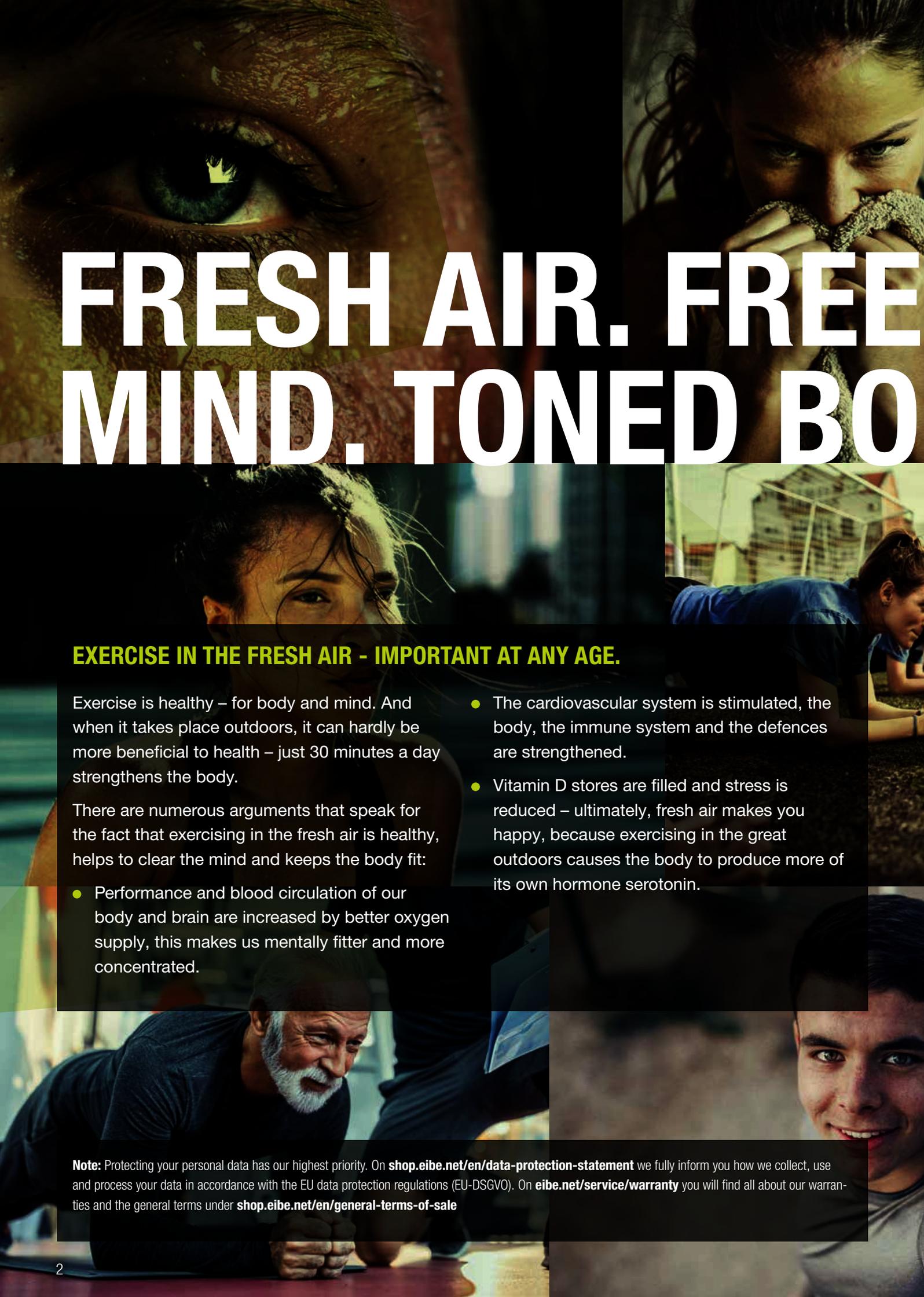


A woman with blonde hair in a bun and visible tattoos on her arms is sitting on the grass, smiling and looking at a pink sneaker she is holding. The background is a soft-focus outdoor scene with sunlight filtering through trees, creating a bokeh effect. Large, semi-transparent text is overlaid on the image.

OUTDOOR ACTIVE

**STAY FIT.
FILL UP WITH FRESH AIR.
FEEL FREEDOM.**



FRESH AIR. FREE MIND. TONED BODY.

EXERCISE IN THE FRESH AIR - IMPORTANT AT ANY AGE.

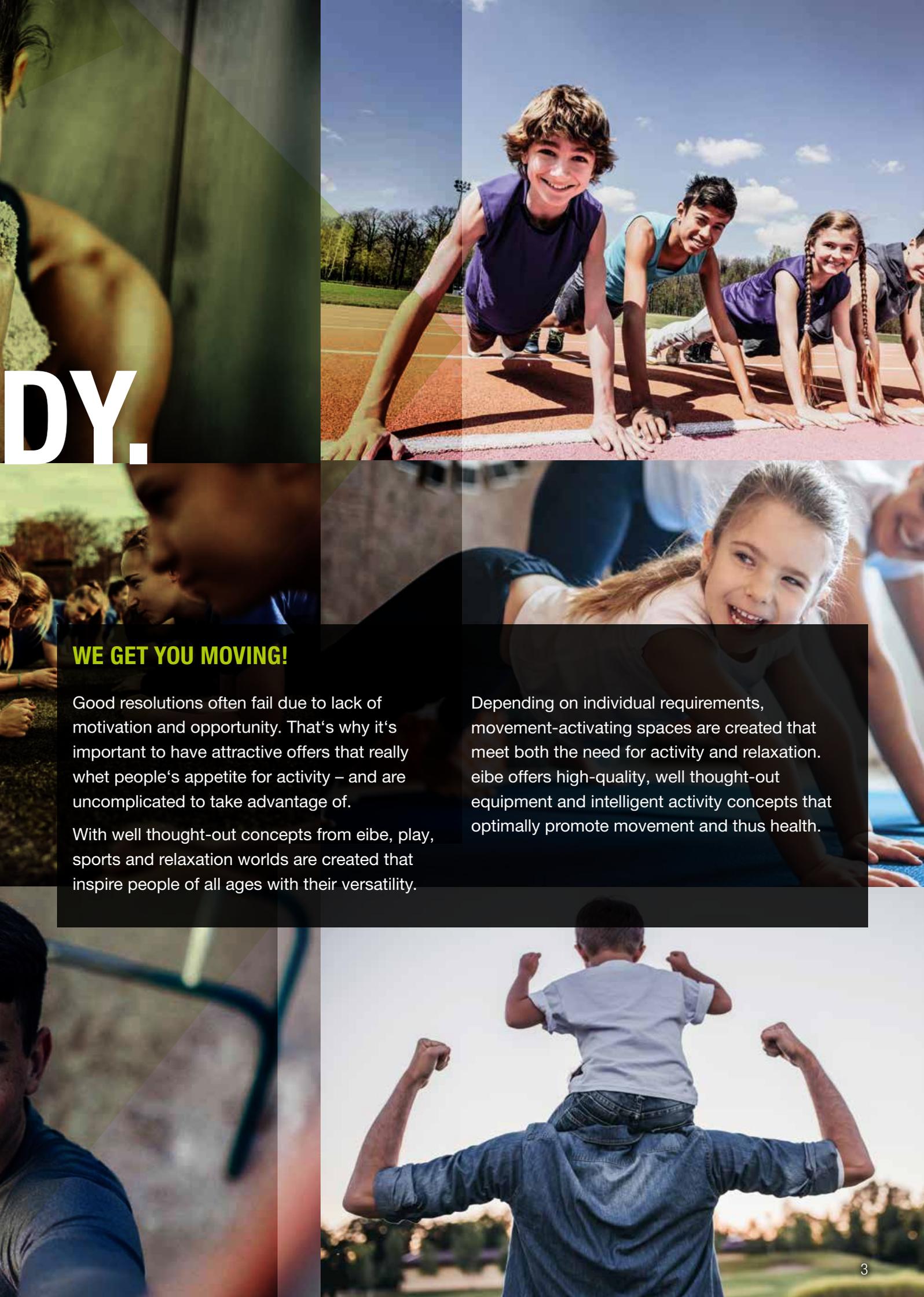
Exercise is healthy – for body and mind. And when it takes place outdoors, it can hardly be more beneficial to health – just 30 minutes a day strengthens the body.

There are numerous arguments that speak for the fact that exercising in the fresh air is healthy, helps to clear the mind and keeps the body fit:

- Performance and blood circulation of our body and brain are increased by better oxygen supply, this makes us mentally fitter and more concentrated.

- The cardiovascular system is stimulated, the body, the immune system and the defences are strengthened.
- Vitamin D stores are filled and stress is reduced – ultimately, fresh air makes you happy, because exercising in the great outdoors causes the body to produce more of its own hormone serotonin.

Note: Protecting your personal data has our highest priority. On shop.eibe.net/en/data-protection-statement we fully inform you how we collect, use and process your data in accordance with the EU data protection regulations (EU-DSGVO). On eibe.net/service/warranty you will find all about our warranties and the general terms under shop.eibe.net/en/general-terms-of-sale



DY.

WE GET YOU MOVING!

Good resolutions often fail due to lack of motivation and opportunity. That's why it's important to have attractive offers that really whet people's appetite for activity – and are uncomplicated to take advantage of.

With well thought-out concepts from eibe, play, sports and relaxation worlds are created that inspire people of all ages with their versatility.

Depending on individual requirements, movement-activating spaces are created that meet both the need for activity and relaxation. eibe offers high-quality, well thought-out equipment and intelligent activity concepts that optimally promote movement and thus health.

OUTDOOR



ACTIVE STATIONS

THE OUTDOOR FITNESS STUDIO

Exercising in the fresh air is proven to be healthier than indoors. The immune system is significantly strengthened. Our musculoskeletal system ensures that we can stand, walk and move, it defines the posture and the fixed shape of the body. The active musculoskeletal system includes muscles, tendons and fascia as well as bones, joints, intervertebral discs and ligaments. An upright gait, locomotion, grasping and holding

are only possible thanks to this complex system – the best reason to give it maximum attention and keep it healthy and strong.

The eibe active stations complement the fitness programme as classic equipment to achieve training goals such as more endurance, strength, coordination, speed and mobility.

