

1MOVE

Street Workout Parkour



The innovative sports infrastructure devices

www.1move.pl
facebook.com/1move

About Street Workout

Street workout is nothing but strength training exercises based on using your own body weight based on gymnastic exercises. It is performed outdoor, not in the gym. Calisthenics exercises have been known since ancient times and were used primarily by soldiers and prisoners.

However, practicing with your own body weight training has been also complementary to many sports for many years.

Recently, street workout has become extremely popular in the circles of youth, athletes and ordinary people. Exercises are attractive, spectacular and completely free. The most interesting films of workout have millions of views on the Internet

Street workout is part of a modern lifestyle that promotes a healthy way of life, physical activity, impressing vigor and skills as well as an encounter in order to perform shared training - in many Polish cities and even formed group of people practicing communities rallies and competitions are organized.

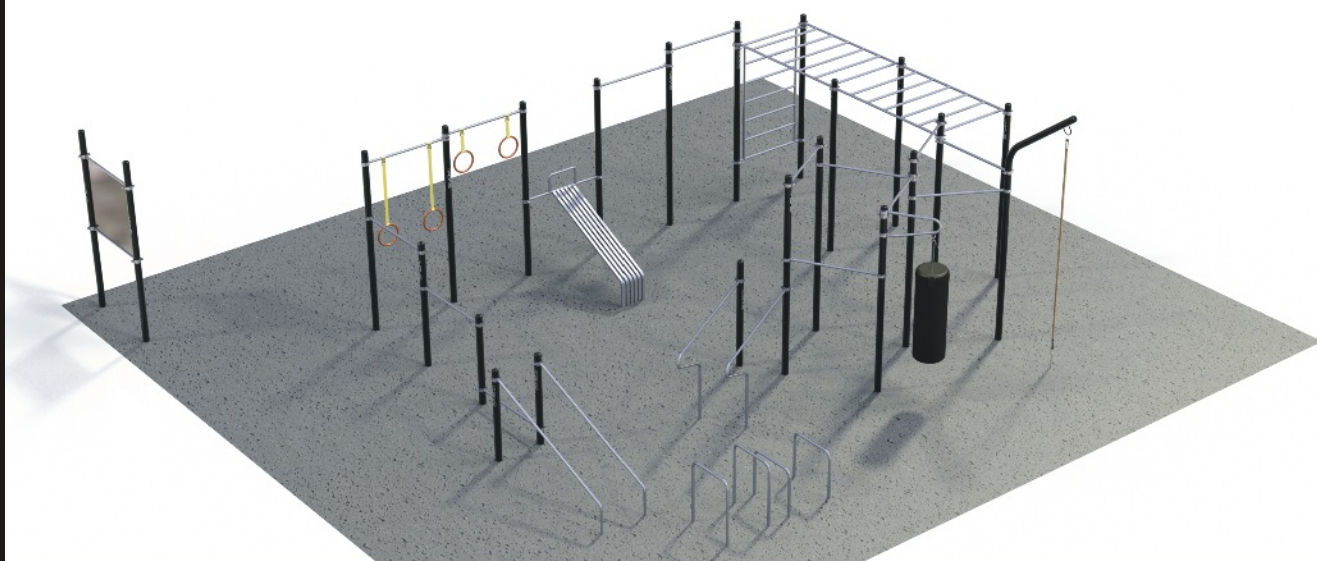
1Move devices

1Move Street Workout - we are one of the first manufacturers of this type of equipment in Poland. We focus mainly on young people who want to take care of their figure and fitness, not necessarily by spending time on a traditional gym. Equipment for street workout is a return to the old "path of health" that gave the opportunity of diverse and creative training. They fill the gap between external gyms and playgrounds.

1 Move offers a set of steel instruments of Street Workout. Various solutions can be combined in any size set, depending on the needs, with this system.

The devices are composed in such way that they give the possibility to shape virtually every muscle. Square includes a special information board with a variety of individual exercises, allowing you to start your workout easily even if you are the beginner.

Street Workout Full



Full set at the minimum area of 11x12 m: Horizontal ladder x 2, Vertical Ladder, High Crossbars 2 pcs., Low Crossbars 3 pcs. Workout Tower, Workout Triangle, Parallel Handrails, Oblique Handrails, Low Handrails, Oblique Bench, Gymnastic Rings 2 pcs. , Punching Bag, Information Board



Street Workout Maxi



Street Workout Start

Street workout is more than just exercise - it's a lifestyle.

