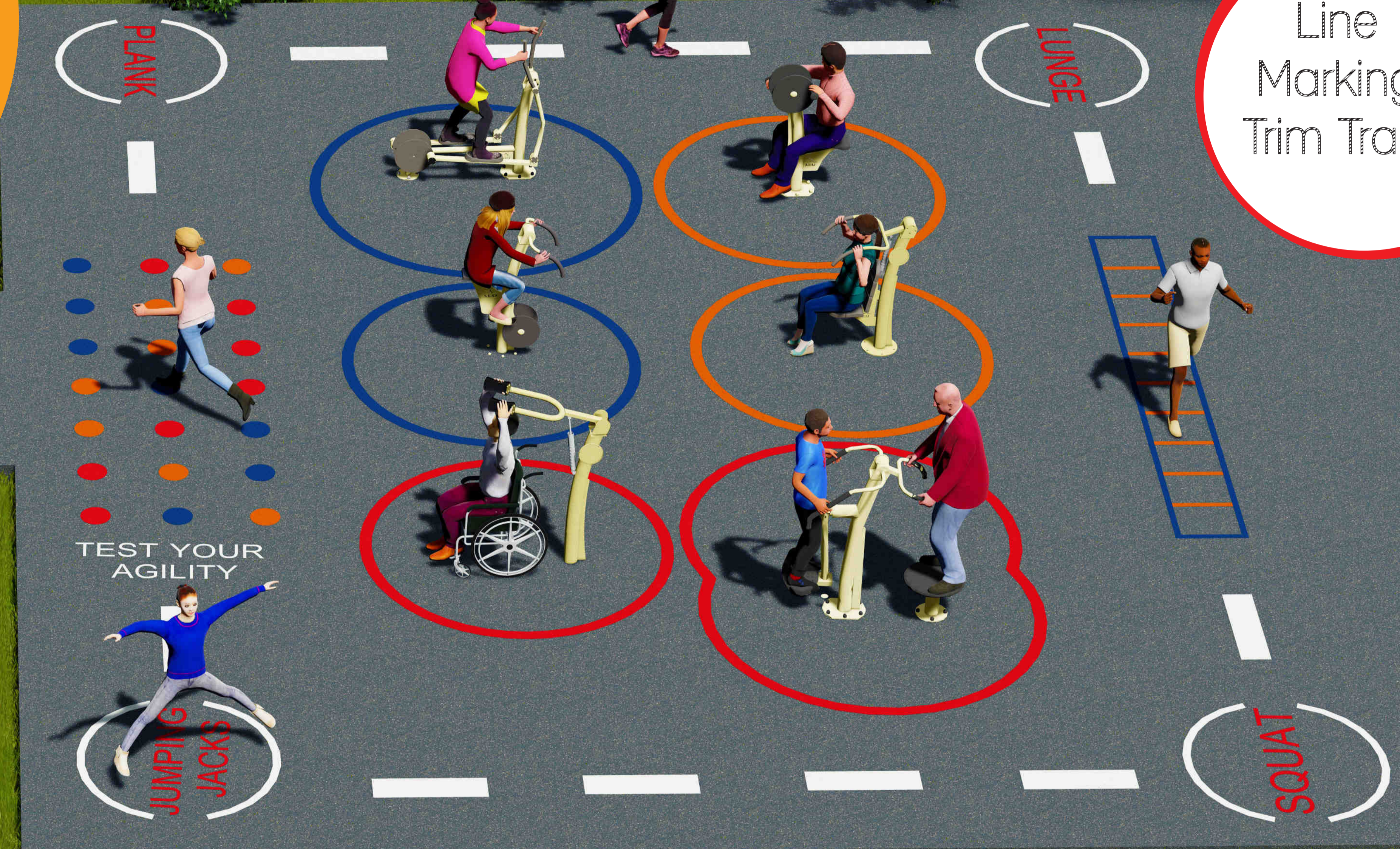
Proludic sport

14+ Years

17+ Users



Line Marking Trim Trail!



Over 2.5m High



# Memorial Play Area

Proludic sport

14+ Years

17+ Users



## Dip Bar

- ▶ Build your overall strength on the dip bars
- ▶ All muscles of the body can be developed through different exercises
- ▶ Try exercises like dips, I-sits and bicycle walks



## Horizontal Bar

- ▶ Use your upper body strength to pull up on the bars
- ▶ Requiring a lot more effort to pull up on the bars, it works on all your muscles simultaneously
- ▶ Try out exercises like knee ups, chin ups and leg raises