FITNESS



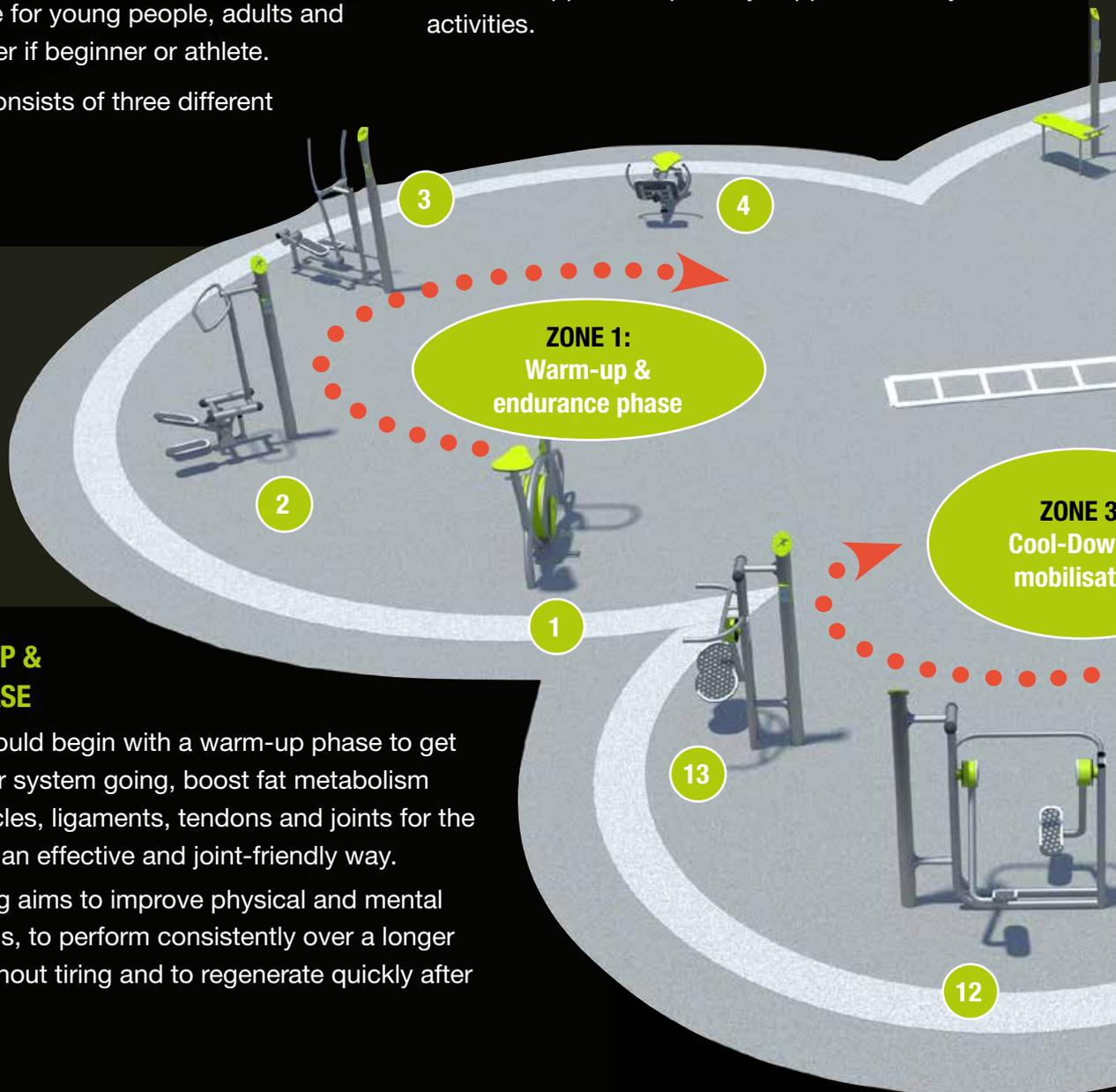
ACTIVE STATIONS

CIRCUIT TRAINING

With the large selection of active stations and training targets, the circuit offers the greatest possible training variety and diversity. This circuit training is suitable for young people, adults and seniors – no matter if beginner or athlete.

The eibe circuit consists of three different zones:

EXERCISE - STRENGTH - MOBILISATION represent an optimal workout combination, through which all large muscle groups are challenged. Our active stations each have their focus in these areas – but the boundaries are intentionally fluid. Because a holistic approach optimally supports healthy activities.



ZONE 1: WARM-UP & ENDURANCE PHASE

Every workout should begin with a warm-up phase to get the cardiovascular system going, boost fat metabolism and prepare muscles, ligaments, tendons and joints for the upcoming load in an effective and joint-friendly way.

Endurance training aims to improve physical and mental endurance – that is, to perform consistently over a longer period of time without tiring and to regenerate quickly after exertion.

ZONE 2: WEIGHT TRAINING

Weight training serves to improve overall body stability and resilience as well as good posture. However, it is not only about targeted muscle building, but also about improving maximum and rapid strength as well as strength endurance.

ZONE 1: WARM-UP & ENDURANCE PHASE

Active stations:

- 1 Bicycle
- 2 Stepper
- 3 Cross trainer
- 4 Rowing bench

ZONE 2: WEIGHT TRAINING

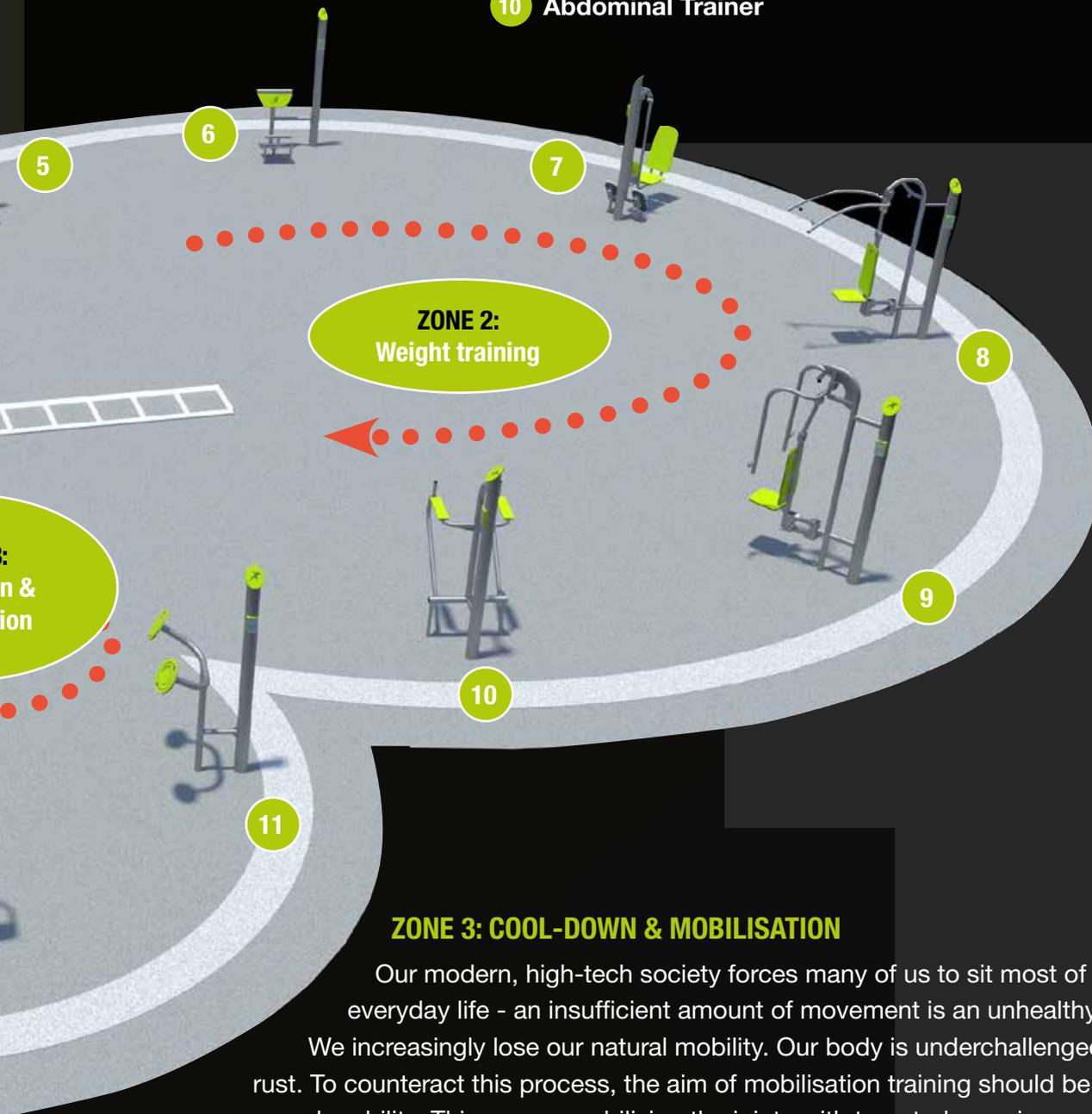
Active stations:

- 5 Sit-Up Bench
- 6 Back trainer
- 7 Leg press
- 8 Pull-Down
- 9 Chest Press
- 10 Abdominal Trainer

ZONE 3: COOL-DOWN & MOBILISATION

Active stations:

- 11 Tai-Chi Plate
- 12 Leg exerciser
- 13 Hip trainer



ZONE 3: COOL-DOWN & MOBILISATION

Our modern, high-tech society forces many of us to sit most of the time in everyday life - an insufficient amount of movement is an unhealthy consequence.

We increasingly lose our natural mobility. Our body is underchallenged, we literally rust. To counteract this process, the aim of mobilisation training should be to improve general mobility. This means mobilising the joints with targeted exercises over as large a range of motion as possible.

Just as important as the warm-up is the cool-down phase. The heated body is slowly cooled down, irritated muscles relax, and the increased heart rate settles down - the entire body regenerates. Ultimately, better training results can be achieved and injuries prevented.

OUTDOOR

ACTIVE STATIONS

DESIGNED FOR OUTDOOR USE – FUNCTIONALITY, QUALITY & SAFETY.

All eibe active stations naturally comply with the requirements of DIN EN 16630 for site-bound fitness equipment in outdoor areas. eibe guarantees the DIN-compliant signage of the course and the individual pieces of equipment. Please note that a defined distance to playgrounds must be maintained. Information on safety areas, installation and floor coverings is provided in the assembly instructions.