About parkour and 1Move devices

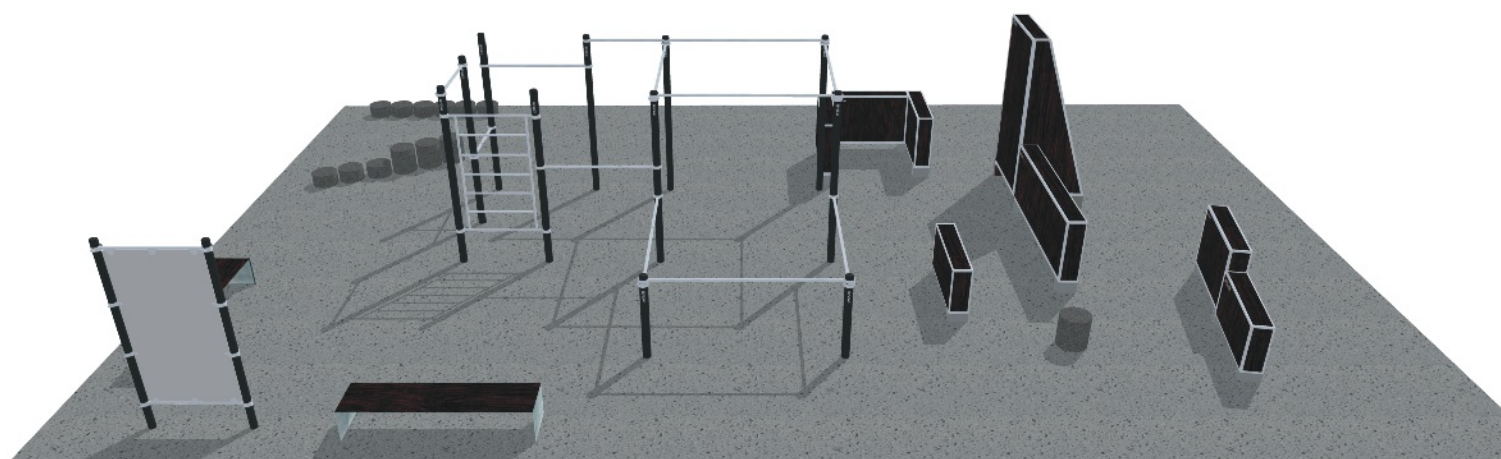
Parkour is a dynamic physical activity consisting in overcoming architectural obstacles in the course of using only your own body. It is a set of skills to overcome barriers, obstacles and space. It is focused on the development of basic human skills which is the movement of developing balance, speed, strength, endurance, courage, and overcoming fear of heights and space.

A variation of parkour is **free running**, the aim of which is the efficiency of movement while climbing further obstacles. Freerunner is looking for a way to overcome the barriers of architecture uniquely enough to impress his own creativity and technique.

People Training Parkour and Freerun overcome their own limitations, mental and physical striving

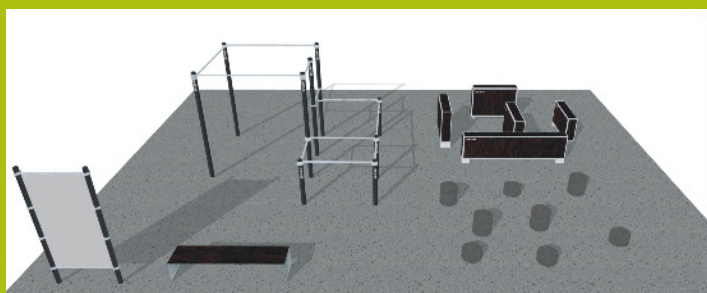
for self-improvement. **In whole Europe, Parkour and Freerun is growing rapidly, organized jams, competitions, festivals.** The educational institutions organise more and more extracurricular activities in this field. As in streetworkout, parkour and freerun create local community people who practice it.

With the system, various solutions can be combined in any size set - depending on the needs. These are objects designed by people training parkour, so optimally fulfill their utilitarian function and will be adopted with approval by both beginners and experienced ones. Square includes a special information board with a variety of individual exercises, allowing you to start workout easily even for beginners.

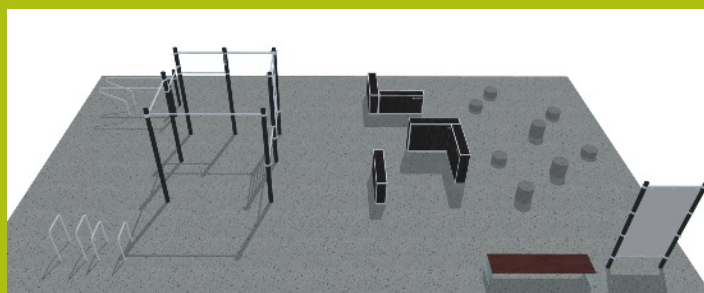


Parkour Full

Optimum set to the minimum area 10,5x15,5 m: Vertical Ladder, High Bars 2 pcs., Low Bars Long 3 pcs., Workout Tower 240 cm, Bars Low Long 240 cm 3 pcs., Low Walls 6 pcs. Medium Wall 1 pcs., Oblique Wall 1 pcs., Concrete Roller 13 units., Information Board, Benches 2 pcs - optional.