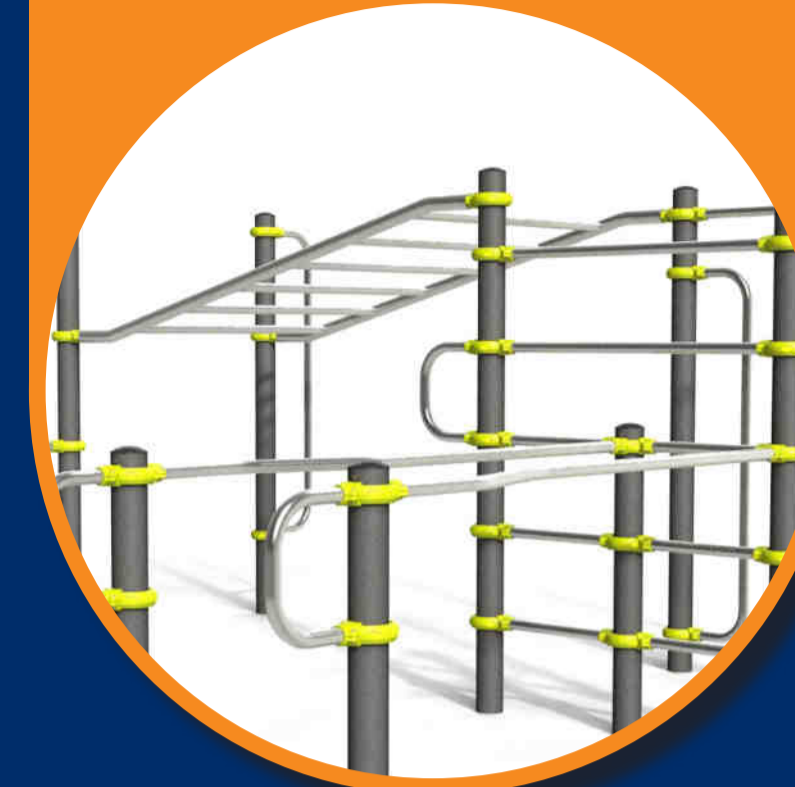
## Horizontal Ladder

- ▶ Strengthen and tone your arms and legs as you climb up and over the ladder
- ▶ The lower bars can be used for exercises such as toe taps, calve raises and hill climbs
- ▶ The horizontal ladder can be used for low impact warm up and cool down exercises



## Horizontal Ladder

- ▶ Build your upper body and core strength as you pull yourself up on the bars and traverse across
- ▶ All muscles of the body can be developed through different exercises
- ▶ Try exercises like pull ups, hanging leg raises and bar dips



## FEATURES & BENEFITS

	<b>Colour</b> Beige in colour – attracts the right age group for the product. Durable and resistant finish.		<b>Signage</b> Clear concise signage – users know how to use the equipment safely and efficiently QR Code technology.
	<b>Tested</b> all equipment conforms to EN 16630 regulations. no head, limb or finger traps on any equipment.		<b>Tech</b> Clear and simple instructional videos are accessible via QR codes attached to equipment.
	<b>Long Handles</b> Long handle grips – suits all ages and abilities.		<b>Seating</b> Polysafe soft seats – ensure comfort, durability and usage all year around.
	<b>Safe</b> Safestop piston with zero touch-points and internal stoppers. Prevents sudden drops & falls & finger traps.		<b>Resistance</b> 8 levels of resistance ranging from 5kg–60kg allows progression to all ability levels.

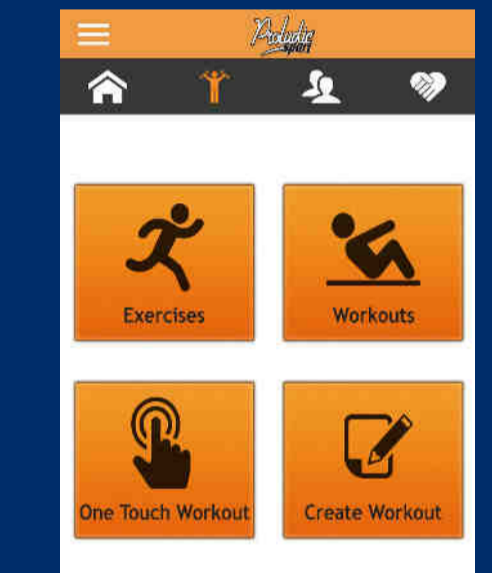
Proludic Sports App



Scan the QR code on any piece of equipment to be linked to a video demonstrating the safe use of equipment



Download the Proludic Sports App



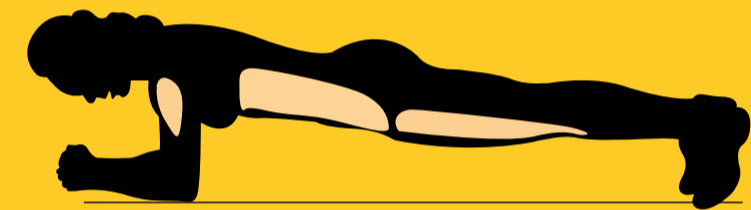
Navigate the app to meet your workout requirements



Sign in and create an account

## ABS STRENGTHENING EXERCISES

This abs exercise is really effective in strengthening the abdominal muscles. It helps to have a flat stomach and strengthen the core muscles that protect the spine.