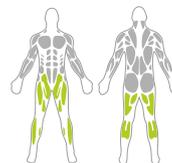
FITNESS

active-station leg trainer

5 54 027 0



Teenagers
Adults Seniors



Mobilisation



Warm-up
Coordination
Endurance
Speed



ACTIVE STATIONS

THE ACTIVE STATIONS ARE AIMED AT EVERYONE, WHO WANTS TO EXERCISE OUTDOORS.

Everyone has the courage to try out the active stations. Whether beginner or advanced user, the motivation threshold is low with the eibe active stations. An individual adaptation to the requirements and fitness level of each user as well as to his or her training level is necessary to achieve maximum training success – the type of load, duration, scope and intensity can be individually adapted through different numbers of sets and repetitions.

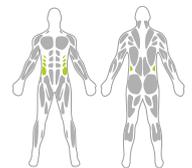


active-station hip trainer

5 54 028 0



Teenagers
Adults Seniors



Mobilisation



Warm-up
Coordination
Endurance
Speed



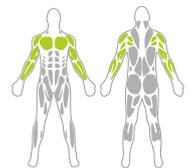


**active-station
TaiChi**

5 54 031 0



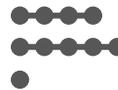
**Teenagers
Adults Seniors**



Mobilisation



**Warm-up
Coordination
Endurance
Speed**



ACTIVE STATIONS

OUTDOOR FITNESS

THE CORRECT PERFORMANCE OF THE EXERCISE IS A MUST FOR MUSCLE BUILDING.



Correct performance of the exercise is an important part of the training, as it allows the target muscle to be trained better – this leads to more effective muscle building. Incorrect exercise performance brings with it certain health risks. Lack of flexibility

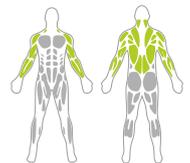
often means that exercises cannot be performed correctly – but flexibility is a prerequisite for correct and clean performance of the exercise. In order to avoid mistakes during exercises, information boards on the eibe active stations show possible mistakes and also the used muscles.

active-station rowing seat

5 54 036 0



Teenagers
Adults Seniors



Endurance
Strength



Warm-up
Coordination
Endurance
Speed



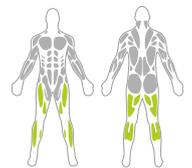


**active-station
bicycle**

5 54 037 0



Teenagers
Adults Seniors



Mobilisation



Warm-up
Coordination
Endurance
Speed



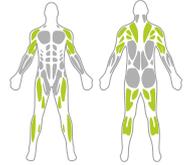
ACTIVE STATIONS

active-station crosstrainer

5 54 034 0



Teenagers
Adults Seniors



Mobilisation



Warm-up
Coordination
Endurance
Speed

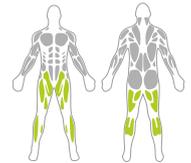


active-station stepper

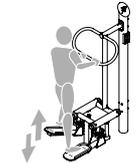
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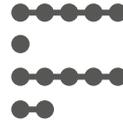
Teenagers
Adults Seniors



Endurance



Warm-up
Coordination
Endurance
Speed



FITNESS



THE MUSCULOSKELETAL SYSTEM OF THE HUMAN BODY



Well-trained muscles take on important functions in our organism that go far beyond mere movement: They protect our internal organs, burn nutrients and generate energy for all movements, produce messenger substances, regulate brain function, support the immune system and keep us warm. So it is definitely worth investing in this powerhouse of our body with a fun workout at any age.

The multitude of active stations offers users a whole range of training options, through which various exercises can be performed for specific muscle groups and thus support the important function of the muscles.

ACTIVE STATIONS

COORDINATION, ENDURANCE, MOBILITY.



Holistic and health-promoting sport includes both cardio or endurance

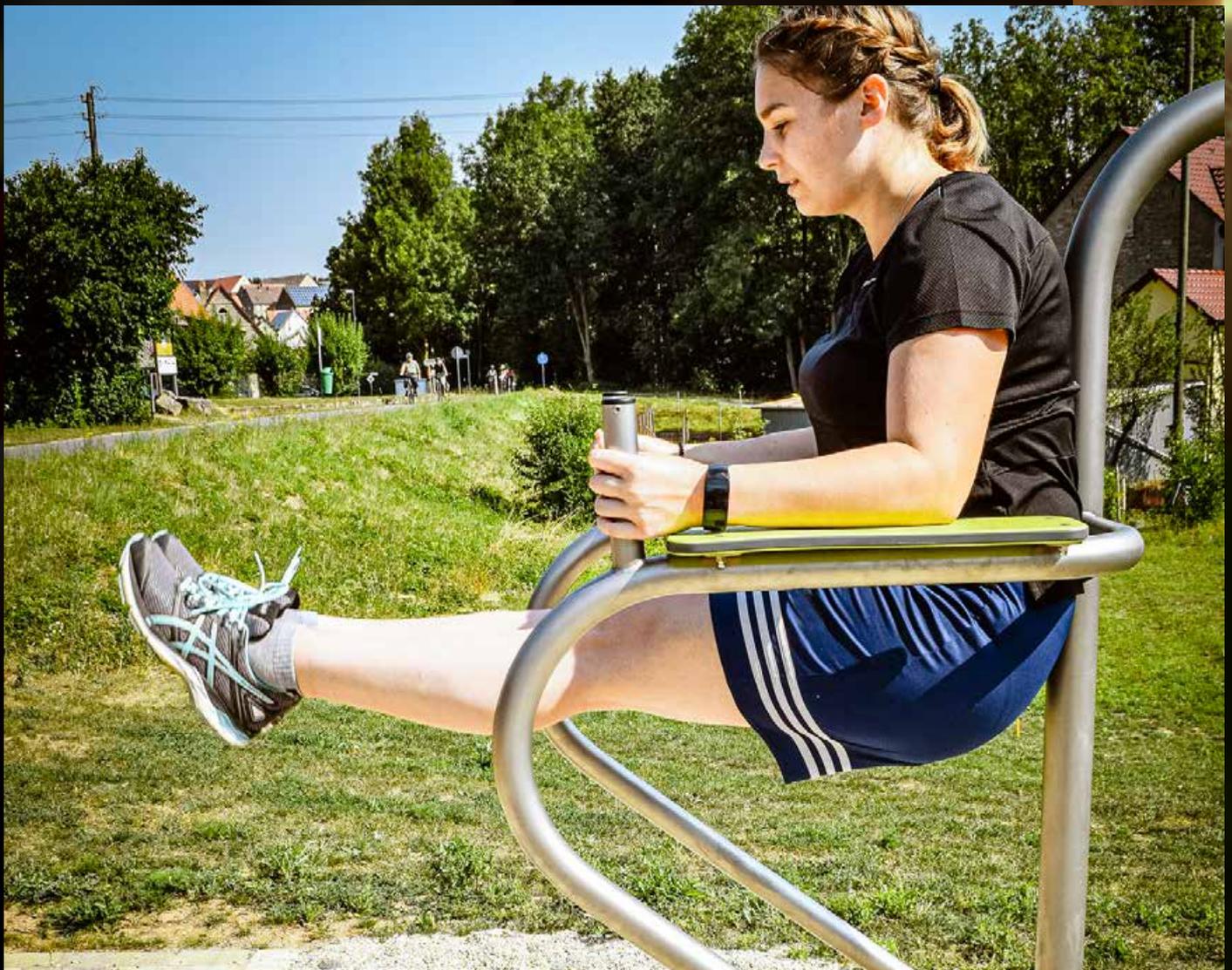
training with its positive, lasting effect on our cardiovascular system, as well as moderate weight training for all muscle groups.

It is important to combine endurance and weight training in the right way. If this is done, strong synergy effects occur, which ensure that we can get the best out of both types of training.

This is the only way to achieve a positive and holistic effect on the body.

The equipment of the active stations promotes coordination, endurance, mobility, strength and speed – the so-called basic motor skills – through gentle sequences.

In this way, the musculoskeletal system is strengthened in the long term, posture improves, complaints disappear, and the entire organism benefits from balanced movement.



FITNESS

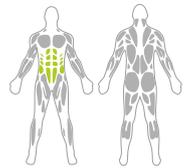
active-station sit-up bench

5 54 038 0

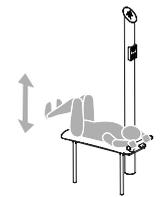
NEW



Teenagers
Adults Seniors



Strength



Warm-up
Coordination
Endurance

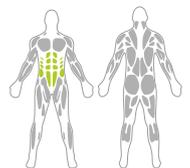


active-station abdominal trainer

5 54 029 0



Teenagers
Adults Seniors



Strength



Warm-up
Coordination
Endurance



ACTIVE STATIONS

OUTDOOR

EXERCISING OUTDOORS WITH OTHERS MOTIVATES AND BRINGS PEOPLE TOGETHER.



A fitness park ideally brings people of different ages and fitness levels together.

In public spaces, the eibe active stations prove to have another strong advantage: since the active stations are aimed at all generations and at a broad

user and target group – regardless of their physical condition – they are a popular place for people of different ages and increase the attractiveness of the respective area. If there is also an opportunity to relax, this creates cross-generational activity islands that offer social interaction – and are also healthy!