Parkour Start



Parkour+Workout Start

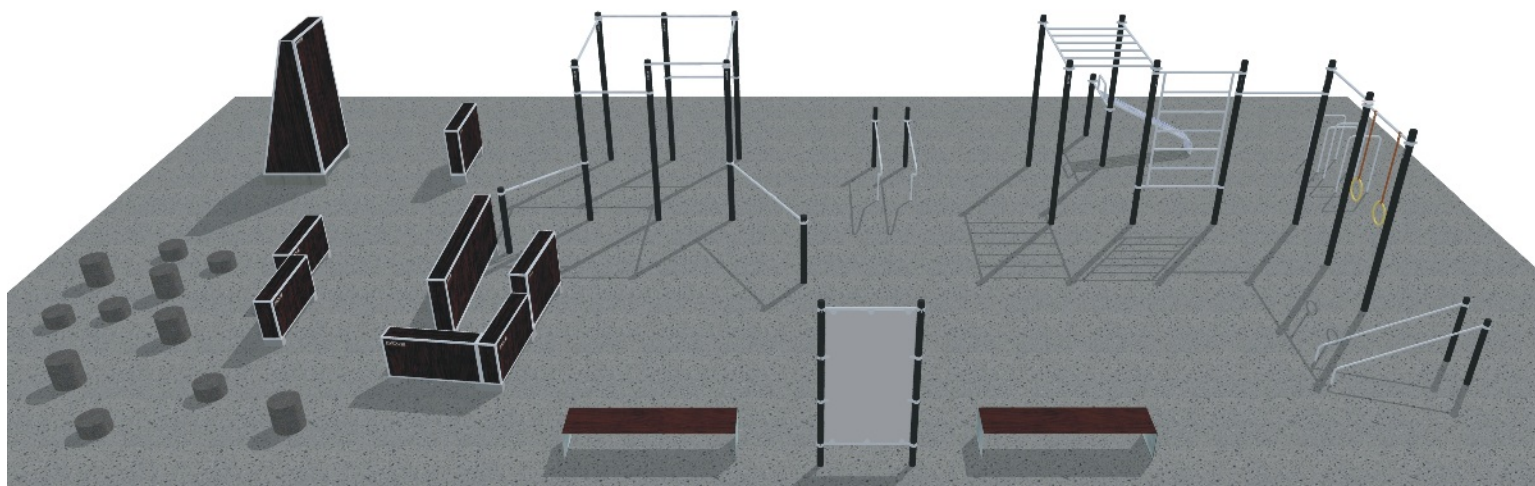
Call for data sheets with the dimensions and specifications of equipment tel. 0048 600 278 852 or pawel.bogusz@1move.pl

1Move - your good move

Parkour and Street Workout

As the streetworkout and parkour require very similar instruments to exercise, we also offer projects connecting the device to both sports.

Owing to the fact, on a single training facility, there will be one or the other activity, which will increase the target group of beneficiaries on such a square.



Parkour+Workout Full

Set Parkour + Workout Optimum surface minimum 23x12 m: Vertical Ladder, High Bars 2 pcs., Low Bars Long 3 pcs., Workout Tower 240 cm, Low Bars Long 240 cm 3 pcs., Low Walls 6 pcs. Medium Wall 1 pcs, Oblique Wall 1 pcs., Concrete Roller 13 units. Information Board, Benches 2 pcs - optional .



Recommended by:
Olek Konkol - 19 years old
The winner in the parkour category in
polish parkour and freerun competitions in
Biskupiec 2014