## POSITION

Lie on your front, with back straight, face down.

## EXERCISE

Prop yourself up on your forearms and toes. Keep your legs straight and hips raised. Hold in your stomach muscles and tighten your perineum.

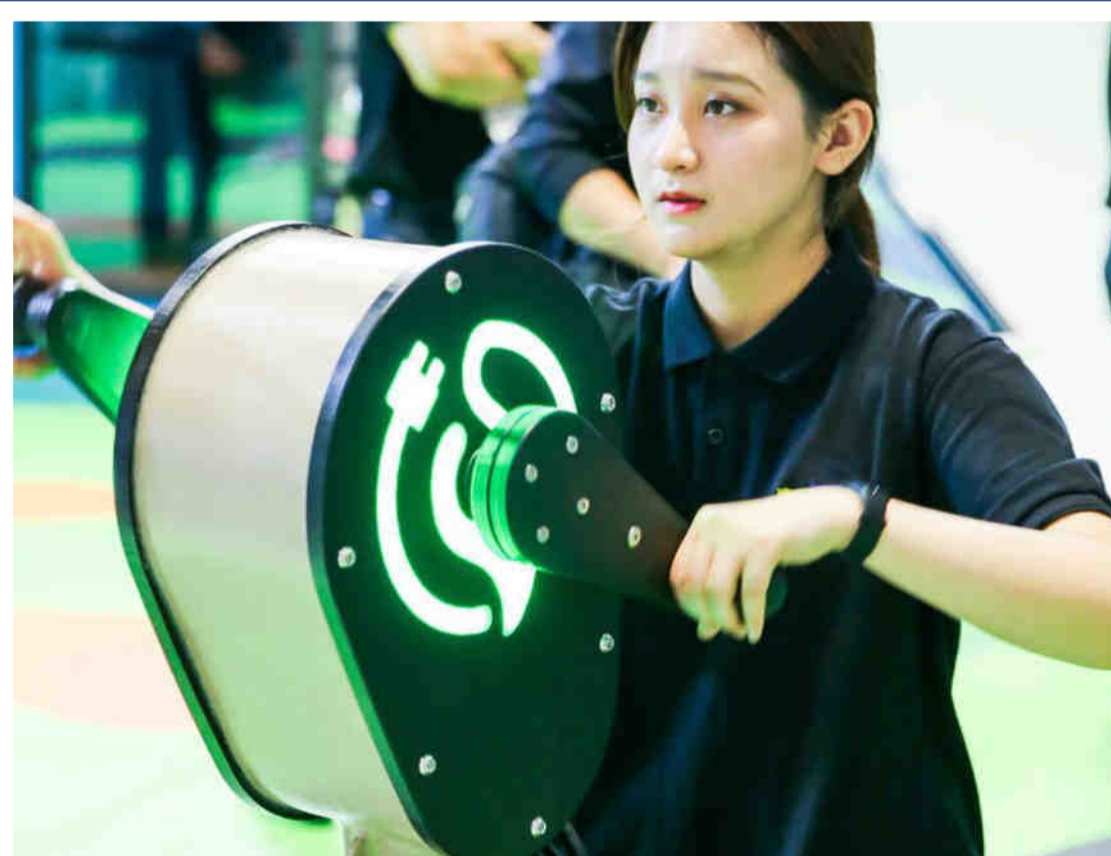
## CHALLENGE

4 to 5 times  
Hold for  
30 seconds  
each time



## TIP

Do not arch your back. Hold in your stomach muscles



## UBX-287C Recharge Hand Cycle

- ▶ Focuses on the muscles in the arms, shoulders, chest and back
- ▶ Calorie burning
- ▶ Boosts fat loss
- ▶ Improves cardiovascular performance