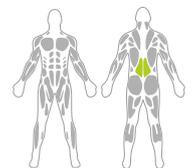
active-station back trainer

5 54 040 0

NEW



Teenagers
Adults
Seniors



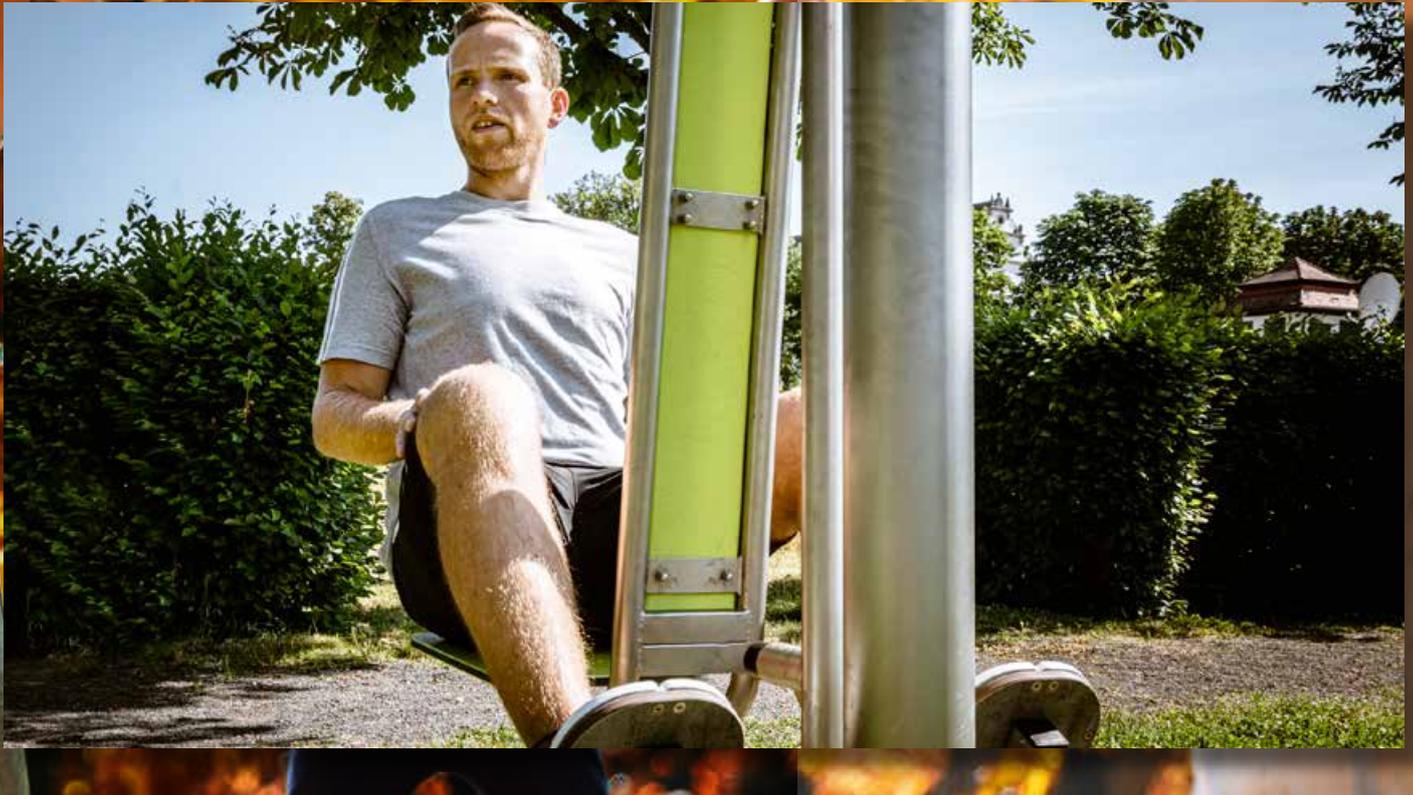
Strength



Strength
Coordination
Endurance



FITNESS

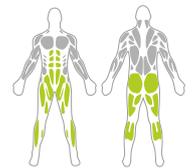


active-station leg trainer

5 54 030 0



Teenagers
Adults Seniors



Strength



Strength
Coordination
Endurance



ACTIVE STATIONS

OUTDOOR FITNESS

DEMOGRAPHIC CHANGE – SPORT IN OLD AGE PROMOTES HEALTH

We want to maintain physical mobility and mental fitness as far as possible into old age because they are decisive factors for a good quality of life. The simplest and most effective way to achieve this goal is regular and balanced exercise.

At work, at school, in our leisure time, we sit more and more, physical exertion is hardly necessary for our everyday life, an achievement of modern man that is not good for our organism. Our bodies are not made for sitting and permanent immobility.

They are simply underchallenged. Unfortunately, diseases of civilisation such as obesity, high blood pressure, diabetes and others have long since become the accepted norm, even among children.

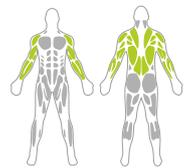
We can effectively counteract these negative consequences of our modern lifestyle through sport so that health, strength and performance can be maintained well into old age.

active-station pull down

5 54 032 0



Teenagers
Adults Seniors



Strength



Strength
Coordination
Endurance





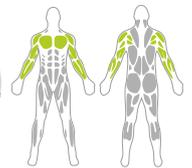
**active-station
chest press**

5 54 039 0

NEW



Teenagers
Adults Seniors



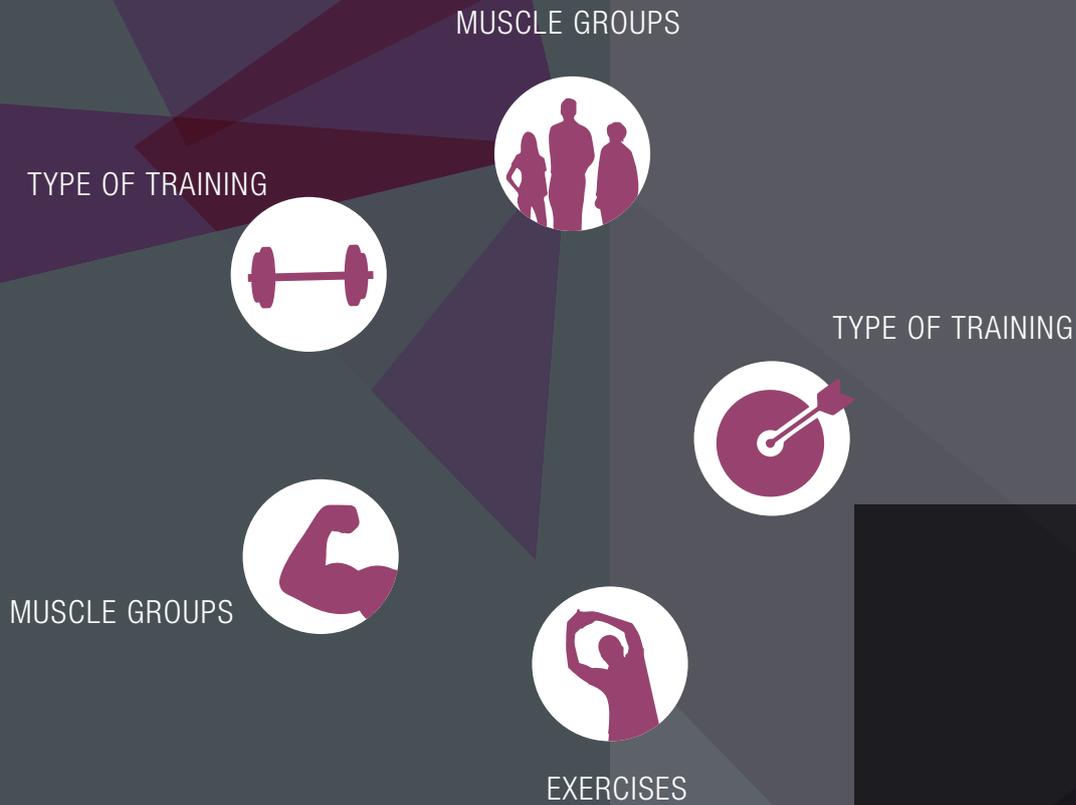
Strength



Strength
Coordination
Endurance



CALISTHENICS



CALISTHENICS & STREET WORKOUT

IDEAL TRAINING PLATFORM FOR EVERYONE!

In the fitness sector, the trend is going back to the roots: out of the gyms and towards crisp outdoor training for an extensive full-body workout. Training with one's own body weight is more popular than ever among both professional and recreational athletes. Fresh air and sunshine have a positive effect on the body and mind. The outdoor fitness range from eibe with its Calisthenics & Street Workout product line as a platform for outdoor training ensures that municipal facilities, clubs, schools

and universities become an attractive meeting point for training enthusiasts of all ages and fitness levels. The compact combination of training elements creates unique outdoor fitness facilities that provide the ideal conditions for a balanced workout. In addition to the callisthenics equipment, additional modules such as pull-up trainers and the like round off the holistic eibe Calisthenics range and offer the right solution for everyone. This variety has a motivating effect on athletes of all ages.

NICS



CALISTHENICS & STREET WORKOUT

BASIC IDEA OF THE TREND SPORTS CALISTHENICS & STREET WORKOUT

Callisthenics is a form of bodyweight training in which the entire musculature of the body is activated and trained with the help of targeted bodyweight exercises – the body serves as a weight or counterweight. The exercises can be done without any aids on pull-up bars, parallel bars, monkey bars or wall bars. As the Calisthenics exercises are characterised by smooth movements, different muscle groups are addressed and optimally supported in interaction with the joints. The core muscles in particular (= centre of the body: abdominal, back and hip muscles) are stressed and strengthened in almost every exercise, which helps to improve body stability and coordination.



The following training goals are improved and trained through the Calisthenics exercises:

- **MAXIMUM STRENGTH**
- **POWER DURATION**
- **COORDINATION**
- **BODY CONTROL**
- **BODY TENSION**
- **EXPLOSIVE FORCE**
- **EXTENSION**

WHY THIS TREND INSPIRES THOUSANDS THE ADVANTAGES ARE OBVIOUS

- **One training device for all.**

The structure of the stations allows for suitable functional exercises for every training level and every training goal.

- **Success with basics.**

With classics such as push-ups, pull-ups, dips, monkey swings, squats, lunges and core training, excellent training effects can be achieved.

- **A holistic outdoor sports concept.**

Fitness in the fresh air provides the absolute energy kick and is accessible to everyone at any time, without the need to go to the gym.

- **Social interaction and variety.**

Users motivate each other. Functional training, CrossFit, Freeletics, Calisthenics, BodyWeightTraining – everything is possible, everything is fun!

- **No weights, no excuses.**

Training with your own bodyweight is enormously effective without much effort and gets your body in shape.

- **Functional training surface included.**

The recommended fall protection floor becomes a functional training surface and is particularly suitable for pressure, abdominal and leg exercises, yoga, stretching and much more.

Calisthenics

DIN EN 16630: 2015 SITE-BOUND FITNESS EQUIPMENT

SAFETY REQUIREMENTS: All eibe Calisthenics equipment and its modules comply with the requirements of DIN EN 16630 for site-bound outdoor fitness equipment. Fitness equipment is not intended for installation in the immediate vicinity of children's playgrounds in accordance with the EN 1176 series of standards. Please note that an appropriate distance to playgrounds must be maintained (cf. DIN EN 16630:2015 safety requirements).

