



# OUTDOOR TRAINING EQUIPMENT CATALOGUE

Courtyard and park recreation areas are getting increasingly popular and outdoor fitness facilities are moving closer to running and health tracks for that very reason – outdoor training is more pleasant and useful. The outdoor training complexes produced by Tiptiptap OÜ are unique as even up to five different training devices can all be connected. Minimal space requirements have made the training complexes attractive and in demand of public open space use. Durability, low maintenance, compliance to standards and good design are also reasons why just the Tiptiptap training complexes are preferred. They are entirely weatherproof and work using the trainer's own bodyweight for resistance while training.

**Freedom of choice ensures more efficient training**

By combining different modules, you can create an outdoor gym that specifically meets your requirements and the space that you have available. TIPTIPTAP training complexes contain a basic module which can be made up of either two, three or five training devices. We work with you to create an Outdoor Gym that meets ones specific requirements.

**Advantages**

TIPTIPTAP Outdoor Fitness complexes offer multi user opportunities without taking up too much room. Only a minimal safety area is required which besides space saving also allows to reduce installation costs. It is safe and easy to use and install the devices. Not one of our devices contains small breakable parts. The devices are corrosion safe and painted with weatherproof paint colours to last in public open space. In case needed, maintenance and installation can be ordered from the Tiptiptap OÜ professionals.

**Certificate**

All our devices have been tested by the TÜV SÜD Product Service GmbH and all the training devices have been issued EN 16630:2015 standard certificate of compliance of Outdoor Fitness Equipment.

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# 2D-training complex



BFCH-01-02

Easy to use and very compact, so the perfect fit for courtyards and parks with limited space. Both young and elderly can practice on them.

## 2D-training complex



01

### Basic module

Different training devices can be selected for the basic module of the 2-D training complex. It can be assembled according to the user's wishes and needs. It is possible to add user instruction, company logo and contact data on the complex.



02

It is easy to use our devices of which the training weight is the trainer's own bodyweight.

### Training devices for 2-D training complex:



03

- BFCH01 Push chair
- BFCH02 Pull Chair
- BFCH03 Surfboard
- BFCH04 Space Walker
- BFCH05 Seated Pedal Trainer
- BFCH06 Arm Wheel



04

- BFCH08 Waist Movement Trainer
- BFCH10 Web Board
- BFCH12 Elliptical Cross Trainer
- BFCH13 Parallel Bars
- BFCH14 Taiji Wheels
- BFCH15 Riding Trainer
- BFCH19 Rowing Trainer



05

- BFCH20 Pull up bar
- BFCH6513 Bending machine



06

### Effect

The main effect of the 2-D training complex training devices lies in their ability to improve trainers' endurance and strength. They are particularly efficient in big muscle building.



08

Our vandalism-proof products have been manufactured from strong processed steel and can resist even the most complicated weather conditions. Our designers can provide you with the necessary CAD-drawings.



10



12



13



14



15



19



20



6513

### Maximum dimensions

Height	2000 mm
Width	1000 mm
Length	3400 mm



 Tiptap<sup>OU</sup>



**Juhised**  
Ennege tooli seljaga seadme  
poolle ja hoidke käepidemed  
miliseski käes. Tõusule  
jõuga aeglaselt allapoole ja  
laste aeglaselt tagasi.  
Korrake liigutust

**Instructions**  
Sit on the chair with back  
towards the equipment and  
hold the handles with both  
hands. Pull downward slowly  
with force and recover  
slowly. Repeat the process.

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# 3D-training complex



BFCH-02-12-15

Easy to use and very compact, so the perfect fit for courtyards and parks with limited space. Both young and elderly can practice on them, 3 users at the same time.

## 3D-training complex



01

### Basic module

Different training devices can be selected for the basic module of the 3-D training complex. It can be assembled according to the user's wishes and needs. It is possible to add user instruction, company logo and contact data on the complex.



02

It is easy to use our devices of which the training weight is the trainer's own bodyweight.

### Training devices for 3-D training complex:



03

- BFCH01 Push chair
- BFCH02 Pull Chair
- BFCH03 Surfboard
- BFCH04 Space Walker
- BFCH05 Seated Pedal Trainer
- BFCH06 Arm Wheel



04

- BFCH08 Waist Movement Trainer
- BFCH10 Web Board
- BFCH12 Elliptical Cross Trainer
- BFCH13 Parallel Bars
- BFCH14 Taiji Wheels
- BFCH15 Riding Trainer
- BFCH19 Rowing Trainer
- BFCH20 Pull up bar
- BFCH6513 Bending machine



05



06



08

### Effect

The main effect of the 3-D training complex training devices lies in their ability to improve trainers' endurance and strength. They are particularly efficient in big muscle building.

Our vandalism-proof products have been manufactured from strong processed steel and can resist even the most complicated weather conditions. Our designers can provide you with the necessary CAD-drawings.



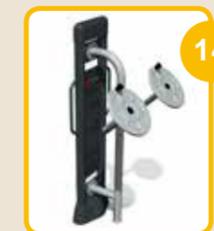
10



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19



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6513



### Maximum dimensions

Height	1850 mm
Width	3000 mm
Length	3400 mm



# 3D-training complex



BFCH-02-04-05

Easy to use and very compact, so the perfect fit for courtyards and parks with limited space. Both young and elderly can practice on them, 3 users at the same time.

# 3D-training complex



Taiji wheel



Waist Movement Trainer



Wab Board



### Effect

The main effect of the 3-D training complex training devices lies in their ability to improve trainers' endurance and strength. They are particularly efficient in big muscle building.