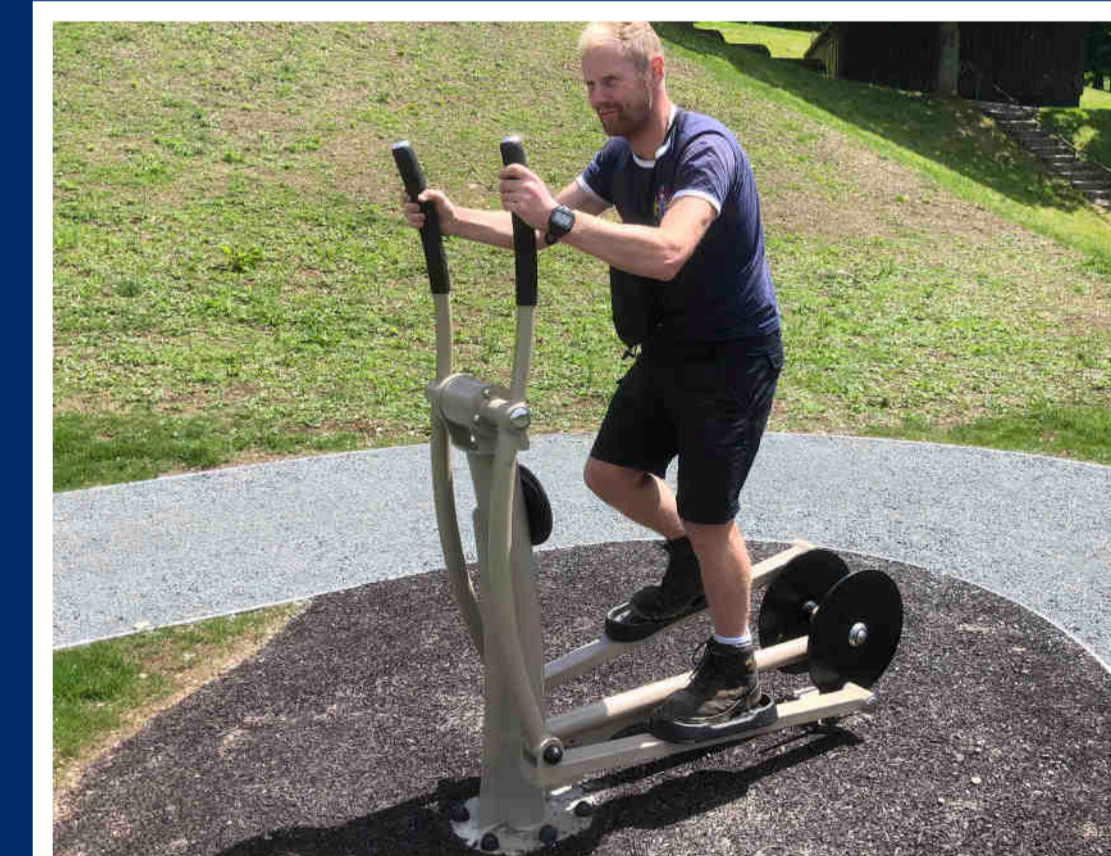
## UBX-289 Spinning Bike

- ▶ Focuses on the major muscles in the lower body
- ▶ Calorie burning
- ▶ Boosts fat loss
- ▶ Improves cardiovascular performance



## UBX-247 Shoulder Press

- ▶ Focuses on the major muscles in the upper body
- ▶ While the shoulder press focuses primarily on two portions of the deltoids, or shoulders, it also works a plethora of other muscles
- ▶ This exercise will also help stabilise muscles and movements that use your shoulders.



## UBX-203 Elliptical Trainer

- ▶ Focuses on the muscles in the arms, shoulders, chest and back
- ▶ Calorie burning
- ▶ Boosts fat loss
- ▶ Improves cardiovascular performance



## UBX-217 Hydraulic Squat

- ▶ The Hydraulic Squat Machine brings you a targeted workout for your legs, glutes and thigh muscles
- ▶ Its hydraulic system allows you to get on the machine and just go
- ▶ An easy to use very accessible machine



## UBX-232 Pendulum & Twister

- ▶ Multi activity unit allows two users to work out at once
- ▶ One activity requires the user to swing like a pendulum while working the leg muscles
- ▶ The other activity requires the user to twist in a gentle motion working the leg muscles and lower back area

## The Proludic Sports App - Users App

At Proludic we are passionate about providing facilities that will appeal to people of all levels of fitness - from beginners to athletes - allowing and encouraging all to work at their own pace. This inclusive approach inspires increased physical activity and encourages progression and improvement of physical health, confidence and wellbeing, regardless of the user's fitness or ability level.

To support this and to aid the usage of outdoor fitness equipment, Proludic have launched a Sports app to be used in conjunction with all Proludic gym and sports equipment. This app provides free exercise guides and allows users to track their workouts, as well as engaging with the local community and keeping motivation levels high. It's almost like having a personal trainer on site 24/7!

The App has been developed to enable users to simply and easily monitor and track their exercises on Proludic sports equipment. It will also provide nearest parks on Google maps, recommended exercises and have helpful videos, tips for everyone that uses it. It will enable users to feel comfortable using the equipment.

Users over the age of 18 will also have access to a community forum where you can share/challenge/chat and motivate your local friends and then see how you rank locally/nationally/Internationally. This is also great for local boot camps and personal trainers that will use the equipment. For all of our clients, it will serve as an aid to encourage more people in the community to get fit and use the equipment. The app also works in conjunction with Apple health helping the users with their daily step targets.