AREA OF APPLICATION: The equipment is intended for young people and adults or users with a body height of at least 1.40 metres. According to the definition of DIN EN 16630, Calisthenics equipment is not playground equipment for children (EN 1176 series of standards), stationary indoor training equipment (EN 957 series of standards) or freely accessible multisport equipment (EN 15312), even if it meets the requirements of each of these standards (cf. DIN EN 16630:2015 scope of application).

Movement space:

Space around the fitness equipment is required for safe use.

Exercise space:

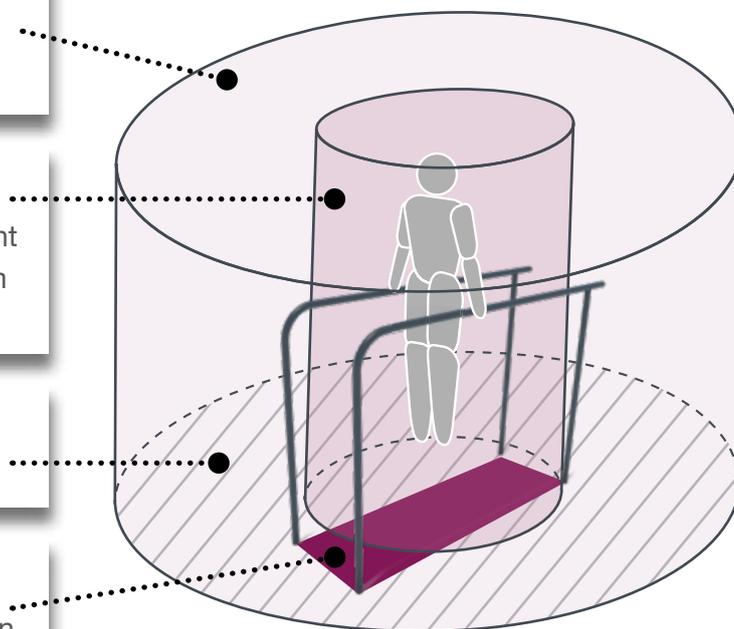
Space in, on or around the fitness equipment that users of the equipment need to perform their exercises.

Movement area:

Floor space of movement space

User position:

Area of a piece of fitness equipment that can be occupied by a user standing, sitting, lying or hanging.



Based on DIN EN 16630:2015

The term „callisthenics“ comes from Greek and means „beautiful strength“. The idea was taken up and revolutionised in American cities at the beginning of the 21st century. A new sport was born on scaffolding and stair railings: the „street workout“. In the course of this, small sports parks with wall bars, pull-up bars and parallel bars were created.

CALISTHENICS & STREET WORKOUT

CALISTHENICS FACILITIES MAKE EVERY LOCATION A PLACE OF ENCOUNTER

Young and old, amateurs and professionals, residents and guests – they all benefit from the appeal of this professional and low-maintenance all-rounder: a professional training platform for the ambitious athlete, an exercise offer at universities and schools to increase learning performance, for the outdoor area of fitness studios, for sports clubs with a holistic approach or for cities that want to create a new exercise meeting place for their residents.

UNIVERSITIES AND SCHOOLS

Fit for learning.

Brain training is also sport and highly demanding. Everyone should give their mind a break and get moving instead. After a training session in the fresh air, you are fit again for the following mental exercise.

Social interaction instead of individual training.

Fitness parks create new meeting places where mutual motivation and team building are strengthened.

Physical education in the open air.

The Calisthenics equipment is immediately available and does not have to be set up and dismantled; the sports lesson can be individually designed - and all that in the fresh air.

CITIES AND MUNICIPALITIES

Holistic outdoor sports concept.

Callisthenics facilities are available to everyone at any time, without obligation and free of charge. With the facilities, you create a meeting place for generations.

Exercise during the lunch break.

Employees of surrounding companies are given the opportunity to exercise during their lunch break. A joint workout promotes team spirit. The productivity of each individual increases after a sports session.

Designed for high usage pressure.

Material selection and construction guarantee the highest stability and quality.



MINICS

SPORTS CLUBS

Whole-body training.

Away from training individual muscle groups: at the Calisthenics facilities, the whole body is worked.

Suitable for all ages.

Sports clubs have people of all ages. Callisthenics facilities offer a platform where everyone can exercise together. Training together promotes team spirit and brings members closer together.

FITNESS STUDIOS AND LEISURE CENTRES

Options for every type of fitness.

Callisthenics, functional training, freeletics, TRX training, CrossFit, climbing, boxing, athletics and many more.

Indoor training when the weather is nice?

It's nice weather outside, and no one wants to workout in the gym. With the Calisthenics equipment, professional training can also be done outdoors.

Additional material offers variety.

Thera bands, TRX, sling trainers, pull-up bands, gymnastic rings, punching bags and other accessories complete the sporty programme of the eibe Calisthenics series. Thanks to the well-thought-out construction, the Calisthenics equipment can be ideally integrated into the rehabilitation area.

Upgrading of existing facilities.

In addition to the classics such as basketball and beach volleyball courts, the Calisthenics range completes every facility in terms of a holistic range of exercise.



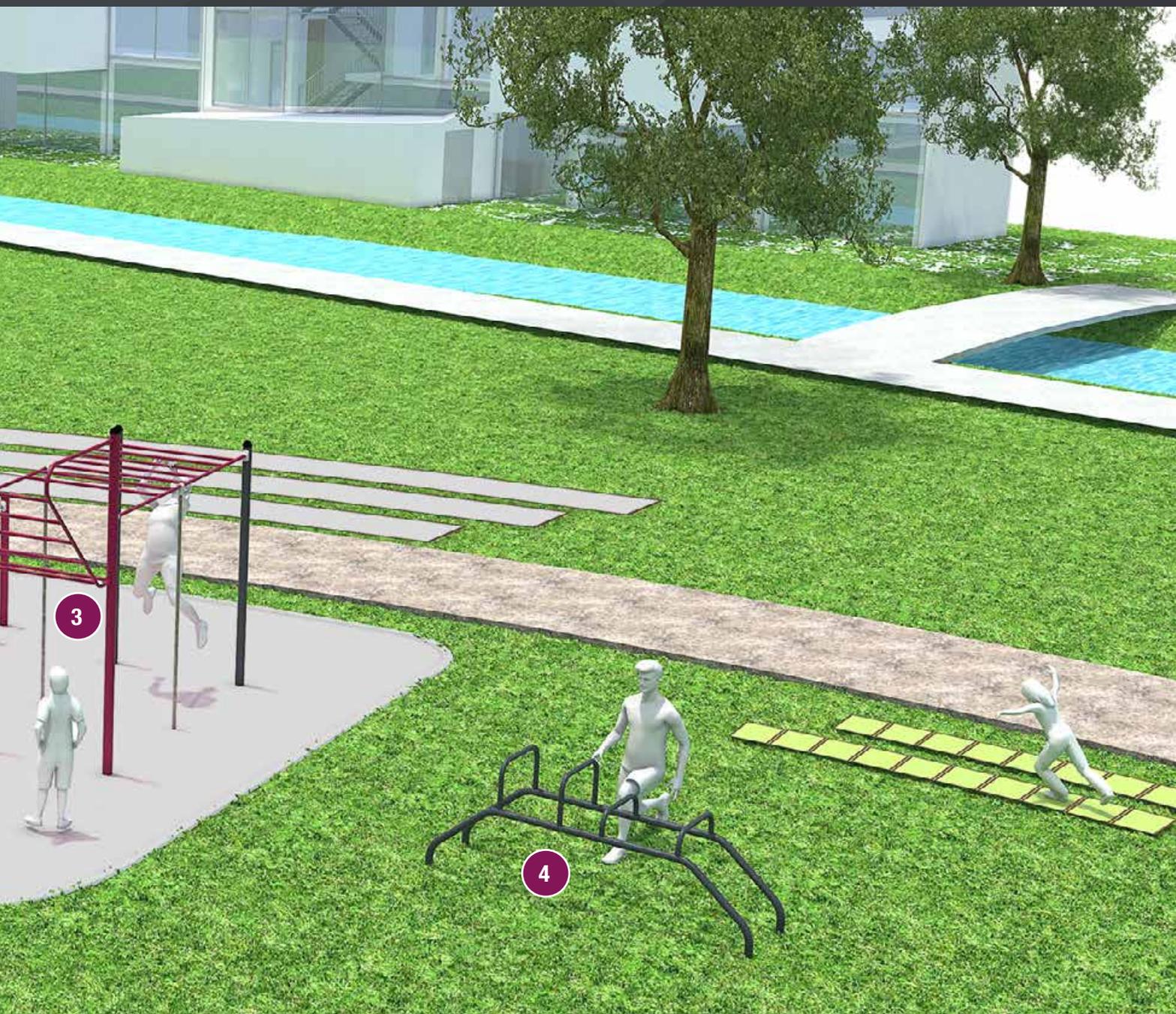
CALISTHENICS & STREET WORKOUT



TRAINING EQUIPMENT AND ACTIVITY CONCEPTS FOR THE PUBLIC SPACE

With the eibe Calisthenics facilities, cities and municipalities give their citizens free access to fitness parks and thus support the awareness for more movement.

NICS



1 Calisthenics rung ladder

2 Calisthenics sit-up bench

3 Calisthenics unit Maxi 02

4 Calisthenics dip-trainer

5 Calisthenics jumping box large

6 Calisthenics jumping box small

CALISTHENICS

CALISTHENICS & STREET WORKOUT



HOLISTIC SPORTS OFFER

Your special requirements and wishes are the focus of eibe's planning for your fitness park.