Street Workout



Horizontal Ladder



Vertical Ladder



High Bars



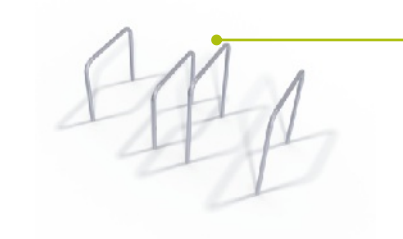
Low Bars



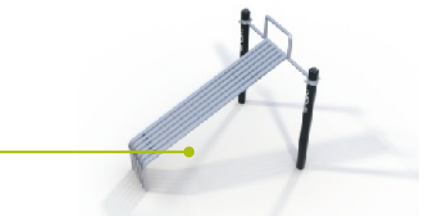
Workout tower



Workout Triangle



Parallel Low Bars



Oblique Bench



Parallel High Bars



Oblique Handrails



Gymnastic Rings



Punching Bag
Climbing Rope

Parkour



Bars 240x240



Bars 270x240+300

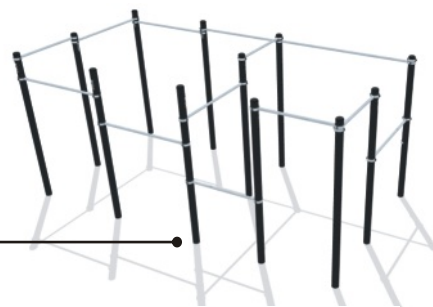


Bars 240x270

Railings 1

Railings 2

Railings 3



Walls 70cm

Walls 100cm

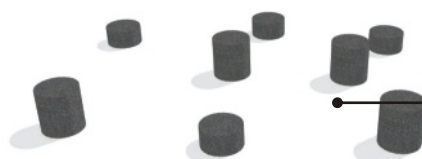
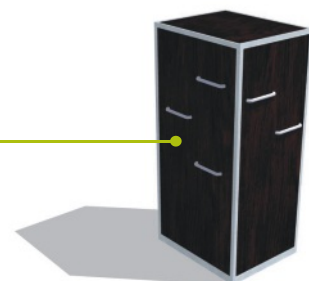
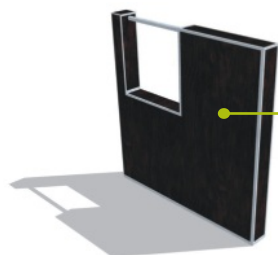
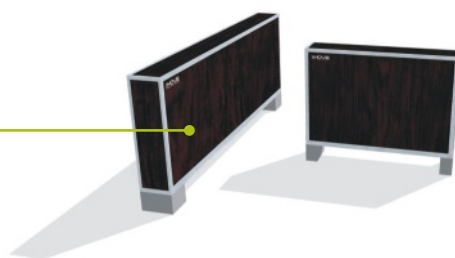


Cuboid 100x120x150

Oblique wall

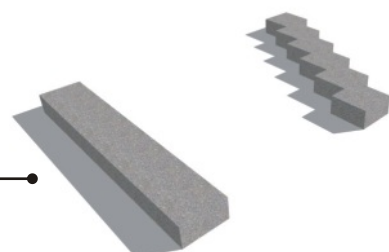
Window

Tower



Roller

Zigzag



Information Boards

An **information board** is the compulsory element of our sites. It contains a special set of **sample exercises**, so that each person who comes there for the first time, can **easily start training**. All exercises on our tables have been especially selected by people with great **experience of training** in parkour and street workout.

On the plate there are also standard information about cleanup and safety. Some information about the investor and its **logo** could also be found.

STREET WORKOUT PARK

1MOVE STREET WORKOUT

Obiekt do uprawiania Streetworkout / Kalisteniki - aktywności fizycznych polegających na treningu siłowym opartym o ćwiczenia z wykorzystaniem własnej masy ciała

PRZYKŁADOWE ĆWICZENIA:

GÓRNE PARTIE CIAŁA		ĆWICZENIA Z WYKORZYSTANIEM BOKSERSKICH
ŚRODKOWE PARTIE CIAŁA		
DOLNE PARTIE CIAŁA		

REGULAMIN

Warunki użytkowania:

- sprzęt przeznaczony wyłącznie dla osób w wieku od 14 lat,
- używać sprzętu wyłącznie i zgodnie z instrukcją obsługi,
- nie doprowadzać do przeciążeń poszczególnych urządzeń,
- przed użyciem urządzeń wziąć pod uwagę stan swojego zdrowia oraz ewentualne przeciwwskazania medyczne.

Ze względu na zdrowie i bezpieczeństwo polecamy rozgrzać się przed treningiem oraz wykonać rozciąganie tuż po nim. Korzystasz z placu na własne ryzyko!

Zachowaj czystość! Nie wprowadzaj psów! Nie graj w piłkę!

WYKONAWCA: 1Move - Starmax, ul. Oliwkowa 17, 80-175 Gdańsk, tel. 600 273 852, www.1move.pl

Technical Information

Massive metal instruments are made of stainless steel to assure maximum durability in different weather conditions and protection against vandalism. Poles are powder coated, and bars are galvanized. The basic color devices are black and grey. We paint the other colors chosen by the customer. Production time is about six weeks.

We recommend safe pavements because of the risk of falling from height. The production of our devices is based on the Polish and European safety standards.



Parkour park in Gdansk, Poland - implementation in 2013

1MOVE

Movement
Parkour & Freerun
Trójmiejski klub sportowy

OFFER OF PERFORMANCES AND WORKSHOPS



1Move in collaboration with the Movement Sports Club offers a professional parkour / streetworkout show at the opening of the facility that is used for such activities. This is a show full of extreme sensations, dynamic and unique skills at a high level - there is always an originally selected group of artists. It is a unique show that will surely interest the audience in that object.

It is also possible to lead workshops for residents classes, lasting about an hour, during which they will be able to become familiar with the resulting object and know the drill. KS Movement coaches have years of experience in the classes and have the appropriate instructors' permissions



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