### MARKET LEADING MOBILE APPS



**PROLUDIC SPORT APP**

The Proludic Sport app is a digital workout partner to support the USERS throughout their workout experience.

**ALLOWS USERS TO:**

- Find the nearest gym in their area.
- Learn about the fitness equipment through demonstration videos.
- Create personal workouts tailored to their needs i.e. time, muscle group and fitness goals.
- Track their workouts.
- Connect with their community and interact with friends.
- Earn achievements and challenge others.



Download the Proludic Sports App



Sign in and create an account



Navigate the app to meet your workout requirements








**PROLUDIC SPORT PRO APP**

The Proludic Sports PRO app provides aggregated usage data on the performance of the fitness area for PROVIDERS.

**ALLOWS ORGANISATIONS AND LOCAL AUTHORITIES TO:**

- Download user and site specific equipment analytics at a glance to evidence and support investment.
- View gym statistics, including the number of users per machine.
- Examine aggregated statistics to keep track of multiple sites. Benchmark your location against national performances.
- See important demographics and usage - day, time, age, gender, activity, apple health and dwell time.
- Instantly send after sales and maintenance requests by simply uploading a photo and submitting.






14+



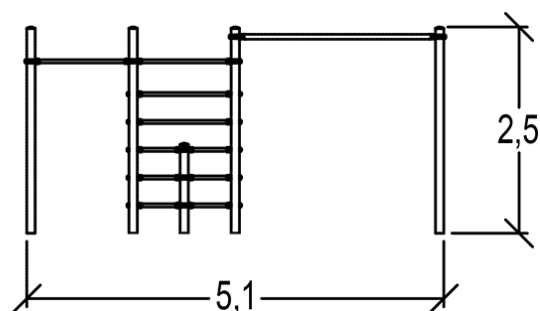
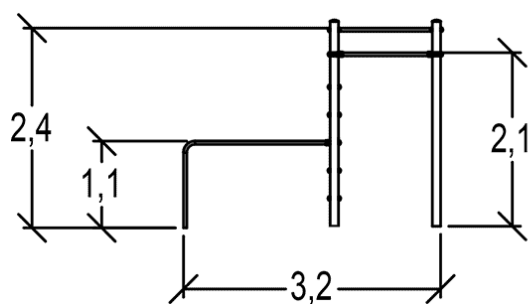
10



2,1m



1 = 5,15m 2 = 3,17m 3 = 2,52m



Play value : 4

hanging

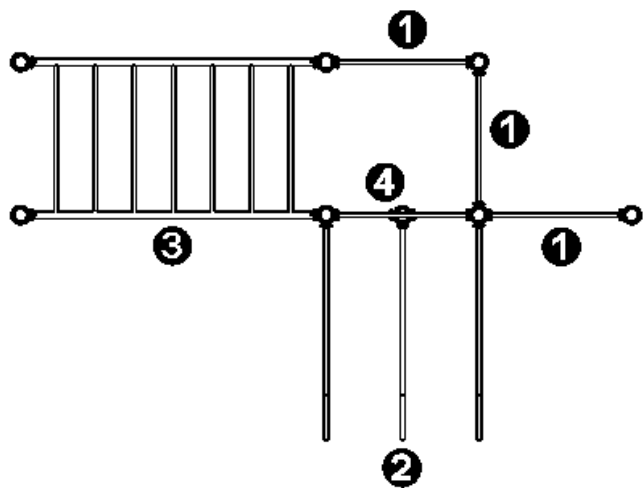


x2

climbing



x2

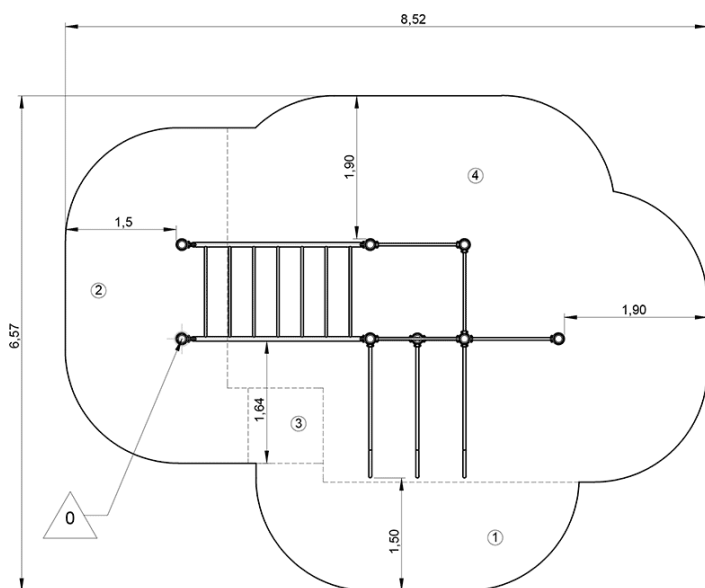




- ① Horizontal bar L:1.25m
- ② Parallel bar
- ③ Horizontal ladder
- ④ Wall bars

## Installation of equipment

Impact area =

-  Impact area
-  Free space



		
1	1m	5,5m <sup>2</sup>
2	1,4m	9m <sup>2</sup>
3	1,7m	1m <sup>2</sup>
4	2,1m	27,5m <sup>2</sup>