NICS



1 Calisthenics Combi Push-ups unit

2 Calisthenics combination rung ladder

3 Calisthenics rowing station

4 Calisthenics unit Mini 01

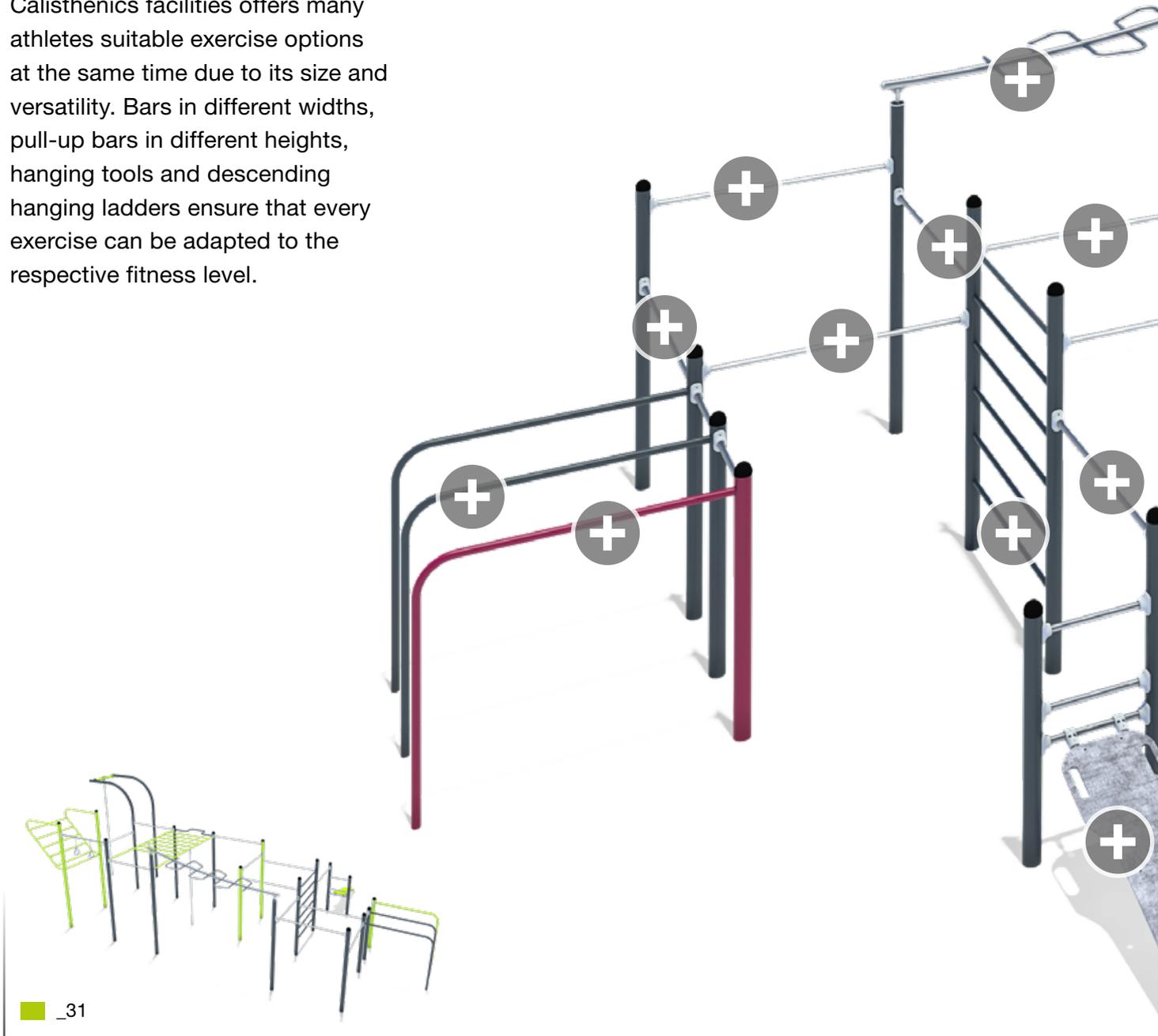
5 Calisthenics bars

6 Calisthenics jumping box large

7 Calisthenics jumping box small

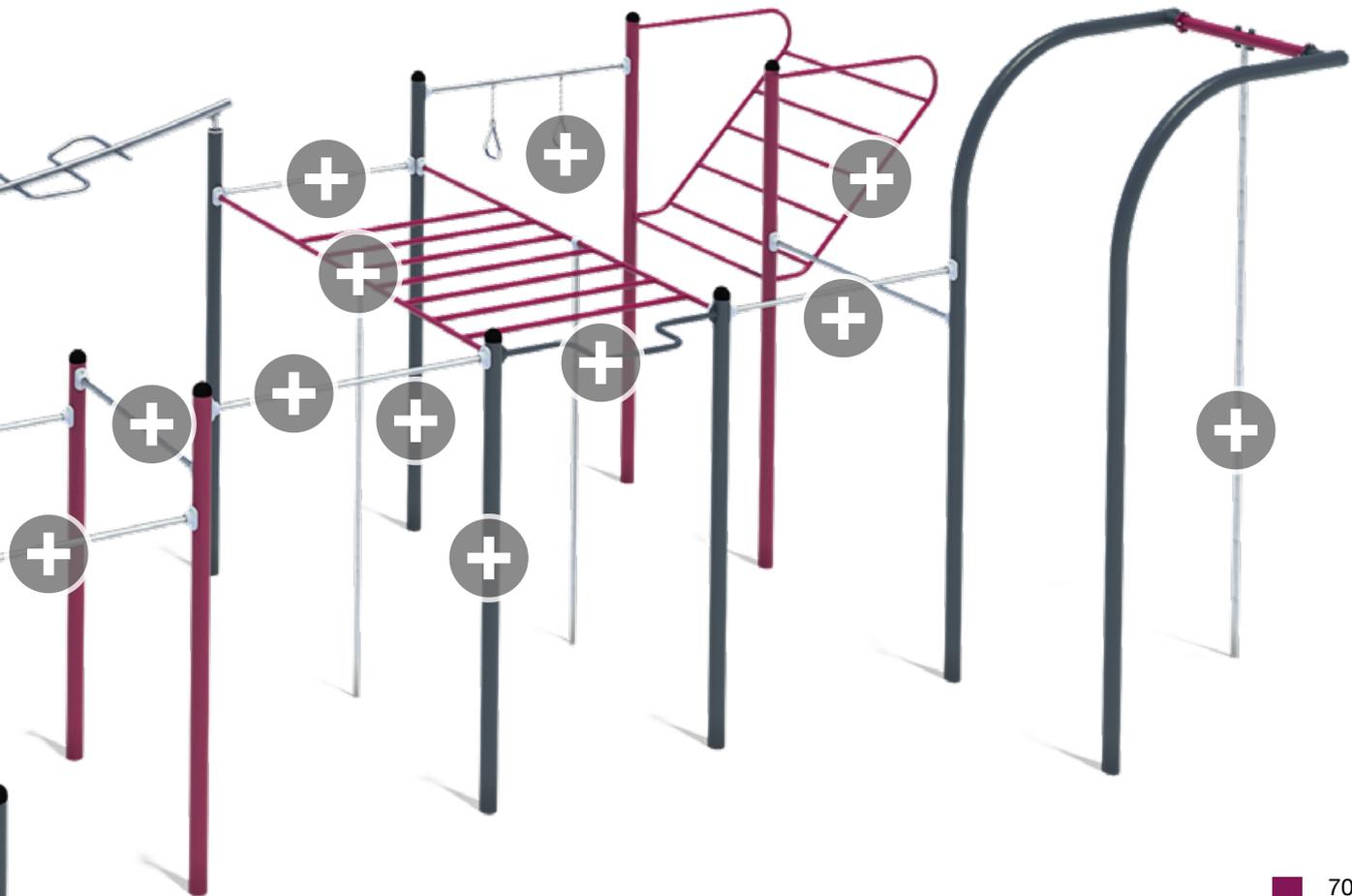
ONE DEVICE – COUNTLESS OPTIONS FOR TRAINING EXERCISES

The fitness wonder among the eibe Calisthenics facilities offers many athletes suitable exercise options at the same time due to its size and versatility. Bars in different widths, pull-up bars in different heights, hanging tools and descending hanging ladders ensure that every exercise can be adapted to the respective fitness level.



You can find all exercises on our webshop under Calisthenics.

NICS



■ _70

Calisthenics unit Extreme

■ 5 52 058 70
■ 5 52 058 31



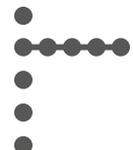
Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Stretching



CALISTHENICS & STREET WORKOUT

TRAINING CIRCUIT

Circuit training, also called station training, consists of several stations arranged in a circle. The exercises in the circuit aim to use and strengthen all the major muscle groups. A training circuit should contain at least five and a maximum of twelve exercises. Circuit training should include both endurance and strength exercises. The alternating use of the upper and lower body or the leg, abdominal, back and arm parts creates a varied whole-body workout. Previously stressed muscles can recover despite further physical exertion. Circuit training is suitable for everyone, as exercises and repetitions can be adapted to the training level of each individual and thus, individual training goals can be achieved.

The eibe training circuit is divided into three difficulty levels. The user progresses to the next fitness level through exercise variation and progression.