### Basic module

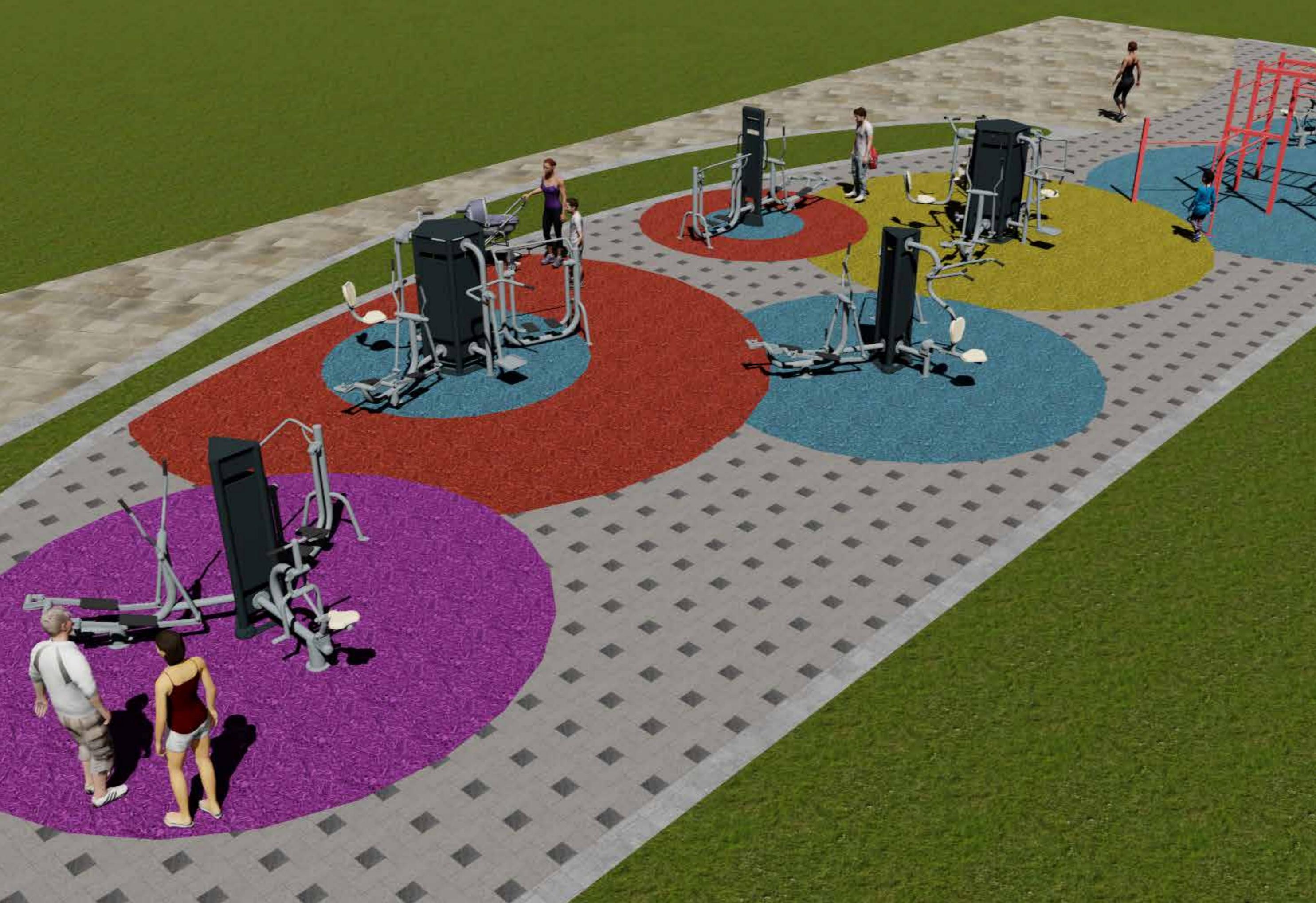
Different training devices can be selected for the basic module of the 3-D training complex. It can be created according to the user's wishes and needs. It is possible to select a paint colour from the RAL Colour Chart and to add the company logo and contact data.

Our vandalism-proof products have been manufactured from strong processed steel and can resist even the most complicated weather conditions. Our designers can provide you with the necessary CAD-drawings.

### Maximum dimensions

Height	1850 mm
Width	3000 mm
Length	3400 mm





# 5D-training complex



BFCH-02-03-04-05-12

Easy to use and very compact, so the perfect fit for courtyards and parks with limited space. Both young and elderly can practice on them, 3 users at the same time.

## 5D-training complex



01

### Basic module

Different training devices can be selected for the basic module of the 5-D training complex. It can be assembled according to the user's wishes and needs. It is possible to add user instruction, company logo and contact data on the complex.



02

It is easy to use our devices of which the training weight is the trainer's own bodyweight.

### Training devices for 5-D training complex:



03

- BFCH01 Push chair
- BFCH02 Pull Chair
- BFCH03 Surfboard
- BFCH04 Space Walker
- BFCH05 Seated Pedal Trainer
- BFCH06 Arm Wheel



04

- BFCH08 Waist Movement Trainer
- BFCH10 Web Board
- BFCH12 Elliptical Cross Trainer
- BFCH13 Parallel Bars
- BFCH14 Taiji Wheels
- BFCH15 Riding Trainer
- BFCH19 Rowing Trainer



05

- BFCH20 Pull up bar
- BFCH6513 Bending machine



06

### Effect

The main effect of the 5-D training complex training devices lies in their ability to improve trainers' endurance and strength. They are particularly efficient in big muscle building.



08

Our vandalism-proof products have been manufactured from strong processed steel and can resist even the most complicated weather conditions. Our designers can provide you with the necessary CAD-drawings.



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6513

### Maximum dimensions

Height	1850 mm
Width	2800 mm
Length	4000 mm







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