2



4:h0



1.6m<sup>3</sup>



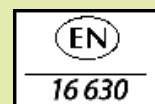
43m<sup>2</sup>



289kg



28kg



0000-00-00



14+



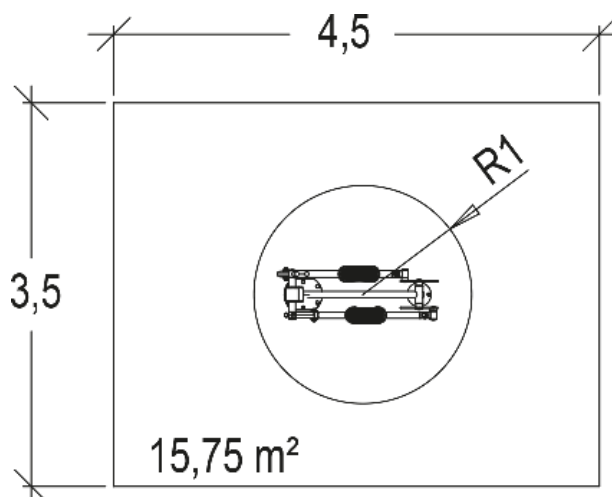
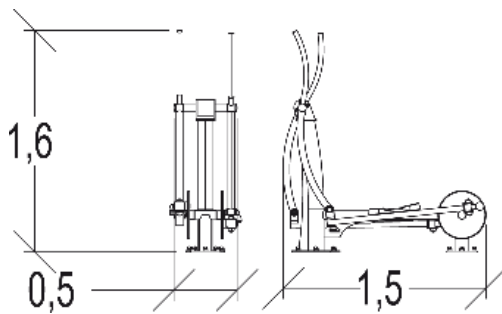
1



0,35m



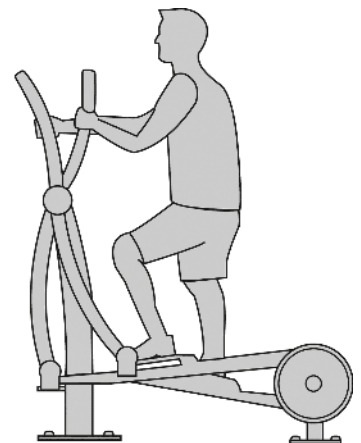
1 = 1,42m 2 = 0,55m 3 = 1,66m



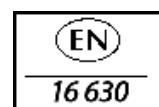
### MUSCULAR STIMULATION



### MOVEMENTS



### CERTIFICATIONS





14+



1



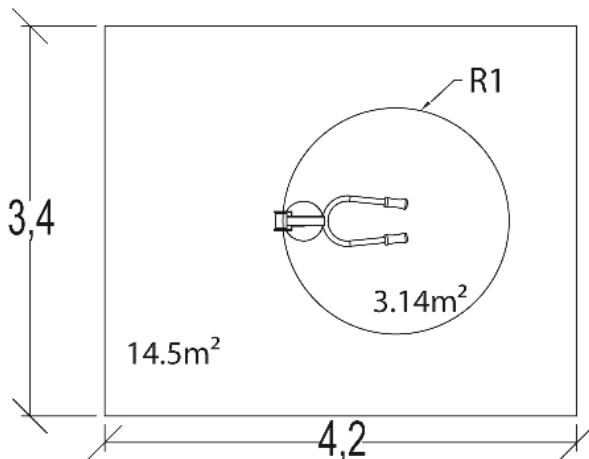
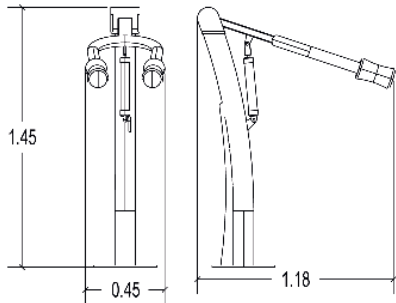
0m