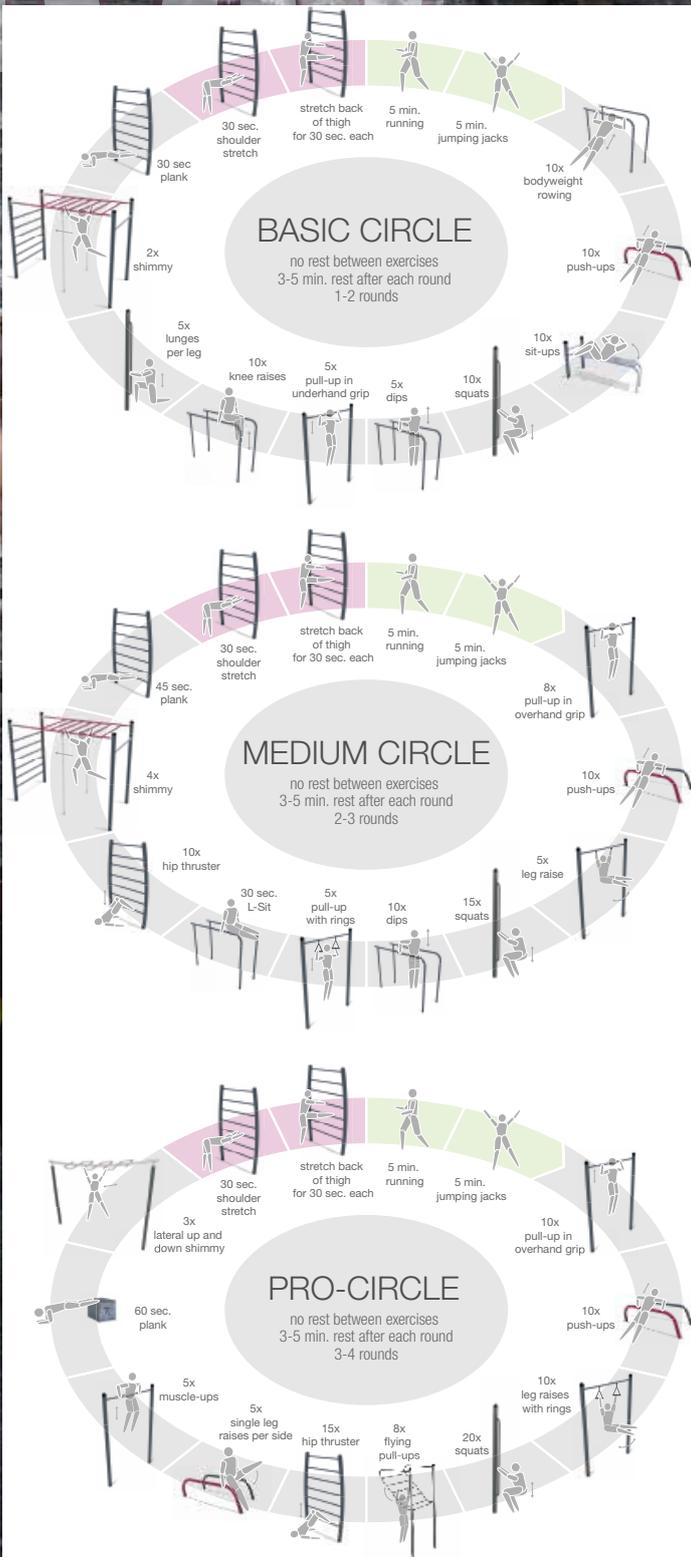
- **BASIC**
- **MEDIUM**
- **PRO**

The eibe training circuit consists of a total of 14 exercises. The difficulty level can be increased by the exercise execution, the intensity and the number of repetitions.

A key success factor in circuit training is the omission of breaks. The body always remains in motion during the cycle. The main target muscles previously used are given time to regenerate during the following exercise. The pulse remains relatively constant during the training session and does not drop after each set.

After a complete round, a short break of 3-5 minutes is recommended.

NICES



Use of the equipment only for young people and adults from a height of 1.40 m and a maximum body weight of 140 kg.

Make sure that you are medically fit before using the equipment.

Avoid overexertion when using the equipment.

- » Improve strength, coordination, stability and mobility through natural movement patterns.
- » Individual adaptation of circuit, exercises and number of repetitions to the respective fitness level.
- » Train all muscle groups and pay attention to clean exercise execution – quality over quantity!
- » Muscle building through progression: Based on the basics learned, steady and progressive increase to the next training level.
- » Alternating training of different muscle groups.

Fitness park name:

Location:

Phone number & URL page maintenance staff:

Emergency number:

POWERED BY



Calisthenics training sign

5 52 072 0

CALISTHENICS & STREET WORKOUT

COMPACT CALISTHENICS COMBINATIONS

The Maxi 01 Calisthenics equipment is space-saving and yet equipped with all the essential training elements for strengthening the trunk, leg and arm muscles. Several users exercise here at the same time, which motivates and enhances the team spirit. Pull-ups and various handsprings strengthen the arm and torso muscles.

The Maxi 02 Calisthenics unit is a compact training unit on which both beginners and professional athletes can perform demanding exercises with their own body weight. The exercises can be adapted to the individual training level. For example, a beginner can try the straight pull-up ladder, whereas an experienced athlete can perform flying pull-ups on the angled ladder.

Calisthenics unit Maxi 01

- 5 52 056 70
- 5 52 056 31



Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Speed
Stretching



NICS



Calisthenics unit Maxi 02

- 5 52 057 70
- 5 52 057 31



Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Speed
Stretching



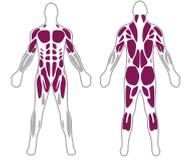
CALISTHENICS & STREET WORKOUT

Calisthenics unit Midi 01

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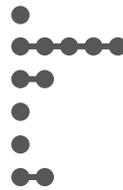
Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Speed
Stretching

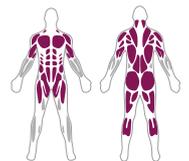


Calisthenics unit Midi 02

5 52 055 70
5 52 055 31



Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Speed
Stretching





NICES



MUSCLE BUILDING WITH PROGRESSION – THE KEY TO SUCCESS



Progression in training means achieving an increase in efficiency by varying the exercises and their intensity – without the use of additional weights. So the progression is probably the most important factor when it comes to building muscle and strength.

On the double bar of the Midi 01 Calisthenics equipment, the training focus is on arm and shoulder muscles with exercises such as dips and L-sits. The horizontal cube with height-adjusted

bars enables progressive muscle development for every fitness level. The Midi 02 Calisthenics equipment is a real powerhouse. One training session uses many muscle groups: sit-ups and crunches on the abdominal board strengthen the abdominal muscles and support a stable back. A climbing workout on the vertical rope challenges the arm and leg muscles in particular. On the wall bars, versatile exercises such as Bulgarian squats or planks provide a balanced whole-body workout.

CALISTHENICS & STREET WORKOUT

TRAINING IN A SMALL SPACE



To start an effective whole-body workout, even a small amount of available space is sufficient. How often, how long and intensively you exercise is up to each athlete. This makes callisthenics ideal for beginners. It is important that all basic exercises are performed cleanly and in a controlled manner. This lays a good foundation for an efficient workout and prevents injuries caused by incorrect stress.

The typical basic exercises of Calisthenics are:

- **Pull-ups**
- **Push-ups**
- **Squats**
- **Dips**
- **Hanging leg raises (leg lifts)**

When space is at a premium, the Mini 01 Calisthenics equipment is ideal. It forms a solid basis for effective Calisthenics training – pull-up bars at different heights and a human flag bar.

The Calisthenics equipment Mini 02 offers two additional modules to the classic Calisthenics equipment: training rings and an inclined rung ladder for flying pull-ups or various chin-ups.

Exercising on the free-hanging rings is a real challenge for the trainee at the beginning, as a lot of body control is required to compensate for the swinging. The instability of the rings makes exercises more challenging and strenuous, and muscle coordination is improved.



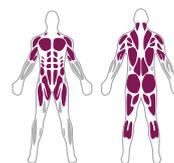
NICS

Calisthenics unit Mini 01

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5 52 052 31



Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Speed
Stretching

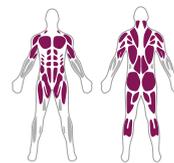


Calisthenics unit Mini 02

5 52 053 70
5 52 053 31



Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Speed
Stretching



CALISTHENICS & STREET WORKOUT

THE MEANING OF STRETCHING

At least 430 muscles are active in our body when we move. For everyday movements to run smoothly and function well, our muscles need to be strong, enduring and stretchable. Muscle stretching before and after strength training is an important part of the workout. It helps minimise the risk of injury from muscles that are not loosened. Joints, ligaments, tendons and muscles are prepared for the load and regenerated after the workout.

Positive effects of stretching:

- Increase of blood circulation and metabolism of the muscles.
- Improvement and promotion of mobility
- Acceleration of regeneration
- Increase of the general well-being

- Preparation of the musculature for an upcoming load
- Improve elasticity of muscles, ligaments and tendons

Types of stretching

In order to improve the flexibility of the body and stretch muscles, ligaments and tendons, there are two common methods of stretching:

- Static stretching: holding tension
- Dynamic stretching: soft rocking movements

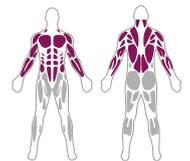
The choice of the right stretching method should be based on the sport, the training goal and phase, the load and the area of use.

Calisthenics rowing station

5 52 070 0



Teenagers
Adults
Seniors



Muscle training
Stretching



Strength
Coordination
Endurance
Stretching



NICS

Static stretching: The muscle to be stretched is slowly brought into a stretching position and held for a longer period of time (about 30-90 seconds). There is no movement during the stretching position. Two to three repetitions per muscle group are recommended.

Example exercise: From a standing position with legs extended, reach the toes or the floor with the fingertips. Hold this stretch for several seconds.

Note: Static stretching is used after training or on non-training days to support the muscular recovery processes and is not suitable for preparing for the upcoming workout. Static stretching before training reduces performance and increases the risk of injury.

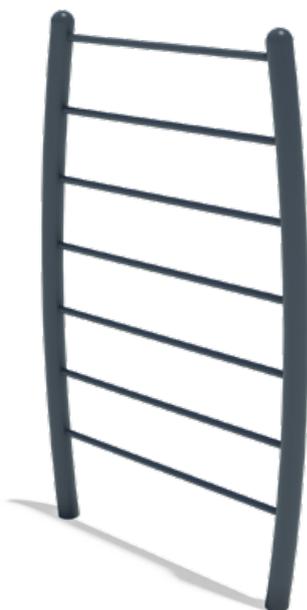
Dynamic stretching: This method involves alternately stretching and loosening the muscle. Typical for this is rhythmic and soft rocking movements. In contrast to static stretching, the body does not come to a standstill during the stretching process. It is important to avoid swinging and jerky movements.

Example exercise: In the starting position of a lunge with the leg set backwards, try to get lower and lower to the floor in a rocking movement. The constant rocking in the stretching position creates a noticeable stretch in the back of the thigh.

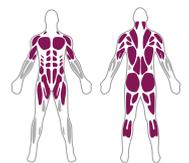
Note: Dynamic stretching is suitable as preparation for intensive muscle work. It is part of the warm-up of a training session, warms up the structures and muscles of the body and increases mobility in the short term.

Calisthenics rung ladder

■ 5 52 071 0



Teenagers
Adults Seniors



Muscle training
Stretching



Warm-up
Strength
Coordination
Endurance
Stretching



CALISTHENICS & STREET WORKOUT

PULL-UP – THE DIFFERENT GRIP POSITIONS



The classic in Calisthenics & street workout training is the pull-up trainer. Pull-ups are considered a full-body workout because they effectively train the entire upper body, especially the back muscle (latissimus) and the biceps, regardless of the grip width.