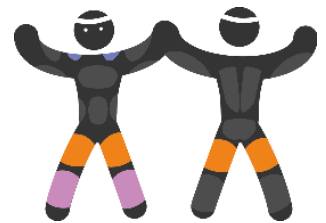
1 = 1,18m 2 = 0,45m 3 = 1,45m



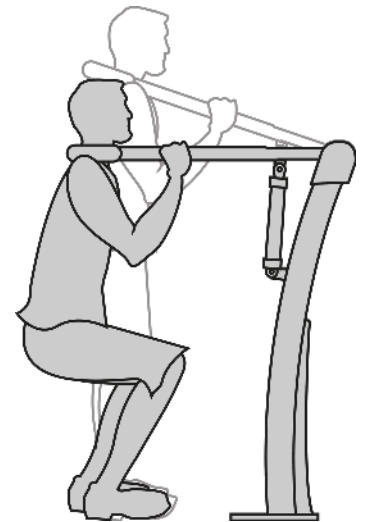
User controlled hydraulic piston



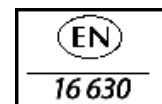
## MUSCULAR STIMULATION



## MOVEMENTS



## CERTIFICATIONS







14+



2



0,5m



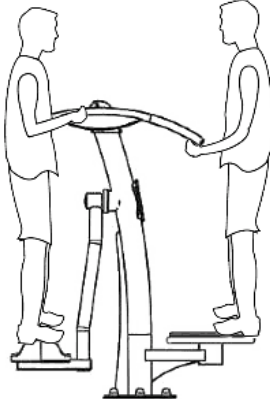
1 = 1,5m 2 = 0,6m 3 = 1,5m



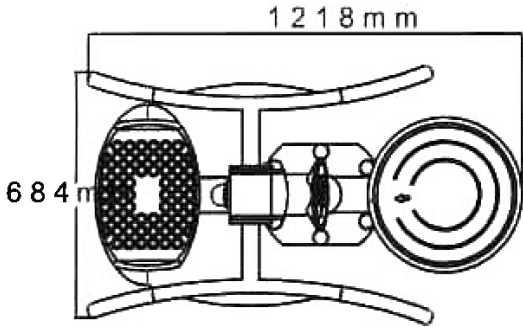
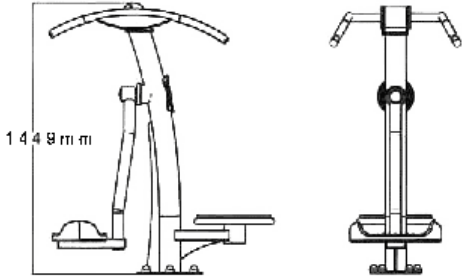
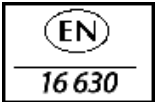
### MUSCULAR STIMULATION



### MOVEMENTS



### CERTIFICATIONS





14+



1



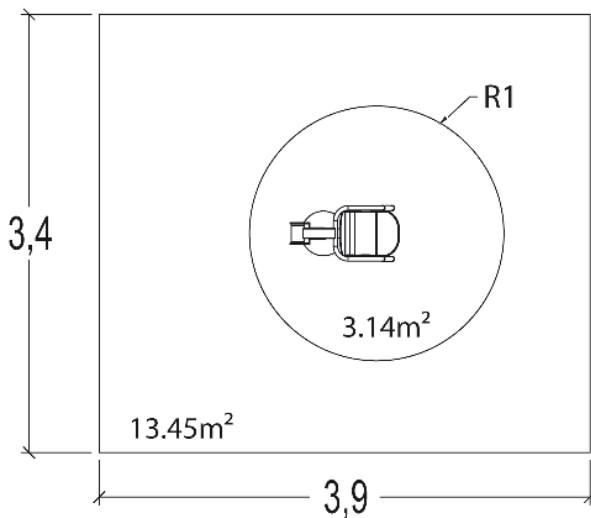
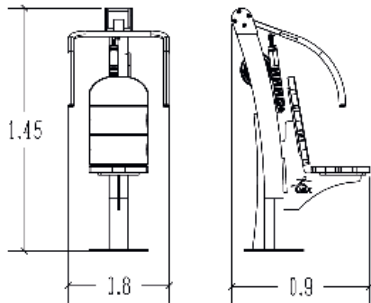
0,5m



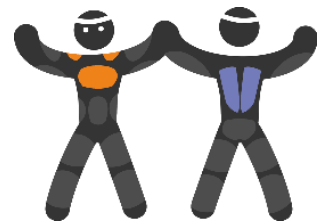
1 = 0,9m 2 = 0,8m 3 = 1,45m



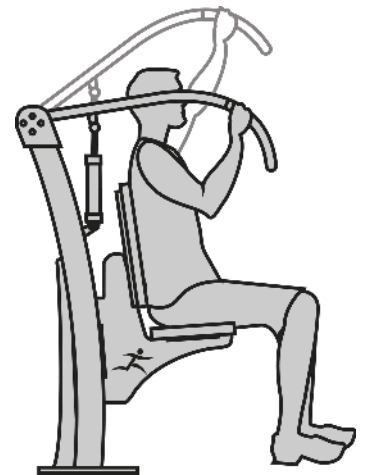
User controlled hydraulic piston



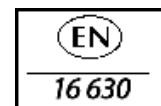
**MUSCULAR STIMULATION**



**MOVEMENTS**



**CERTIFICATIONS**





14+



1



0,5m



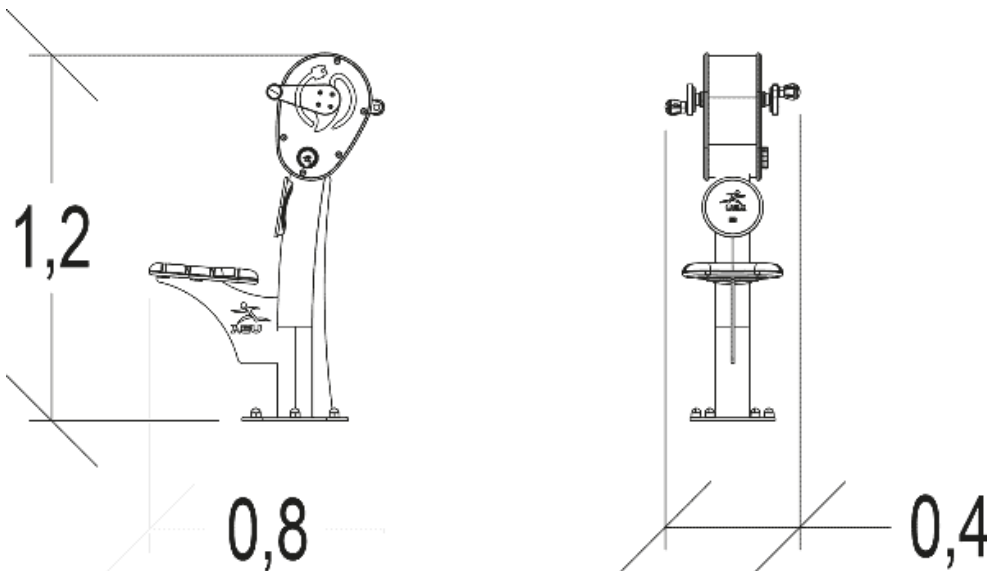
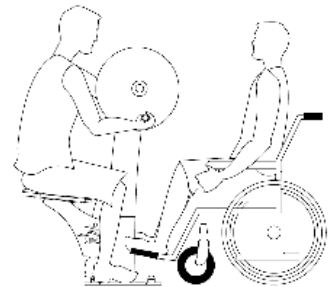
1 = 0,74m 2 = 0,5m 3 = 1,21m



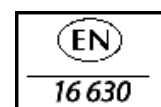
### MUSCULAR STIMULATION



### MOVEMENTS



### CERTIFICATIONS





14+



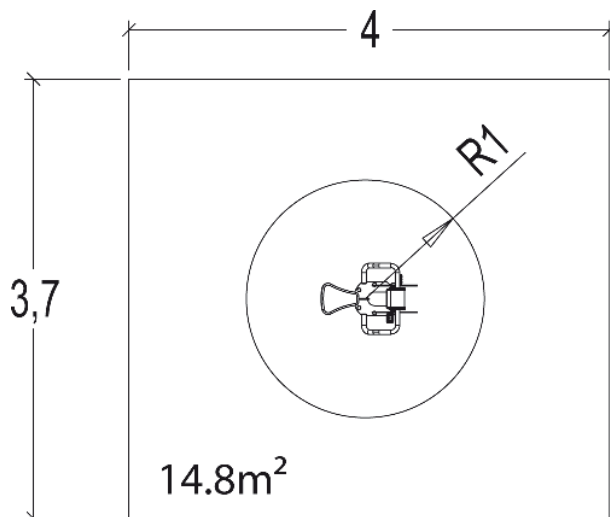
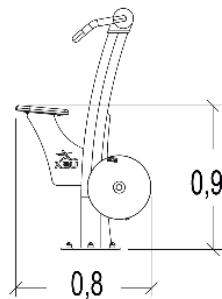
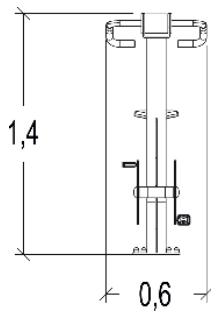
1



0,85m



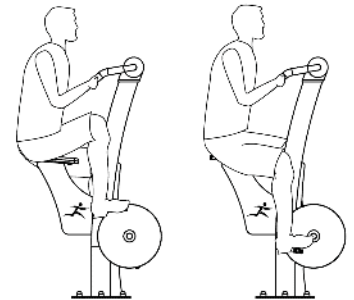
1 = 0,8m 2 = 0,6m 3 = 1,4m



### MUSCULAR STIMULATION



### MOVEMENTS



### CERTIFICATIONS