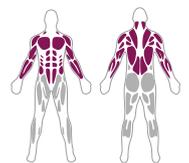
When performing pull-ups, there are different variations in terms of grip type and grip width: upper, lower or hammer grip, wide, shoulder-width or tight grip – the tighter the grip, the greater the strain on the upper arm muscles. Alternating between the different variations of grip types and grip widths during training provides additional training stimuli and enables asymmetrical strain on the individual muscle parts.

Calisthenics pull-up trainer

5 52 060 0



Teenagers
Adults
Seniors



Muscle training



Strength
Coordination
Endurance



NICS

Pull-up upper grip (Pull-ups)



Definition: In the pull-up, the palms of the hands face away from the body while the user grips the pull-up bar.

Grip width: at least shoulder width.

Difficulty: high

The inward rotation of the forearms prevents the biceps from working optimally. The upper arm spokes muscle, which could support the work alongside the latissimus, is not strong enough for this in many people.

Muscle group used: This grip variation strengthens the upper back, especially the latissimus.

Chin-up underhand grip (Chin-ups)



Definition: In the chin-up, the palms of the hands face the body.

Grip width: shoulder width (+/- one hand width).

Difficulty: easy

Suitable for beginners as the chin-up is much easier to perform due to the cooperation of the biceps.

Muscle group used: This exercise is particularly suitable for arms training because it trains the triceps and biceps as well as the back and shoulder muscles.

Hammer grip



Definition: The palms face each other, and the thumbs face the exerciser (prerequisite is a hammer grip bar).

Grip width: Depends on training equipment.

Difficulty: medium

A mix of upper and lower grip.

Muscle group used: Strengthening of latissimus and arm muscles (biceps).

CALISTHENICS & STREET WORKOUT

THE IMPORTANCE OF AN UPPER-BODY WORKOUT



Effective upper body workout stabilises and supports the spine, promotes an upright gait and thus helps prevent back pain. A strong upper body results from a combination of targeted exercises for shoulder, back and arm muscles.

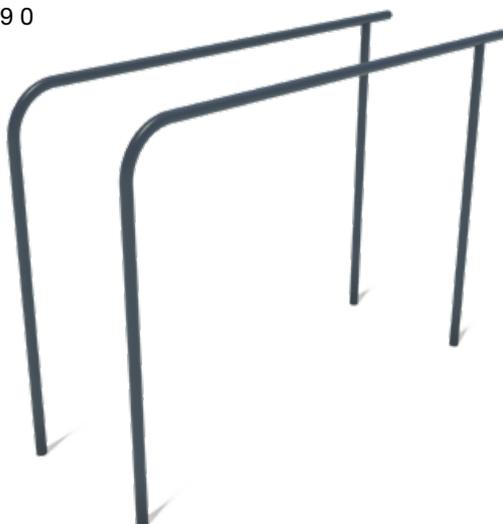
Alternating between different variations of grip types and grip widths during the workout provides additional training stimuli and enables the individual muscle parts to be worked symmetrically.

Strong upper body muscles have a positive effect on our health:

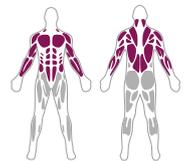
- Upright posture and stabilisation of the spine.
- Strengthening of tendons and ligaments and prevention of injuries
- Reduction of disease risks such as diabetes, cardiovascular problems and osteoporosis
- Converting fat mass into muscle mass

Calisthenics bars

5 52 059 0



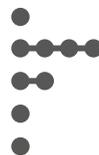
Teenagers
Adults
Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Stretching



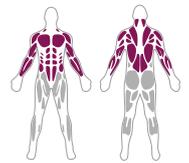
NICS

Calisthenics parallets

■ 5 52 061 70
■ 5 52 061 31



Teenagers
Adults Seniors



Muscle training

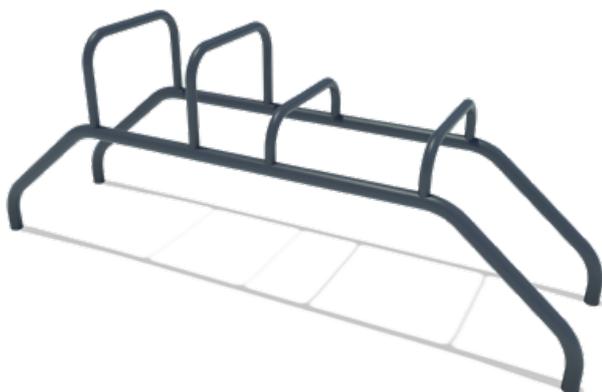


Strength
Coordination
Endurance

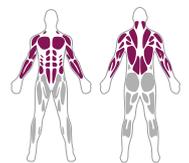


Calisthenics dip-trainer

■ 5 52 063 0



Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance



CALISTHENICS & STREET WORKOUT

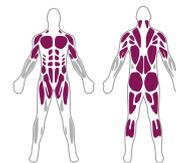


Calisthenics combination rung ladder

- 5 52 062 70
- 5 52 062 31



Teenagers
Adults Seniors



Muscle training



Strength
Coordination
Endurance
Speed



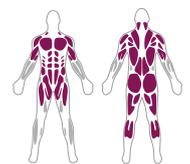
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Calisthenics climbing rope

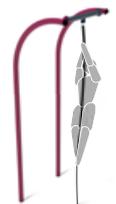
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- 5 52 066 31



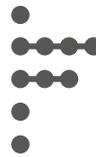
Teenagers
Adults Seniors



Muscle training



Aufwärmen
Kraft
Koordination
Ausdauer
Schnelligkeit



Calisthenics climbing pole

- 5 52 067 70
- 5 52 067 31



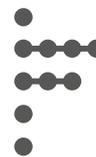
Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Speed



CALISTHENICS

CALISTHENICS & STREET WORKOUT

ABDOMINAL MUSCLE TRAINING – A HOLISTIC STRENGTH TRAINING PROGRAMME

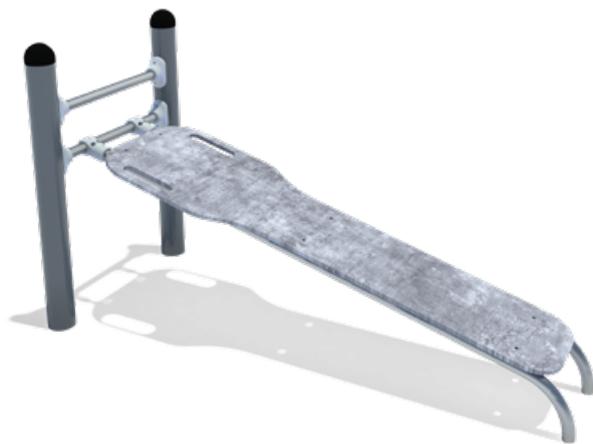


Our abdominal muscles form the centre of the body and play an important role in supporting the back. By actively strengthening both muscle groups, the abdomen and the back, the entire musculoskeletal system is stabilised and relieved. Back pain, for example, can be alleviated and injuries prevented.

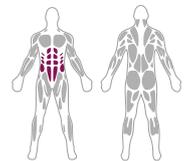
Whether straight or inclined, the sit-up bench is the perfect training tool to support the strengthening of the trunk and back muscles with exercises such as sit-ups or leg lifts. The inclined position of the workout bench increases the resistance of the exercise execution and thus increases the degree of difficulty.

Calisthenics sit-up bench sloped

- 5 52 064 80
- 5 52 064 31



Teenagers
Adults Seniors



Muscle training



Strength
Stretching



NICS

Calisthenics

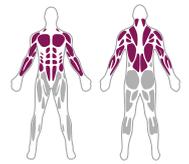
Combi Push-ups unit

■ 5 52 068 80

■ 5 52 068 31



Teenagers
Adults Seniors



Muscle training



Strength
Coordination
Endurance
Stretching



Calisthenics

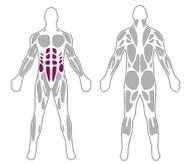
sit-up bench

■ 5 52 065 80

■ 5 52 065 31



Teenagers
Adults Seniors



Muscle training



Strength
Stretching



CALISTHENICS

CALISTHENICS & STREET WORKOUT

STRONG LEG MUSCLES – THE POWER PACKAGE FOR THE BODY



Leg training should never be neglected during a workout. In addition to building up the muscles of the upper body and working on problem areas such as the abdomen and buttocks, we also need strong leg muscles so that our bodies can fulfil elementary functions and tasks. The leg muscles consist of different muscle groups that have to work together to enable an upright posture and locomotion and to maintain balance.

Exercises such as squats, lunges or hip thrusts strengthen not only the leg muscles but also the gluteal, abdominal and back extensor muscles, thus promoting and training the entire basic body tension.

A lack of balance between the lower and upper body muscles results in poor posture. Strengthened gluteal and hamstring muscles stabilise the pelvis and back and thus prevent postural defects such as a hollow back.

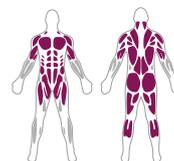
The largest muscle group in our body offers plenty of workout effects. It takes a lot of energy to move them. In addition to regular movement, targeted leg muscle training can significantly increase our overall calorie consumption. Well-trained leg muscles not only burn a lot of energy during the workout, but the afterburn effect also ensures that the basal and work metabolic rates are increased at rest.

Calisthenics jumping box large

- 5 52 051 80
- 5 52 051 0



Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Speed
Stretching



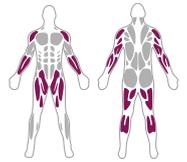
NICS

Calisthenics flank jump

■ 5 52 069 0



Teenagers
Adults Seniors



Muscle training



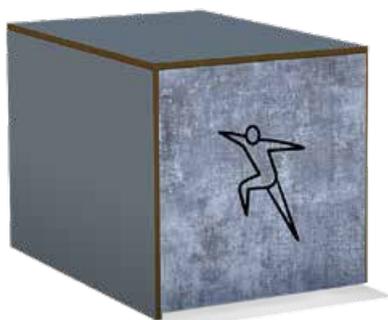
Warm-up
Strength
Coordination
Endurance



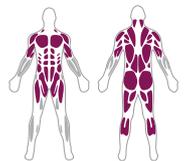
Calisthenics jumping box small

■ 5 52 050 80

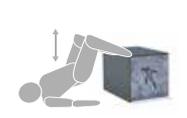
■ 5 52 050 0



Teenagers
Adults Seniors



Muscle training



Warm-up
Strength
Coordination
Endurance
Speed
Stretching





OUTDOOR ACTIVE

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